

MINNESOTA ESSAY

Issue 9 of 9
May 2022

President—Dee Rotering

Thank you to everyone who made it to the MN ESA Convention in Coon Rapids. We had a wonderful time with our ESA Family and missed those of you who were unable to attend. Despite COVID and fewer opportunities, MN ESA members still found so many ways to shine with donations, remote & in-person volunteer events and helping in so many different ways. Thank you to Alpha Zeta for hosting a wonderful event. The food, educational workshops (I finished my bookmark) and entertainment was amazing (oh and we got a little work done as well).

I am happy to announce my elected and appointed board who will be installed at the Planning Meeting on May 14th at 9AM, Elks

Lodge in Hopkins. We are still looking for a Jr. St. Jude Coordinator. Please let me know if you are interested in volunteering for this role.

Speaking of the Planning Meeting, it will be held at the Hopkins Elk Lodge on May 14th starting at 9AM with socializing and then the business portion around 9:30AM. There will be a Sloppy Joe meal to purchase for \$6 after the meeting. We also have a birthday to celebrate so I am thinking mimosa's might be required as well. I would love to see all of you on the 14th. It takes a village to change the world and it takes all of us to plan out the greatest year ever. Please bring your thoughts and chapter plans for:

- 1) What you have planned for a St. Jude, Welcome Home Vets or Wishes and More fundraiser?
- 2) What volunteer opportunities do you have that are coming up this year?
- 3) Which of the 4 membership meetings would your chapter like to host?
- 4) Do you have any social events, rushing events and anything else we can put onto our calendar?

This calendar is such a great recruiting tool when talking to new members. Let's fill it with a lot of fun and volunteering for great causes.

With the IC Convention just around the corner,

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Don't forget to:

- Briefly highlight your point of interest here.

President—(continued)

I would love to get a count of who will be attending, so that I may work on finding a place for the MN state nights out dinner. If you are unable to attend this year, please consider a St. Jude event pledge to those who are

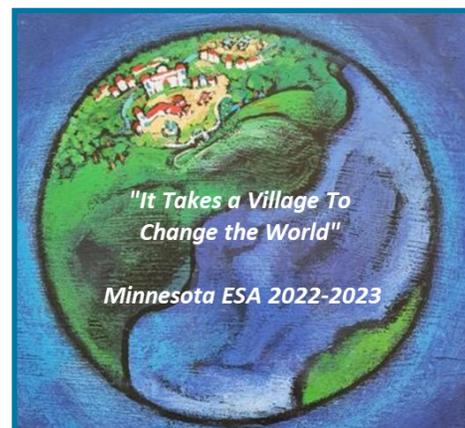
going.

Thank you to everyone who has reached out with support as I start my year as MN ESA State President. It means so much to me. I look forward to getting to know all of you better over the

next year.

And remember, It takes a Village to Change the World. Please be an active part of our village this year, let's change the world for as many people as we can.

2022 – 2023 MN ESA State	
President	Dee Rotering
First Vice President	Dana Terry
Secretary	Jennie Zafft
Treasurer	Dennis Marler
Parliamentarian	Julene Donnay
Junior Past President	Sandy Hongerholt
Medtox / Lab Corp Liaison	Rhonda Krehl
ESA Foundation State Counselor	Karla Kay Nicklaus
Sr. St. Jude Coordinator	Alpha Sigma
Jr. St. Jude Coordinator	open
Essay Editor	Terri Olson
Chaplain	Bruce Strachota
Philanthropic Coordinator	Birdie Elkofska
Wishes and More	Lori Thorpe
Welcome Home Veterans	Sandy Hongerholt
MARC Representatives	Diane Vanusek
	Julene Donnay
Financial Planning Committee	Kim Larsen
	Dianne Ocel
	Diane Vanusek
	Shirley Laue
Historian	Dana Terry
Social Chair	Bruce Strachota
Association of Arts	Delta Rho
Educational	Alpha Zeta
Web Master / Roster	Jen Davies
Photographer	Kay Matras



Parliamentarian—Diane Vanusek—2021-2022

It was my pleasure to serve on the Board as Parliamentarian the last two terms. Thank you all for your help and support.

