

# MINNESOTA ESSAY

Issue 4 of 9  
November 2022

*Inside this issue:*

Parliamentarian	2
ESAF, MARC	3
Philanthropic, St. Jude	4
Welcome Home Vets	5
Chapter News	6-9
St Jude 50 / 50	10
Screw Your Neighbor and Dinner	11
Beta Sigma Wreath	12
Christmas Wreaths for Fort Snelling	13

## President—Dee Rotering

As we enter into fall we look back at the previous summer and wonder where the time went. At least I do.

The MARC Convention was amazing. I was able to travel down Route 66 to this conference.



**MARC Host—Oklahoma**

They had some amazing speakers. We had an investigative reporter who was not only informative but funny and engaging. Did you know the place to be the most aware of your surroundings is in the grocery store parking lot? Have a plan, make a lot of noise and if approached...your life is not worth your stuff.

Coffee Bunker was a non-profit organization who spoke with us. My heart broke when a Gold Star Mother who started this program talked about losing her son to PTSD. She founded a great place for retired military to go and find brothers and sisters who understand the difficulties of transitioning back to civilian life. What a great organization.

The 3<sup>rd</sup> set of speakers was from Child Protection. It was amazing to hear what they are doing to protect our most vulnerable.



**President—Bonnie Templeton and Board**

It was a fabulous time

and if you have not been to one, or it has been awhile, I highly encourage you to consider going to the next one.

Thank you to everyone that joined us at the October membership meeting. I wish I had taken a picture of the fabulous costumes. We had a great time playing a game, eating delicious food, and catching up with one another (okay maybe a little business happened as well). And thank you to the Gaveliers for putting on a fun and fabulous meeting.

Check the MN ESA website for opportunities to volunteer and upcoming events. We have a fundraiser for Veterans (good eats & fun game), Scholarship application deadline, Packing meals for Veterans. The style show is this weekend, and I

**Don't forget to:**

- RSVP for the Card Tournament and Dinner on November 19
- Pay your ESAF Dues
- Check the MN ESA website for activities
- Attend Beta Sigma's Wreath Fundraiser
- Order Christmas Wreaths for Fort Snelling from Alpha Sigma
- Give a smile to someone you don't know

## President—(continued)

am excited to raise money for St. Jude. I hope to see you there. Please make sure you are updating the website with any additional events you are holding. I would love to hear about them and attend when I can.

If I don't talk to you before the holidays...I am wishing you a blessed, healthy and happy holiday season...




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## Parliamentarian—Julene Donnay

Thank you to everyone that attended the Parliamentary meeting on September 12. There are no bylaw or standing rule changes being proposed yet for this year.

I would like to request everyone that has a current elected or appointed office to please take a look at both the standing rules and the bylaws that are posted on the MN ESA Website. They are current and you really need

to know and understand what is expected of you in your current jobs. If you see something that doesn't exist any longer, or that you think needs to be addressed or discussed for changes, this would be the perfect time to make that proposal.

We will not be having another bylaw meeting unless I should hear from someone with a request for a change. That would then occur at our state conven-

tion in May. If you see something in the standing rules that you would like to propose a change on, we can do that at any ESA Membership meeting. The next one is scheduled for January. Again, thank you for those individuals that did come to the meeting, it was great to know we have a complete set of rules and that no changes are requested



**Arlene Besemann is turning 96 on November 19th. Her address is 7500 York Ave. South, #335, Edina, MN 55435.**

**Arlene loved being active in ESA and has such wonderful memories of her work and play in ESA. Thank you!!**

# ESAF—Karla Kay Nicklaus



We all want to save money! Right!! A reminder to renew your Foundation dues of \$15 by December 31, 2022.

After January 1, 2023, annual dues for the Foundation will go to \$40. First-year members will be \$25, or you can become a Life Member of the Foundation-\$500.

Go to the ESA Foundation website - pay online or send a check to ESA Foundation, 363 West Drake Road, Ft Collins CO 80526.

Deadline for renewing – March 1, 2023. Thanks to the members and chapters for renewing and supporting the work of the ESA Foundation.

