



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

Hello all,

It's February, the month when love is in the air. I invite you to take a moment to reflect on what you love about ESA.

In ESA, our mission is not just a statement on paper; it's a commitment to creating positive change in our communities, a commitment to continuing education and a commitment to developing meaningful and long-term friendships. This is only possible through the dedication and support of individuals like you. In the hustle and bustle of our daily lives, it's easy to lose sight of the reasons why we are drawn to certain causes and interests. That's why I am asking you to pause and consider: What is it about ESA that resonates with you? Is it the impact we have on those we serve? The social connection with others and a sense of belonging? Is it learning new things or personal development? Or perhaps it's the opportunity to be part of something greater than ourselves? Maybe it's a combination of some or all of these things.

Each of you brings a unique perspective and set of experiences to our organization, enriching the fabric of our community

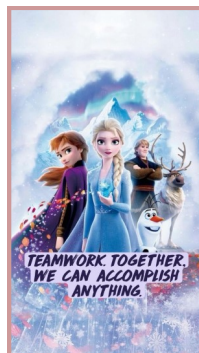
and strengthening our collective resolve to make a difference. Whether you've been with us for many years or are a newer member, your voice matters, and your love for ESA fuels our organization. As we look ahead to the challenges and opportunities that lie ahead, let's reaffirm our commitment to ESA and the values that bind us together. Let's celebrate the moments of impact, large and small, that remind us why we do what we do. And let's continue to support one another as we strive to create a brighter, more inclusive future for all.

On a personal note, work has continued to keep me very busy. My new assistant is amazing and has picked things up very fast. Having her has allowed me to finally work on some of my new duties which include converting paper processes to digital process automation, and error proofing. As I write this, I just completed my first process migration from test

to production environment! I need to complete one week of testing and if all goes well then I will get to roll out and train coworkers on the new process. I am beyond thrilled to finally get to work on some long overdue improvements within my company.

In addition to all the things I am excited about at work, I am also looking forward to attending Leadership in Colorado with Kim LeTendre-Olson February 22-25. Kim and I will surely learn a lot, get some amazing ideas, meet new friends, and come back with lots of excitement to share with you all. I also highly encourage you to register to attend our state convention in May. My Alpha Zeta gang and I have a lot of fun things planned. Lastly, I plan to have a meeting (or some sort of get-together) in March. More information will be sent out in an email as soon as I have all the details.

Thank you for being part of the ESA family. Together, we can accomplish anything.



Vice President—Kim LeTendre Olson



Wow- can you believe it's already February? You know what that means... calling all candidates for the elected and appointed board for the 2024-2025 upcoming year! Not sure you want to take the leap and take on a position? Give me a shout or talk to someone who has held that role in the past so you can get the 411 on what the position entails. (952.393.1473 or kim.letendreolson@yahoo.com). I'd love to see us have a full

ballot at state convention this year.

Elected Board positions:

- ◆ Vice President
- ◆ Secretary
- ◆ Parliamentarian

Critical Appointed Board positions:

- ◆ Financial Planning Committee. (need two people)
- ◆ Chaplain
- ◆ Philanthropic Coordinator
- ◆ State Project Chair
- ◆ Ways & Means Chair
- ◆ Medtox/

LabCorp Liaison

- ◆ ESA Foundation State Counselor
- ◆ Senior St Jude Coordinator
- ◆ Marc Rep (need one person)
- ◆ Essay Editor
- ◆ Webmaster/Roster Chair

Non-Critical Appointed board positions:

- ◆ Social Chair
- ◆ Association of Arts Chair
- ◆ Educational Chair

- ◆ Photographer
- ◆ Historian

This month I have the privilege of attending IC Leadership. I cannot wait to see what IC has in store for all of us. I want to soak up all the good information, meet other incoming state presidents, and learn how we can make ESA even better. The time spent at IC Leadership will help me plan for the upcoming year too. I promise to take good notes, smile when it's "skit" time, and make the most of this trip.



Treasurer—Diane Vanusek

Just a gentle reminder for chapters organizing/hosting state functions, there should be a financial report of receipts and expenses forwarded

to the State Treasurer.

This is true for the State Convention, State fundraising functions, State Membership drives,

etc. but not for hosting a State General Meeting during the year, unless there is a deficit.

