

**JANUARY 2022**

Issue 5 of 9

# ESSAY— January

## PRESIDENT—SANDY HONGERHOLT

**HAPPY NEW YEAR  
TO ALL OF YOU!!!**

I hope you had a joyous holiday season.

Even with the holidays Minnesota ESA still managed to do good works and stay busy. From chapter events to Medtox, we were able to change lives.

I am attaching some photos from some of these events.

**11/21—St Jude Style**  
Event hosted by MN  
ESA's — Delta Mu;

Silent Auction hosted by Alpha Sigma.

This is the crew that delivered to the Apartments for the Veterans East Holiday dinner.



Gamma Omega presenting a check to



#StayStrongandSparkleOn

Welcome Home Vets for \$3,740 from the Wine and Liquor Tasting Event.



(Dennis, Betty,  
Danielle Arthur-Elks,  
Gretchen, Sandy, Rick)

WHV Chair, Betty Marler, presenting Welcome Home Vets \$845 from the MN ESA Giving Tree Fundraiser.



### Special points of interest:

- > Watch for news about the January 22 Holiday Party / Chili Cook-off and Leadership Event
- > Volunteer to help Wishes & More with their Annual Event on February 5th
- > Pay your individual and chapter ESA Foundation dues by March 1
- > Volunteer to help out at MedTox (LabCorp)

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**PRESIDENT—(continued)**

Our Faithful Medtox Crew working hard to support all of our good works.



Thank you sooooo much for all you do each and every one.

Please look for information coming for a

**Holiday Party Chili Cook Off and Leadership on January 22nd.**

I am looking for someone to step into the office of First Vice President/President Elect position.

Marcie has been having some family and health challenges and is stepping down at this time. If you are interested in this role,

please contact me.

I wish you all a happy, healthy and safe New Year!

**PARLIAMENTARIAN—DIANE VANUSEK**

Unless I have an urgent request, there will not be a Parliamentarian meeting this February.

Remember that properly presented Standing Rules can

be amended at regularly scheduled Minnesota State Meetings. I encourage you all to attend the meetings for a little "RFCR" because one never knows what will happen at the meetings.

***Editor's Note: What does RFCR stand for?***

- ◆ Reverse Flow Chromatographic Reactor
- ◆ Receive Function Code Register

- ◆ Request for Contract Renewal

- ◆ Request for Code Review

*And the winner is:  
.....what do you think?*

**ESA FOUNDATION—KARLA KAY NICKLAUS**

2022 IS HERE!!

Coming soon are two important deadlines.....

- ◆ **February 1, 2022**  
– Deadline for scholarships

(click on this link to go to [ESAF Scholarships](#) for an application)

- ◆ **March 1, 2022**  
– Deadline to renew your

Foundation dues \$15, or Life \$500.

- ◆ If you are not a member NOW is the time to join – \$25 (first year).



**FOUNDATION**  
**EPSILON SIGMA ALPHA**

## ST. JUDE COORDINATOR—BIRDIE ELKOFSKA/ALPHA SIGMA

I worked the St. Jude (K102) Radiothon here in Minneapolis.

These are some photos. This is a new type of Radiothon. Processing the information is so much faster and therefore fewer phones are needed. Because of COVID they tried to cut down in many ways. The people still

were calling in like crazy when some big trip or event was a possible prize. And after that was awarded the phones went dead.

I was able to meet Al, the new Minneapolis ALSAC Director and his wife. (Amanda was promoted)

The crew from the

Minneapolis office warned him about me and then he told me several nice compliments about the projects ESA and the various members were involved in. So, I was glad to see the regular staff made sure the new guy knew about ESA. This morning I got these pictures al-

ready .... so impressed that they even had my email address too.

On the first day of the two-day Radiothon, we raised over \$380 THOUSAND DOLLARDS!!!! Hopefully, by the second and last day we should make a million, I hope.



## WELCOME HOME VETS—BETTY MARLER

Happy New Year Everyone! May 2022 be a year filled with good health, happy times, doing good works for others, and lots of love and laughter.