Also, now is the time to remind your family and friends for high school seniors and college students to apply for the ESA Scholarships. Go to the ESA Foundation website to check out the scholarships.

Deadline for scholarship applications – February 1, 2023.

# MARC—Diane Vanusek & Julene Donnay



We certainly got “our kicks on Route 66” at the MARC conference in Tulsa. Diane did learn the hard way that correct directionals in the address plugged into the GPS is very important. E does not meet W.

One of the Leadership speakers, Lori Fulbright, Crime Reporter for a local TV station, spoke on protecting yourself. Her presentation was worth the price of registration. Everyone who was there will be more careful in the grocery store and will pay more attention to the physical description of people you meet. Lori

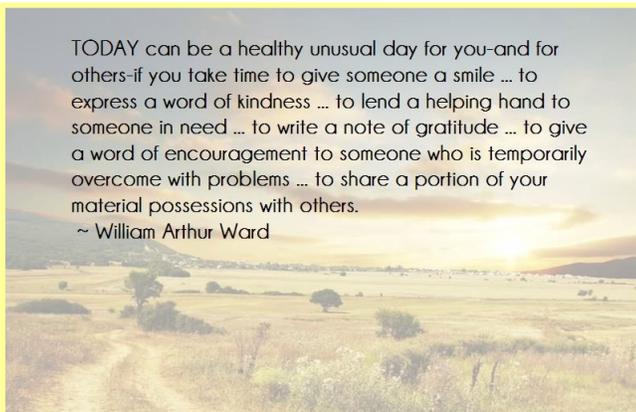
was delightful!

The other presenters also gave good talks regarding Child Abuse and Veterans Services.

The Friday night mixer was dominated visiting with old and new friends, games, and the purse auction. The generosity of the donors and the bidders is just amazing. Diane was the lucky bidder on a new wallet to replace the old worn out one. Pretty good deal. Thanks to anyone who contributed to any of the fundraisers at MARC.

The new officers are: Bonnie Templeton (KS)-President, Jill Shull (IL)-VP/Pres. Elect, Heather Hoey (MI)-Parliamentarian, Brittany Rosenmund (MI)-Treasurer, Amanda Rowland (OK)-Secretary, Jennifer Sparkman (OK)-Communicator, and Kim Poling (IL)-Jr. Past Pres.

Watch for the full minutes of the MARC meeting coming soon to the website: [www.esamarc.org/remarcs.html](http://www.esamarc.org/remarcs.html). There should also be a new ReMarcs coming to the website too very soon.



A helping hand doesn't need to be big in size!

## Philanthropic—Birdie Elkofska

Looking at the calendar I see how close we are to November and that means as Philanthropic Chairman I do need to think about the 2022-2023 Minnesota ESA State Philanthropic Project.

If your chapter has a suggestion, then I would like to invite that charity to speak at an upcoming ESA State Membership Meeting. So, please submit this infor-

mation to me ASAP.

I would like to encourage YOU as an individual to embrace the spirit of THANKSGIVING and to 'GIVE' a little extra to those in need.

Of course, our own ESA projects come to my mind. However, there are so many deserving

charities that would certainly welcome an added donation.

Keep track of your 'giving' donations and report them on your chapter's philanthropic report as a state, ESA international or a community project.

Make someone else's THANKSGIVING a better day because you care.

## St. Jude Coordinator—Alpha Sigma



### St Jude/Walk Run—Memphis Marathon

The St. Jude Memphis Marathon is to be held on December 3, 2022. See the Epsilon Sigma Alpha Website for more information. Even if you don't go to Memphis, there are ways to participate to raise funds for St. Jude Children's Research Hospital.

#### 50 for \$50

It is not too late!!! YOU can participate in the 50/50 Challenge for St. Jude. That is \$50 for celebrating ESA's 50 YEARS of supporting St. Jude Hospital.

