



# 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
- Save the Date for the Gamma Omega Garage Sale in July
- Save the Date for the Gamma Omega Welcome Home Vets Event in September

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## President—Dana Terry

Hello and happy March to you all!

I am freshly back from IC Leadership in Denver, CO and I want to express a HUGE thank you to all of you for allowing me to attend along with Kim LeTendre-Olson. I had an absolutely amazing time and Kim and I put our heads together and have some awesome plans and ideas to share with you all. Be prepared to get re-energized and to share your passions and power in ESA.

In one session at IC Leadership, we explored different ways to engage current members, reunite with previous members, and attract new members. I had a great idea that I thought was unique but turned out that three other "teams" had the same/similar idea!

Rediscovering our passions through remembering the past!

As we journey through life, it's easy to become caught up in the hustle and bustle of our daily routines, often losing sight of the things that once ignited our passions and brought us joy. However, amidst the chaos of modern life, there lies a treasure trove of inspiration waiting to be rediscovered.

ered in the memories of our past.

Think back to a time when you felt truly alive, when your heart danced with excitement and your spirit soared with enthusiasm. Perhaps it was a hobby, a creative pursuit, or a cause that ignited a fire within you. Maybe it was a special friendship with an ESA member or an ESA adventure. Whatever it may be, now is the perfect moment to reconnect with that spark and reignite the flame of your passions.

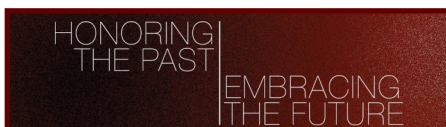
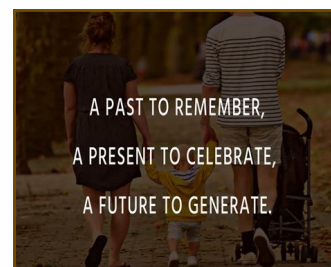
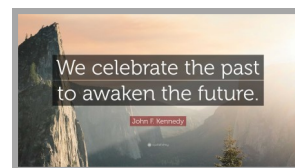
I believe in the power of reminiscence as a pathway to rediscovery. By reflecting on past experiences, we gain valuable insights into what truly matters to us and what brings us fulfillment. Whether it's flipping through old photo albums, revisiting cherished memories, or simply taking a moment to pause and reflect, we can tap into a wellspring of inspiration that lies dormant within us.

But rediscovering passions isn't just about reminiscing; it's also about taking action. It's about finding the courage to pursue our dreams, no matter how long they've been dormant. It's about embracing new opportunities and stepping outside our comfort zones.

It's about reclaiming our sense of purpose and living our lives with intention.

We'll be doing some reminiscing and rediscovery together at our State Convention in May. And as we do so, let us remember that it's never too late to pursue our passions. We can embrace the wisdom and joy of the past and forge ahead into the future. And let us never forget that within each of us lies the power to reignite our passions, inspire others and create a brighter tomorrow.

I am looking forward to sharing more ideas and inspiration from IC Leadership with you soon. Until then, think about your favorite ESA memories and share them with others!



## Vice President—Kim LeTendre Olson

**JUST ONE MORE** is ESA's campaign to grow our membership this year. The goal is to have JUST ONE MORE member at the end of the year in May than you did in June 2023. This member can be new or welcoming someone back to ESA. If you are active on Facebook, be sure to join the *ESA Membership Ideas* group where IC Membership Chairs Lauren Ryan and Kerry Considine will go live to celebrate net growth states. Members of

this Facebook group are sharing ideas on how they are recruiting members so check it out!

At the time this month's article is due, Dana Terry and I will be at the National Leadership Conference in Denver. I know you all are sitting on the edge of your seats anxiously waiting for an update on what we learned. Trust me, I know we will both be excited to share our experience with you. While Dana and I have the honor

to attend Leadership as executive board members of the Minnesota State Council, YOU can attend too! The National Leadership Conference is open to all ESA members who want to learn communication and leadership skills with ESA or anywhere else you consider yourself a leader. So consider next year's conference in Denver!

Lastly, I'm still looking for candidates to fill the executive and appointed board for

the 2024-2025 year. Don't be shy! Even if you're a bit curious about a position... ASK!



## ESAF—Karla Kay Nicklaus

### ESA Foundation Fantasy Fundraiser

Click your heels three times and join the ESA Foundation Fantasy Event on March 1, 2024.

Your contributions to the ESA Foundation will help fund pro-

jects and programs that promote higher education and support strengthening communities. Don't forget that your donation is tax deductible.

We won't send a tornado, a flying monkey, or even a Zoom

link. On March 1st, take a walk around the block, do a little dance, or just click your heels, but join in simply by visiting the website or writing a check to ESA Foundation, 2580 E Harmony Road, Suite 301-11, Fort Collins CO 80528.

This is the one and only fundraiser for the ESA Foundation.