The WHV Thankful Giving Tree was an amazing success this year. ESA members and family members helped raise \$845.00 for our Minnesota Vet-

erans. Thank you doesn't feel like enough. I'd love to give each one of you a huge hug. So, here's a virtual one for each of you. ☺ ((Hugs)) ☺

Here is a picture of our completed tree. Gorgeous, huh!

Thank you for your generosity and for your devotion to our veterans who need a little

boost in life. Thanks to each of you, they know we care. Thank you!



# ESSAY—January



## VETERANS EAST HOLIDAY DINNER—BETTY MARLER

#StayStrongandSparkleOn



Thank you to everyone who donated sweets for the Veterans' East Holiday Dinner.

Judy Cummins, thank you for donating the trays. They were absolutely perfect for all of our cookies, breads, candies, brownies, bars, and other sweet treats.

Thank you to Thrivent

Financial for donating funds to purchase many wonderful treats.

Thank you to Kay Matras and Julene Donnay for the homemade greeting cards we tucked into each gift box. They were a wonderful addition and so appreciated.

A big thank you to Betty Robinson and Sandy

Hongerholt for creating a delicious supper for the veterans.

Plus, a huge thank you to those of you who came to the Elks to pack the supper and haul the meals to Veteran's East. You also helped haul 75 boxes full of food into the apartment complex, as well as deliver boxes to veterans who need-

ed assistance.

I'm thankful for the support of the Elks Members who assisted with filling and hauling of the food boxes and brought treat donations as well.

Sandy Hongerholt, you are an excellent Chair for this annual event —

***Job Well Done!***

## WISHES AND MORE—LORI THORPE



I hope your new year is off to a great start! I would like to send a huge thank you to all of you who have donated wonderful and beautiful items to Wishes & More for their upcoming auction, worked at Medtox as part of that amazing crew, or worked directly with Wishes & More to help keep them up and running! Your help is absolutely invaluable!

Their big, annual fundraiser is coming up on **February 5th**. The weekend of activities requires a lot of volunteer support.

Here are the areas where they need our help:

- ◆ **Friday, Feb 4th** - Help load & unload supplies at the Bloomington Doubletree, WAM storage, and their office in Fridley

11-15 volunteers needed

10am—12:30pm,  
12:30p—2:30pm,  
& 4pm—5pm

- ◆ **Saturday, Feb 5th**- All at Bloomington Doubletree

**Pre Event:**  
Unloading trucks,  
decorating tables  
& auction area,

setting up auction displays, handyman work, etc.

57 volunteers needed

8am—12pm &  
12pm—3pm

**Event:**

Registration, coat check, greeting attendees, delivering Wish Kid awards, stage hands, table hosts, auction helpers, and activity sellers

◆ **Sunday, Feb 6th**

Day After Event:  
help with loading & unloading at Bloomington Doubletree & WAM storage and their

office in Fridley

12-15 volunteers needed

10am—12pm &  
12pm—2pm

If you're interested in any of these opportunities please contact Madi at 763-502-1500 or [MadiS@wishesandmore.org](mailto:MadiS@wishesandmore.org)

and she can help get you signed up to volunteer. I have found they are a wonderful group to work with and are so grateful for the help of our ESA members.

Thank you all and Happy New Year to you!!!



## Welcome Home Veterans

Fall 2021 Update

Pandemic or not we continue to do what we do best and help our veterans get settled in their new home. This past year we continued to serve our newly housed veterans with the tremendous support of our volunteers and our friends at ESA!

