



#StayStrongandSparkleOn

ESSAY— November

PRESIDENT—SANDY HONGERHOLT

Last weekend I was down in Southeastern Minnesota for a family birthday. The scenery was beautiful and full of fall colors. Hallmark Christmas Movies have started and the Holiday Season is almost upon us. Pretty soon those lovely white flakes will begin falling.

Even though this has been another tough year, we have much to be thankful for. I know I am thankful for all of you and am very proud of how our state selflessly serves. We have a small membership but we sure manage to do big things. I am thankful for all of the volunteers that go to Medtox every week and work to earn mon-

ey for the state to support our charities. Medtox has been keeping ESA busy.

And then we have all of the chapters that have their own fundraisers. Who do you know that you can invite to the next event? The Wine, Liquor and Beer event for Welcome Home Vets will be over. I hope you were able to attend.

Next is the annual St Jude Style Event. I'm working on inviting friends and family to join me. I am looking forward to this event hosted by Delta Mu and the auction hosted by Alpha Sigma. You know there will be a lot of good stuff to take a chance on.

Have you looked through your shoes and donated to Beta Sigma's shoe drive?

Please don't forget the state meeting on Saturday November 20th. And finally we are on to Thanksgiving. Remember there is always something to be thankful for.

May you and your family have a blessed Thanksgiving Day. Stay Strong and Gobble on (and don't forget to sparkle).



VICE PRESIDENT—MARCIE HAIGH



Special points of interest:

- > Bring your labels for the St. Jude Style Show and Silent Auction on 11/13
- > Donate to the WHV Giving Tree
- > Support our Ways & Means project— Order Butter Braids
- > RSVP for the 11/20 Membership Mtg
- > Check your closet for shoes to donate
- > Order your wreaths for Wreaths Across America

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TREASURER—DENNIS MARLER

In last month's Essay article, I reported **ESA Minnesota now has nine chapters and a total of 66 state members.**

I thought maybe we could pull some of our MAL members back into the state. I thought maybe a note to a few of the MALs I know could convince them to join ESA Minnesota again. But I don't have the words. My notes are always

too short, too unemotional, too unconvincing. So, I asked Betty for some good words.

Betty's words:

Dear _____,

ESA Minnesota isn't the same. It's missing links in our golden chain. Yes, we're still keeping faith with ourselves and others. We're sincerely striving to uphold our pledge

to ESA. We're still doing good works for others and attempting to add members to this outstanding charitable, educational organization.

Do you know how we can make ESA even better, stronger, and more fun?

We need YOU back! We miss your ideas, your

leadership, your participation, your thoughtfulness, your insights and your laughter and hugs.

And my words:

Please send me \$20 for your ESA Minnesota membership dues. Why, just the Essay alone is worth that much! Thank you.



MARC—DIANE VANUSEK AND BILLIE JANE MINTJAL

What a great weekend at the MARC Conference in Wichita. It was a beautiful drive down I35 to this lovely city. Birdie, Sharon D., and I witnessed part of the great mid-American fall harvest from Minnesota to Kansas and back. On the way down not too much harvesting, but on the way back, gigantic combines gobbled crop after crop, eight to ten rows at a time. We even played a little "name that grain", probably being right only on the corn. I have not completely shed my growing up on a farm appreciation

for the harvest.

We were treated to a very nice hotel facility with absolutely no water available for anything till about an hour after we arrived. Big watermain failure. It was a bit of a walk to the meeting rooms, but that helped work off the great meals.

ESA Kansas organized great presentations for Friday Leadership. Passageways, a group to help homeless veterans, Heartspring, a school for services and therapies for children with special needs and development disabilities and Notes to Self, a

sock manufacturer of inspirational socks (We all got a free pair!) talked about the development and operation of their organizations. Google these three great organizations to find out more details. Two former fire chiefs from the Winfield, KS fire department presented a program on the development of fire fighting, why firefighting is more difficult now and an update on home safety. What an eye opener!