The State is responsible for the gains or losses. A chapter

should not go in the hole hosting State functions. It is hard to know if there is no report. It also helps to plan future activities.

Indeed, there are **countless ways** to make a positive impact on others. Here are some simple yet powerful ways to lend a helping hand:

1. **Kind Words:** A sincere compliment or an encouraging message can brighten someone's day.
2. **Acts of Service:** Offering assistance, whether big or small, can make a significant difference.
3. **Volunteering:** Donating your time to a cause you care about can create lasting change.
4. **Donations:** Contributing resources, be it money, food, or clothing, helps those in need.
5. **Listening:** Sometimes, lending an empathetic ear is the greatest support you can provide.
6. **Random Acts of Kindness:** Surprise someone with a small gesture—pay for their coffee, hold the door, or leave a positive note.

ESA Foundation—Karla Kay Nicklaus



A “huge” thank you to all the volunteers braving the “bitty” cold and windy weather to volunteer at LabCorp during the month of January for the Minnesota State Scholarship

Fund. It is great to see the faithful volunteers continuing to come on Monday mornings. LabCorp is the biggest fund raiser for the Scholarship Fund.

Also, thanks to all who paid their dues by December 31st. Scholarship applications are due by February 1, 2024.



WHV—Shirley Laue



WELCOME HOME
VETERANS

One of our state projects is “Welcome Home Vets”—how many of you remembered that little detail? Have You ever delivered a ‘kit’? If you have not, you are missing out on a satisfying mission.

The ‘kits’ are put together by Rick and Gretchen Peterson and Carrie Ketel.

The ‘kit’ includes: dishes, pots and pans, silverware, cooking utensils, broom, mop, cleaning supplies, toaster, coffee pot, microwave, 3 grocery bags of food, toilet paper, paper towels, Kleenex, a bed—either a blow up or regular, sheets, pillows, comforter, a laundry basket full of

items and a goody bag—with odds and ends. I may have missed a few items, but if I were starting out with nothing, I would be very happy to get these things and so are our homeless vets.

Everyone I have to delivered to has been more than thankful. To see and hear that is so rewarding. I have delivered quite a few ‘kits’,

and I know many of you have also—so keep up the good work and maybe we can add to the list of volunteers! This past year we made 156 deliveries, over 1000 since Rick and Gretchen started this mission. Well done!



Chapter

News

What's New!

Alpha Chi—Joane Buche

Hi ESA Members –

I don't know where to start this article as I don't have much news. Holiday time is a busy time and goes and comes very fast these days.

Lake Elmo Inn was again the place we chose to have our annual Christmas lunch. The decorations are beautiful, the is god, but parking and getting into the place is very stressful. Five members and also we had Bonnie Wake-

field as our guest. She volunteers every Monday at MedTox and we are very grateful for her help!

We decided many years ago that January – March were months that are to be skipped for meetings. Traveling in the ice and snow and the dark are not for this senior group!

Kathleen and Ken are on a cruise ship traveling around the world. Hope all is well, and they are staying healthy and safe. Sue and Ken had to cancel their cruise

because of health reasons.

Sue and I visit with all the ESA (and the volunteers) each Monday at Medtox. Enjoy getting to really know all the other chapters that get there. Some up and at the very early hours when it is still dark out!!

I have talked to Pat Peterson, Kathy Rice, Kathie Wasson and Colleen Riley on the phone to keep in touch. Miss seeing all the girls we have

known for many years. Gloria will be collecting all our hours and monies soon to report to the State. She is "very busy" at her new home and that is "very good!" Keeps her out of trouble!

Stay warm, come see us at Medtox and be healthy and safe this weird winter.

Happy Valentines Day!

Alpha Sigma—Diane Vanusek

Birdie pipes up – Greetings from warm Florida... not much to report. Just sitting outside watching and listening to the ocean. One problem...well the sun

gets too bright to use my laptop and I don't want to get it wet when I am by the pool. So that gives you some idea of what I am doing. Gal two doors down is a friend of one

of our Illinois ESA sisters that I am friends with. It is a small world. Not a bad way to pass time in January and February.

Shirley pipes up – Shirley has been slowed down by a fall that needs to heal, but she still has been working with Welcome Home Vets delivering kits and

Alpha Sigma—(continued)

sending out the call for delivery people.