One last little tidbit I found to keep in mind.

Many noncontroversial matters can be resolved without debate through general or unanimous consent. Using this method the presiding officer asks, "Is there any objection to ...? If no one objects, you're done. Debate is

closed. Objections require a motion and vote. Unanimous consent allows an assembly to move quickly through non-contested items.

Treasurer—Dennis Marler

What a great state convention! President Sandy, as always, you made it look effortless. Again, and again and again - for a third time - you got it done. Congratulations!

There was lots of fun, and several surprises: Finding the place; Google maps let many of us down -- Bruce's beautiful voice and thoughtful words -- Seeing Kate and Kathie and Kathy -- Linda and Brenda's bad luck at pull-tabs -- Dana stepping up as vice president and a rumor about a candidate next year -- Jennie taking on the role of secretary -- Delta Mu planning a two day convention at Running Aces next year - - Alpha Zeta, except Jodi, wanting to host convention the following year -- learning that self-

care is more than wishing I exercised more -- Alpha Sigma, thank you for your kind words, and for giving Betty and me rum, which I forgot; thank you, Shirley for the special delivery -- all the artistic creativity; great job Julie and Mari -- Betty R's last minute work to showcase our artists and Birdie's organization of our philanthropic efforts -- Lori and Betty M's work to make the



Love Fund auction a huge success -- Jewel pinning Jennie, Judy and Harley -- a practice installation -- Dee's message, it takes a village, a village that is welcoming and supportive -- AND chicken breast the size of a football.

Along the way, a few numbers were misplaced. This past year, ESA Minnesota earned \$42,617.50 at MedTox. St. Jude Children's Research Hospital received \$7,250.00; ESA Foundation \$6,535.00; Welcome Home Vets \$8,635.00; Wishes & More \$12,617.50; Mano A Mano \$917.50 and Minnesota General Fund \$6,662.50. What a year!

Thank you, everyone for a wonderful state convention!!!

Jr. Past President—Sandy D—2021-2022

THANK YOU! THANK YOU! THANK YOU!

Thank you for the wonderful Love Fund auction donations! Thank you to Lori Thorpe, and Dennis and Betty Marler for collecting the goodies and for running the auction. I appreciate all you've done.

The Love Fund auction raised \$778, with a few more dollars still to come in. The grand total in the Love Fund is \$9,769.14.

A little reminder: Any active ESA MN member can submit a request for Love Fund dollars for any active ESA Minnesota member. If you know of someone

who needs a little boost due to health or personal needs, please submit a form and send it to Sandy Hongerholt, our new Jr. Past President. The form is available on the MN ESA webpage, under the Member tab. It's a nice way to share some love and support.

Jr. Past President—Sandy Hongerholt

Hi All!

I just want to say Thank You to Minnesota ESA for allowing me to be your first 3-time State President. A huge shout out and thank you to Alpha Zeta for putting on a great convention. I have had several members tell me what a great time they had. Thank you Minnesota ESA for the Target gift card. I already have a good idea what I will purchase with the card. I was looking at a set of Ninja Cookware

when I was in the store the week before. I'm going to go back and really look at it and decide if it is what I want. I have a few Ninja products that I've been happy with.

Looking forward to working with President Dee this next year. Minnesota ESA will be in good hands the next few years. I am also looking forward to working with Rick and Gretchen chairing Welcome Home Vets. I did my first delivery last weekend.

Gretchen asked if I wanted to deliver since I knew the recipient. Betty Robinson, 2 Elks Members and I delivered the kit. Rick was going to deliver a bed. This will be the 5th year Minnesota ESA has been involved with WHV. I know Rick and Gretchen and the Hopkins Elks really appreciate the partnership.



ESAF—Karla Kay Nicklaus



Thanks to all who made contributions to the Foundation by paying your annual dues, donating to the Fun Fantasy Event plus using the Turn Around Funds and **Thanks** to the volunteers for volunteering your time at Lab Corp which is our fund raiser for the Minnesota State Endowment Scholarship Fund.

