



# Minnesota ESSAY

## Before You Forget....

- Come and join the fun on Mondays at Medtox
- 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
- RSVP for the Christmas Party Social
- Save the Date for the MN ESA Convention
- Send an article with what's going on in your chapter

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## President—Dana Terry

As the leaves fall and the air grows crisper, November reminds us of the importance of gratitude. It's a time when we gather with loved ones to celebrate Thanksgiving, a holiday dedicated to giving thanks for the blessings in our lives. But gratitude is a sentiment that should extend far beyond this one day, and in this month's Essay, we explore the significance of cultivating gratitude in our daily lives.

Gratitude is a powerful force that can transform our lives and the lives of those around us. It's more than just saying "thank you"; it's about recognizing the positive aspects of our lives and acknowledging the kindness we've received. Gratitude has been linked to improved mental

health, reduced stress, and enhanced overall well-being.

In a world filled with uncertainties and challenges, it can be easy to overlook the things we're grateful for. However, it is during these difficult moments that gratitude becomes even more essential. By focusing on the silver linings and the support we've received, we can find strength and resilience in the face of adversity.

Gratitude is not something we should reserve for special occasions. It's a practice that can be woven into our daily lives. Try keeping a gratitude journal where you jot down three things you're thankful for each day. This simple exercise can shift your perspective and help you focus on the

positive aspects of life.

Saying "thank you" is a simple yet meaningful way to express gratitude. But there are numerous other ways to show appreciation. Volunteering your time and skills to help others in your community or expressing your gratitude through acts of kindness, which we in ESA are so good at doing, are other ways to express your gratitude.

In the spirit of this season, I encourage you to engage in acts of gratitude within your community. I also encourage you to support our local, state, and international projects in appreciation of their dedication and efforts to help others.

As we embrace the month of November,

*Continued on next page ...*

## President—(continued)

let us commit to cultivating gratitude as a way of life. In doing so, we not only enrich our own lives but also contribute to the well-being of our community. Together, we can make a posi-

tive impact and create a future filled with appreciation and kindness.

I hope this inspires you to embrace gratitude in your daily life and be a beacon of thankfulness in your

community. I am grateful for ESA and for each one of you. Wishing you a November filled with joy, appreciation, and the warmth of gratitude.



## Vice President—Kim LeTendre Olson

**HOW TO JOIN ESA...** *I know you're all working on sharing the wonderful things we do in ESA with others and recruiting them all but some of you may ask "How does someone actually join ESA?". Time for a refresher!*



- ♦ **Online:** Visit <https://epsilonigmaalpha.org/Join> and click the 'Join Now' button at the bottom of the page. Their first step is to create a username and password. Then they will be brought through the Join and Payment process. Remind them to put your chapter

name and number when requested and include sponsor's name if applicable.

- ♦ **Paper:** All current paper applications (Community, Legacy, Reinstatement) can be found online at [epsilonigmaalpha.org/Recruitment](http://epsilonigmaalpha.org/Recruitment). Scroll to the bottom of the page and follow the link to the type of application you're looking for. Paper applications can also be requested from ESA Headquarters by calling (970) 223-2824 or emailing [esainfo@epsilonigmaalpha.org](mailto:esainfo@epsilonigmaalpha.org)

And don't forget... we have New Member Scholarships (\$20 each) to help offset the cost of joining MN ESA! International dues are \$79 for 12 months. Have a Legacy member (close relative) who wants to join? They only pay \$59 their first year; thereafter dues will default to the then current annual rate. Finally, ESA offers a senior discount for members who are 65 and over. Simply contact ESA Headquarters [esainfo@epsilonigmaalpha.org](mailto:esainfo@epsilonigmaalpha.org) to notify headquarters of your eligibility for senior renewals.

Coming up this month (and next) are some fantastic events to participate

in... bring family and friends!