Let's think about THANKSGIV-

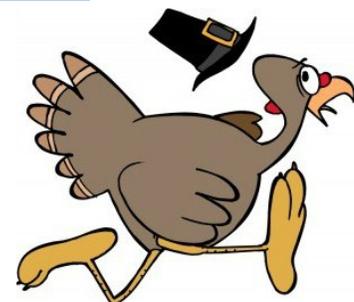
ING and just how lucky we are to have our family and friends to celebrate our life with each day. Think about how blessed each of us are and then think what it must be like to have a child who is sick and a patient of St. Jude Children's Research Hospital. Their life as they experience this daily must be so different than the life we know. The worry, the tears, and the hope. YOU can help by participating in the 50/50.

Today ... make your own project ... All this is for you to do is to secure \$50 in donations. That could be by asking five (5) of your friends or family for a \$10 donation. Or if you just want to

do it all yourself that would work also.

THEN you take the 50/50 donation form and fill it out and mail that form and the check(s) to ESA Headquarters. That address is on that form I just mentioned. EASY!!! The form is included in this issue of the Essay.

If you need any help, just give me a call at 952-938-3020. I would love to hear from all of you that do participate in this challenge. Do it NOW because this will be coming to a close in the next month. (HEY ... at the THANKSGIVING get-together see how many dollars you can raise).





## Welcome Home Vets—Sandy Hongerholt

November will be a busy month. I sent a message out asking for help for a Veterans dinner that the Minneapolis Elks 44 lodge has been putting on for over 30 years. Thank you to the 7 ESA members that responded to help.

The meal is open to anyone that would like to attend. All veterans eat for free and non-

veterans pay \$10. I have heard it will be an Italian dinner cooked by Wayne Meyer from the lodge. A local Boy Scout troop will do the flag ceremony and all 8 branches of the military will be included.

Be sure to join us for a fun time at the Elks where we'll play a game of "Screw Your Neighbor" and have a delicious dinner. All

proceeds from this event will assist in paying for the Veterans Dinner that ESA annually sponsors. A flyer is included in this issue of the Essay. The fun starts at 4:00pm on November 19th.

Hope to see you there!

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## Editor's Note—Terri Olson

We have moved in to our new home and finally unpacked all of our stuff as well as gotten rid of quite a few items. I now have an en-suite bedroom which is fabulous! And also, no more stairs to climb; here's a picture of our new home—all on one level!

I almost forgot to remind you of our new address: 12277 Bella Sera Dr, Fort Worth, TX 76126.

Thank you for your patience as I put together the Essay this month with essentially one hand and a couple of fingers from my left hand when I felt brave enough. Recovery from rotator cuff (and repair of multiple tears in the muscle) surgery is a long, slow process. My arm is in a sling for six weeks (until November 25th—but who's counting?) and I go to physical therapy three times/week. That arm might be stronger when I've recovered than my dominate arm!



I was granted permission from my surgeon and physical therapist to go on vacation as planned as long as I continue doing my exercises and keep my arm in the sling. Yahoooooo!

Bob and I leave for Portugal on November 15th; we'll be staying in a community near Lisbon and embracing Portuguese culture, history, coffee, food, and wine until December 1st when we head back to reality. I'm so excited for this journey!

I'm so sad to miss the upcoming St. Jude and Screw Your Neighbor events; they're going to be so much fun! Hope ESA raises lots of money for our two special projects. Hugs to all of you!

**REMINDER:** There is no issue of the ESsAy for the month of December. The next issue will be in January and articles should be sent by the **27th of December.**

I will send out an email reminder as we approach that date.

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## Alpha Chi—Joane Buche

Alpha Chi is back! We met for our 2020 Spring Luncheon on Saturday, October 8th, 2022 at Andiamo in Woodbury. Seven members attended with Pat Peterson wishing she could be with us. She will attend the Style Show with her family.

Kathy Rice opened the meeting and passed out the 2022-2023 Rosters. We are down in numbers but will try to attend and be active in the State and International functions.

We welcomed Kathie Wasson as a member and sure enough, she accepted the office of President. Kathy Rice has held us together for three or four years and she deserves a break. With a Kathleen and two Kathies, we are sure to keep things straight!!

Sue Todd passed out our enve-

lopes and guess what? We are still in the plus column! We voted to again donate \$25 to our "Nothing Boutique" to keep us rolling. There are lots of chapters that have other fundraisers but we are unable to do many physical jobs.

