



MINNESOTA ESSAY

Issue 8 of 9
April 2023

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Don't forget to:

- Consider spending an hour or so at Medtox
- Start filling out your Philanthropic Form
- RSVP for the April 22nd Membership Meeting
- Let Delta Mu know if you want to help at the St. Jude event on May 21st
- Register for the State Convention
- Check the MN ESA website for activities
- Be kind to one another
- Give a smile to someone you don't know
- Remember that "It Takes a Village to Change the World!"

President—Dee Rotering

Hello Everyone!

Did you know that our newest snowfall has made this the largest amount of snowfall in Minnesota in the past ten years! I'm ready to say goodbye to this white stuff!

Dana Terry, Vice President is working hard to fill board positions for her year as President. Please consider helping out by volunteering for a position on her elected and/or appointed boards.

I hope you are all planning to attend the April 22nd Membership Meeting at Spirit of Christ Church in St. Louis Park. You'll not only meet new and old friends, but hear much more about the State Convention being held in May.

Convention is coming up May 20-21 and the 2nd day will be dedicated to St. Jude. What a fabulous opportunity to get the word out about ESA & St. Jude.

Welcome Home Vets can always use your help delivering packages.

Lori has been sending out notices regarding opportunities to help Wishes & More, so I hope you've signed up to volunteer and help them out.

Please consider helping out at Medtox when you can. The workload changes from week to week and your additional assistance is greatly appreciated.

Vice President—Dana Terry

Hello and Happy Spring!

MN State Convention is quickly approaching and I'm still looking for help filling my board for next year. I've only heard from a couple

of people. Still plenty of positions to be filled. Please ask yourself, "What can I do to help make 2023-24 a successful and amazing year in ESA?"

In ESA, we are quick to step up to help charitable organizations in many ways. We need to be just as quick to help ourselves in performing the duties that make our state function as

Vice President—(continued)

an organization. Please consider stepping up to help out – do a job you've done before or try something new!

I believe we will have lots of cel-

ebating to do at the Convention this year when we recognize members' Years of Service. I need every chapter to please let me know of any members that will be celebrating milestone Years of Service.

Please let me know ASAP as I'm planning something fun, and I don't want to miss celebrating anyone.

Past President—Sandy Hongerholt

Thank you to the chapters that have sent donations for the Love Fund and Disaster Fund.

If you have any donations for the Love Fund Auction to be held at state convention please let me know.



MARC—Diane Vanusek and Julene Donnay



The MARC Board met in Peoria, Illinois for their Midyear Meeting and Conference Planning weekend. It is a wonder they got anything done with the fun the pictures showed them having, but they did.

Be sure to read the MARC Conference details included in the Essay and the MARC meeting minutes. The Conference will be

held October 13-14.

If you have not visited the MARC website recently, it has a bit of a new look. There is a lot of information out there. Unfortunately, the Conference Registration Form does not seem to be there, but a copy will be available as soon as possible. Hopefully, no later than the State meeting.

Once again MARC is looking for people to step up and run for the MARC Board. The forms are on the MARC website, or anyone can ask for them and we will send them.

If you would like a copy of the latest ReMARCs, please contact Diane or Julene or visit: www.esamarc.org/remarcs.html.

St. Jude Coordinators—Alpha Sigma



As the ESA year starts to wind down, be sure to report all your monies, time and mileage spend on St. Jude's projects and events.

As was said last month, it is time to look forward to the 2023 IC Challenge "**Christmas in July**", but the deadline is May 31, 2023. Go back to the March Essay for all the juice and fun de-

tails.

Remember that events can be planned for the summer months also.



Welcome Home Vets—Sandy Hungerholt

There are still a couple of days to get your bread, butter, and gift card orders in for the Texas Roadhouse Fundraiser.

Don't forget you can also dine on April 5th when you pick up your order and 10% of your food order will be donated to WHV.

If you would like to meet me at the Hopkins Elks or another location for pick up please let me know. Thank you for your support for WHV this year.

Pondering Thoughts on Helpfulness

*They might no need me; but they might.
I'll let my head be just in sight;
A smile as small as mine might be
Precisely their necessity.*

Emily Dickinson



A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I ust exert myself in order to give in the same measure as I have received and am still receiving.