- ♦ Medtox on Mondays.
- ♦ *Rooted in Nature: Interact Center for the Visual and Performing Arts*, October 19 – November 19, at Minnesota Landscape Arboretum.
- ♦ *St Jude Style Show & Silent Auction* on November 11<sup>th</sup> at the Sheraton Minneapolis West Hotel.
- ♦ *Memphis Marathon: Join Team ESA!* Saturday, December 2 in Memphis TN. (Who wants to road trip?)



## Treasurer—Diane Vanusek

There are two events coming up to potentially attract new members. The St. Jude Style Show and Auction and the December holiday party. MN ESA would benefit from new members. Remember there is money in the budget to pay for

new members' state dues. It would be great to see the applications to use up the budget. Send out invitations now.

**Just for fun** – In 770 BC metal coins were first created in China and a system of paper currency a few

years later. By 1260 AD, China had moved to official paper money. The emperor was serious about protecting the cash. Instead of "In God We Trust," it said, "Those who are counterfeiting will be beheaded." In 600 BC, the Lydians (part of Turkey) invented the

first official metal coinage stamped with pictures to indicate the value. A clay pot could cost "two owls and a snake."

*(Investopedia)*

## ESA Foundation—Karla Kay Nicklaus



### 2023 Scholarship Winners....

- ♦ Ann & Bob Becker (\$750) Jackson Reynolds – Cedar Falls, IA (also awarded 2 other scholarships)
- ♦ Minnesota State Endowment (\$1500)

Symphonie Whittel – Minneapolis MN. (also won the Jeanne Parker Memorial Scholarship – \$650)

- ♦ Minnesota State Endowment (\$1500) Jecinta Niebedim – St Paul MN

- ♦ Park Family Memorial (\$600) Nicole Czaplewski – Deforest, WI

Congratulations to 2023 Winners!

A reminder that scholarship applications are due February 2, 2024 and ESA Foundation

dues (\$40) are due December 31, 2023.

Send in your dues **NOW- TODAY** to keep costs down for sending reminders.

Thanks for your continued support of the Foundation.



## SCHOLARSHIPS & GRANTS

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



## Welcome Home Vets—Shirley Laue



WELCOME HOME  
VETERANS

### SAVE THE DATES:

- ♦ December 4, for the Veterans Dinner and:
- ♦ December 16th for putting wreaths on the graves at Fort Snelling Cemetery.

Speaking of Wreaths Across America, I had an e-mail from them stating:

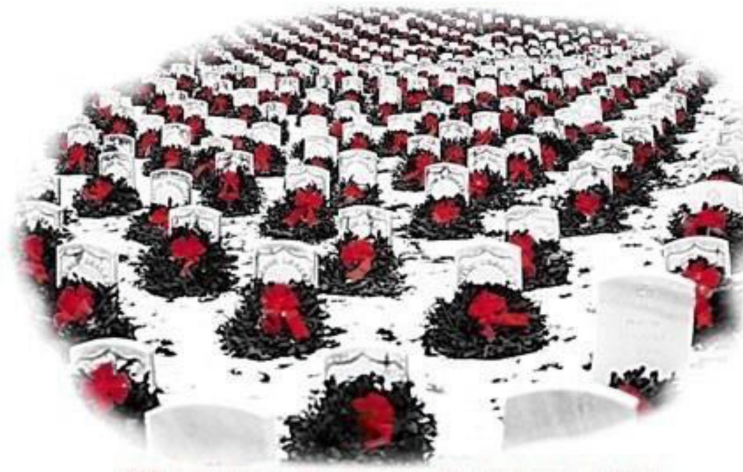
“Some organizations are not partners of Wreaths Across America, but are seeking contributions for wreaths. So beware of someone regarding

“Senior Veterans or Minnesota Honor.”

Alpha Sigma, is again ordering wreaths for anyone that would like to have a wreath placed anywhere in Ft. Snelling. The price is still only \$15.00 Contact any-

one in Alpha Sigma—Shirley-Birdie or Diane.