Scholarship Report:

This year international received 5,054 paid scholarship applications.

Minnesota members support the following Endowments:

- Scholarship Applications from Minnesota - 97
- Minnesota State Memorial Endowment –8 applicants – 2 awarded at \$2750
 - ◇ Balance in Endowment - \$82,469

- Parr Family Memorial Endowment – 5 applicants – 1 awarded at \$1150
 - ◇ Balance in Endowment - \$17,562
- Kate announced at the last Board Meeting Mary and her family will be donating \$50,000 to the Parr Family Memorial Endowment
 - ◇ Thanks Kate to the Parr Family for this generous donation
- Ann & Bob Becker Endowment Applications - 20 – 1 awarded at \$1,450
 - ◇ Balance in Endowment - \$22,388

Good News! Scholarship applications from Minnesota were up.

We are always looking for new members to join the Foundation. First year dues are \$25, renewal

\$15 and Life-Time Membership \$500.

Attention: ESA Foundation Members - On May 16, you will be receiving an email from the ESA Foundation through a program called Election Runner. This email will provide a link to the election site where you will have the opportunity to vote electronically for three of the four candidates. The link will be available to you for one week. **The Election will close on May 23, 2022, at 11:00 PM Mountain Time.**

When you receive your email you will also receive a voter ID and voter Key. You will not have to enter those to get into your ballot if you use the link provided in the email. You will not be able to vote a second time or make any changes to the vote after it has been submitted, so cast the vote you desire.

MARC—Diane Vanusek & Billie Jane Mintjal



It was very nice to spend some time with Brenda Fields, MARC Jr. Past President at the State Convention. She gave a nice presentation for MARC and encourages all to consider attending the MARC Conference. She wanted to find some walleye and wild rice to take back to Missouri and she did.

Put October 7-8, 2022, dates on your calendar as the Oklahoma State Council is planning 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.

The 37th Annual Midwest Area Regional Council Conference Registration form is on the MARC website along with an order form for the cute Conference T-shirt. Copies were at-

tached to the April EsSay.

The current ReMARCS is on the website. Visit <http://www.esamarc.org>, for a good read.

Please consider running for an office at the MARC level. Contact Brenda Fields at b.fields.esa@gmail.com The list of the current nominees is on the website and includes?

(Visit the website to find out.)

Philanthropic—Birdie Elkofska

What a great ESA State Convention. I know all that attended got a sheet showing the award winners and I am sending this for the ESSAY also. Plus, I have now received more finance information and these are the Final Figures as far as GRAND TOTALS for Minnesota ESA during 2021-22.

CONGRATULATIONS ON YOUR SERVICE TO OTHERS!!! THANK YOU ALL FOR REPORTING ALL YOUR HOURS, CHARITABLE PURCHASES AND DONATIONS PLUS MILEAGE. IF YOU DID NOT KEEP GREAT RECORDS OF THESE ITEMS, START NOW FOR NEXT YEARS REPORT.

I want you all to know that the AWARDS given at State Convention were based on the information reported to me by each chapter and those figures were divided by the number of chapter members for the awards. Our state member count is 65 members and look at what those 65 people did! C O N G R A T U L A T I O N S!!!!

PHILANTHROPIC REPORT 2021-2022		
NAME OF CHARITY	TOTAL HOURS	TOTAL MONIES
St. Jude Children's Research Hospital	1,289	\$ 48,743.68
Wishes & More	1,319	\$ 16,948.58
ESA Foundation	696	\$1 1,704.18
Welcome Home Vets	2,215	\$ 23,971.47
Hats for Hope	1,714	\$ 672.49
Disaster/Love Funds	32	\$ 1,211.17
Hope for Heroes	672	\$173,111.99
Chapter / Civic Projects (See next page for info)	4,309	\$114,831.28
GRAND TOTALS	12,183	\$392,927.87

Philanthropic—(continued)