The last two years have made man changes in our health departments as well as driving long distances. Gloria again suggested that we still support all the places like Listenhouse, Toy Shelf, schools and deliver them as needed. Medtox is our go-to job on Monday which is a fun place to meet and greet your friendly sisters and brothers. The work is easy, the treats are plentiful and man, the money we make!

Kathy Rice is our new Educa-

tional Chair. Colleen said she is finally learning to say "No", but she kept her Communications job. Kathleen will again be our Secretary and guess what I get to do — chair the "Vice Squad".

All our girls have been seeing doctors, hospital rooms, health clinics, emergency rooms, and doing stress tests. You name it, we got it. Never knew there were so many parts of our bodies that can go wrong.

Hope to see you all at the October Membership Meeting and the Style Show. We have many attending the Style Show from Great Grandmas on down. Kathleen's grandson won the \$100 alcohol gift card last year and when asked what he was going to do with, he said, "Give it to my Dad!"

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## Alpha Sigma—Diane Vanusek

The Alpha Sigma chapter is chiming in.

Alpha Sigma will be volunteering to lay wreaths at Fort Snelling National Cemetery as we have done for quite a few years. A lovely wreath is placed on the

graves of veterans in a selected area of the cemetery after a very nice ceremony to remember those who served. We will take donations to order wreaths for anyone. Call any member or just mail a check to Shirley Laue with your name. See the flyer

included in this issue of the Essay.

**Birdie chimes** – I just got home from a short 4 days in Kansas City area with my friend whose grandson was in the state Marching Band Competition.

## Alpha Sigma—(continued)

She wanted to see him perform but with her post polio situation she no longer can drive it ... so, I drove, and we went and watched that wonderful event. They took first place, and it was a full day of it. We went to a Greek restaurant, Sushi, and a vodka bar ... all that in 4 days. I am home now with a chirping smoke alarm that chirps loudly every 40 seconds. Of course, I cannot reach it. I tried several handy men, and they charge a full hourly fee for that. So, my great niece's husband is going to come over sometime today.

**Shirley chimes** – Where do the months go? They sure do fly by! I just got back from a mini trip. I flew into Florida and then with my daughter and granddaughter drove up to Savannah, where

we spent three days. It was fun to have a girl's weekend. But now I am back to getting ready for the auction-lunch-style show. ALPHA SIGMA hopes you are also getting prepared for a fun day on November 5. Also, a reminder: If you would like a wreath, be sure to let us know so we can order it for you. (By December 1st)

**Diane chimes** – Birdie and I stopped to have meals at some unusual place on the trip to MARC in Tulsa. I have not been to a Maid-Rite hamburger shop in 50 years. It was pretty good. We also stopped at a local "Mom's Best" (rather forgot the name) restaurant for breakfast on the way home. Very busy and they must have thought we

have gigantic appetites. We had some good BBQ too.

It was a beautiful drive down to Tulsa. The leaves were turned or turning, and the farmers were threshing. There is something very comforting about seeing the combines harvesting the bounty of the land.

I do not recall ever seeing the huge orange ball of a moon set, the sun rise, a gorgeous sunset and the huge moon ball rise all in the same day as I did on the morning and evening of October 9.

I picked up some great prizes this day for the Silent Auction. We are sure looking forward for to see all our old and new friends on November 5.




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## Beta Sigma—Eileen Spencer

*Doing something you've never tried before sets yourself up to acquire new skills, insights and perspectives. "Bee brave for ESA"*

**Beta Sigma** welcomed President, **Edee Ericksen** to take over the reins for **Leann Monahan**, who felt she could not fulfill her duties at this time. We sincerely thank Leann for performing as president while she could. Good job Leann!

We welcome Edee and know she will also do a great job!

The October 1 meeting was hosted by **Edee and Hartley Ericksen** and co-hosted by **Jen Davies** – thank you!!

### **Edee's Thought of the day...**

"A mediocre idea that generates enthusiasm will go further than a great idea that inspires no one."

