



#StayStrongandSparkleOn

Special points of interest:

- > Pay MN ESA State Dues and IC Dues now
- > Sign up to help at the St. Jude Walk/Run on 9/25
- > RSVP for WHV Fund-raiser on 9/10 at the Elks
- > Check your closet for shoes to donate
- > Register for MARC by 9/10
- > Send in Tax Facts by 9/15
- > RSVP by 9/15 for the 9/18 Membership Mtg

Inside this issue:

Treasurer, ESAF, MARC	2
Philanthropic	3
Wishes & More, WHV	4
Chair Pilates & Reflexology	5
Chapter News	6-8
Thank You	8
Wreaths Across America	9
Shoes Flyer	10
Membership Mtg Reg	11
MN Dues	12-13
IC Chapter-Dues	14
MARC Reg	15

ESSAY— August

PRESIDENT—SANDY HONGERHOLT

Summer is almost over, days are getting cooler. Fall is definitely in the air. For the last year, most of our in-person events had to be cancelled. September will be the start of a busy and fun time for ESA.

In September we have a “Screw Your Neighbor” card and dinner event on September 10th to support the Holiday dinner and non-perishable gift box at Veterans East Apartments, The St Jude Walk to end Childhood Cancer is on the 25th. There are volunteer opportunities available. It should be more convenient for many of us at Elm Creek in Maple Grove this year.

October we have the MARC Conference October 8-9. If you have never attended this conference it’s a great year to attend in Wichita, Kansas. Early registration ends soon.

November 13th is the Style Show and Silent Auction to support St Jude. November 29th is the Holiday Dinner at Veterans East.

As much as we would like to we can’t attend every event. Participate when you can. Invite a friend or two to attend with you. These are great opportunities for us to promote ESA. In order for our organization to survive we need to bring in new members.

Look for more information for these events in the Essay and email blasts.

Looking forward to seeing a lot of you on September 18th at our first state meeting. All executive and appointed board members please let me know how much time you will need for your report. If you are not able to attend, please let me or Secretary Dee Rotering know if you have a report and we will be happy to read the report at the meeting for you.





#StayStrongandSparkleOn

TREASURER—DENNIS MARLER

Chapter Treasurers:

The 2021-2022 IC form used to pay your chapter IC dues (\$40) is now on the IC website and the ESA Minnesota website. Please use it to pay your chapter dues and mail it directly to Lynda Edwards, IC Treasurer. If you prefer, you can send it to me and I'll forward it to the IC Treasurer. (Form included in this Essay.)

Chapter Treasurers:

The ESA Minnesota form used to pay your state dues (\$20 per member) is also on the ESA Minnesota website. Please collect the membership dues from your chapter members and send it directly to me. (Form included in this Essay.)

Chapter Treasurers:

The Federal Tax Facts form is due to

ESA Headquarters by September 15, 2021.

The form is on the ESA Headquarters website. Please complete the form and send it directly to ESA Headquarters.

Philanthropic Chairpersons

(St. Jude Children's Research Hospital, ESA Foundation, Welcome Home Vets, Wishes and More): At the February 2021 state

meeting, the membership passed a restrictive motion requiring membership approval of all philanthropic monies from MedTox. Please be prepared to present your proposal at the September state meeting, on how to spend the MedTox money allocated to your projects.

ESA FOUNDATION—KARLA KAY NICKLAUS



Dues: A reminder to send in your renewal Foundation dues for year – \$15.00 ... looking for new members

– first year \$25 or become a Life Member of the Foundation \$500.

Scholarships: Minnesota will be granting two \$2,750 scholarships for the 2022-2023.

Encourage family members and friends to apply.

MARC REPS—DIANE VANUSEK / BILLIE-JANE MINTJAL

CALLING ONE AND ALL TO THE MARC CONFERENCE

What: Midwest Area Regional Council Fall Conference

When: October 8-9th, 2021

Where: Wichita, Kansas at the Hyatt Regency Wichita, Group Code MARC-ESA

Why: Great Leadership, Great Tours,

Great Workshops, Great Friends, Great Fun

How: Fill in the registration form in this Essay, mail to Maureen Wells before Septmber10, 2021, for the best deal, make a hotel reservation, book your airfare or drive/hitch a ride.