## Program Updates

In June of this year, we celebrated the 5<sup>th</sup> anniversary of the start of the program. To date, we have delivered a kit and/or a bed to over 665 previously homeless veterans who have moved into permanent housing. The numbers have been relatively consistent over the years with the exception 2020:

- |       |                |
|-------|----------------|
| 2016: | 65 deliveries  |
| 2017: | 119 deliveries |
| 2018: | 104 deliveries |
| 2019: | 112 deliveries |
| 2020: | 150 deliveries |
| 2021: | 115 deliveries |



We have also delivered 85 queen size mattress and box springs so far this year. These beds were donated to the VA by Serta bed corporation. This will bring us to 250 beds for veterans that the VA was not able to deliver without our help! ESA members have participated in our various "Bed Brigades" where we delivered beds en masse earlier in the year. Our kit contents remain relatively the same. Because of the supply chain issues we have had to get creative in our shopping in terms of multiple stores and buying in bulk when we find an item due to the shortage of product.

Hope For Heroes

Julene continues to pave the way to introduce Welcome Home Veterans and the ESA partnership to other states across the country. The International Convention this year was held in Kentucky and many ESA chapters stepped up and donated a truckload full of items which were presented to the Kentucky Elks State President – Martin Harbolt. The Elks then featured ESA and the convention on the Elks national website. We are finding more and more states interested in our program.

<https://www.elks.org/vets/news.cfm?StoryID=127991>

## Recent Events

**Spaghetti Dinner Fundraiser:** Sandy Hongerholt, Julene Donnay and team hosted a spaghetti dinner fundraiser in September and served a tasty dinner along with a fun card game called “Screw Your Neighbor”! The event raised over \$1,000 for the Welcome Home Veterans program and is intended to be used to provide the food boxes that will provided during the upcoming Holiday Dinner.

Welcome Home Veterans

**Welcome Home Veterans**  
A Program of Help For the Homeless and the Hopkins Elks Lodge  
P.O. Box 5653, Hopkins, MN 55343  
[info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org) : 612-615-8387



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WELCOME HOME  
VETERANS

## Welcome Home Veterans

Fall 2021 Update

**3rd Annual Wine Tasting and Silent Auction:** On Saturday, October 31, the Gamma Omega chapter hosted their 3rd annual Wine Tasting and Silent Auction. The event raised over \$3,500 for Welcome Home Veterans – yay! Attendees enjoyed a wide variety of wine, liquor, cider and beer products as well as snacks to cleanse the palate. There was also a \$10 bottle drawing and a silent auction with many wonderful items.



**Welcome Home Veterans Giving Tree:** Betty Marler and Vicki Sandhofer Krolick have hosted a couple of Giving Tree events in the past 6 months. The first occurred in May, 2021 and raised just short of \$1,500 in checks and gift cards. The second recently concluded and raised over \$450 for the program.



### Upcoming Events

**Veterans Holiday Dinner:** For the 4th year in a row, we will be hosting a holiday dinner at the Veterans East low income housing complex by the VA Medical Center. The event will be held on Monday, November 29. Sandy Hongerholt is once again leading the charge to provide a hot meal as well as a box of food items for the residents. If you'd like to participate in shopping, packing, cooking, donating a sweet treat, or delivering, please contact Sandy.

### Thank You!

In all, ESA has raised over \$6,500 through the various events and fundraisers as well as an additional \$2,117.00 in MedTox funds through the volunteer activities there. To say that your generosity is overwhelming is an understatement. It has been an honor to partner with such a generous and highly motivated group of individuals who are passionate about the causes they support.

### Welcome Home Veterans

A Program of Help For the Homeless and the Hopkins Elks Lodge  
P.O. Box 5653, Hopkins, MN 55343  
[info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org) : 612-615-8387



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

## ALPHA CHI—JOANE BUCHE

Happy New Year to all my brothers and sisters. Alpha Chi may be small in numbers, but we still stay strong. Blame it on our health, age and sadly to say – deaths, we are still together.

Did you all see in your ESA Fall Journey book that under the title "Celebrating Chapter Milestones", Alpha Chi chartered on November 30, 1951. Whew! 70 years old! Pat Peterson (still an active member) was in the original group.

Kathy Rice, again our President, conducted our November meeting at Culvers. Guest was Kathie Wasson and six members present. We don't meet

again until March, so we had a lot to discuss.

