



Minnesota ESSAY

Before You Forget....

- Come and join the fun on Mondays at Medtox
- Check the September ESSAY to add October events and reminders to your calendars
- Volunteer for an event at Interact and/or St. Jude; there are lots of opportunities to assist
- Invite a friend to come with you to an ESA activity
- Save the Date for the MN ESA Convention
- Send an article with what's going on in your chapter

INSIDE THIS ISSUE:

Vice President	2
Treasurer and ESAF	3
Welcome Home Vets	4
Chapter News	5-7
Interact Opportunities	8
St. Jude Opportunities	9
ESA Christmas Social	10
Convention Save the Date	11

President—Dana Terry

Happy Fall to you all!

As the crisp breeze ushers in the season of fall, our surroundings transform into a breathtaking tapestry of reds, oranges, and yellows. It's a natural phenomenon that never fails to captivate our senses, reminding us of the beauty of change. Just like the trees shedding their leaves, our organization is also going through a season of transformation.

The Marvel of Autumn Trees

Autumn, often considered nature's grand finale, showcases the incredible ability of trees to adapt. As the days grow shorter and temperatures drop, trees shed their leaves to conserve energy for the winter ahead. It's a spectacle that reminds us of the im-

permanence of things, yet also of the promise of renewal in the coming spring. In the same vein, ESA is no stranger to change. Like the leaves falling from trees, we've experienced transitions and transformations in our journey. But amidst these changes, we've remained steadfast in our commitment to our core values and traditions, just like the roots that firmly anchor the trees.

Embracing Change

Change can be both beautiful and challenging. Just as we marvel at the changing colors of autumn leaves, we should also embrace the transformations within our organization. These changes are opportunities for growth, innovation, and improvement. They

allow us to shed what no longer serves us and make room for new ideas, perspectives, and initiatives.

Staying Rooted in Tradition

While change is inevitable, it's equally important to stay true to our roots and traditions. Just as the trees draw sustenance from their roots, our organization draws strength from its history, values, and the dedicated individuals who have been part of our journey. These traditions provide stability and a sense of identity, even as we adapt to new challenges.

Just as the trees transform into a breathtaking spectacle each fall, our organization too can shine brilliantly amid change. Let's continue to celebrate the beauty of transformation and re-

Continued on next page ...

President—(continued)

main firmly grounded in our traditions. Together, we can ensure that ESA thrives in all seasons, just

like the resilient trees that adorn our world with their autumn splendor.

Wishing you all a vibrant and transformative autumn season.



Vice President—Kim LeTendre Olson

OCTOBER IS RECRUITMENT MONTH!

Grab your ESA sisters and brothers and throw a party! Think chili, booyah, taco bar, wine tasting, or bloody Mary bar, whatever your heart's desire. Why not host a Gophers or Vikings football watch party (sorry Jodi Lang)? Then extend an invite to a neighbor, friend or relative and let the fun begin. Drop a few statements about ESA here and there during the party. If your guests like you, they'll love ESA. Are you visiting any wineries or taking a

road trip to enjoy the Fall colors? Invite, invite, invite!

FACEBOOK... I recommend joining the ESA Membership Ideas group on Facebook. Be sure to answer the membership question (your chapter name and chapter number) to be approved to join the group. The group will share ideas on recruiting, and you may just find some ideas to incorporate into your regular gatherings too. And always remember to post pictures of your ESA activities to social media. Nothing gets the word out fast to others about

all the good things we do than when we post on social media. Got an ESA event coming up? Post it! And post it to the hosting city's neighborhood group site too.

Coming up this month (and next) are some fantastic events to participate in... bring family and friends!

- ♦ **Medtox on Mondays.**
- ♦ *Those Were the Days!* An exhibition by Bonnie Thorne at Interact Gallery, **September 30 – October 26th**, by appointment.

- ♦ *Rooted in Nature: Interact Center for the Visual and Performing Arts, **October 19 – November 19***, at Minnesota Landscape Arboretum
- ♦ *Virtual Olive Oil and Balsamic Vinegar Tasting Event on **October 19th*** hosted by Delta Mu at Laurie Skoglund's home in Coon Rapids.
- ♦ *St Jude Style Show & Silent Auction on **November 11th*** at the Sheraton Minneapolis West Hotel.

COME AND
JOIN US
FOR FUN
AND MORE



Treasurer—Diane Vanusek

I have received all the Chapter's members lists and dues payments. All IC Chapter dues have been either remitted to the State to be forwarded or directly to IC. Thank you all for your prompt payment.