The registration form is also on the MARC website. A few will be

available at the next state meeting. Register before **Sept 10, 2021**, to avoid late registration fees.

See the workshop, tour, booklet ad and Marketplace table reservation information attached to the August Essay or they are on the MARC website: esa-marc.org then ESA-MARC1985.

The current financial report with the proposed budget for next year was in the August Essay. Please review and let your reps know what you think.

The Bylaw and Standing rule changes are available on the MARC website or by request. Let your reps know what you think.

MARC REPS—(continued)

Our own Sandy Hongerholt is a candidate for MARC Parliamentarian for 2021-22. Consider a supportive page in the MARC convention agenda. Must be received by September 20, 2021.

All MARC states contributed state themed T-shirts for Nancy Irvine of Michigan to transform into a beautiful quilt to be raffled for the MARC ESA Foundation. Tickets will be available soon.

The MARC Board will

again donate to a Mystery Box of fabulous prizes to be raffled between now and through the conference as a Ways and Means fundraiser. Tickets will be available soon.

READ ALL THE FLYERS ATTACHED TO THE AUGUST ESSAY FOR MORE INFORMATION.



PHILANTHROPIC—BIRDIE ELKOFKA

SEPTEMBER ...
ESA Educa-
tion Service
Association

And I am writing to you to talk about SERVICE or Philanthropic. September is the time we restart our dedication to others and to improving ourselves. Philanthropic works are varied and come in all sizes. And during the past year or two we have proved that we might be forced into isolation, but Minnesota ESA did not forget

about helping others. The projects were big and small. Helping others was the goal and raising funds to bring future happiness to others.

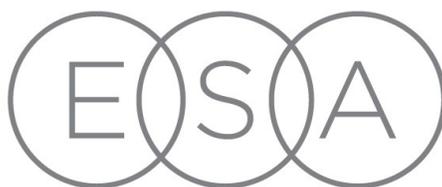
What did YOU do? I saw from the reporting on Philanthropic from the chapters that last year Community was a huge part of our lives. We helped those in our immediate circles and those across the globe. We stayed safe ourselves but helped others from our home base.

St. Jude Hospital received well over \$14 MILLION DOLLARS from ESA this past year ... the year of COVID. I encourage you to again find new and different projects and to keep the old tried and true projects. Just do something for others.

A simple phone call or card in the mail is an act of kindness. Making blankets or quilts for our military. Baking cookies for the holidays to be given to those less fortunate. Clipping cou-

pons and sending them to the military bases so those serving our country can purchase more on their income. Participate in other organizations Fund Raisers. Share your ideas with others. And how about joining other Minnesota ESA members at Medtox to raise funds for our many charities.

Do something try something different ... involve others. This will make all of us better ESA members.



EPSILON SIGMA ALPHA



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WISHES AND MORE—LORI THORPE

Hello everyone! I hope this finds you doing well. I am thrilled to be working more closely with you and Wishes and More this year. Wishes and More enhances the lives of children fighting terminal or life-threatening conditions by providing hopeful hearts, happy memories, and assistance to those who love them.

If you're interested in doing some volunteer work with Wishes and More, please visit

their website at wishesandmore.org. Then click on "How to Help" and then "Volunteer". From there, you can complete a simple volunteer application and submit it online. You'll then receive an email from them with four additional forms: a more detailed volunteer application, conflict of interest, a BCA background check, and a child protection background check.

Once you mail or email these four com-

pleted forms back to Wishes and More you'll receive an email inviting you to a 45-minute orientation at Wishes and More in Fridley. While there, you'll learn more about Wishes and More and the volunteer opportunities they have available. These opportunities include office help, wish granting, work from home, airport meet and greets, staffing various events, photography, and more!



For additional information on the various volunteer opportunities available or the application process itself, please reach out to their Volunteer Coordinator, Madi Schneider, at 920-573-9777 or you can email her at MadiS@wishesandmore.org.

Thank you all and have a terrific week!

WELCOME HOME VETS—VICKY SANDHOFER-KROLIK / BETTY MARLER

We met with Rick Peterson on August 19 and we have many ideas for the upcoming year. We will begin sharing these with you at the September 18th State Membership Meeting.

One of the things we want to share is **IF** you would like to participate in a welcome

home kit delivery for the first time, Vicky, Dennis and Betty would happily go with you.

There are several other ESA members who have made deliveries and they may be able to do a delivery with you as well.