Diane (the temporary nurse) pipes up—January was not as busy as the previous couple months. I delivered a kit to a veteran in Falcon Heights. He was very appreciative. Of course, Don was my

faithful helper on that cold Saturday.

Monday workers at Medtox have been a little lean with the snowbirds flying out. Fortunately, the workload has not been huge, but if you have any extra time you are welcome to show up.

Our chapter meeting was pretty laid back in January, but we still did not get done until late afternoon. I think it was the visiting and laughter that took so much time.

The last couple of weeks have been filled with visits to Don's doctors for pre

-op, surgery, post-op and generally organizing his knee replacement. There are medical devices and aids all over the house. He is doing pretty good so far and has not been too much of a pain for his primary nurse.



"Bee the best you can be!"

Beta Sigma—Eileen Spencer

Beta Sigma held their first meeting of 2024 at the home of **Edee** and **Hartley Erickson**. **Eileen Spencer** was co-host.

After the **ESA** pledge, **President Edee** gave this thought for the day:

"The Lord gave us two ends, one to sit on and the other to think with. Success depends on which one we use the most!"

Ann Landers



Treasurer Bonnie Olson read "thank you" notes from **Welcome Home Vets** and **Wishes and More** for the donations received from **Beta Sigma**.

After officer reports were given, members decided to volunteer at **Feed My Starving Children** on February 10th and May 4th and to include an informal meeting on the same dates.

Pledge Anniversaries in February:

Pat Oman - 40

Linda Schultz - 23

Congratulations!

Activities:

Jen Davies and husband Chris spent the

holidays with family which included her sister Heidi from Arizona. Jen is going on a cruise to the Western Caribbean January 12 – 19 followed by a 3-day visit in Arizona with her sister and her Dad, who will also be there escaping MN's winter. *Pictures to follow in March.*

Kay Fogarty and husband Joe had a wonderful holiday. Her family, all 21 members, were together on Christmas Eve at her home and they enjoyed looking at and hearing stories about the antique ornaments she has collected over many years.

Kim and **Jim Larson** "as usual" spent Christ-

mas in Wichita, KS which included celebrating her Mother-in-law's **101st Birthday!!**

Kim and Jim, after 47 years as empty nesters, having no children of their own, will be changing their living arrangements. There will soon be three in their household, (**no, not a baby**) but Kim's 22-year-old niece will move in with them while she finishes her fourth year of college. Kim adds, "Hopefully, this is a *transitory arrangement, haha!*" We wish them all the best in this endeavor.

In December **Karla**

Continued on next page ...

Beta Sigma—(continued)

Kay Nicklaus traveled to Rush City, MN to attend her great nephew's wedding. Karla tells us she even danced at the reception and had a wonderful time!!

After a fall, **Hartley Erickson** will undergo rotator cuff surgery in January. He and **Edee** will be taking it easy for quite a while. They will attend

the Grand Forks' Hockey Tournament and all other chances to cheer on their hockey-playing grandson!

A trip to Florida is scheduled for May.

Health Report: Recently **Marcie Haigh** spent five days in the hospital

and sends her sincere thanks to everyone for the cards and well wishes she received. Marcie encourages everyone to get an RSV vaccination!

There are several **Beta Sigma** members, kept anonymous, who are unwell and would ap-

preciate your prayers. *Thank you.*



Stay warm out there!



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

DELTA MU NOTE

Save the Date for another fun-filled St. Jude Event held at Running Aces Racetrack!

Delta Mu has secured **Thursday, June 20th**. We're really excited about our ongoing plans for this opportunity to let the community know about ESA and St. Jude!

Once again, we'll Race Packets, including vouchers for games and food. There will be opportunities to take home a prize or two and taste some great beverages.

It's not too early to let us know if you'd like to sponsor one of the eight races.

More information to come....

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)**

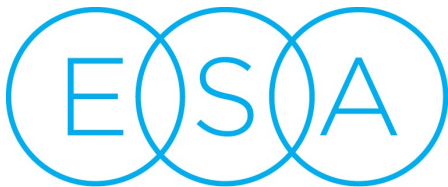
Room rate: \$129+tax w/free breakfast | Rooms must be booked by April 18, 2024

<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
terri.mnesa@gmail.com



~ Brenda Meyers
International Council President
2023-2024