We do need to work

on member recruitment as our numbers are a bit off. At this time, we are down six members from last year.

Alpha Sigma is hosting a holiday party in December, so bring a guest, also known as a prospective member. Invite them

now so the date is on THEIR calendar too. See the flyer in this ES-sAy.

Just for fun - The term "treasurer" is from the mid 12th century old French term *tresor* meaning "treasury, hoard, treasure" which is from the Latin term *thesaurus* meaning

"treasury, treasure", which is from the Greek term *thēsauros* meaning "store, treasure, treasure house." In Middle English the word was *thresur* which replaced the Old English word *goldhord*, *maðm*.

ESA Foundation—Karla Kay Nicklaus



The scholarship season kicked off September 1st for the 2023-24 year. Remind your relatives and friends to apply

for the ESA Scholarships. Deadline for scholarships – February 1, 2024. Students need to go to the ESA Foundation

Scholarship website to check out the scholarships available.

Also, a reminder to pay your Foundation dues

of \$40 so Headquarters do not need to send you a reminder. It saves money!



SCHOLARSHIPS & GRANTS

<https://www.epsilonsigmaalpha.org/scholarships-and-grants/>



Welcome Home Vets—Shirley Laue



Did you know that there are 3800 cemeteries across the country that Wreaths Across America has to put their wreaths on.

Do you have someone buried at Ft. Snelling that you would like to have a wreath put on their grave?

Alpha Sigma will do it for you- just give anyone of us \$15.00, and we will order a wreath and put it where you want it to go.

As of today (the 25th) there are 82 days left in 2023 until we put the wreaths out. Let's remember our Vets and loved ones!



ESA Remembers the Veterans at Fort Snelling – December 16, 2023

***\$15.00
Per Wreath***

***ESA will help place the wreaths on a Veteran's grave site
at Fort Snelling in honor of their service to our country.***

Make check payable to Alpha Sigma. Order by November 10th. Call 612-957-2863 or any

Alpha Sigma member .

(Wreaths purchased through Wreaths Across America)

Chapter

News

What's New!

Alpha Chi—Joane Buche

Alpha Chi met Saturday, September 16th at Culvers, Sun Ray. Four members present out of seven is a good number. Gone is the "Blue Book" formal setup with no Parliamentary Chair!

Jack of all trades "Sue" acts as President and Treasurer to make sure our books and budget are all p to date. We will again have a "Silent Boutique" to

help our Treasury and pay our dues.

It was decided to support "Welcome Home Vets" as our Christmas charity. (Formerly Secret Sister gifts).

Thanks for all the rosters to keep us all up to date on names and new addresses.

Kathy Rise is still maintaining her condo, but has spent more time in hospitals and Care Cen-

ters than at her home, currently at Woodbury Center.

Kathleen Konrad is selling her home and moving to Hudson, Wisconsin. A six-month cruise around the world is their next agenda.

Colleen Riley is preparing for a three-week "out of her apartment" so it can be redecorated.

Gloria is settling in at the Meadows and has her home up for sale.

Her sons have been a blessing as they take care of most of the work so she can worry about everything only 10% of the time!

Sue and Ken are looking forward to their next trip. It has been a while since they got away.

Looking forward to the Style Show coming up. See you there!

Alpha Sigma—Diane Vanusek

Birdie Pipes Up - Minnesota ESA has lost another valuable member with the passing of Pat Stafanson. Husband, Gary, passed and within three days Pat followed. Both had been in failing health and Gary just became exhausted from caring for Pat. When they told Pat

that Gary had died, it is like her whole being died with his passing and her purpose and her love soon followed.

The funeral was a wonderful tribute to both of them. Of course, there were many wonderful words about Pat's involvement with ESA over those many years ... approximately 47 years as an ESA

member. During those years Pat served in many offices including State President. Both of them put in so many hours of work at Medtox each week. Her love outside of family was quilting. The many quilts she had made were displayed at the funeral in the church. Their

two sons were so happy to see both Shirley Laue and me. Even though I have not seen them probably since they were high school age, they sure remembered all the ESA things they were involved in. Shirley and I were the only ESAers attending the funeral. We were so happy to

Alpha Sigma—(continued)

see a beautiful yellow mum plant from Minnesota ESA when we immediately entered the church. Several attendees mentioned that plant to us. We will miss you Pat and Gary!

I have been out collecting donations for the St. Jude Silent Auction this past week. Lots of good and pretty things. So, mark your calendar for November 11. You will be hearing more soon. AND if YOU have a new item you would like to donate, just call me at 952-9387-3020 and I will get it from you.