*By Mary Kay Ash*

**Treasurer Bonnie Olson** reported on recent donations by **BETA SIGMA** to: **Wishes and More** and **Welcome Home Vets**.

An **Educational** presentation was given by **Chair, Judy Searles**. Judy prepared and pro-

vided an authentic Irish meal for chapter members.



*Guinness Irish Stew*

The food was excellent, as confirmed by **Hartley Ericksen** saying, "this was the best stew I've ever had!" Judy's presentation on the history of the Irish dishes rounded out the lunch.

# Beta Sigma—(continued)

## Philanthropic Fundraiser

After several chapter workshops, our one-of-a-kind wreaths to sell at **Mary, Mother of the Church Craft Fair** are ready.



Besides the *Book-Page Wreaths* we

will also have a few *Pinecone Wreaths* and other crafts available. Sales in part to benefit **St. Jude Children's Research Hospital**. See the **FLYER** included in this issue of the Essay.

A shout out to our **BETA SIGMA Volunteers:**

- **MEDTOX** – *Edee & Hartley Ericksen, Leann Monahan, Karla Kay Nicklaus and Bonnie Olson.*
- **360 Communties:** *Kay Fogarty and Judy Searle*
- **Spirit of Christ & St. Louis Park Lyons Club, Salvation Army:** *Bruce & Dina Strachota*

## BETA SIGMA Travels

**Betty Brown** is heading out on the 2nd of November for Italy with 3 gals she met on a trip to Tuscany. Funny story of how Betty met the 3 gals.

Two years ago Betty saw a TV ad for a trip to Tuscany which just said, "Tuscany—Endless Wine, Cooking Lessons, Day Visit to Portofino" and without missing a beat Betty signed up!

On the Tuscany tour Betty met the ladies she's going to Italy with. Betty reports the ad was true to its word about 'Endless Wine'!

Betty says, "they (literally) poured us on and off the bus every day and we ALL became true and very devoted followers of a libation called Prosecco!" Betty hopes the same will hold true on this trip back to Italy. She adds, "an EXTREMELY good time was had by all, accompanied by some very blurred but happy and enchanting memories.

Stay tuned in December for details...*That's our Betty!!*

In September **Marcie Haigh** and **Eileen Spencer** took a 3-week trip to Scotland! Arriving just after the passing of Queen Elizabeth, they landed in Edinburgh. Many establishments were closed in respect for the Queen. However, they found plenty to do and see!

A 5-day tour of the Highlands took them through scenic mountains all the way to the Isle of Skye. After returning to Edinburgh, they travelled south by train to York, London and Bath GB.

Here are a few pictures. Harry Potter and Outlander fans may recognize some places...



Iconic Haggis



In October **Jackie Swanson** and her friend Carol

began their trip with EF Go-Ahead Tours to the Albuquerque Balloon Festival and some US National Parks.

Jackie writes, "the trip started out beautifully going to the Albuquerque Balloon Festival and Old Town; Santa Fe and Loretto Chapel; Mesa Verde and the cliff dwellings dating from 1200; Monument Valley and a jeep ride among the "monuments;" finally reaching the South Rim of the Grand Canyon and a ride through the Canyon National Park spotting elk, mule deer and wild pigs.

These are just the highlights of

## Beta Sigma—(continued)



what I saw. There were many interesting things along the way, such as dinosaur tracks and a talk with Peter MacDonald, Sr. Navajo Code Talker, WWII 6<sup>th</sup> Marine Division!

Seeing the Grand Canyon was a very emotional and spiritual experience for me, something that had been on my bucket list for a lot of years along with the cliff dwellings and Zion National Park (which I didn't get to).

The morning after the birthday, October 12. I awoke not feeling

well and tested positive for Covid. I was separated from the



group and quarantined for 5 days. My friend and travel partner, Carol, tested negative and was able to finish the rest of the trip. She too, however, contracted Covid when she arrived back home.

Who knows why these things happen? I was sad and disheartened when I couldn't continue my dream vacation. I have survived the disappointment and Covid and I am very grateful for the things I DID get to see."