MINNESOTA ESA CHAPTER PHILANTHROPIC PROJECTS (Partial List)

PBS	Second Harvest Food Bank	Feed My Starving Children
Salvation Army	Special Olympics	Hope 4 Youth
Meals on Wheels	Alzheimer's Association	Stop Soldier Suicide
Free Wheelchair Association	Alexandra House	Heifer Project
Many Homeless Projects	Native American Project	Blood Donations
Parr Endowment	Minnesota ESA Endowment	Simpson Housing Services
Wounded Warriors	Wreaths Across America	Mano A Mano
Best Christmas Ever	Epilepsy Foundation	Brain Injury Alliance
Pledge the Pink	American Heart	American Lung
Bundles of Love	Fur-Ever Home Rescue	Good Samaritan
Hospice House	Mt. Pleasant Cemetery	Our Journey of Hope
Ronald McDonald House	St. Joseph Home	Susan B. Komen

MINNESOTA ESA CHAPTER PHILANTHROPIC AWARDS—2021-2022 BASED ON PER MEMBER

CHARITY	HOURS	MONIES
ESA Foundation	3rd Place—Gamma Zeta—18 hrs	3rd Place—Alpha Sigma—\$98.30
	2nd place—Beta Theta—20 hrs	2nd Place—Delta Mu—\$100.18
	1st Place—Alpha Sigma—41 hrs	1st Place Gamma Zeta—\$120.34
St. Jude Children's Hospital	3rd Place—Gamma Zeta—29 hrs	3rd Place—Delta Mu—\$386.32
	2nd Place—Gamma Omega—43	2nd Place—Gamma O—\$559.31
	1st Place—Alpha Sigma—58 hrs	1st Place—Alpha S—\$1,551.74
Welcome Home Vets	3rd Place—Gamma Zeta—36 hrs	3rd Place—Alpha Sigma-\$489.00
	2nd Place—Gamma Omega—49	2nd Place—Delta Mu—\$593.15
	1st Place—Delta Mu—125 hrs	1st Place—Gamma O—\$659.99

Philanthropic—(continued)

MINNESOTA ESA CHAPTER PHILANTHROPIC AWARDS—2021-2022 BASED ON PER MEMBER		
CHARITY	HOURS	MONIES
Wishes & More	3rd Place—Gamma O—29 hrs	3rd Place—Gamma Zeta—\$59.00
	2nd place—Alpha Sigma—31 hrs	2nd Place—Gamma O—\$150.00
	1st Place—Gamma Zeta—52 hrs	1st Place—Alpha Sigma—\$171.00
Chapter / Civic Projects	3rd Place—Delta Mu—50 hrs	3rd Place—Delta Mu—\$895.41
	2nd Place—Alpha Sigma—182 hr	2nd Place—Alpha Chi—\$5,947.30
	1st Place—Alpha Chi—239 hrs	1st Place—Alpha S—\$8,710.00



Welcome Home Vets—Betty Marler

Thank you, Alpha Zeta Chapter, for the outstanding, fun ESA Minnesota State Convention this past weekend. You were ready for us when we arrived, you were available for our questions and you jumped in to help us with any needs. You are an AMAZING Team! Hats off to each one of you!

Congratulations to our 2021-2022 Executive and Appointed Boards for an outstanding year. Sandy Hongerholt, well done Madam President! We will all continue to #StayStrongandSparkleOn!

Congratulations to our newly elected Executive and Appoint-

ed 2022-2023 Boards. Madam President Dee, your theme, “It Takes a Village to Change the World” is right on the mark! We are ready to make a difference in the lives of others.

Thank you, ESA Minnesota, for supporting Welcome Home Vets over the past four years. I loved co-chairing with Lori Thorpe, Karen Schneider and Vicky Sandhofer-Krolick. It has been eye-opening to learn about our veterans who have been homeless, to hear their stories, and to meet them when Dennis and I made deliveries. Gretchen and Rick Peterson started a life-changing service for our veterans in need. An extra special

thank you to Dennis for attending WHV planning meetings, making deliveries with me, gathering up donations from ESA members, hauling boxes and bags, being the official driver and my right-hand guy.

