



Minnesota ESSAY

Before You Forget...

- Come and join the fun on Mondays at Medtox
- Volunteer for an event at Interact, Welcome Home Vets, and/or St. Jude; there are lots of opportunities to assist
- Invite a friend to come with you to an ESA activity
- Save the Date for the MN ESA Convention and send in your Registration Form
- Send an article to let us all know what your chapter is doing

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President—Dana Terry

Happy New Year to you all. I hope you had a wonderful and blessed Christmas with family and friends.

As we stand on the threshold of a new year, it is a perfect occasion to pause, reflect, and envision the possibilities that lie ahead. The transition from one year to the next is not merely a change in date; it symbolizes an opportunity for personal and collective growth, a chance to revisit our roots and adapt to the ever-evolving world around us. In the fast-paced, dynamic landscape of today, the need to connect with our roots becomes more profound. Our roots are the

foundation upon which we build our identities, and they carry the essence of our values, traditions, and cultural heritage. This New Year, let us take a moment to delve into the rich tapestry of our past, understanding the lessons it offers and drawing strength from the resilience of those who came before us.

Reflection on our past is nostalgic, but more importantly it is about acknowledging the wisdom embedded in the stories of our ancestors, recognizing the shared values that bind our communities, and celebrating the diversity that makes us unique.

However, as we reflect on our roots, it is equally important to recognize the winds of change blowing through our world. The challenges and opportunities of the present demand a willingness to adapt and innovate. The world is evolving at an unprecedented pace, and the ability to navigate this change is crucial for both individuals and communities like ESA.

Adaptation does not mean abandoning our roots; rather, it involves integrating the timeless wisdom of tradition with the flexibility to embrace new ideas and technologies. It is a balancing act that requires an open mind, a willingness to learn,

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President—(continued)

and a commitment to preserving the core values that define us. Just as a tree with strong roots can withstand storms, individuals and communities rooted in their values can navigate the uncertainties of a changing world.

For ESA, this New Year marks an opportunity to reassess

our strategies, refine our goals, and innovate our approaches. As we embark on new initiatives and projects, let us be mindful of the lessons from our past, harnessing the power of collective experience to fuel positive change. In the spirit of the New Year, let us renew our commitment to building a resilient ESA com-

munity that is both grounded in our roots and adaptable to change. Together, we can weave a future that honors our heritage while embracing the transformative potential of the evolving world. As we stand at the dawn of this new chapter, let us step forward with hope, determination, and a deep sense of purpose, knowing that our roots are not

anchors holding us back but rather anchors grounding us as we sail into the future.



SAILing
into the future!

Vice President—Kim LeTendre Olson

I want to start off this month's article with a big THANK YOU to Alpha Sigma for hosting the State Christmas party in December. Those who were able to attend brought delicious food to eat, fun white elephant gifts to exchange, and all participated in some FUN games. Kudos to Diane Vanusek and Birdie Elkofski for volunteering to be "reindeer" for one of the games. There were also some cute "ugly" sweaters



to admire. A darn good time was had by all.

As we enter the cold months of winter, some of us will travel to warmer destinations (psst... where is my invite?), some will hunker down in our homes donning layers of clothes, and some will go about their day regardless of the temperature outside. No matter where you find yourself in the coming months, there's always a chance to promote and share your ESA experience. We may not be meeting as a state

until the temperatures get above 40 or 50 degrees, but those who volunteer at Medtox on Mondays have a great opportunity to invite a friend or relative to help. I sure hope the Medtox opportunity is still around when I retire (or win the lottery and can quit my job). When I was able to volunteer at Medtox in the past, I remember the fun and laughter we had; all the while producing numerous testing kits.

For those who volunteered at the K102 Radiothon for St.

Jude... I anxiously await the news of your recruiting efforts in the form of new members!



Or at least see some new faces at some of your chapter meetings and events.

Stay warm everyone!



WHV—Shirley Laue



Dinner was served at the Vets Home on Dec. 4. Birdie helped me cook on Sunday. She peeled and peeled carrots for hours. Then she chopped them all up. She did that while I cooked and

mashed the potatoes. The menu included: Roast Beef; Mashed potatoes and gravy; candied carrots; cranberries; rolls and brownies. Everyone seemed to like the food. We served it buffet

style, with all of Alpha Sigma + husbands serving.

On Dec. 16 was the Wreaths Across America. It is always such a good feeling to put a wreath on a grave and say "Thank you" to a fallen soldier. This is

something more ESA'ers could do to honor our vets. Think about it for next year, but I won't promise good weather again!

Happy New Year!!

