



#StayStrongandSparkleOn

Special points of interest:

- > RSVP for the 2/12 Membership Mtg
- > 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)
- > Stay safe and keep warm!

Inside this issue:

| | |
|---|------------|
| Parliamentarian, ESAF, MARC, Philanthropic | 2 |
| Welcome Home Vets | 3 |
| Wishes & More and Thank You | 4 |
| Chapter News | 5-6 |
| Membership Mtg Info | 7 |
| MN Member Updates | 8-9 |

ESSAY— February

PRESIDENT—SANDY HONGERHOLT

Happy Winter! Hope you all are staying warm and healthy.

Thanks to all that came to the Holiday Party, Chili Cook-Off and Leadership. We had a small group. A good time was had. We were educated a bit, we did a Valentine Service project for the Vets and of course we had a little Association. Thank you Bruce and Dina for hosting. Spirit of Christ was the perfect venue for this event.



Congratulations to Dee Rotering for her Award-Winning Chili. Dee won first place for her chili.



All of the other Chili entries were also award winning. Thanks to all for the side dishes to round out our great meal. We raised \$68 for Wishes and More.

Julene did a wonderful job putting together the leadership. We crafted a candy bar wrap for Valentine's Day. These treats will be delivered to the residents of Veterans East Apartments. There is a candy bar for each of the residents and a few extra for



the staff.

Everyone also had a chance to make a valentine for themselves.



We ended the day talking about membership and Julene had another project for us. We used decorative paper to frame a sheet she gave us with ways to make the best of 2022.



Please mark your calendars for the next State Membership Meeting on Saturday, February 12th hosted by Delta Rho. Info include in this issue of the ESSAy.





ESSAY—February



#StayStrongandSparkleOn

PARLIAMENTARIAN—DIANE VANUSEK

There will not be a Parliamentary Meeting this February as one is not required

this year and no one has expressed an interest.

Remember that properly presented Standing Rules can be amended at regu-

larly scheduled Minnesota State Meetings

ESA FOUNDATION—KARLA KAY NICKLAUS



FOUNDATION
EPSILON SIGMA ALPHA

THANKS to all volunteered (overtime too) at MedTox during the month of January in the record low temperatures for the ESA Foundation.

DEADLINES –

- ◆ Scholarship applications due February 1, 2022 (11:00 p.m. MST).
- ◆ ESA Foundation

dues March 1, 2022 – \$15.00 renew and \$25.00 for a new membership.

Thanks for your con-

tinued support of the Foundation.

MARC—DIANE VANUSEK / BILLIE JANE MINTJAL



If you have not read the November 2021 newsletter, it is on the MARC website. Take a few minutes to get to know the MARC states.

www.esamarc.org If you don't know the password, email me.

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

ning 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. Never

too early to plan.

If you drive, it will take about 11 hours, depending on how many stops are made.

PHILANTHROPIC—BIRDIE ELKOFKA

It is never too early to get organized. So, let's start today!

Remind all your chapter members to prepare their year-end report showing all the hours, miles, and dollars you have donated

to various Philanthropic charities. Dates for this report cover the period from April 1, 2021, to March 31, 2022.

Each chapter should tally all the numbers from all members and

sent this report to me by **10th of April** at the very latest.

Each year Minnesota ESA votes at our state convention on which charity or charities will be the state's project. So far I have received

names of two possible candidates: Welcome Home Vets. AND also Wishes and More.

If you have any questions, I welcome your phone call.



WELCOME HOME VETS—BETTY MARLER / VICKY SANDHOFER-KROSLICK

Minnesota ESA Members and Friends, we thank you for your continued support and commitment to our Veterans. ESA truly is good people doing good things for others.

We received a thank you from Gretchen and Rick Peterson in today's mail. We want to share it with you.

"Thank you very much for your generous donation of \$845.00 for the WHV Giving Tree. We are so very grateful for the time and energy our WHV chairs invest in finding creative ways to fundraise and to reach out to your membership.