I’m excited for Sandy Hongerholt, our new ESA Minnesota WHV Chair. It’s going to be an awesome fifth year.

Thank you again, each one of you, for supporting our veterans as they move into their new homes and start a new life. You truly have made me smile and you’ve given me wonderful memories. Love and Hugs to each one of you.

Thank You!

June Schleiss says thanks so much to all of you that sent cards of thoughts, prayers and encouragement. It means so much to me! I am much improved and walking better every day!

Wishes & More—Lori Thorpe



Hello. It was wonderful to see so many of your smiling faces at our recent convention. Such a treat and a wonderful day. Thank you Alpha Zeta for hosting a truly fabulous convention. Thank you Sandy H. for being a terrific Minnesota ESA President and welcome, Dee, we're excited to have you as our incoming President.

Thank you to all of you who continue to volunteer with and for Wishes & More. I am ever grateful for all of your help, as are the staff and recipients at Wishes & More!

Here are several opportunities to volunteer with Wishes & More:

- Newsletter Mailing between May 16th and June 9th - Work from home or in-office. Their annual newsletter needs to be collated, stickered and labeled for 30,000 recipients!
- Walk in the Fridley 49ers Days Parade on Thursday, June 16th from 6 - 7:30pm at the Fridley Middle School. This fun summer activity is great for the whole family - kids and pets are welcome! The parade is approximately 2 miles long and begins at 6:30pm (line-up no later than 6pm). All participants will need to pre-register to get a T-shirt, the final details, and a map.
- Wishes & More Golf Classic on Monday, June 20th. The shifts range from 8am - 8:30pm at the Midland Hills Country Club in Roseville. The Wishes & More Golf Classic is a fun day on the links for both golfers and volunteers. They're expecting another sold out event and need volunteers for a variety of tasks and responsibilities throughout the day.
 - 8am - 10am unload supplies and set-up games, signs, and the silent auction
 - 10am - noon - Registration & Raffle Sales, Course Preparations
- 11am - 6pm - Running Activities & Events on the course during golf
- 5pm - 8:30pm - Registration/Check-out for Dinner Program
- Volunteer at the 3M Open on Friday, July 22nd between 6:30am - 1:30pm at TPC Twin Cities in Blaine. Wishes & More will receive funds for each volunteer who works a volunteer shift at the 3M Open. Volunteer duties involve working at a concession stand and the age requirement is 16+. You will receive lunch, beverages, and access to the tournament grounds. You are encouraged to stay after your shift to watch the tournament!

If you're interested in volunteering for any of these events, please contact Joelle Gamble at Joelle@wishesandmore.org. She can assist you in signing up and completing any pre-requisite paperwork. Thank you all so very much!

Helping others makes you happier



"Great opportunities to help others seldom come, but small ones surround us every day."



Alpha Chi—Joane Buche

Good morning ESA!

This is JB for AC from spring-time in Minnesota, April edition. Meeting at 10:00 when the doors opened at the blue and white (Culvers). The back room was reserved for the occasion.

President Kathy Rice with her Vice President at her side welcomed everyone. The opening pledge was followed by the roll call of members. Six members were present with one silent member absent (Pat Peterson) and a great speaker Kathie Wasson.

Minutes were read from the previous meeting by Kathleen Konrad. One correction was made and then filed. It was stated that minutes were important part of the meeting to refresh the members memories of the floor.

Treasurer Sue Todd passed the envelopes to each member to inform them of all their personal dues. She reported the figures of the chapter and stated we are not in recession yet.

Each chapter needs a call girl and Colleen Riley holds that important position. A call is made to each member any time it is necessary to report important information. Considering the ages of the present membership, this is critical.

Another important office is our Philanthropic Chairwoman, Gloria Iverson. Forms must be on time and accurate. Hours worked, goods and money donated are as completed as a W2 form. Be sure to add lines 2-4 to get a rebate and next year it will be changed to "you owe" form.