The North St. Paul Toy Shelf will again be the recipient of our donations. Many hours are spent at MedTox and we are making \$\$\$. Stop in once in awhile and see how much fun we have and water, cookies, and donuts, etc. are free!

First time ever in all the years we had a surprise. Judy Cummings brought lunch – chicken wings and snacks. Mari Scotch brought ham sliders. Now that is something to write about! There are many that work long hours!

I'm sad to report the passing of our sister

Jo Palmer. I'm sure many of you remember her as a long-time member.

Nora Meyers has gone inactive. We miss her and all the time she put in doing our Educationals. Kathy Rice came through with a "Military Dogs" presentation.

We had several members and guests at the St. Jude Style Show and Silent Auction and they went home with a trunk full of goodies. Thanks to all the people that work so hard on this project every year and the donators.

Lake Elmo Inn was our place to party for Christmas. Six of us enjoyed the long over-

due time to get out of the house and have lunch.

Sue and Ken got out of town after a long absence of traveling. They took a bus trip to Frankenmuth and really enjoyed it.

Kathy Rice is having lots of health issues. We were very surprised to hear she had a stroke and was hospitalized for days. In January, she is scheduled for stent replacement surgery. Prayers and or cards would be great!

Gloria and I spend much time on the phone catching up on "everything." It's good to have friends, especially ones that listen. ☺

Blessings to all of you and stay healthy.



DRESS WARM AND STAY SAFE!



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**ALPHA SIGMA—DIANE VANUSEK**

Alpha Sigma has been mourning the loss of one of MN ESA's greatest supporters shortly before Christmas. Larry Desarmeaux was there to lend a hand, give encouragement, give congratulations, and often to cook a delicious meal for his extended ESA family. Alpha Sigma and other ESA's will never forget his generous kindness and support or the Larry-led Desarmeaux yard parties over the years.

In December, Diane, Donald, Shirley and Herman attended the wreath laying event at Fort Snelling National Cemetery laying down forty wreaths. Thank you, members and others who purchase wreaths. Afterwards, we adjourned to the 58 Club where Birdie waited for a good lunch and libation.

Shirley and Diane visited Sharon D. afterwards and brought a few Christmas treats.

January will find Diane and Birdie traveling and later Shirley will venture out of state, but we will still stay in contact. Who knows, we may have a Zoom meeting in February. That is Pres. Birdie's call.

**Pat says** - I have been leading a very boring life lately. Didn't even get to enjoy Christmas with our kids and grandkids due to having COVID-19 symptoms - Bummer! Didn't dare go to Christmas Eve services at church either. What a year this has been for everyone. Also, both my only brother and oldest sister passed away this year. We all need some cheer!! Hugs!

**Birdie says** - I sure enjoyed working the Minnesota St. Jude Radiothon. It warms my heart each time I take a pledge for \$19 a month from someone who has the same passion for St. Jude that ESA members have. One gal was telling me all about the hospital. I wanted to tell her about ESA and ask her to join.

Alpha Sigma again toured the Bachman's main store holiday display. They decorate twenty different "rooms" with their Christmas decorations and more. We each had a shopping cart and went from display to display...compared our opinions and likes. Had a few good chuckles too. We all liked one chandelier made with wooden cooking spoons. Great for that type of display but sure not for most homes.

Around each display they have, for your buying convenience, the various items in that display. Oh yes ...at the end you can always hit the gift shop for more goodies. Yes, we all purchased items we just couldn't live without. Then we found the restaurant and enjoyed some great food.

**Diane adds** - Herman Laue joined the ladies because there was an extra ticket. He saw and eventually bought a reindeer he liked. The first purchase of the day and it was not the ladies.

Shirley must still be baking her Nth batch of cookies and did not have time to write a blub. One of the advantages of working Medtox is we got to sample her delicious tray(s) of holiday goods along with those of the other worker bees.