It's an exciting, heart-

warming experience and we would like for you to be able to experience it too.

Sandy Hongerholt is in charge of the Veterans' East Holiday dinner this year. It will be on Monday, November 29. Betty Marler is in charge of the dessert plates so be watching for emails as

this date gets closer. The dessert plates are always a huge hit with the veterans.



WELCOME HOME VETERANS

Volunteering is a work of heart



CHAIR PILATES AND REFLEXOLOGY LESSON (FROM MN STATE CONVENTION JUNE 2021)

Start off easy 1-5 minutes every hour if working at your computer. Walking IS PERFECT
Bottom-Line: aim for 5-20 minutes of MOVEMENT every day. Stand up; feet under hips; belly button to spine; lower abs in and up. Excellent posture for all exercises!

1. **PICKING APPLES STRETCH;** Reach for Apples; hike hip first 1 side then the other 10/ side
 - a. Lace Fingers press palms to ceiling overhead and hold reaching away from body.
 - b. Lateral Flexion/Side; bend side to side.
 - c. Baby Backbend hands to hips; be comfortable and gently lift heart and eyes sweep upward.
 - d. Shoulder Rolls forward and back.
2. Have a seat again anytime and **DO these above exercises seated**. Remember to breathe deeply and exhale fully
3. **Neck Stretch** ear to shoulder reach opposite arm away with wrist flexed switch sides

SEATED STRETCHES

1. **Spinal Twist.** Feet flat; belly in and up; rotate from spine, not hips, to 1 side as far as your comfort level. Hold 30 seconds. If possible, switch and repeat 3x's or work up to that.
2. **Stretch hips and glutes SIT TALL.** Cross ankle over opposite thigh, if comfortable. If not, go lower onto shin or even ankle and hold 30 seconds or work up to that. Then switch to other side.
3. **Hamstring Long Spine.** Extend leg on floor; lean forward reach point and flex foot Switch.
4. **Wrist Flexors.** Extend arm palm forward gently, ease back with other hand. Switch.
5. **Wrist Extensors.** Extend arm palm toward you and gently ease towards you.

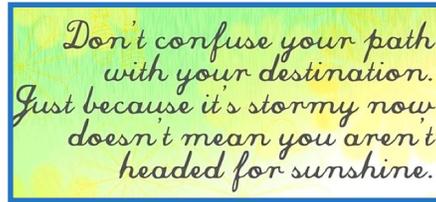
LA CROSSE BALL you received is important as a powerful massage device that can help relieve pain and improve function in sore muscles. It is a form of **Myofascial Release**.

1. Use seated in chair or standing against the wall
 - Glutes meaty point move up and down and side to side 30 seconds/side
 - Hamstrings
 - Upper back and Shoulders
 - Chest and Shoulders facing wall
 - Feet
 - Wrists/Triceps/Hands
2. Remember to breathe. This can be quite uncomfortable; try not to go past 8 on a 10-point scale.

Good Luck Everyone! Again, it was my pleasure to spend a few minutes with you ALL. Happy Exercising!



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ALPHA SIGMA—DIANE VANUSEK

President Birdie says-

Fall ... September ... That means the beginning of another ESA year to me. We had our planning meeting and set up who does what, when, and where it will happen. We are small and that means we get to do things more than once. I have been so thankful to Medtox and being able to see my ESA family there during the past year or is it two now. We are a small group there but we sure work and get a lot of things done. This is how we raise funds for Minnesota ESA charities. I wish YOU and others from your chapter would join us on Monday

mornings. Give me a call and I can give you more details. Simple work for sure and no lifting either.

I am getting my travel clothes ready to go to the MARC Conference October 8 and October 9 in Wichita, Kansas. Join me!! MARC is always a fun and rewarding time and you get to meet so many from other states as well.

Alpha Sigma is again (what is it now about 37 years we have done this) hosting the Silent Auction for St. Jude Children's Research Hospital which is coming up November 13 at the Sheraton West Minneapolis. This is part of a day of lunch and fashions.

We appreciate your continued support. Bring your name address labels and bring ALL your friends. We are worried that our crowd might be small, and we really want to encourage you to come and enjoy the day.