**December 4th** is the date for the Veterans Dinner. This year we will do a buffet-so if you would like to help, please let Shirley know.



### ***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 612-987-2863 or any***

***Alpha Sigma member .***

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



## Chapter

## News

What's New!

## Alpha Sigma—Diane Vanusek

**Birdie Pipes Up** - The St. Jude Event is getting closer and closer...**NOVEMBER 11!!** I have been doing a lot of picking up donations. BUT if you are wanting to donate, we are short of WINE and other liquors that are great fillers for baskets. I PROMISE not to open any bottles and drink any donations!!!! Also, we could use one or two people who love to put together baskets with donations that are not anywhere close to belonging together. It is hard work. For example ... a teapot, jewelry, Christmas ornament and coin purse. Well, we manage to throw a bottle of wine in there and it ain't too bad. We do get a few chuckles when we look at each others' baskets and many

times undo and start over. So, when you are at the silent auction and see a weird combination of a basket, well now you know why. But we do it all for the KIDS OF ST. JUDE HOSPITAL!!

**Shirley Pipes Up** - Save the Date: **December 10**, for the **MN ESA CHRISTMAS PARTY**. There will be games and food-that is if you bring a favorite Christmas food to share, and we will share the white elephant gifts that you bring. And do not forget to wear your Ugly Christmas Sweater. The most ugly Sweater will get a prize. It all will be fun-so don't miss it.

Alpha Sigma is busy getting ready for the Auction on November 11, and the Christmas party on December 10.

I have been busy helping my daughter, (she

moved to Buffalo 2 years ago-down from Hibbing) insulate her garage and putting up sheetrock and taping. Also, we have been insulating under her three-season porch.

**Diane Pipes Up** - Birdie and I had a great time at the MARC Conference. We drove to Peoria though Southern Wisconsin and Northern Illinois on less well-travelled roads. We saw beautiful farms, quaint towns and just enjoyed the trip. Google maps was frantic we did not go her way, but we did have to turn around once or twice because of a wrong turn. Actual paper maps came in handy.

It was great to see old ESA friends. Some we had not

seen for a few years. The Friday Leadership was well done. Michael Maloof and Rich Unes shared their stories of the history of St. Jude's and the St. Jude Affiliate in Peoria and being on the ALSAC board (Rich and Michaels's parents) in the early days.

Later, we even learned the CORRECT way to dance the polka. The Saturday meeting had a couple of hiccups, but the business got done in good time. The food was wonderful all weekend.

Alpha Sigma had a Marketplace table along with other MARC chapters. The members were happy to have Marketplace back. It was fun to pickup "something different" stocking stuffers or

## Alpha Sigma—(continued)

gifts for other occasions. As I write this, I am enjoying a cup of Wisconsin Orange Spice Tea, and it is good.

On Sunday we had a big breakfast at the hotel, then off to Galena, IL for a rather quick drive through. What a lovely town and the fall foliage was wonderful.

We learned a few things just driving through, like President U.S. Grant had lived there at one time. I could be persuaded to go back

for a bit longer stay. We got home just in time to get up and do Medtox on Monday morning.

## Beta Sigma—Eileen Spencer

**Beta Sigma** held their October 7 meeting in the community room at the home of **Linda Schultz. Bonnie Olson and Karla Kay Nicholas** co-hosted the event.



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

***"Wherever you go, matter the weather no, always bring your own sunshine"*** by Anthony J. D'Angel.

Historian **Bonnie Olson** gave an interesting look back on the **2001 Beta Sigma Chapter** providing some 'Who, What and Where' the chapter was at the time.

### Awards:

As announced last month, chapter members celebrated **Josie Ferguson's 60 Years** with ESA! Josie has now been a member for **62** years, but due to health and travel challenges has not been able to attend events.