Thank you, Betty and Vicky, for your

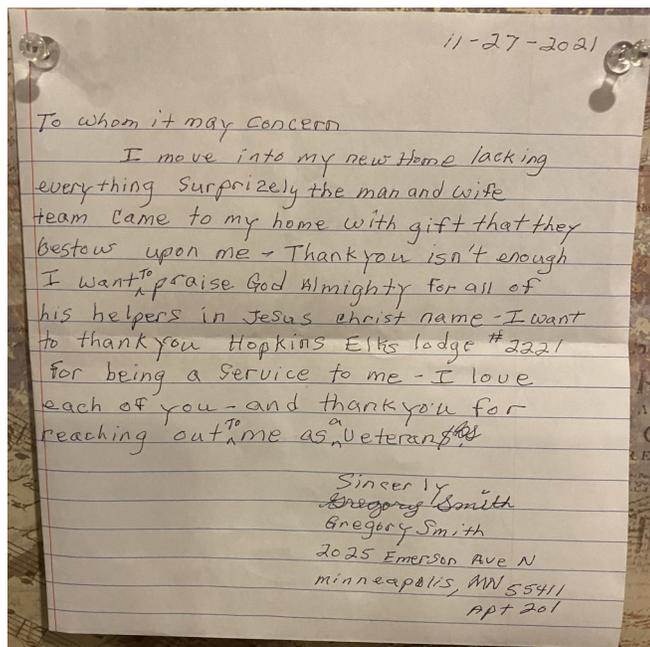
efforts and thank you to Dennis Marler for his role as treasurer and supporting cast.

Your support is especially crucial these days as we have discovered the cost of the items we include in our kits has increased between 10% - 30%.

We have received

thank you notes from the veterans we serve. These are attached to this note so you have a sense of the gratitude these veterans feel and your role in helping them get settled.

Sincerely, Gretchen and Rick Peterson, Co-Founders, Welcome Home Vets."



And a thank you note from Alan Running:

"I just received my Welcome Home kit today. I was amazed at the

amount of things I got. It was way more than I expected. I want to thank the Hopkins Elks from the bottom of my Heart

for this. I was homeless till just recently and staying at the Harbor Light Center in Minneapolis. I just moved into my

own place in Columbia Heights so all these things help a lot in getting settled. Thank you again.



WISHES AND MORE—LORI THORPE



Hello and happy February to you!

I'm sending a giant thank you to all who have donated auction items to Wishes & More, volunteered with them, worked at Medtox on behalf of Wishes & More, participated in the Chili Cook-Off at our recent leadership meeting, and have helped to benefit Wishes & More in any way! This is so awesome, and I am very grateful to you!

Wishes & More is so glad to be working with MN ESA and receiving our gifts and

generosity! Thank you all!

I'd like to share a Wish story with you. Recently, Wishes & More was thrilled to provide Harrison, and his family, a space to make memories for years to come!

Harrison has had quite the medical journey in his two short years. He was born 3 weeks early in January of 2020 and doctors discovered he had infantile spindle cell rhabdomyosarcoma, an extremely rare form of cancer.

He endured many surgeries to ensure the

entire cancerous mass was removed, and he had many weeks in a body cast and brace.

Harrison is now an active two-year-old and his wish was for a backyard playground! He absolutely loves running around outside and playing at his very own playground!

MN ESA is helping to open the door for beautiful wishes like this. Thank you for all you do for Wishes & More! You are making a real difference, MN ESA!

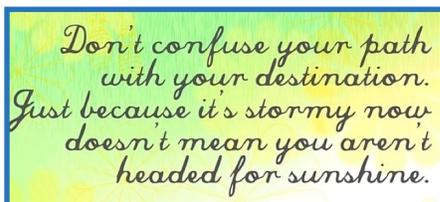


Harrison's Backyard Playground



ESA Sisters and Brothers, I would like to thank all of you for the beautiful cards, notes, and the prayers when I had the stroke. Praise the Lord He is so good. I know many things can happen to the body with a stroke. I got back my speech, movement, and walking. My physical therapy teams are releasing me next week. I know you all had a part for my recovery. Thank you again.

Kathy Rice



ALPHA SIGMA—DIANE VANUSEK

Alpha Sigma's January meeting was at Birdie's house. Our meetings would go much faster if we did not spend so much time laughing and visiting in between business. It is a fun time especially in the dark of winter. We missed Pat and Sharon.

Sharon D. has moved to Sunrise Senior Living in the last week or so. Her kitty cat, Nicholas, was able to go along which is just great. She is dealing with life changes following Larry's passing with the help of the kids. It is overwhelm-

ing at times. She would appreciate receiving notes now and then. Email seems to be the best way right now until she is settled in the new surroundings. (Note: I am sure snail mail will be forwarded.)