President, Sandy, organized a state outing at a great BBQ restaurant, "BiteMe

BBQ". Billie-Jane and Julene missed a great dinner. The mixer was a tribute to the movie "Grease". The officer candidates had to tell why they would be the best candidate using lyrics from "Grease" songs. Some of those lyrics were a bit tricky for polite society. What a fun evening.

On Saturday, the general board meeting went well. The minutes should be posted on the MARC website soon. In the evening Kim Polling, Illinois was installed as the 2021-22 MARC President with her newly elected board

MARC—(continued)

of Bonnie Templeton, KS, Vice-President, Jill Shull, IL, Recording Secretary, Amanda Rowland, OH, Treasurer, Brenda Campbell, IN, Parliamentarian, Brittany Hillard Rosenmund,

MI, Communicator, and Brenda Fields, MO, as the Jr. Past President. The appointed board will be listed on the website.

The Heart of America Men's Chorus had the

attendees tapping their toes, singing along, and playing "Name that Tune".

Put October 7-8, 2022, dates on your calendar as the Oklahoma State Council is

planning a great 2022 MARC conference in Tulsa. Plan an extra day or so as there are some good places to visit in that lovely city.

WELCOME HOME VETS—VICKIE SANDHOFER-KROLICK / BETTY MARLER



WELCOME HOME VETERANS

The Thank You Giving Tree is off and running with

\$250.00 in cash and gift cards so far. There's still time to make a donation.

November 20th is our ending date.

October is almost behind us, November right around the corner. It's a busy month with lots of volunteer opportunities. As the saying goes, "Let's get this party started!"

We hope everyone is healthy. Thank you for all the volunteering.



VETERANS EAST SWEETS PLANNER—BETTY MARLER

Hello ESA Minnesota!

As you know, ESA Minnesota and the Hopkins Elks Lodge are teaming up to prepare a holiday meal for the veterans at Veterans East on Monday, November 29th. We expect to feed 80-85 veterans. Each veteran will also receive a box of food and a tray of delicious, sweet treats.

Sandy Hongerholt, chair for this event, asked me to coordinate

the dessert trays for the veterans. Here's the scoop: We are asking ESA members to donate an assortment of sweets for the veterans. They may be store bought or homemade treats - a couple pans of bars, a couple dozen cookies, homemade candies, boxes of store-bought candies or cookies, and any other sweet goodies you know the veterans would enjoy.

If you are willing to

make treats, but don't have time to deliver them to the Elks Lodge, let me know. Dennis and I will make arrangements to pick up your donations. Thank you! If you prefer to donate money for treats, I will happily shop for you.

We'll be putting the gift food boxes, and dessert trays together on the weekend of November 27 or 28 at the Hopkins Elks Lodge so I'll need your dona-

tions by November 26th. Sandy H. will keep us updated on this event.

Judy Cummins, thank you for donating the covered containers for our dessert trays.

Thank you, Betty Veterans East Sweets Planner
763-494-8452 or dmarler@comcast.net





WISHES AND MORE—LORI THORPE



Hello. I hope you're having a wonderful autumn.

A huge thank you to all of you who have volunteered with Wishes & More, donated to the organization, and worked at Medtox to secure the generous donation that was recently presented to Wishes & More.

Please see the picture at Wishes & More featuring Joelle and Madi holding the check that was donated to them through the work you're doing at Medtox! I am so grateful to each and every one of you!!!

We all know that Wishes & More grants wishes, but they also offer MORE. The More includes things like tickets to sporting events, concerts, plays, dinner theaters, and MORE. It also includes sending kids to youth camps.

Wishes & More is looking for volunteers to work a table at the Kendra Scott store at the Mall of America on November 26,

November 27, December 3, and December 4 from 2:00-5:00pm.

They also need individuals to help with their Winter Ball invitations to be mailed out during the month of December.

Their Winter Ball will be held on February 5th and is their biggest event of the year so they'll need many hands to help the day before and the day of the ball.

Last but not least, they're on the lookout for any auction items we can donate, including homemade items.

Thank you for all of your efforts to help the kids who are fighting life-threatening illnesses, and their families.