Diane says -

Shirley, Diane, and Birdie had another couple of successful days feeding and yakking with the Coborn's customers in Delano as they munched down delicious brats and hot dogs. Those customers were quite generous as they overflowed the tip jar. Thank you so much to Coborn's for providing this great

fundraiser for us and treating us so well. Very helpful and courteous employees.

Shirley came up with some great social activities for the chapter at our planning meeting. Ones that can be done on a small scale with social distancing. We are looking forward to the "play" to keep us from getting dull with all the work. Of course, with Alpha Sigma, the work is usually done with a great deal of fun involved.

Pat S. send her love and greetings to everyone.





BETA SIGMA—EILEEN SPENCER

SHOE DRIVE: Beta Sigma's Philanthropic Chair, **Marcie Haigh**, is asking all MN ESA members to help us with a final **PUSH** in our **SHOE DRIVE!** Collected shoes will go to help people start small shoe businesses in developing countries. Per **Marcie**, Beta Sigma is still in need of a great many pairs of shoes in good condition. Please see our flyer in this edition for how to donate your no-longer needed shoes.

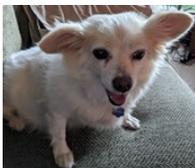
ACTIVITIES: Beta Sigma members have had a **HOT** summer - along with everyone else. Some activities undertaken include:

Jen Davies - In the spring Jen planted zinnia seedlings and is now enjoying these



(pictured) tall and pretty flowers!

"Baby" sitting her cousin's pup for a week was a joy for Jen. **Silky** is



a 10-years old Chihuahua.

Eileen Spencer - A BIG highlight of Eileen's summer was celebrating the high school graduation of her granddaughter Peyton, who's now at San Diego State University.



A trip to Pittsburgh for a mini-reunion afforded her an opportunity to get reacquainted with a few first cousins and time with sisters and some nieces and nephews.

Still working part-time as a "demonstrator associate" (aka: handing out food samples) at the Eagan Costco, Eileen enjoys talking with customers and the camaraderie of fellow demonstrators.

Bruce & Dina Strachota - Seen here having some laughs, Dina and Bruce went on their annual family trip to Resort Content in Nevis, MN.



Several **Beta Sigma** members, along with Sandy Hongerholt and Birdie Elkofski attended the *Lions Club Annual Corn Feed* event held at Bruce and Dina's church.

Leann Monahan - It's that time of year and Leann let us know she's excited to be going to the *Minnesota State Fair* on Opening Day and several times after that!!

Betty Brown - Betty and a girlfriend took off on a road trip in July. They started off with an exploration of the Pipeline Monument in MN. The next stop was to check out *The Bridges of Madison County* in Summerset, IA and to visit John Wayne's home there where he grew up. They also toured a museum that housed much of his memorabilia. From there to Pella, IA, which hosts a Tulip Festival every spring. Betty remarked that it's an extremely clean city with windmills scattered about the town. Their last travel day found them in The Amana Colonies where they spent time looking at the beautiful homes and handmade quilts.

Both Betty and her friend said their trip was enhanced by staying at a different Bed & Breakfast eve-



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BETA SIGMA—(continued)

ry night and by taking a few scenic drives along the way. They were pleased to see Iowa's abundant fields of crops, especially

the corn, being plentiful and inviting!

The traveling companions arrived back home with a few souvenirs, a little wiser

and agreed that this great nation's Midwest is a wonderful environment to be part of and to call home.

As of this writing, **Beta Sigma** has not finalized their plans for this year but will bring everyone up to speed in our next article.

DELTA RHO—BILLIE-JANE MINTJAL

The dog days of summer are here (according to my dog it's about her).



We are happy that Vicky Sandhofer-Krolick's husband Mike is

now in remission from Prostrate and Bone cancer. They are off to the Black Hills to relax and show the sights to their grandson.

Delta Rho is looking forward to September's St. Jude Walk in Elm Creek Park.

GAMMA OMEGA—BETTY MARLER

Save the date!

Gamma Omega chapter is planning its Welcome Home Vets wine tasting/auction/entertainment event

for Saturday, October 30, 2021 at the Hopkins Elks Lodge.

We are planning this event with the Elks Lodge special events

committee. The **tentative** plan is to have the wine tasting and auction running from 4:30-7:00 PM.

Auction would end at 6:30 PM. The Elks Halloween costume party will follow at 7:00 PM. Please plan to join us for this FUN event!