THANK YOU
VERY MUCH

Gamma Omega Chapter hosted a very successful garage sale this summer. Then in September we hosted our annual Welcome Home Vets fundraiser which was also very successful.

Do you know why both were great? It's because of YOU, our MN ESA family, and friends! You are rooted in tradition, the tradition of supporting fundraisers for any projects ESA chapters plan. You and your friends help make our garage sales bigger and better. You and friends donate baskets and items for our silent auction. You embrace the chapter projects because that's who you are - magnificent and generous.

Thank you for your support; we truly appreciate you.

Thank you again, my brothers and sisters of ESA for your cards and prayers.

The past few years have been quite the journey! I recently moved to Assisted Living.

Your support has been appreciated,
Kathy Rice

Ecumen Lakeview Commons
1200 Lakewood Drive North
Apartment #301
Maplewood, MN 55119



Chapter

News

What's New!

Alpha Sigma—Diane Vanusek

Birdie pipes up – Another New Year to enjoy. 2023 was a great year and I am glad to say you were a part of my year.

Alpha Sigma decided to shake it up a bit for our chapter Christmas Party. We each went to Dollar Tree and purchased \$15 worth of items and gave them to another member or spouse. So much fun opening them and laughing. All those items and only one duplicate ... a box of Kleenex. I was lucky enough to get a Pregnancy Test. That was a hoot! We just proved you can give something for \$15 and enjoy the heck out of the event.

Just to recap the big news from Alpha Sigma....This past November the St.

Jude Luncheon, Style Show and Silent Auction was the 40th Silent Auction for us. We have had many years of fun and fund raising. Our chapter has been as high as 23 members and now in 2023 it is 3 members. The past few years we have been so very lucky to have Dennis and Betty Marler join with us and working the last 3 days of the event. What would we have done without them? Love you guys!!!

Well as the pages of the calendar continue to pass by us, our load seems very heavy. The Thursday before the event we had to take all the items I have collected as donations and bring them to the hotel from my two storage units. Then we sorted, cleaned, and got ready to process them for the actual auction. Many many baskets are

made up with some smaller items. After working Thursday and Friday on that, on Saturday we set up the display of about 200 or more items for the auction and then the big event. As you know we do keep busy that day for sure. BUT come Monday I always have donations coming in again for next year's event. Well after forty years the Alpha Sigma Chapter has decided 40 and FINAL!! That is right. We have held our final St. Jude Silent Auction. As the ole song says THANKS FOR THE MEMORIES!!! We hope some chapter or group decides to take this over.

The Sun and the Ocean are calling me, and I will be

leaving in a few days for at least a month and a half in sunny Florida. Not doing much there except to sit and warm up. I have some books, puzzles, and other things I can do. There are several ESA people also going to Florida and at the International Convention, I got a chance to talk to some of them and plans are made to spend a day or so together. I know I will be having a nice time.

Shirley pipes up – Happy New Year! It has been an exciting year. It came to a climax with Wreaths Across America on Dec. 16. They were short of donated wreaths, so Diane and Shirley (and husbands) only put out a box each,

Alpha Sigma—(continued)

although Alpha Sigma had purchased 4+ boxes. It seemed strange this year putting out the wreaths without snow! Alpha Sigma hosted the state Christmas Party on Dec.10. We had SO much food, which was SO good. We played some games and ex-

changed our white elephant gifts, with some laughs. If you missed the party-you missed a fun time!

Diane pipes up – Looking back on my calendar, the Alpha Sigma chapter was very busy in the months of November and December. We planned, prepared, or

just participated in the St. Jude Luncheon and Silent Auction, chapter meetings, Medtox Mondays, WHV Vets dinner (good old fashioned roast beef dinner), State Christmas party, St. Jude Radiothon (I even got out of bed at 4 AM), Wreaths Across

America wreath laying and chapter Christmas gathering. It all added up to good company, good fun, good food and a good sense of accomplishment. We even found time to get ready for Thanksgiving, Christmas, and the New Year!

Left to Right ...
Shirley Laue
Diane Vanusek
Herman Laue, and
Birdie Elkofska
serving the (WHV)
Welcome Home
Vets dinner



Beta Sigma—Eileen Spencer

On the 9th of December **Beta Sigma** members celebrated the holidays at **Betty Brown's** lovely apartment complex.

Members brought a wide variety of food and beverages for the annual potluck luncheon.

Secret "Pals" were revealed by way of a gift exchange. Santa took time from a busy schedule to drop by and hand out gifts to all the very **"NICE" Beta Sigma** folks. Not a **"NAUGHTY"** one in the crowd!!

"Bee the best you can be!"



Santa (aka Bruce) arriving with gifts



Betty opening her gifts while Leann looks on...