Shirley says - I am sick of the cold. Leadership was very good with Julene leading. We decorated candy bars for the Vets, made a valentine for ourselves and learned what our New Year's resolutions should be. We could always use more help at Medtox. Some new

faces would be nice and helpful especially since we have really been busy.

Birdie says - I am in Florida and not sick of the warm weather. I will be back in February.

Diane says - The 2021 Walrath sisters' trip was Jenny and I driving to Bandera, Texas, to spend a week with Kathy and Rich. Margaret was exposed to COVID and elected to stay home.

We visited Bandera, the sites in San Antonio, Luckenbach,

Fredericksburg, met our little great-great niece and nephew and learned a new card game.

The "Five and Dime" store in Fredericksburg was reminiscent of Reese's Variety Store of our youth in Roseau. A little of everything, a little dusty, a "penny" candy shelf, a bit creaky, and two older ladies running it. The drive home was at first VERY windy, but we missed the snowstorm in Kansas and Iowa.

Pat is hunkered down and would enjoy notes occasionally.

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



Due to illnesses and a spike in Covid Omicron, **BETA SIGMA** held their January 15, 2022 business meeting via Zoom.



President, **Bruce Strachota** provided this *Tom Anderson* quote of the day.

"It is not selfish to put yourself first when you create your life, when you take time for yourself you make everything around you better."

Other meeting highlights:

- ◆ Education Chair, **Judy Searles** announced that also due to the spike in Minnesota's Omicron Covid MN cases, the educational planned for this meeting,

which was to be on German food at the Black Forest Inn, was postponed.

- ◆ **Bonnie Olson** and **Karla Kay Nicklaus** will host the February 5 meeting and educational at Bonnie's house.
- ◆ Philanthropic Chair,



#StayStrongandSparkleOn

BETA SIGMA—(continued)

Marcie Haigh asked members to put on their thinking caps for fundraising ideas which will be discussed at the February 5 meeting.

- ◆ Social Chair, **Jackie Swanson** announced that, again, due to Omicron, social events will be on hold for the time being.
- ◆ Treasurer, **Bonnie Olson** provided the final amount of personal holiday contributions to **Armfulls of Love** at \$230 in cash and gift cards.

Now that Minnesota is truly into winter, these members will leave snow and cold behind:

- ◆ **Bruce & Dina Strachota** will be getting far away on a cruise.
- ◆ **Kay & husband Joe Fogarty** are headed to Arizona for a family visit.

◆ **Marcie Haigh**, along with her daughter's family, will be jetting to Jamaica to attend a family wedding for a week.

◆ **Eileen Spencer** is traveling to Florida for a two-week family visit.

Aren't some lucky to have family in warmer states?!!

Members also stay engaged this time of year with these activities:

◆ **Jackie Swanson** enjoys several hours each Monday having Zoom "art time" with a friend.

◆ **Bonnie Olson** stays fit by shoveling the snow from her walks at home, some days this seems never ending.

◆ **Bruce & Dina Strachota** like to go to the theater.

And, Bruce likes to clear their walkways by using his snow blower!!

◆ **Judy Searles** greatly enjoys watching a snow removal service clear snow at her home! This also makes walking her little dog, Chloe, much more enjoyable!

◆ Members, **Bruce & Dina Strachota** and **Jen Davies** continue to work from home.

◆ Several of our members, and some spouses, participate at **MedTox**, and they've been busy!!

Reminder:

Beta Sigma will host the **March 19 MN ESA State Meeting** at **Spirit of Christ Community Lutheran Church, 5801 Minnetonka Blvd, St. Louis**

Park.

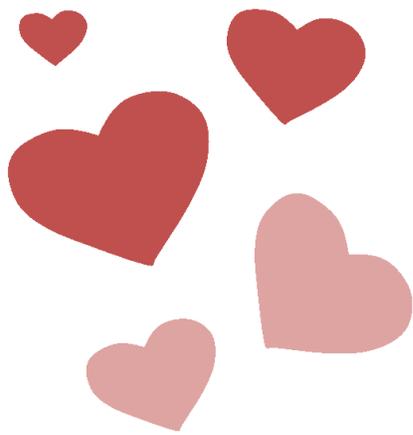
It's almost time!!