Gerri Johnson asked her daughter Beth Zambino to give everyone a huge thank you for all the cards that brought her smiles and decorated her living room. She really enjoyed hearing from so many old friends and it brought back lots of ESA memories.

Join us by sponsoring a Minnesota Veterans' wreath at Fort Snelling National Cemetery by December 1st.

Each wreath placed on a hero's grave will cost \$15 with \$5 of that money going back to Minnesota Veterans.

Go to:

<https://www.wreathscrossamerica.org>



Number of Wreaths to Sponsor:

- 1 Wreath Individual Sponsorship (\$15)
- 2 Wreaths (\$30.00)
- 5 Wreaths (\$75.00) *Most Popular
- 10 Wreaths (\$150.00)
- Custom Number of Wreaths

Alpha Sigma of Epsilon Sigma Alpha (MN0054P) | 166665 |

Location to Support:

Fort Snelling National Cemetery , Minneapolis, MN 55450 | ▼





BETA SIGMA CHAPTER
EPSILON SIGMA ALPHA INTERNATIONAL 501(c)(3)

SHOE DRIVE CONTINUES

DUE TO COVID-19

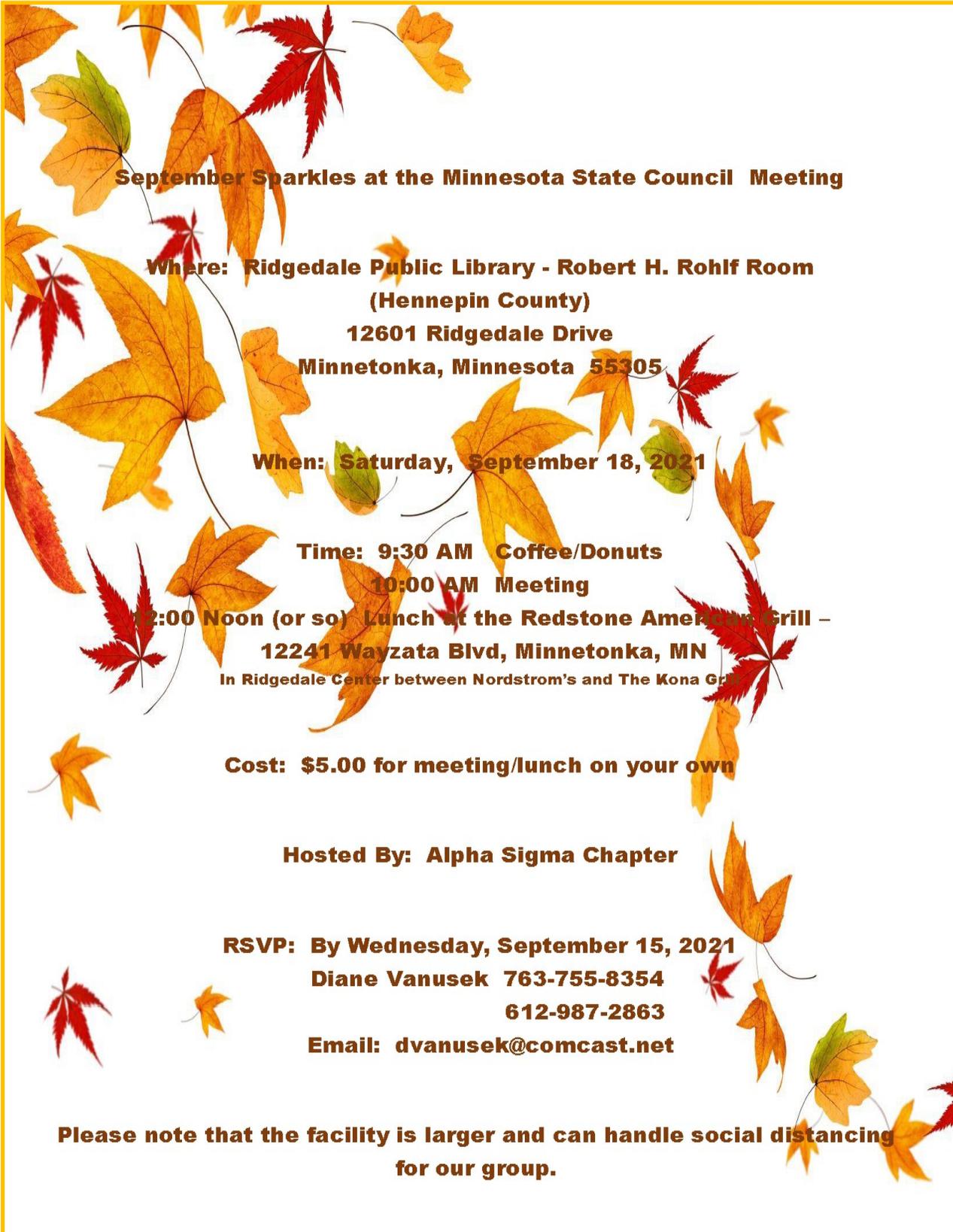
BENEFIT 3RD WORLD COUNTRIES
THROUGH FUNDS2orgs 501(c)(3)