Thank you for your continued support of the Foundation.



## Philanthropic—Terri Olson

Hi all! I hope that you have been keeping track of your miles, hours, and monies that you have donated this past year.

Remember, I created a spreadsheet for you so that all you have to do is fill in the blanks on your computer and it will add up your totals for you. If you need another copy because you can't find yours, just send me a note either by email, text, or phone call and I'll email a copy to you. Of course, I'll accept them if you fill it out by hand.

It doesn't matter when you start counting on your reports, just so that the information wasn't included on the report you submitted last year.

There are actually two different deadlines for those philanthropic reports; one is for the State and one is for the International Council (IC).

The reason for the two dates is Minnesota operates on a calendar year typically from August to May. To be clear, I know many chapters still do philanthropic activities all year long. **For MN**, I need your completed form **by May 1st** so I'll be ready for our State Convention on May 17-18.

Read on for more information regarding reports and timing.

IC operates on a fiscal year of August 1 through July 31. Therefore, philanthropic time, monies,

and hours are counted for that one-year period of time. Don't worry though, if you provide me with a report, it will all be good! ESA just wants to be able to keep our 501C4 status (along with our Tax Facts that each chapter completes) by showing all the good works we do for our communities.

I do recognize that some of you may not use Excel and so I'm including the **IC Philanthropic Form** as a separate document in the email with the ESsAy.

The **IC form** must be sent to me by **June 1st** so that I have time to get them all ready to be turned in prior to the deadline of June 15th. (An extra month of reporting!)

I will gladly tally up either form for awards to

be given at State Convention. I will also forward all chapter and state totals to IC no matter which form you might like to use.

If all of this rambling doesn't make sense, then just contact me and together, we'll figure it out.

Now on to considering potential philanthropic projects for next year. Please let me know by the end of March if you plan to have a philanthropic presenter at our next meeting.

Presenters will be given time to speak at the next **State Membership Meeting to be held on Saturday, April 13th**. A Flyer is in this issue.



Gamma Omega chapter member and past State President, Sandy Dolence notified me that her husband John is undergoing treatment for cancer in his neck area. I do not have any details but believe this is outpatient treatment. I know John and Sandy would welcome cards and notes of support at this time.

John and Sandy Dolence  
6118 39th Ave No.  
Crystal, MN 55422

Chapter

# News



## Alpha Sigma—Diane Vanusek

**Birdie pipes up –** Birdie's pipes are temporarily down.

**Diane (the temporary nurse) pipes up –** During February I reviewed scholarships applications for the ESA Foundation. It is very rewarding to read through the apps and

to see what a great crop of young people America is producing. (My assigned applicants were all American citizens).

There is hope for the future as these young men and women become the leaders of tomorrow. It also is apparent how much there

is a need for scholarships to help the students achieve their educational goals.

Don is healing from his knee replacement and except for driving and steps has resumed most of his normal activities. Thanks for all encouraging messag-

es.

There have been challenging assignments at Medtox this past month and members are encouraged to come on Monday morning if they can.

**Shirley pipes up –** The cat chewed on Shirley's pipes.

## Beta Sigma—Eileen Spencer

"Bee the best you can be!"



**Beta Sigma** held a short business meeting February 10, 2024 at Hy-Vee's Wahlburgers restaurant. Among other topics, plans for the April 13 Spring **ESA** State Meeting were discussed.



### Philanthropic:

Following the above meeting, 11 members and one guest made their way to the **Feed My Starving Children** facility in Eagan to volunteer for a manna food packing session to benefit El Salvador.

### **PACKING TOTALS:**

**117** Boxes packed,  
**25,272** Meals,  
**69** Kids fed a daily meal for a year!



Great Job Team!

### March Pledge Anniversaries:

**Kay Fogarty - 67**  
**Kim Larson - 20**

**Congratulations!**



### Beta Sigma Member Updates:

**Jen Davies** went on an Eastern Caribbean cruise on a *Norwegian Prima* ship. Jen flew to Phoenix where she met up with her sister then they both flew to Houston. From there they "Ubered" to Galveston, TX and stayed at a hotel by the water.



## Beta Sigma—(continued)

Southwest Airlines managed to lose **Jen's** luggage, but not all was lost. The bag was delivered to her at 12:30 AM in Galveston -- ugh!!

**Jen** and her sister were then again awakened at 4:00 AM to a banging noise! Seems a hurricane shutter had come loose and probably woke half the hotel! Outside that hurricane-shuttered window was the ship for their cruise.



Some ports of call were: Costa Maya, Mexico; Harvest Caye, Belize; Cozumel, Mexico; and

Roatan Bay Islands, Honduras. Daytime weather was in the upper 70s and humid.

**Jen** was thrilled to see **Chacchoben**, a Mayan ruin located on the Yu-



catan Peninsula in Mexico.