The President and Vice President traveled in car force 1 on the freeway to the state meeting. It is noted that all expenses are paid for out-of-pocket and not taxes! Because of many restrictions we have missed state functions. A motion was passed that was long overdue. Funds will be dispersed to supply the working crew at MedTox a small lunch on days of overtime. Dennis Marler volunteered this position. Crew finds water and cook-

ies don't supply enough energy for the many hours.

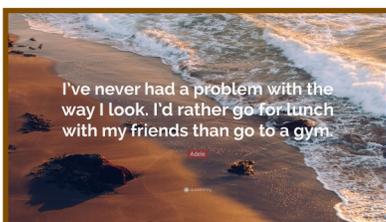
Plans are being made for our President to attend State Convention. She will vote our decisions as per chapter choices. No recount is expected.

We can be proud to celebrate 50 years with St. Jude Children's Research Hospital. Our young girls made a big decision to support that worthy cause at that time. Also proud of the decision to invite men into ESA and allow them to vote. No 2-hour filibuster!

Our meeting was adjourned after a short educational on the early history of the flag. Discussion followed. The President presented the program.

All members recited the closing ritual followed by lunch.

Next session will be May 5th again at the white house. Spring luncheon on Tuesday, June 7th at Andiamo.



Alpha Sigma—Diane Vanusek

The Alpha Sigma chapter is chiming in.

Birdie says – State Convention was so great. Always wonderful to see people who I do not see on a regular basis and of course the hugs were great too. I want to thank Alpha Zeta for all their hard work and great planning. I thought your 'fake' installation of officers was a HOOT!!

Coda sounded so good, and it was wonderful having nice music during our tasty broasted chicken dinner.

What a bonus to start out our new ESA year with two new members. Who can resist us when in our atmosphere, right? So now on to a new ESA year with a new board which we will be installing in mid-May.

Sharon D says – We had Larry's Celebration of Life on his

80th birthday, March 26th. Thank you to those of you who attended. It was greatly appreciated. It sure showed how many people's lives he touched. We loved him dearly and really, really miss him. I am still working on getting back to living my life without him and I am not doing so well. I have made friends here at Sunrise and that helps some. I hope to go to IC and I hope that gets me somewhat back to normal. I do miss all of you.

Shirley says – Birdie and I did a kit delivery for Welcome Home Vets to Josh, an Air Force veteran, discharged from the Force for medical reasons. It was a very interesting delivery.

Diane says – Another MN ESA year is almost in the books. I am

looking forward to the board installation in May. Alpha Sigma is looking forward to the upcoming year with its new challenges. As Sr. St. Jude's Coordinators, we will keep you all posted on happenings relating to St. Jude's and letting you know of the opportunities to help out on events as the year progresses.

It is time to think of IC already. Birdie, Sharon and I are planning on going and LeAnn Monahan will come too. We are driving as Indianapolis is within one day driving distance as long as we don't spend too much time at the historical markers. (I promise.)

Time to start getting the flower beds and garden box ready for planting if it ever warms up.

Beta Sigma—Eileen Spencer... Superheroes of ESA



President **Bruce Strachota** conducted the April 2nd **BETA SIGMA** business meeting hosted by **Betty Brown** in the contemporary party room at her apartment complex with **Bonnie Olsen** and **Eileen Spencer** as co-hostesses.

Bruce's Thought of the day: Always remember, God will never take anything away from you, without the intention of replacing it with something much better. Strangers are friends we haven't met, God knows no strangers, He loves us all before the rich, the great, the small. He

is a friend who is always there to share our troubles and lessen our care. No one is a stranger in God's sight for God is love. And in His light, may we too try in our small way to make new friends from day to day. So pass no stranger with an unseen eye for God may be sending a new friend by.