Albert Einstein



No one is useless in this world who lightens the burden of it to anyone else.

Charles Dickens



*The best portion of a good man's life,
His little, nameless, unremembered acts
Of kindness and of love*

William Wordsworth



Die when I may, I want it said of me by those who knew me best, that I always plucked a thistle and planted a flower where I thought a flower would grow.

Abraham Lincoln



The only ones among you who will be really happy are those who will have sought and found how to serve.

Albert Schweitzer



No one is so rich that he does not need another's help; no one so poor as not to be useful in some way to his fellow man; and the disposition to ask assistance from others with confidence, and to grant it with kindness is par t of our very nature.

Pope Leo XIII





Alpha Chi—Joane Buche

The year is March 2023, and we are hoping to meet again. We have gone from 16 members to 7. I am not a person of a few words, but didn't know what to report. We have had a change of officers, addresses and good health.

Kathie Wasson is taking the place of Kathy Rice as President. So far she hasn't had the opportunity to conduct a meeting! We have used e-mail and snail mail and telephone to survive. "Hopefully", we have March 4th scheduled for a meeting at Culvers and "hopefully" we can have a good turnout.

Kathy Rice has spent many months in the hospital and transitional care. St. John's, St. Therese and a move to Maplewood Care Center. She is happy to be home again.

Kathy Conrad is still recovering from foot surgery that hasn't healed properly. She is the driver for herself and her Mom, Colleen Riley.

Sue Todd, our everlasting Treasurer, is recovering from hip surgery. The hospital sent her home too soon after (next day) and caused a return stay at Woodwinds and transitional care at St. Therese. Can't keep a good girl down as he is back to Medtox every Monday.

Gloria Iverson fell at her home and has been recovering since. She is now in an apartment at Oak Meadows and deciding if she will stay there permanently. All these changes are very hard on everyone!

Pat Peterson is grateful she can stay at her own home and re-

ceives lots of help from family.

I went to St. Therese to visit my three "sisters" and while walking with help down the hall, I met a former friend and neighbor. What a surprise as didn't even know she was there as a patient. What a day!

Sue and I and Bonnie Wakefield are getting to know many Medtox warriors. We have fun visits with everyone while making "good money" for all our charities. Birdie is reminding us to fill out our Philanthropic reports. Between her and the US tax system, we have work to do. I'm saving 50¢ as Terri is back in town and I can hand her my long articles; yay!

Stay warm and healthy!



ESA sisters and brothers, thank you for the cards and prayers. They are certainly appreciated. It has been a long journey as I felt St. John's Hospital was my second home along with the two care centers. I'm now at home with therapists coming in. I'm still with Doctors for my back and right knee. I love you all. God Bless You! Kathy Rice



Alpha Sigma—Diane Vanusek

Alpha Sigma chapter is chiming in – After a brief hiatus, Alpha Sigma gathered at Shirley's Blarney Stone manse. Shirley treated us to ham and cheese sliders, a great salad with all kinds of veggies and dessert. Of course we were greeted, as usual by Elsa, the wonder dog, licking her chops at those sliders.

We had a great meeting. One of the ideas that came out was we invite people to our meetings, but when the meeting is to happen, they do not come. Maybe the invitee forgets, is intimidated by going to a stranger's home or has other second thoughts. We will try inviting them for coffee or pie with a firm date next week at a public place for an informational get together. Maybe they will be more comfortable coming to a regular meeting. Also, over the summer, they may get a more lasting impression that carries over till August or September.

Shirley, Diane, and Birdie will also join Beta Sigma at "Feed My Starving Children" in April.

Diane won fuzzy slippers in the White Elephant drawing.

Birdie chimes – Green!!! So nice to see Green!!! If it were only green money it would be even better.

Our March Alpha Sigma meeting was a fun one. We divided up our fund-raising monies and donated to several charities. That is always fun to do. Since we will not be hosting garage sales in the future, those funds will be less next year. You can still count on being able to enjoy a Hot Dog or Brats with us in Delano at the Coburns since we will continue doing that activity to raise funds.