Shirley Pipes Up - Last Saturday was Pat and Gary Staf-

fanson's memorial service. Birdie and I were the only ones there from ESA. It was a beautiful service, followed by a delicious lunch and conversation. I had sponsored Pat into ESA, so she had been a member for 47 years. She had been a Minnesota State President and worked endlessly on all of our projects. She was a member of Sigma Chi until it disbanded. Her glowing personality and energy will be sorely missed.

Sept. 6, we tried something different - we signed up to do a garage sale in a parking lot by Lenox, in St. Louis Park. We will just say it was a waste of a beautiful Saturday morning.

Alpha Sigma is busy getting ready for the St. Jude auction and luncheon, to be held November 11 at the Sheraton by Ridgedale. We hope all of you can come and why not bring a guest or two. Hopefully see you there!

Diane Pipes Up - I was disappointed the St. Jude Walk/Run was on the same weekend as my family reunion this year, so I was unable to be there in person. I did create a fund-raising FB post so if anyone wants to go out and increase my donation level, feel free. Just search for my name on FB.

We had our first Chapter meeting in

September. In reviewing what the Chapter did over the summer, Uff Da, Alpha Sigma DID NOT take the summer off. No wonder it went so fast. We also have quite a bit on our plate going forward. Just watch the Essay for more news.

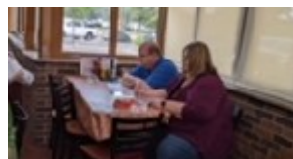
This past weekend was a great family bi-annual get together. We so enjoyed seeing each other, the grands and great-grands. I am so blessed to have these people in my life. It made me think about my Minnesota ESA family and how we need to see more "grands and great-grands" on the membership rosters.

Beta Sigma—Eileen Spencer

Beta Sigma held its monthly meeting on September 16 at the Park Tavern Bar & Grill

President Edee Erickson opened the meeting with this thought for the day:

"Every sunrise is a reminder of a new chance to shine"



"Bee the best you can be!"



Jen Davies enjoyed the brunch and was especially pleased to win \$20 in the cash raffle!

Kim Larsen, who is highly gifted in the art of knitting and working with wool, suggested we each demonstrate or teach what we like to do in our spare time for our educational program. At a future meeting, Kim offered to

demonstrate spinning and to bring in a few wheels to teach us how to spin!

Pledge Years Anniversaries:

October:
Marcie Haigh - 15
Congratulations!



Beta Sigma—(continued)

Activities and Travels:

Since **Josie Ferguson** has not been able to attend **Beta Sigma** meetings, members will be taking Josie to lunch on November 4. Josie recently celebrated her **62nd year** as an **ESA** member. At the luncheon **Beta Sigma** will present Josie with her award pin.

Bruce and Dina Strachota:

Bruce worked at the MN State Fair in the **Lions Club** booth doing vision screening for **KidSight**. They also visited the fair on opening day.

Bruce is also volunteering for the **St. Jude Walk** in Maple Grove.

Dina and Bruce also volunteered at a **Pay it Forward** event for **Feed My Starving Children** on September 9.

Dina asked we **MARK OUR CAL-**

ENDARS for the **Spirit of Christ Church Craft Bazaar** which will be held the weekend before Thanksgiving.

Bonnie Olson also attended the State Fair and tried a Lutefisk sandwich for the first time – to which she only said, “it was interesting”.

Edee and Hartley Erickson plan on spending the last two weeks of September up North closing up their camper. They also are looking forward to attending their grandson's hockey games!!

Members **Marcie Haigh**, **Judy Searles** and **Eileen Spencer** took a long-awaited trip to Itasca State Park, the Mississippi headwaters and the iconic statues of Paul Bunyan and Babe the Blue Ox!



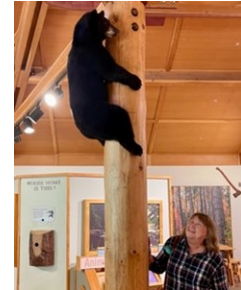
Judy caught the coming of Autumn



Selfie at Mississippi Headwaters



And there they are, bigger than life!



Marcie's idea of a souvenir!

The next **Beta Sigma** meeting will be held October 7, at 9:30 in the community room where **Linda Schultz** resides.

Thank you everyone and please continue to pray for our unnamed members with health issues.