**Hartley Erickson** underwent surgery for a torn rotator cuff (right shoulder) in February. Wife **Edee** reports the area is quite sore and **Hartley** is not to use the arm for at least six weeks! Therapy will not start until sometime in April.

**Hartley** and **Edee** both appreciate all the encouragement and well wishes for a speedy recovery sent their

way!

**Marcie Haige** is scheduled for spine surgery on the 25<sup>th</sup> of March. **Marcie** asks for our prayers during surgery and for a much improved pain-free future.

**Eileen Spencer** underwent successful back surgery on February 5 and appreciates all the "Get Well Soon" wishes she received.

### Mark Your Calendars:

Our very own **Bruce Strachota** will be in a production of "The Wizard of Oz" at Messiah United Methodist Church. **Bruce** will be playing a Munchkin and a Winkie (part of the witch's guard).

Show times are as

follows:

**Fri., 3/15** - 7 PM  
**Sat., 3/16** - 7 PM  
**Sun., 3/17** - 2 PM  
**Fri., 3/22** - 7 PM  
**Sat., 3/23** - 11 AM and- 3 PM

**Tickets** are:

\$20 for adults,  
 \$10 for children and  
 free for pre-school

For more information, visit  
[MessiahChurch.org](http://MessiahChurch.org)

**Beta Sigma**  
 wishes everyone

a Blessed and

*Happy Easter!*





## JULY GARAGE SALE

Gamma Omega will be hosting a fundraiser garage sale this summer. It will be at the Marler's sometime **after the 4<sup>th</sup> of July.**

If you have items you'd like to get rid of, we'll happily take them! Dennis and Betty will come and pick up your donations, if you'd like. We can take things beginning today.

Call if you have questions about any items you would like to donate.  
Dennis & Betty: 763-494-8452 or [dmarler@comcast.net](mailto:dmarler@comcast.net)



Gamma Omega Chapter will be hosting their annual Tasting Event for Welcome Home Vets. We are hosting it on **September 21, 2024** at the Hopkins Elks Lodge, in Hopkins.



Please put this date on your calendar and come join us for a super fun afternoon.

The cork pull is always a success and wine, liquor and beer donations go quickly. As you're cleaning out cupboards or closets and find unopened alcohol you no longer want, we'll happily take your donation for the cork pull.

Thank you for your consideration. We hope the upcoming event will be our best one yet!



You're invited to the MN State ESA meeting hosted by Beta Sigma Chapter

# April Spring Fling

**Where:** Spirit of Christ Community Lutheran Church  
5801 Minnetonka Blvd, St. Louis Park, MN 55416

**When:** Saturday 13 April 2024  
Reservations by 10 April, please  
Call or email Bonnie Olson  
952.905.4446 -or- [ymolson@q.com](mailto:ymolson@q.com)

**Time:** Coffee: 9:30 AM  
Meeting: 10:00 AM  
Lunch: after the meeting \$14





### 2024 STATE CONVENTION—ALPHA ZETA

We have some fun activities planned for everyone attending this year's State Convention at Running Aces Casino, Racetrack & Hotel! And what's a state convention without awesome speakers and food?! If you are staying at the hotel, there is a complimentary breakfast included with your hotel reservation. Need a ride to State Convention? Alpha Zeta is here to help with that. Just let us know!

**Friday night mixer:** Come ready to horse around (literally), indulge in some good food (remember, calories do not count at State Convention), and socialize with each other. We're looking forward to seeing your faces on Friday night!

**Banquet and BINGO:** Yes, that's right! We said BINGO! Who doesn't love the fun game of BINGO? After a day of meetings, awards, recognitions, celebrations, installation of new officers, and the banquet we invite you all to hang around for some rounds of BINGO. No need to rush off after dinner. We've got some awesome prizes to give out. And wait until you see the prize for the cover-all game!

Please get your registration forms turned in to Julie Nelson (her info is on the bottom of the registration form) or bring it to the membership meeting in April and save the stamp! If you have any questions, please don't hesitate to reach out to anyone from Alpha Zeta and we can help you.

Remember, to reserve your room, the hotel is asking you to call them directly. The room rate is \$129 plus tax!!! The phone number to call and speak to a real person is (651) 925-4450. Be sure to mention our reservation block... ESA 2024.

**We look forward to seeing you all at the MN State Convention!**



## 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 <sup>st</sup> 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 26<sup>th</sup>, A \$20 LATE FEE WILL APPLY**

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

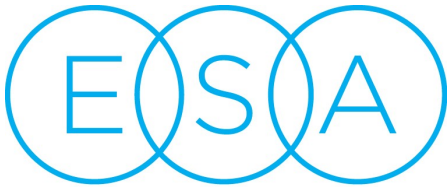
**Room rate: \$129+tax w/free breakfast | Rooms must be booked by April 18, 2024**

<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 129<sup>th</sup> 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](mailto: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](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.**



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