This year our Education part of the E S A was for members to give an overview of some different churches. Boy, the Twin Cities sure does have a lot of variety in where to worship and the history of each is so fun to learn. If your chapter is no longer doing educationals, think about doing a few next year. Pick a subject and go with it... you can make it fun and interesting, and we all can stand to learn something new.

Shirley chimes – I am waiting for spring, just like everyone else. Birdie, Diane and Don and Shirley and Herman, went to the Lyric Theatre, on March 12, and we saw "The Wedding Singer". It was a belated Christmas Party. After the play, we had an enjoyable dinner at The Texas Roadhouse.

At the last meeting we divided up our money - That should make some real happy people!

Because I don't have much news I thought I would give you some facts about Arlington National Cemetery. Did you know: 1) there is not a charge for the funeral services, the graves and the white marble headstone; 2) just before Memorial Day 200,000 flags are placed in front of the headstones; 3) only two presidents are buried there-William Taft and John F Kennedy; and 4) the guards of the Unknown Soldier, called Sentinels, march 21 steps down the mat behind the sarcophagus, wait 21 seconds, turn, wait another 21 seconds, then take 21 steps back-representing the highest symbolic honor-the 21-gun salute. Enjoy!

Diane chimes – As the chapter Treasurer, I get so much satisfaction out of sending checks to our favorite charities and receiving the heartfelt thank-you. One charity was considered partly because of the handwritten thank you we received. It underscores why a thank-you is so important even if it is just an emailed one. In this case, it garnered that organization an additional donation.



Beta Sigma—Eileen Spencer

"Bee brave for ESA"

Doing something you've never tried before sets yourself up to acquire new skills, insights, and perspectives.



Beta Sigma held their business meeting March 4, 2023 at the home of President **Edee Erickson** and was co-hosted by our Secretary **Jen Davies**. BIG thanks to you both, again!!



Edee's Thought of the day:

"A woman is like a tea bag: You can't tell how strong she is until you put her in hot water."

Eleanor Roosevelt.

Pledge Anniversaries: **Edee** announced the following March ESA anniversaries:

♦ **Kay Fogarty** - 66 years

♦ **Kim Larson** - 19 years

Congratulations ladies!

Parliamentarian: Chair **Bruce Strachota** thanked **Bonnie Olson** for typing up the changes to **Beta Sigma's Standing Rules**. **Bruce** emailed the following updates to the Chapter:

4)a) Recording and Corresponding Secretary were combined to Secretary (Recording & Corresponding),

14)b) The Executive Board shall serve as the Nominating Committee.

J) Jonquil Girl was renamed to **Goodwill Ambassador**.

The proposed and confirmed ballot for Beta Sigma's 2023-24 slate of Officers is:

President – Edee Erickson

VP – Marcie Haigh

Secretary – Jen Davies

Treasurer – Bonnie Olson

Parliamentarian – Kim Larsen

Installation will take place the 17th of June at Kay Fogarty's home.

Convention: President **Edee Erickson** and **Bruce Strachota**, as Jr. Past President, will serve as Beta Sigma delegates at the Convention this year.

Philanthropic: Chair, **Marcie Haigh** asked members to please sign up at the **Feed My Starving Children** website for the April 1 charity event.

As of March 25, 19 of the 20 reserved spots were filled!!

Details to follow in May on Beta Sigma's efforts!

Mark your calendars:

Beta Sigma
Hosting the April 22
ESA State Meeting
See **FLYER** in this issue

Beta Sigma
Garage Sale
June 2 & 3, 2023
See **FLYER** in this issue

What's Happenin' with Beta Sigma members:

Jen Davies spent her "birthday money" on an **Aero-Hydroponic** garden. Jen says she is current-

ly growing salad greens. We hope to have pictures next month!



Eileen Spencer spent another 9 days in Florida. This trip was part of her birthday gift from daughter, Amy. Their days were spent either on the white-sands of Ft. DeSoto Beach near St. Pete or at the complex rooftop infinity pool.

A very special time was a dinner with a niece she hadn't seen in a very long time!

Granddaughter Peyton also joined in the celebration for a few days.



Three generations!!