GENTLY-USED OR NEW SHOES



ALL TYPES - ALL SIZES
CHILDREN--TEEN—ADULT—MALE--FEMALE

CONTACT MARCIE HAIGH
PHONE: 612-267-0919
EMAIL: MARCIEJOH@GMAIL.COM



September Sparkles at the Minnesota State Council Meeting

**Where: Ridgedale Public Library - Robert H. Rohlf Room
(Hennepin County)
12601 Ridgedale Drive
Minnetonka, Minnesota 55305**

When: Saturday, September 18, 2021

**Time: 9:30 AM Coffee/Donuts
10:00 AM Meeting**

**12:00 Noon (or so) Lunch at the Redstone American Grill –
12241 Wayzata Blvd, Minnetonka, MN
In Ridgedale Center between Nordstrom's and The Kona Grill**

Cost: \$5.00 for meeting/lunch on your own

Hosted By: Alpha Sigma Chapter

RSVP: By Wednesday, September 15, 2021

Diane Vanusek 763-755-8354

612-987-2863

Email: dvanusek@comcast.net

**Please note that the facility is larger and can handle social distancing
for our group.**

ESA – Minnesota State Council Chapter/Member Dues Payments For 2021-2022

State dues are \$20.00 per chapter member due September 1, 2021.

Please mail this form along with a list of members' names and I.D. numbers to:

Dennis Marler, State Treasurer
9145 Kingsview Lane N
Maple Grove MN 55369

Chapter IC dues of \$40.00 are due August 1, 2021. **Please make out a separate check for \$40.00, payable to the ESA International Council. The Chapter IC dues will be paid/forwarded to IC.** For record keeping, **please make sure you indicate on the form that you paid the IC dues directly.** Call me if you have any questions.

Chapter Name _____ Chapter Number _____

Federal Tax ID # _____

Chapter Treasurer's Name, Address, Telephone Number: _____

Please list all dues-paying members and their Member No. Please provide the Member No. of any new members since last year.

Member Name	Member Number	Dues
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total From Additional Pages	_____
Total Member Dues Enclosed	_____
Chapter IC Dues (\$40.00)	_____
Total Amount Enclosed	_____



International Council Dues
Chapter
State
Other Councils

How to Remain Non-Profit?

- All entities **MUST** pay IC Council dues. Entities are: Chapters, District Councils, Regional Councils, State Councils, and any other Zone or Auxiliary.
- All entities **MUST** submit a Tax-Form (Tax Facts) to Headquarters each year by September 15th.
- All individual ESA members **MUST** pay individual member dues.

If these three (3) items are NOT completed, then the entity is NOT considered Non-Profit

What Do I Owe and Where Do I Send It?

- **Individual Member dues** are sent to ESA Headquarters. Each member will receive a bill in the mail. These are paid yearly during the month you pledged. Dues are \$49 (unless you are a senior or a Life-Active Member).
- **IC Council dues** are due at the beginning of the ESA Year (August 1st) and must be paid before May 1st to be considered in "good standing" and receive voting privileges at IC Convention. These dues are mailed to the current IC Treasurer. DO NOT SEND TO ESA HEADQUARTERS.