Beta Sigma will be selling handmade **Book-page Wreaths** at **MN ESA State Meetings** and by request. **Orders** can be arranged by contacting **Marcie Haigh** either by phone: 612-267-0919 or email: marciejoh@gmail.com.

A few Simple Pleasures...

- ◆ The way a fresh blanket of snow offers ample excuse to hibernate.
- ◆ Returning home to the enticing smell of comfort food cooking on the stove--YUM!!
- ◆ The anticipation of spring--and the planning of a garden.





Epsilon Sigma Alpha



Minnesota State Membership Meeting

Saturday, February 12, 2022

Hopkins Elks Lodge at 30 8th Ave S,
Hopkins, MN

Coffee, treats and socializing: 9:30 am

Meeting: 10:00 am

Lunch: Potato soup, choice of ham or
turkey sandwich, chips and dessert after
meeting

Cost: \$12.00

Cash Bar opens at 10:00 am

RSVP by Thursday February 10, 2022 to
Billie Jane Mintjal with sandwich choice:
billiemint@hotmail.com or cell # 520-270-
9293





#StayStrongandSparkleOn

A SPECIAL TRIBUTE TO OUR SPECIAL LORI THORPE



Wishes & More would like to spotlight our December Volunteer of the Month:
Lori Thorpe!

Lori joined the Wishes & More team earlier this year, and immediately hit the ground running! Since her volunteer orientation only three months ago, Lori has helped with our last two bulk mailers-assembling over 4,000 pieces!

Apart from helping at home with the mailers, Lori has also worked hard to share the mis-

sion of Wishes & More with others. She volunteered as a Table Helper at the Withrow Car Show to share info about our organization, and she also promotes Wishes & More within her Community Club ESA (Epsilon Sigma Alpha).

Lori has helped to drive other ESA members to support WAM,

and recently dropped off a \$3,500 check that members of the [MN ESA](#) raised for us!!

From volunteering herself, to helping get others involved, Lori has done so much in her short time as a volunteer. We are truly grateful Lori came aboard and look forward to having her as a volunteer for years to come!

NEWS REGARDING MONA PECK—KARLA NICKLAUS

Karla K Nicklaus received a phone call from Mona's friend, Jim, and is sharing this sad news.

Mona passed away on January 26th. A celebration of life will be held in the spring/summer.

Address to send cards:

Jim Heaser
W12020 Deer Crossing Road
Bruce, WI 54819.

NEWS REGARDING MARY PARR—KATHIE WASSON

Long-time ESA member, Mary Parr has passed away. A funeral for Mary will be held on Saturday, February 5 at Parkview

UCC church in White Bear Lake.

The obituary will be posted on the Mueller Bies website.

All ESA members are invited to recite the closing ritual at the funeral.

Please let Bruce Strachota if you plan to attend.

CELEBRATION *of Life*



CONTACT INFORMATION UPDATE FOR SHIRLEY LAUE

Here are new changes to the Laue household.

We are changing our e-mail: Shirley's will be: Shirleylaue@gmail.com and Herman's will be: hwlaue@gmail.com

We are also dropping our land line as of February 1st--so only call Shirley on her cell which is: 612-669-3304 and Herman at: 612-868-3682.

Thank you for making these changes.

Shirley and Herman Laue

CONTACT INFORMATION UPDATE FOR TERRI OLSON

I am very blessed to be able to spend the winter months in Florida. This year I will be in Florida until the end of April.

If you are planning to send me mail through

the postal service, you can avoid the delay in transfer of mail from my Texas address by sending mail directly to me at:

2645 W. Marion, Unit 211
Punta Gorda, FL 33950

There is no change in my email address or cell phone number.

OFFICER UPDATE FOR MINNESOTA ESA

Due to personal issues, Marcie Haigh has resigned from the Vice-President position for MN ESA.

We are very lucky to have Dee Rotering from

Delta Mu volunteer to step forward in this role. Dee will be working with Sandy H for the rest of this ESA year and will assume the role of MN ESA's President upon

completion of our MN ESA State Convention.

Congratulations, Dee!

And, thank you so much for being willing to try something new!



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



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

Phone: 970-223-2854

Email:
esainfo@epsilonsigmaalpha.org

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
www.epsilonsigmaalpha.org
MINNESOTA
www.mnesa.com



Terri Olson
ESSAY Editor
terri.mnesa@gmail.com