Beta Sigma
wishes everyone
a Blessed

&

Happy Easter!



Delta Mu—Terri Olson

We've been asked if the State Convention is one day or two days. So, to clarify

On **Saturday, May 20th**, our MN State Convention starting at **10am** with coffee and Danishes, followed by our annual meeting, lunch, an activity or two including an opportunity to learn how to bet on the horse races, followed by the officer's installation and our banquet.

Overnight guests at the Hotel receive a complimentary breakfast Sunday morning.

On **Sunday, May 21st**, Running Aces is dedicating their Horse Racing Day to St. Jude Children's Research Hospital. We have been working with ALSAC and Running Aces to make this event a fabulous op-

portunity. If you'd like to help us out, see below:

1. Find Sponsors at the \$100, \$250, and \$500 levels. Sponsors have their name on Race Packets and also an opportunity to "name" one of the eight races as well as receive Race Packets.
2. Prior to and during the **7pm Race**, we need help to 1) sell Race Packets for Kids and Adults, 2) sell Wine and Spirits Sampling Tickets, 3) sell Raffle Tickets, and assist during horse betting training session.

1: Kid's Race Packet—\$10 includes \$5 game voucher, Horse Pop-It, Trout Pond Pole Rental, Deck of Cards, Temporary Tattoos, Coloring Book w/ Crayons

2: Adult Race Packet—\$20 includes \$5 game voucher, \$2 race wager, \$10 gaming offer, Live Racing Program, Trout Pond Pole Rental, Deck of Cards

3. Adult Race Packet with Wine and Spirits—\$30 includes the Adult Race Packet plus samples from local vendors

4. Raffle Tickets—\$5 each or 5 for \$20 includes great prizes

Timing for Activities:

- ♦ Horse Betting Training 6-6:30pm
- ♦ Wine and Spirits Event and Raffle — 6-8pm
- ♦ Horse Races (eight races) 7-9pm

Contact any Delta Mu member if you'd like to help.

Gamma Omega—Joyce Cobb

Are you glad that spring has finally arrived? Well, the calendar says so. What are you doing or where are you going to enjoy the changing season?

The Gamma Omega members are looking forward to the chapter meeting in April. Our last gathering was in October. Some

of us have been involved in other Minnesota ESA activities.

Sandy D. is dreaming of a BIG TRIP. No scheduling or planning has been determined but that does not stop her. Where should she go? When should she go? Do you know about this, Jon? Maybe Jeffrey does.

Hope you are feeling better, Sandy H. Are you dancing yet?

I talked to Kay, and she is maintaining as well as slowly recovering. Maybe she can join us at our next meeting.

Thanks Lori, for the Wishes and Mores updates.



**Midwest Area Regional Council
Midyear Meeting
Embassy Suites by HILTON East Peoria, Illinois
March 11, 2023**

The MARC board members along with Jamie Atchison and Maria Bingheim, 2023 Local Conference Co-Chairs and Judy Huntley, Registration Committee toured the hotel and conference center with Taylor Holmstrom, Sales Manager, Embassy Suites by HILTON, East Peoria, Illinois.

President Bonnie Templeton called the meeting to order at 10:12 AM and the Opening Ritual was recited.

Silent roll call: President, Bonnie Templeton, Vice President Jill Shull, Parliamentarian Heather Hoey, Treasurer Brittany Rosenmund, ESA Foundation Chair Alley Gary, Secretary Amanda Rowland, Hope for Heroes Chair Jill Richards, Chaplain Julie Whitaker, Ways & Means Chair Kathleen Grissom, Local Conference Co-Chair Jamie Atchison and Maria Bingheim and local conference registration committee member Judy Huntley were in attendance.

Local Conference Co-Chairs Jamie Atchison and Maria Bingheim presented the Conference budget as well as the registration form for the MARC Conference in October. October 13-14th 2023. Attached please find the local conference report with detailed items discussed, and also the registration form, program ad form, and the budget. Rhonda Rawlings is the conference treasurer/registration chair for the ESA MARC 2023 Conference. Jamie will also send a room requirement and A/V request form to President Bonnie and other MARC board members to review the room set-up and A/V needs; the deadline will be August 1, 2023, to submit those.