Please contact Madi to become a volunteer. She can be reached at MadiS@wishesandmore.org or 763-502-1500.

I appreciate all you do!





*Don't confuse your path
with your destination.
Just because it's stormy now
doesn't mean you aren't
headed for sunshine.*

ALPHA SIGMA—DIANE VANUSEK

The State St. Jude's Chairs (Delta Mu and Alpha Sigma) will host the Style Event Luncheon and Silent Auction at the Sheraton Minneapolis West on November 13th, 2021. Alpha Sigma is doing the Silent Auction portion of this event once again. Bring ALL your friends, your address labels and come to enjoy the day. See the flyer for details and reserve the day for fun and games.

Birdie, Sharon and Diane attended the MARC conference in Wichita, KS. What a fun drive that was. We sure had a good time catching up on things because of the pandemic. As usual, Diane missed her hubby's birthday, but he was serenaded via Facetime by the Minnesota delegation from the BBQ joint. He is a good sport.

Birdie says - Seems the leaves are falling and so are the temperatures. Put the ol' furnace on the oth-

er night... and socks too. My mother would always say "PUT ON SOME SOCKS IF YOU ARE SO COLD". I hate to say it, but I think it is true, they do keep my little piggys warm at least.

It is so nice to see some new faces coming to Medtox. The workload at Medtox has increased and adding new people sure has helped. It is a nice ride in early in the morning and now days you get to see that new day sun shining right in your eyes as you head to Medtox. I encourage you to come and help raise those dollars that Minnesota ESA gives to our many charities.

I keep thinking of the next chapter in cold and snowy. I have looked up many trips and cruises to warmer spots for the upcoming winter. These old bones are liking warmer temperatures. Will update you on my decisions. I sure am seeing higher prices

and oh the prices of renting a car!!! There are so many shortages across the country for so many items. So sad. Enjoy the beginning of our long winter and Happy Halloween.

Alpha Sigma has many ,many items to use for filling baskets for the St. Jude Hospital event and Silent Auction on November 13. But we really need those bottles of wine we often put in baskets. So, if you want to help out in that area, we would appreciate it very much.

Pat S says - We lead a very boring life right now due to the pandemic. Our grandchildren, however, have had a busy year so far. Our oldest granddaughter graduated from Concordia college and also got married! Our youngest granddaughter graduated from college and is living and working as a journalist out East. Youngest grandson graduated from high school and will

be attending Mankato State U this fall. He also joined the Army National Guard which scared me after what happened at the Capitol! Oldest grandson has a job that includes travel across the US - last trip was to Texas - he seems to be enjoying it a lot.

Gary and I are missing our usual late summer early fall trip up to the Bayfield area also due to COVID.

My brother passed away in July, so we went to the funeral in Alexandria, which was sad, but was able to see all our nieces and nephews who we hadn't seen in a long time, so that was wonderful!

I don't drive anymore since I totaled out my Oldsmobile so I'm not able to attend all the ESA activities I would like - Birdie graciously lets me ride along when I'm able. (We were so happy to see Pat at the chapter meeting and at Medtox.) Hope to see everyone soon!



ALPHA ZETA—KELLY CHECK

Hello from Texas!

As many of you know we (Liz Pitts and Kelly Check) made the decision to move to El Paso, Texas to be closer to Liz's parents. This is something that we knew one day would happen and we have had this on our radar for a few years now. Liz is an only child so we knew that life would take us to Texas eventually so we could care for her parents as they aged. The goal has always been to get to Texas before we had to.

In June, everything lined up for us and seemed to fall into place within 1 week's time as I was able to find a job working from home and the job would transfer to Texas with us. We simply couldn't pass up this opportunity as it was literally laid out before us, we just had to accept it!

We are still members of MN ESA and the Alpha Zeta Chapter. As you all know, Texas is a very big state. They have several Districts and several

chapters within those districts. Currently, there are no chapters in the El Paso area and I believe the closest chapter is 3-4 hours away. I would like to (some day) start a chapter in El Paso; however, according to the Texas State Council map, this region is part of the New Mexico State Council as El Paso is pretty much on the border of New Mexico and Mexico. So we will see...