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

Happy 2022 to one and all! Most Beta Sigma members attended our Christmas party which was held at **Kay and Joe Fogarty's**

"Christmas Wonderland" home. This year we missed having these members at the celebration: **Josie Ferguson** and **Kim**

**Larsen; Mona Peck** and **Linda Schultz**, who are both unable to travel, and sadly Linda's brother passed away shortly

before Christmas.

Those who attended the holiday party supplied a varied and delicious brunch. After din-

## BETA SIGMA—(continued)

ing, **Jackie Swanson** livened up the party with several fun games to play! Our Christmas celebration concluded with a "Secret Pals" reveal gift exchange and new pals chosen.



Beta Sigma members shared some of their various activities.

### **Jackie Swanson:**

- ◆ Between art shows, I volunteered to help Alpha Sigma put auction baskets together for the St. Jude Luncheon & Style Show on November 11th to which I donated four pieces of original artwork.
- ◆ I continue to help my daughter, Cara, by taking care of my granddaughter, Ivy, every Friday. Ivy is the joy of my life!
- ◆ Also in November, **Kim Larsen** sent a friend of hers, Andy Putnam, to me to do some calligraphy on a couple of

'certificates of appreciation" for his Seabees veterans' group and ended up printing out the appreciation message on ten certificates. For my *free of charge* work, I am invited to their breakfast meeting in January plus Andy dropped off a little Christmas "trinket" in appreciation.

- ◆ In late October, I helped a neighbor, Joe, with an art-related project on his favorite movie "The Magnificent 7." To complement a large artist's print of the seven stars on horseback, Joe had designed a

wooden sign which I painted black.

To complete the sign, I glued gold title letters of each actors' name in calligraphy, affixed real bullets below each name, and wired for hanging. Joe was thrilled with the finished project!! I enjoyed taking a break from my collage work, and getting to know my neighbor a little better.

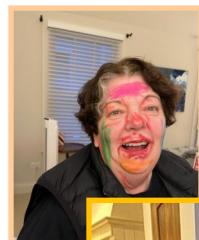
### **Bonnie Olson:**

- ◆ I enjoyed having my granddaughter Emily visit me for a week in December. She is a junior at Santa Clara University in Cali-

fornia. Daughter Lynne drove in from Michigan so we had a good family "girls" week!

### **Judy Searles:**

- ◆ I had such a wonderful Christmas this year spending several days at my daughter's home in Illinois playing with my granddaughter Emily, aka Emmy. Pictures of my fun family holiday.





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## BETA SIGMA—(continued)

All-in-all several members noted they had a quiet holiday, some with family and friends.

Philanthropic Chair **Marcie Haigh** would like to thank everyone who donated shoes to our **SHOE DRIVE!** and regrets to announce the total collected did not meet the goal. Therefore, in January the shoes will be donated to the Salvation Army Adult Rehabilitation Center in Minneapolis.

**Marcie** is happy to let everyone know that Beta Sigma will begin selling our handmade **Book-page Wreaths** in February at state meetings. Here are just two examples of the styles we will be creating:



**Preorders** are available by contacting Marcie either by phone: **612-267-0919** or email: [marciejoh@gmail.com](mailto:marciejoh@gmail.com)

**Reminder:**  
Beta Sigma will host the **March 19, 2022 ESA State Meeting**,

details will follow in the February ESSAY.

Several of our members continue to participate at MedTox and **Bonnie Olson** offered assistance to carpool Monday mornings.

Beta Sigma sincerely wishes all a very healthy, happy and wealthy new beginning for 2022!!

## NEWS REGARDING MONA PECK—KARLA NICKLAUS

(Karla K Nicklaus received the following card from Mona's friend and will keep you updated.)

News regarding Mona Peck from Jim Heaser.

"Saturday, December 11, I called for an ambulance to take Mona to the Ladysmith Hospital.

She was not able to stand. They determined very little other than ongoing dementia. They are taking good care of her as we

work through the administrative.

Hopefully, by next week we can place her in permanent care. Probably in Rice Lake when you and Rose met us.