Josie with her certificate, playful Kay peering over, and Bonnie



Just like old times enjoying her time with Beta Sigma

At the meeting **Linda Schultz** was delighted to receive **15 Years** recognition and her pin.



Linda receiving 15 Year pin from Bonnie

### Pledge Anniversaries for:

**November total years:**  
**Karla Kay Nicklaus – 52**

### Congratulations!

### Upcoming Events:

Most **Beta Sigma** members will attend the **Interact** performance of **'Hell is Empty and All the Devils are Here'** on November 4, followed by a short meeting and refreshments at the Crisp & Green Restaurant.

"Bee the best you can be!"



A special Thank to **Marcie Haigh** for suggesting this Social outing!

### Ways & Means:

**Bruce Strachota** distributed tickets and 3 winners were pulled: **Dina** and **Karla Kay** both won **\$10** and **\$10** for Beta Sigma. *Always a fun fundraiser!*

### Educational:

After the Closing Ritual, **Kim Larson** gave an informative "show and tell" on the history, tools and progression of fibers and the spinning wheel.

Kim provided many samples of the different fibers she works with, such as, wool, alpaca, and angora.

Interesting fact: the term "spinster" originated in mid-1300's for women who operated spinning wheels

## Beta Sigma—(continued)

and other steps to create yarns.



Kim using a "drop spindle" as used over 100 years ago



Kim demonstrates a spinning technique. "The strength of the fiber is in the twist".



Angora beret made and modeled by Kim

A talented knitter, Kim is wearing a sweater and socks she made



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

**Marcie Haigh** will have total knee replacement surgery on November 14. Everyone wishes Marcie an "easy" recovery!

in her driveway, so she went out to talk with them. The neighbors said their little goat got out and they were looking for him. Not long after they left, Jen heard an odd noise, so she looked outside. Sure enough, little Mr. Goat was in her front yard!

**Edee and Hartley Erickson** had a visit from friends from Mission, TX. Their niece, her son and a friend also visited from Temple, TX.

On October 14, **Marcie Haigh** and **Eileen Spencer** celebrated the birthdays of **Judy Searles** (October 7) and **Jackie Swanson** (October 12) at Eagan Arms Pub. Needless (or shameless?) to say a good time was had by all!



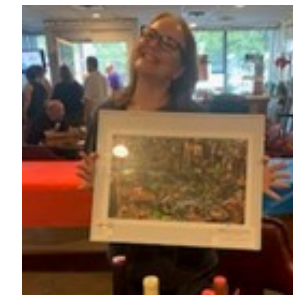
### Activities and Travels:

**Bonnie** attended an **Interact Open House**. There are volunteer opportunities ushering at events.

**Dina** is enjoying the warm days of late summer but will be glad for cooler days of autumn.

**Dina** was in the studio audience of a recent *"The Jason Show"*.

**Dina** asked we **MARK OUR CAL-**



The Welcome Home Veterans "Wine, Spirits and More with Silent Auction" was attended by Beta Sigma **member Jen (& Chris) Davies, Marcie Haigh, Judy Searles** and **Eileen Spencer** on September 30.

Happy Jen with her auction win!

A rather unusual bit of excitement occurred at **Jen Davies**

home on October 4. Jen noticed some neighbors



Fun time celebrating birthdays!!





## Beta Sigma—(continued)



**Jackie & Judy** wore their **Outrageous** bikini aprons and crowns – Good Sports!

Beta Sigma wishes one and all a very...



# 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





**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

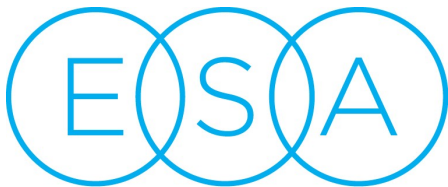
**GAMES ... FUN ... FOOD !!!**

**RSVP Birdie 952-938-3020**



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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](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 approximately the first of the month.

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



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~ Brenda Meyers  
International Council President  
2023-2024