With the above said, we wanted to thank

everyone in our MN ESA family. We have met so many wonderful people who have opened their hearts and homes to us and taught us so much about helping those in need. We will definitely see you all again at future ESA events, as soon as I build up some vacation time! Hugs to you all!

Kelly Check and Liz Pitts



BETA SIGMA—EILEEN SPENCER... "Superheroes for ESA"



BETA SIGMA held a business meeting on October 2 at the lovely home of **Edee Erickson** in Bloomington which was co-hosted by **Jen Davies**. Following the *Opening Ritual*, Past President **Judy Searles** provided the following "Thought for the Day".

Reflections on Truth – Things that can be equally TRUE:

- ◆ *You are resilient and need a break.*
- ◆ *You gave your all and need to back out.*
- ◆ *You are independent and still need others.*
- ◆ *You were sure, and things changed.*
- ◆ *You are kind and have boundaries.*
- ◆ *Others have it worse, and your pain is valid.*
- ◆ *You did your best, and now you know more.*

BETA SIGMA will hold chapter workshops beginning in January to make book-pages wreaths to sell as a fundraiser. Here are a couple of examples:



Scrunch Book- Pages Wreath



Scroll Book-Pages Wreath

Stay tuned for how and where to purchase!

The next business meeting will be held November 6. Following the meeting many

BETA SIGMA—(continued)

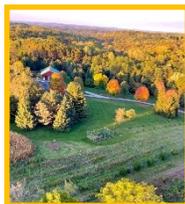
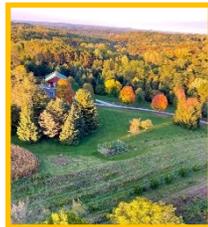
members will head to **60 ARTISTS ON 50TH** to see the artwork our very own **Jackie Swanson** created! Jackie will have her always unique framed mixed-media collages and mini collages too, plus silk-wrapped jewelry and greeting cards. Jackie's works and that of 59 other local artists will be held at *Burroughs Community School, 1601 W 50th St., S. Minneapolis* – between 10:00 and 5:00, Saturday only.

Jackie's artwork will also be available on November 20 at the **Eagan Art House Winter Sale**. The sale takes place at the *Eagan Community Center Gymnasium, 1501 Central Parkway, Eagan* from 10:00 to 4:00, one day only.

There were some updates that were somehow not included in the October article by the writer. My apologies to those members. Updates for **BETA SIGMA** include:

- ◆ **Judy Searles** had successful cataract surgery on both eyes and can

view the world much clearer now -- which was very useful when she, **Betty Brown** and friend **Carol Kelley** took to the sky on a Hot Air Balloon ride to celebrate Judy and Betty's October birthdays!



- ◆ **Marcie Haigh** spent over a week in Tacoma, WA caring for her granddaughter Elizabeth and visiting with family. Marcie returned home to await surgery for a total, right-knee



replacement in late September. All went well and Marcie is making a remarkable recovery!

- ◆ **Kay Fogarty** with husband Joe went to Colorado this summer to attend their 13-year-old granddaughter's Bat Mitzvah.

- ◆ **Edee Erickson** spent the summer at Pete's Retreat Campgrounds at Mille Lacs Lake. RV life agrees with Edee and husband Hartley!

- ◆ **Bonnie Olson** read a note regarding

Mona Peck. Our thoughts and prayers go out to Mona who is getting along well physically but struggles with memory loss.

Many **BETA SIGMA** members are very much looking forward to attending the upcoming *Welcome Home Vets Wine Tasting* event and the *St. Jude Style Show!*

We wish all ESA sisters and brothers a very *Happy Thanksgiving!* Be safe.





EPSILON SIGMA ALPHA

*Style Event &
Silent Auction*

A fundraiser for St. Jude Children's
Research Hospital presented by
Minnesota ESA

NOVEMBER 13, 2021 | 10:30 A.M. - 2 P.M.
SHERATON MINNEAPOLIS WEST

JOIN US FOR LUNCH, FASHION STYLING WORKSHOPS,
VENDORS, LIVE MUSIC, SILENT AUCTION AND MORE!