2021-2022 International Council Dues are Due Upon Receipt

Please check one:

- Chapters: \$40.00**
Name _____ Number _____ State Affiliation _____
- Other Councils/Districts/Zones/Auxiliary (within a state) \$40.00**
Name _____ Number _____ State Affiliation _____
- State Council/Multi-State Council \$45.00**
Name _____ Number _____

Treasurer's Name _____
Address _____ City _____ State _____ Zip _____
Phone _____ Email Address _____

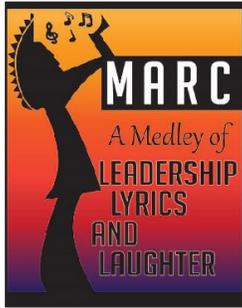
Send Payment to: IC Treasurer
Lynda Edwards
125 Quail Run
Prattville, AL 36067
lyndabaine@bellsouth.net

Make Checks Payable to: *ESA International Council*
Please include chapter name & number on check.

FOR IC TREASURER'S USE ONLY

DEPOSIT # _____
CHECK # _____
ACCOUNT # _____
DATE REC'D _____

NOTE: Individual membership dues of \$49.00 should be sent directly to ESA Headquarters



36th MIDWEST AREA REGIONAL COUNCIL CONFERENCE

WICHITA, KS

OCTOBER 8-9, 2021

Name _____ State _____

Address _____

City, State, Zip _____

Email Address _____ Phone _____

Travel Plans: Driving: _____ Flying: Airline _____ Flight # _____ Date _____

Names of Roommates: _____

**CURRENT OFFICER/
OFFICES HELD**

(Check all that apply)

MARC Board _____

MARCettes _____

ESA Foundation
Board _____

State President _____

Headquarters _____

IC Exec. Board _____

IC Appt. Board _____

1st Timer _____

Guest _____

REGISTRATION OPTIONS

Postmarked no later than 9/10/2021

Registration for Conference and Leadership \$150.00 _____

Registration excluding Friday Leadership \$125.00 _____

Postmarked after 9/10/2021

Registration for Conference and Leadership \$175.00 _____

Registration excluding Friday Leadership \$150.00 _____

Walk-in Registration after 10/1/2021

(cash/money order only) \$200.00 _____

PARTIAL REGISTRATIONS

Saturday Luncheon only \$ 50.00 _____

Saturday Banquet only \$ 65.00 _____

Total Enclosed (make check payable to ESA MARC 2021 Conference) \$ _____

Special Medical Dietary Needs _____

MAIL CHECK AND FORM TO:

Maureen Wells
Registration Chair
3009 Tumbleweed Terrace
Manhattan, KS 66502-8968
1-785-537-4461
maureenw53@yahoo.com

HOTEL INFO

Hyatt Regency Wichita
400 W. Waterman Street
Wichita, KS 67202
316-293-1234
Reservation link: <https://www.hyatt.com/en-US/group-booking/WICRW/G-EPG>

Group Code: MARC-ESA
ROOM BLOCK HONORED until
September 16, 2021
Rate: \$109 per night, plus tax
Complimentary self-parking and Wi-Fi

Epsilon Sigma Alpha (ESA) International is a special organization—an organization that is truly defined by the hearts of its members.

An International leadership and service organization, ESA is a place where members develop meaningful friendships, find their passion for community service, and continue on the path of lifelong learning.

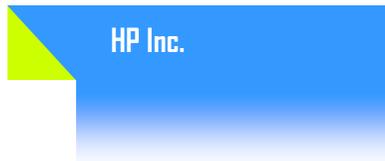
MISSION STATEMENT

ESA is Good Friends, Good Works, and Good Times

...We create activities and support causes that let us surround ourselves with welcoming positive people who enjoy making a difference and having fun together.



EPSILON SIGMA ALPHA



Epsilon Sigma Alpha
363 W. Drake Road
Fort Collins, CO 80526

Phone: 970-223-2854

Email:

esainfo@epsilonsigmaalpha.org

MINNESOTA ESSAY

All issues of the ESSAY are published here:
www.mnesa.com

The ESSAY is published on a monthly basis 9x/year from August-May (except December) at the beginning of each month.

The deadline for submission of articles is the 25th of each month. The monthly issue is emailed on the first of the month.

Please share the ESSAY with prospective members who may want to learn more about Epsilon Sigma Alpha—MN.



—Robin Bussey
International Council President
2021-2022

We're on the web!
INTERNATIONAL
www.epsilonsigmaalpha.org
MINNESOTA
www.mnesa.com



Terri Olson
ESSAY Editor
terri.mnesa@gmail.com