Continued on next page ...

Beta Sigma—(continued)

Some shared Christmas memories from younger years. Whether sentimental or hilarious, everyone enjoyed hearing about these precious times.



Leann telling of a favorite childhood memory (Kay, Bonnie and all listen in)



Marcie, Jackie, Judy, and Kim enjoying the party!



Merry Christmas and Happy 2024 from Beta Sigma



Pledge Anniversaries:

JANUARY:

Bonnie Olson – 66

Betty Brown – 37

Leann Monahan – 48

Congratulations!

Travel and Adventures...

Several **Beta Sigma** folks headed out of town or enjoyed guests and/or family locally this Christmas.

New Year Wishes...

President Edee Erickson wishes to say, "We all have been blessed with a new year and a chance to make each day better than last year by using knowledge we received and experiences we encountered."

My wish for everyone in the New Year is a year filled with good health, much happiness, good times shared with family and friends. Also, thank you all for being so supportive and helpful these last couple of years.

Have a truly wonderful year!"



EDITOR'S NOTE

I have moved again; this time to Chanhassen, which I hope is my last move in Minnesota!

My new address is:

Terri Olson
1361 Lake Drive W.
Apartment 329
Chanhassen, MN 55317-8623

My cell phone number has not changed.

MN ESA STATE CONVENTION

MAY 17-18, 2024

Save the Date

FRIDAY EVENING
MIXER FUN

SATURDAY
MEETING, INSTALLATION
& BANQUET

RUNNING ACES CASINO, HOTEL & RACETRACK
COLUMBUS, MN

ROOM RATE IS \$129 USING CODE ESA2024

2024 MINNESOTA ESA STATE CONVENTION

Friday, May 17 &
Saturday, May 18, 2024



RunAces.com | RAHotel@golderhospitality.com | 15215 Running Aces Blvd | Columbus, MN 55025 | 651.925.4450 | 844.RUN.ACES

Running Aces Casino, Racetrack & Hotel
15201 Running Aces Blvd, Columbus, MN 55025

Name	Chapter	Delegate	YES	
			NO	
Address	City, State, Zip Code	1 st Time Attendee	YES	
			NO	
Guest Name	Guests are invited to attend all meetings and functions			
Full Registration	Cost	Member	Guest	
Includes Registration Fee, Friday Mixer, Saturday Coffee & Danish, Saturday Lunch and Saturday Banquet	\$100			
Partial Registration (check all that apply)	Cost	Member	Guest	
Registration Fee (Required for ALL except Banquet Only Guests)	\$25			
Friday Mixer	\$10			
Saturday Lunch	\$30			
Saturday Banquet	\$45			
Attending Meetings Only	\$20			
TOTAL REGISTRATION COST (Make Checks Payable to Alpha Zeta)				
Would you like a ride? Please check here and Alpha Zeta will help arrange.				

REGISTRATION DEADLINE: FRIDAY APRIL 26, 2024
AFTER APRIL 26th, A \$20 LATE FEE WILL APPLY

HOTEL REGISTRATIONS: call 651-925-4450 or use the link below **(ESA 2024 is the group block)**

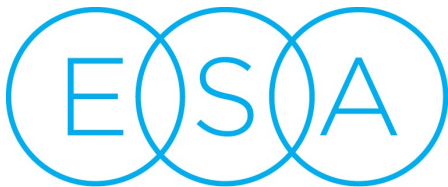
Room rate: \$129+tax w/free breakfast | Rooms must be booked by April 18, 2024

<http://www.wyndhamhotels.com/hotels/57592?checkInDate=05/17/2024&checkOutDate=05/19/2024&groupCode=051724ESA>

Mail your Registration Form and Checks to Alpha Zeta to:
Julie Nelson 9810 129th Ave N. Champlin, MN 55316

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

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



EPSILON SIGMA ALPHA

Epsilon Sigma Alpha (ESA) International is a special organization—an organization that is truly defined by the hearts of its members.

An International leadership and service organization, ESA is a place where members develop meaningful friendships, find their passion for community service, and continue on the path of lifelong learning.

MISSION STATEMENT

ESA is Good Friends, Good Works, and Good Times

... We create activities and support causes that let us surround ourselves with welcoming positive people who enjoy making a difference and having fun together.

MINNESOTA ESSAY

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

The ESSAY is published on a monthly basis 9 times/year from August—May (except December) at the beginning of each month.

The deadline for submission of articles is the 25th of each month. The monthly issue is emailed approximately the first of the month.

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



Terri Olson
ESSAY Editor
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~ Brenda Meyers
International Council President
2023-2024