TICKETS ARE \$40 FOR ADULTS AND \$10 FOR CHILDREN.
FOR SALE AT <https://bit.ly/3zSoDnj> (case sensitive)
OR VIA THE ATTACHED FORM.

St. Jude Children's
Research Hospital
Finding cures. Saving children.

*'Tis the season of
giving!*

**COME AND MAKE
A DIFFERENCE!**

This exciting event features:

- Pasta Lunch Buffet
- Fashion Seminars
- Silent Auction
- Boutique Shopping
- Live Music
- Raffles & Prizes
- Wine Pull

Apricot Lane
BOUTIQUE
Blaine

lilac
boutique

Mainstream
BOUTIQUE

To learn more about this upcoming fundraiser, please
contact Julene Donnay at (612) 805 9098 or send an email to
julenedonnay@gmail.com.



EPSILON SIGMA ALPHA

Style Event & Luncheon Ticket Order Form

Deadline for Ticket Orders: November 8, 2021

Contact Person: _____

Address: _____

Phone: _____

Email address: _____

Number of Adult Tickets: _____

Price: x \$ 40 per ticket

Amount Due: = \$ _____

Number of Child Tickets: _____

Price: x \$ 10 per ticket

Amount Due: = \$ _____

TOTAL DUE: \$ _____

Please make your check payable to
Delta Mu

Or charge to: MasterCard Visa AMEX Discover Card

Number: _____

Name as it appears on card: _____

Billing address with zip code: _____

Exp. Date: _____ CSV code: _____

Authorizing Signature: _____

Mail your completed form to:

**Julene Donnay
17763 Oakland Drive NE
Ham Lake, MN 55304**

OR

Email the form to JuleneDonnay@gmail.com

Tickets are also available at <https://www.eventbrite.com/e/style-event-luncheon-silent-auction-tickets-181943266207>



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



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

Location to Support:

Alpha Sigma of Epsilon Sigma Alpha (MN0054P) [166665]

Fort Snelling National Cemetery, Minneapolis, MN 55450

REVIEW MY SPONSORSHIPS





Get ready for a

BUTTER BRAIDS

WAYS & MEANS
FUNDRAISER

November 20, 2021

Turn in order at the State Meeting.



Let's Grow our ESA THANK YOU VETERANS \$\$\$ TREE!

Date: September 18, 2021 through November 20, 2021

Sponsor: Vicky Sandhofer-Krolick and Betty Marler, Welcome Home Vets Chairs

What: Donate Cash, Checks, Gift Cards from Aldi, Target or Walmart

Why: This fundraising project will support the Welcome Home Vets program as it assists our homeless veterans settle into permanent housing. Everything a veteran needs to change an empty apartment into a cozy home is provided in each WHV kit. This is a way to thank our veterans for their service and to let them know we are forever thankful for them and we support them.

Let's Do This Ladies and Gentlemen! All you need to do is to write a check to Welcome Home Vets, or make a cash donation, or purchase gift cards from Aldi, Target or Walmart. Mail your gifts to Betty Marler, 9145 Kingsview Lane N., Maple Grove, MN 55369 and we'll start growing our Thank You Vets \$\$ Tree. We'll share a picture of our tree as it grows.

Thank you so very much for making a difference in the lives of our veterans who now have a place to call home. These thankful veterans can't believe the generosity of people – people like us. We DO make a difference . . . every day.

Thank you for your support and for your generosity. Vicky and Betty

Epsilon Sigma Alpha Minnesota State Meeting



Saturday, November 20, 2021

Brookdale Public Library – Room ABC

6125 Shingle Creek Parkway,

Brooklyn Center 55430

Socializing: 9:30 am

Meeting: 10:00 am

Cost: \$3.00

RSVP by Thursday November 18

Tables for selling Chapter goodies will be available.

Please let us know if you would like a table.

**RSVP to Betty or Dennis Marler,
dmarler@comcast.net or 763.494.8452**

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



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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
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www.mnesa.com



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