*Unhappy Covid Jackie*

*Beta Sigma*

*wishes everyone a very  
safe  
and*

*Happy Thanksgiving!*



## Gamma Omega—Joyce Cobb

Hopefully, you are enjoying this weather. The colors are extremely beautiful.

**Arlene**, do enjoy the upcoming holidays.

**Betty and Dennis** spent a couple of days in Tofte which is on the North Shore. For years they had driven past Tofte on their way to Grand Marais. This time, they explored the Tofte and Lutsen areas. There was lots of hiking in the mountains and enjoyment of the fall colors.

**Carol** and her son Ryan traveled to Iowa to attend the wedding of her niece.

**Joyce** is still working on being

retired. Her son and his family have relocated to their new home.

**Kay**, may you be blessed!

**Jeffrey**, I am so glad that you are able to help your grandmother, Sandy D.

**Lori and Chris** enjoyed a tent camping trip to Historic Forestville in Southeastern Minnesota. Katie and Jordan are busy in graduate school and their jobs! Chris is working for North Memorial Ambulance, and he enjoys the work.

**Sandy D.** is still busy making a lot of lap robes and baby blankets. She went to the lake sever-

al times during the summer. Thank GOD for Jon and the help that he has provided to her!

**Sharon** is frequently able to help Sandy D. and that is wonderful.

**Sandy H.** is a master organizer and has helped to plan and organize numerous events.

Be safe and hope you enjoyed Halloween.





# ESA for St. Jude Completed Event Form

All information is necessary to process this form. Please send any additional comments about this event via e-mail to DeenaS@epsilonsigmaalpha.org.

Is this an ALSAC Event? If yes, circle one:      Tier 1      Tier 2      Tier 3

Name of Event: \_\_\_\_\_ Event Total\* \$: \_\_\_\_\_

Date of Event: \_\_\_\_\_ Event City/State: \_\_\_\_\_

**\*If an ALSAC event please list the event net revenue as per your ALSAC Rep.**

**CHAPTER(S) PARTICIPATING:**

<u>Chapter Number</u>	<u>Chapter Name</u>	<u>Percentage of Credit</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**EVENT CHAIR/CO-CHAIR** (Note: only two chairs may be listed per event)

<u>Name</u>	<u>Member Number</u>	<u>Chapter Name</u>	<u>Percentage of Credit</u>
_____	_____	_____	_____
_____	_____	_____	_____

- To help save on administrative costs, it is not necessary to send any thank you letters from the ESA for St. Jude office.
- This is a \$50 for 50 donation (note: this donation must be **new** money, not from a yearly event or existing chapter/personal donation).

**ESA for St. Jude Office, 363 West Drake Road, Fort Collins, CO 80526**  
p. 970.223.2824 f. 970-223.4456 www.epsilonsigmaalpha.org



**COST:**

**\$25**

**For the Game  
and Dinner**

**NOVEMBER 19, 2022 –  
HOPKINS ELKS CLUB  
“SCREW YOUR NEIGHBOR”  
CARD TOURNAMENT AND  
DELICIOUS DINNER**

**Card Tournament at 4:00 p.m.  
Social Time/Silent Auction 4:00 to  
6:00 p.m.  
Delicious Dinner at 6:00 p.m.**

*Raising Funds for the WELCOME  
HOME VETS HOLIDAY DINNER*

**PRE-REGISTER ONLINE OR AT THE  
HOPKINS ELKS CLUB DIRECTLY. ANY  
QUESTIONS PLEASE CALL SANDY  
HONGERHOLT AT 612-267-3926 OR JULENE  
DONNAY AT 612-805-9098**

**Pasta Dinner with the option of  
sausage or chicken, salad,  
garlic bread and dessert.**

Hosted by the Hopkins Elks in partnership  
with Epsilon Sigma Alpha

Cash Prizes paid for  
first and second  
place in all rounds.