She sleeps about 20 hours each day. She was eating about once a day. She has lost weight; but, she is smiling when awake. The staff have talked to me every day.

Her directive we completed several years

ago indicates a desire to continue care without artificial means. So, we are continuing to honor her request.

As you know, her spirit is very strong.

I miss her smile, hugs and fortitude. She has been a stabilizing influence in my life. So soon our flame quiets and fade.

I am not able to visit her because we are not married. I have been working on guardianship for over

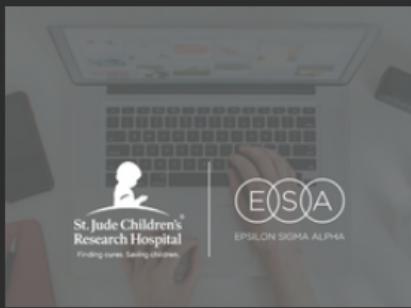
a year. Since Mona is in the hospital the process becomes easier.

Greet all her friends, she always looks at the cards and letters.

With Love  
Jim"

Address to send cards:  
Jim Heaser  
W12020 Deer Crossing  
Road  
Bruce WI 54819.

## VISIT OUR WEBSITE



### VIRTUAL ESA AND ST. JUDE 50TH ANNIVERSARY KICKOFF - January 20, 2022-

Join ESA HQ and ALSAC/St. Jude at 4:30 Pacific/5:30 Mountain/6:30 Central/7:30 Eastern for an exclusive virtual St. Jude experience. You will get a tour of St. Jude Children's Research Hospital® and learn more about the exciting ways ESA will be celebrating this milestone throughout the year. Registration is required and guests are welcome. Invite your friends and register before January 17th!

[REGISTER](#)

### UPCOMING EVENTS - *coming in 2022-*

**February 3-6, 2022:** Leadership Conference, Denver, Colorado

**May 6, 2022:** Virtual Enrichment Event - "All Dressed Up And Nowhere To Go!" national social celebrating Founders' Day

**July 24 – 31, 2022:** International Council Convention, Indianapolis, Indiana

[READ MORE](#)

### Just a reminder..

We think it is important that everyone has the opportunity to spend the holidays with their family no matter how far away they may be.

Our office will be closed from noon MST on December 21st until 8am MST on January 3rd.

[ESA HOME](#)

[EVENT IDEAS](#)

[SHOP](#)

[BLOG](#)

### FROM THE EDITOR

This note is a reminder of all of the upcoming opportunities there are for you to join in the fun.

### IMPORTANT:

None of the links in this graphic work; this is simply a copy of what was sent to the entire membership who has email.

If you would like more information about any of these opportunities, please contact ESA Headquarters and they'll be happy to help.

You can also click this link:

[epsilonsigmaalpha.org](http://epsilonsigmaalpha.org)

Once you are on the website, click on the button called **Member Center**

You will then need to enter your member number. After signing in, you'll be able to access all of this information.



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

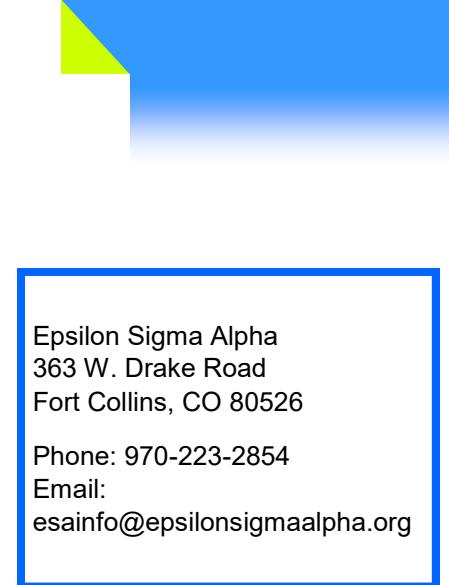
### MINNESOTA ESSAY

All issues of the ESSAY are published here:  
[www.mnesa.com](http://www.mnesa.com)

The ESSAY is published on a monthly basis 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.**



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