Vice President Jill Shull shared her theme and logo, "*On your MARC*," it is still being developed, and is based on the MARC logo. Jill is working to fill her committees and noted that only one nomination form has been received to date, the submission deadline is June 15, 2023. Jill's focus is on communication, and she plans to hold Zoom meetings with the Executive Board and MARC reps to keep the connection flowing.

Secretary Amanda Rowland motioned to dispense with the reading of the minutes as dispersed via email and Jill Shull, seconded. No discussion. Motion carried.

President Bonnie Templeton shared the proposed Bylaws and Standing Rule changes with the board. She asked Parliamentarian Heather Hoey to review and prepare them to submit to the membership for review, have them posted to the MARC website, and in the MARC Program Book so members will be ready to vote on them at the October annual conference. It was suggested that, if needed, to find a meeting space to hold an open forum on Friday, October 13, after the leadership and before the mixer for members with any concerns to discuss those in an open forum. Jamie Atchison will request from the hotel a room to meet and advise.

Treasurer Brittney Rosenmund provided the Treasurer's report, and the proposed budget was discussed.

**MIDWEST AREA REGIONAL COUNCIL
MIDYEAR MEETING**

Ways & Means Chair Kathleen Grissom suggested a few different ideas for the Ways and Means projects. She will take the Board's feedback to her committee and present the projects once decided upon.

It was also suggested we bring back the MARC Marketplace and provide tables around the meeting room for those interested; it was noted that the items would need to be moved to a secure location overnight. There might be room in the registration office, however, the local committee is not responsible for moving these items.

Hope for Heroes Chair Jill Richards reported that Anita Dixon, Gold Star Mother and Patti Latch, Founder and Director of America's Gold star Families will be speaking on Saturday. Jill will be asking members to donate birthday cards and/or national chain gift cards for the children of the Gold Star families who have lost a parent.

ESA Foundation Chair Alley Gary reported \$771 was raised at the 2022 Conference per the MARC minutes. However, the balance online showed \$841 was donated per the Foundation report. She is unsure where the extra \$70 came from; perhaps it was collected after the conference and not part of the official minutes.

For the ESA Foundation fundraiser at the 2023 MARC Conference, Alley Gary will lead the Heads and Tails game with membership as a fundraiser to support the MARC scholarships.

Chaplain Julie Whitaker is contacting each state to get information for the Celebration of Life. Every state will need to send Julie the names of departed members for the Celebration of Life procession.

President Bonnie Templeton shared the following correspondence:

- Pam Mitchell, Audit Chair with her suggestions to prepare for the audit. Pam would like to have copies sent to her of quarterly statements and transactions.
- Brenda Fields, Webmaster, requested everyone to check out the newly updated MARC website and advise any corrections or future ideas to keep the content up to date.
- Jennifer Sparkman, Communicator, please submit articles for the next reMARCs by March 20, 2023.

Closing Ritual was recited, and the meeting adjourned at 3:20 PM.

Respectfully submitted by Amanda Rowland, Secretary

Approved by Bonnie Templeton, President



The Illinois State Council invites you to mark your calendar to attend, *Oktoberfest*, the 38th annual conference of Midwest Area Regional Council in East Peoria at the Embassy Suites by Hilton East Peoria Riverfront Hotel & Conference Center October 13 – 14, 2023. Your stay includes Your stay includes:

- ✓ Complimentary parking
- ✓ Complimentary Wi-Fi in guestrooms
- ✓ Free made-to-order breakfast
- ✓ Complimentary evening reception
- ✓ Non-smoking rooms
- ✓ Room Rates: \$139 Single/Double; \$149 Triple; \$159 Quad plus 12% tax
- ✓ Conference room rate 2 days prior & 2 days after (based on availability)
- ✓ On-site restaurant
- ✓ Indoor pool
- ✓ Fitness center
- ✓ Pet-friendly rooms
- ✓ Business center