**Dinner Only or  
Cards Only  
Option**

**\$15 Cost for  
each  
individually**

**Lots of fun  
activities will be  
happening  
through out the  
event**

## **BETA SIGMA FUNDRAISER**

*at*  
**MARY, MOTHER of the CHURCH**  
**HOLIDAY CRAFT SALE**

*Featuring*  
**Handmade**

## **BOOK-PAGE WREATHS**

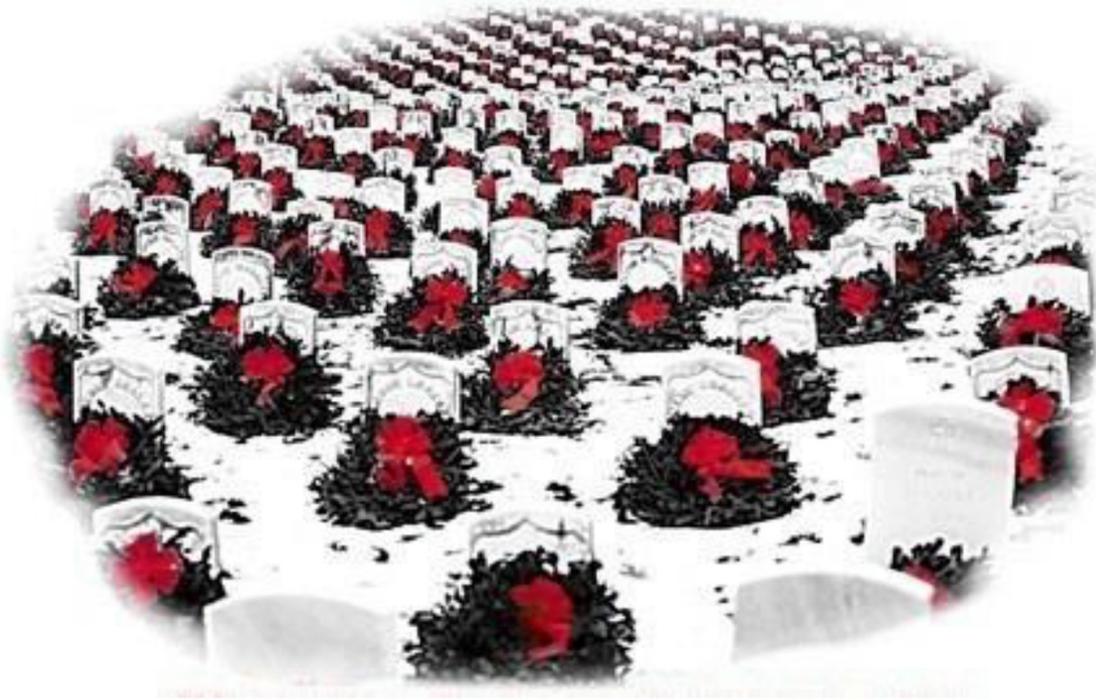


*% of Beta Sigma's Profit to support  
St. Jude Children's Research Hospital!*

**Sat., Nov. 5 - 9:00 to 5:30**  
**Sun., Nov. 6 - 9:00 to 1:30**

**3333 Cliff Road**  
**Burnsville, MN 55337**

**DIRECTIONS at [mmotc.org](http://mmotc.org)**  
***Park LOWER Level***



***ESA Remembers the Veterans at  
Fort Snelling - December 17, 2022***

***\$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.***

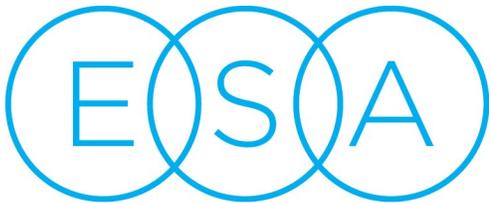
***Make check payable to Alpha Sigma. Order by November 19 . Call 612-957-2863 or any***

***Alpha Sigma member .***

***(Wreaths purchased through Wreaths Across America)***

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

Phone: 970-223-2854  
Email: [esainfo@epsilonsigmaalpha.org](mailto:esainfo@epsilonsigmaalpha.org)



EPSILON SIGMA ALPHA

## MINNESOTA ESSAY

**All issues of the ESSAY are published here:  
[www.mnesa.com](http://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 on 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](mailto:terri.mnesa@gmail.com)

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.



—Denise Holdaway  
International Council President