“Autumn is a second spring when every leaf is a flower.” - Albert Camus



Gamma Zeta—Dorothy Wangen

Not a lot of things going on in our chapter. We did host the MN Board Meeting on August 26 at the Brighton Pond Com-

munity room. June and Ron took a trip to Duluth, and they said it was much cooler than back at her home. Almost

Jacket time. Judy and Dorothy took a tour bus to Treasure Island and took the boat cruise - which was very good. Dianne has been work-

ing at Medtox most Mondays and has had some luncheon appointments with friends.

Upcoming Interact Center Events

Aug.
14

***Interact fundraiser
at the Hilltop Restaurant in Edina***

Fundraiser for Interact, hosted by the Hilltop Restaurant

Sept. Sept.
14 - 16

***Michael Engebretson at CEZ's
Chromo Zone Art & Mural Festival***

Mural site - 2147 University Ave W. St Paul, MN 55114

Sept. Oct.
18 - 18

***Bonnie Thorne
at Interact Gallery***

Solo exhibition featuring the work of Bonnie Thorne

Oct. Nov.
19 - 19

***Rooted in Nature at the Minnesota
Landscape Arboretum Café Gallery***

Group show of 26 Interact artists exploring ecology
Artist meet & greet on Saturday, Oct 21, 11-1pm

Oct. Nov.
26 - 18

***Hell is Empty and All The
Devils Are Here...Again!***

Interact's fall musical at the Luminary Arts Center

Nov.
16

Give to the Max Day

Help support Interact on Give to the Max Day

Nov. Dec.
13 - 22

***The Great Big Holiday Sale at
Interact Gallery & Interact Center***



Scan to Donate

for more details visit
interactcenterarts.org
&
gallery.interactcenterarts.org



St. Jude Updates



St. Jude

Volunteer.St.Jude.org

September 9th

Gala - Moments of Courage

Location:

The Metropolitan Ballroom & Clubroom 5418 Wayzata Blvd Golden Valley, MN 55416

Roles:

Set up, Greeter, Silent Auction, Registration, Floater, Take down

September 23rd

Walk / Run

Location:

Elm Creek - Acorn Picnic Area 12400 James Deane Pkwy Maple Grove

Roles:

Set up / Decorating (9/22 - 9/23), Parking / Directional Guide, Volunteer Registration, Participant Registration, Mission Experience, Route Volunteer, Family Fun Zone

Walking:

Join the MN ESA tam at - fundraising.stjude.org

Raised \$757 of \$10K goal

November 11th

Style Show

Location:

Sheraton Mpls West - 12201 Ridgedale Drive, Minnetonka

Details:

Prices have gone way up. This is a MN ESA event we need to have everyone driving participation to get to at least 100 attendees. Please use your power of social media to help spread the word to get people registered. Flyer to come soon. Registration / payments online and mail in.

Potential Activities: Heads / Tails game, Cork pull, Women's/Childrens/Toy/Jewelry Vendors & demonstrations, Door prizes



MINNESOTA STATE ESA
CHRISTMAS PARTY
SUNDAY, DECEMBER 10

Starting Promptly at 2:00 and Ending at 5:00 PM

3320 Louisiana Ave. So., St. Louis Park, MN
PARTY ROOM

Come Dressed for FUN and/or your Ugly Christmas Sweater

***** Bring your favorite Christmas food to share *****

Bring a Wrapped White Elephant Gift to Share

GAMES ... FUN ... FOOD !!!

RSVP Birdie 952-938-3020



*Save
the Date*

MN ESA STATE CONVENTION

MAY 17-18, 2024

FRIDAY EVENING
MIXER FUN

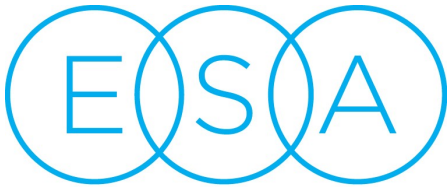
SATURDAY
MEETING, INSTALLATION
& BANQUET

RUNNING ACES CASINO, HOTEL & RACETRACK
COLUMBUS, MN

ROOM RATE IS \$129 USING CODE ESA2024

Epsilon Sigma Alpha
2580 E Harmony Road
Suite 301-11
Fort Collins, CO 80528

Phone: 970-223-2854
Email: esainfo@epsilonsigmaalpha.org



EPSILON SIGMA ALPHA

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.

MINNESOTA ESSAY

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

The ESSAY is published on a monthly basis 9 times/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 approximately the first of the month.

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



Terri Olson
ESSAY Editor
terri.mnesa@gmail.com



~ Brenda Meyers
International Council President
2023-2024