East Peoria, Illinois is within a day's driving distance for the majority of our Midwest members and also easy to get to for those members outside the Midwest as everyone is welcomed to join in the Oktoberfest themed conference. If you prefer to fly, the General Wayne A. Downing Peoria International Airport currently provides service to 13 destinations on three airlines. With popular nonstop destinations and convenient connections, you can go ANYWHERE through PIA on the following airlines: Allegiant Air, American Airlines, United Airlines, check out schedules at www.flypia.com

What's nearby: The East Peoria Levee District is a vibrant mixed-use development and major shopping destination for the greater Peoria area. The Levee District is home to retail, restaurants, and services, along with office, hotel and civic components. Must see sites: Caterpillar Visitors Center, Home of the Peoria Chiefs Baseball, Home of the Peoria Rivermen Hockey, Paradise Casino, Bass Pro Shop, Costco, Target, Wal-mart, Aldi's, Ulta, Gordmans, Texas Roadhouse, Chili's, Shogun, Culvers, Tequilla's Mexican, Steak 'n Shake, Johnny's Italian Steakhouse, Chick-Fil-A, Chipotle, Panda Express & Discover Peoria and So Much More at www.peoria.org

Check out the MARC Website (password required) MARC Conference Page for Registration Form, Ad Program form, Leadership details, and much more at <http://www.esamarc.org/marc-conference.html>



SAVE THE DATE!

APRIL Showers!



Hosted By Beta Sigma Chapter

MN ESA STATE MEMBERSHIP MEETING

SATURDAY, APRIL 22, 2023

9:45 AM Coffee/Social

10:00 AM Meeting

\$14 LUNCH will be offered following the meeting

**SPIRIT OF CHRIST COMMUNITY LUTHERAN CHURCH
5801 Minnetonka Boulevard, St. Louis Park, MN 55416**

RSVPs to Edee Erickson:

ericksemhb@gmail.com or

Cell: 952-250-8589

BETA SIGMA



To Benefit

St. Jude

Children's Research Hospital

June 2 & 3

8:00 to 4:00





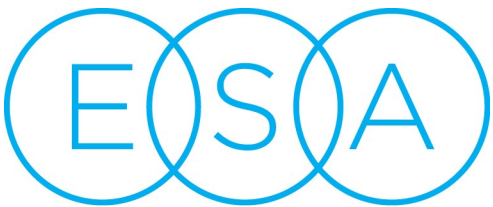
RunAces.com | RAHotel@golderhospitality.com | 15215 Running Aces Blvd | Columbus, MN 55025 | 651.925.4450 | 844.RUN.ACES

2023 MINNESOTA ESA STATE CONVENTION "RACE FOR THE ST. JUDE KIDS" SATURDAY, MAY 20, 2023

Name	Chapter	Delegate	YES	
			NO	
Address	City, State, Zip Code	1st Time Attendee	YES	
			NO	
Guest Name	Guests are invited to attend all meetings and functions			
Full Registration		Cost	Member	Guest
Includes Registration Fee, Saturday Coffee & Danish, Lunch, Mixer, Banquet		\$100		
Partial Registration (check all that apply)		Cost	Member	Guest
Registration Fee (Required for ALL except Banquet Only Guests)		\$25		
Saturday Lunch		\$30		
Saturday Banquet		\$45		
Attending Meetings Only		\$20		
TOTAL REGISTRATION COST (Make Checks Payable to Delta Mu)				
RUNNING ACES CASINO, RACETRACK AND HOTEL, COLUMBUS MN REGISTRATION DEADLINE: FRIDAY APRIL 28, 2023 LATE REGISTRATION AFTER APRIL 28 WILL BE CASH ONLY WITH A \$20 PENALTY HOTEL REGISTRATIONS: https://www.grandstayhospitality.com/find-a-hotel/locations/running-aces/overview NOTE: Click on the link above, enter Check-In and Check-Out dates, enter # of adults, enter Group Code: ESA , click Check Rates and Availability , choose your room – either King Track View or 2 Queen Standard , click Book Now and complete your Reservation entering billing information, etc. Room rate: \$167+tax w/free breakfast Mail your Registration Form and Checks for Delta Mu to: Dee Rotering, 11764 Red Fox Drive North, Maple Grove MN 55369				

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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 on 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



—Denise Holdaway
International Council President