Election of BETA SIGMA Officers for 2022-23:

President **Leann Monahan**

V.P. Edee Erickson

Recording Secretary

Jen Davies

Treasurer **Bonnie Olson**

Parliamentarian

Bruce Strachota

Jr. Past President

Bruce Strachota

Service Pins will be awarded at **BETA SIGMA's** Installation of **New Officers** on June 11 as follows:

10 years: **Judy Searles** and **Eileen Spencer**

Beta Sigma—(continued)

35 years: *Betty Brown*
60 years: *Josie Ferguson*
65 years: *Kay Fogerty*

Following the meeting those in attendance worked on the Paperback Book Wreath Project.



(The guy in the kilt is a cut-out of Outlander's Jamie Fraser, aka Eileen's obsession.)

Upcoming events:

As part of the **BETA SIGMA Educational Program Betty Brown** has arranged for the May 7th meeting to be held at the Taste of India restaurant.

All Chapters are Invited:

To a **Memorial Service** to honor beloved, long-time ESA member **Mona Peck**.

WHEN: 1:30 PM

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

BETA SIGMA Member Activities:

Betty Brown had a successful out-patient mitral valve procedure on April 7. As always, Betty's wit made us laugh telling us, "It's like a dry-cleaner, in by 9:00 out by 5:00"!

Betty plans to move into a new abode on May 2. Her **new address** will be:

Apt. No. 501
 9000 Golden Valley Road,
 Golden Valley, MN 55427

You may recall reading that **Betty Brown** and **Judy Searles** had a Viking River Cruise planned for early April. However, due to Betty's medical procedure, the ladies have postponed their voyage until 2023.

Edee and husband **Hartley Erickson** are embarking on a month-long road trip traveling to 27 states!

Thanks to her generous daughter, **Marcie Haigh** took a 7-day Disney Cruise with the family through the American British Isles which she says was beautiful! Marcie enjoyed the company of her family, a variety of food, drink and acupuncture treatments!

It seems to be Marcie's year to travel as she received a surprise round-trip ticket from her son to travel to Tacoma, WA for a much-needed visit with her 2-year old granddaughter and the parents too of course.

Marcie says all her children are a blessing and she is so grateful for them.

Leann Monahan Continues to put one foot in front of the other these days since her daughter Libby passed on -- she misses her terribly and hopes for easier days ahead.

Leann extends her and her family's heart-felt thanks for the cards of sympathy received.

Judy Searles will travel to Chicago, IL for Mother's Day weekend. Judy is looking forward to

BETA SIGMA Donations:

The chapter voted unanimously to donate

- **\$80** to St. Jude;
- **\$75** to Wishes and More;
- **\$75** to Welcome Home Vets;
- **\$50** to Spirit of Christ Church for the use of the facility.

BETA SIGMA Fundraiser: A "Snack Sale" was held at the **ESA State Convention**.

Social Chair Jackie Swanson, planned a **Social Game Day** on April 30th at Eileen's party room which was a FUN-filled afternoon. Thank you Jackie for all your work and yummy snacks and Judy's baked-olive treat.

Beta Sigma—(continued)

the visit with her daughter’s family, especially granddaughter Emily!

Eileen Spencer traveled to Vancouver, BC to visit her sister Kathy’s son and his family. This was Eileen’s first trip to BC. Time flew while visiting family and seeing some of the sights!

Eileen is proud to report she received the **“Associate of the Month”** award from CDS, the

food demonstration company she works for through Costco.



Jackie Swanson is anticipating a visit from her son Colin and his “special” friend! Colin was to visit in May but has revised the visit to June. It has been a long while since Jackie has seen her son and is very excited for the visit!



A beautiful day begins with a positive mindset. Take a moment to think about how privileged you are to be alive. The moment you start acting like life is a blessing, I assure you it will start to feel like one. It comes full circle, feeling blessed, feeling grateful and wanting to do more and feeling happier. You begin to see and feel how precious life is and know that time spent living is time worth appreciating.

www.Informative@quotes.com



The adventure of life is to learn. The purpose of life is to grow. The nature of life is to change. The challenge of life is to overcome. The essence of life is to care. The opportunity of life is to serve. The secret of life is to dare. The spice of life is to befriend. The beauty of life is to give. The joy of life is to love.

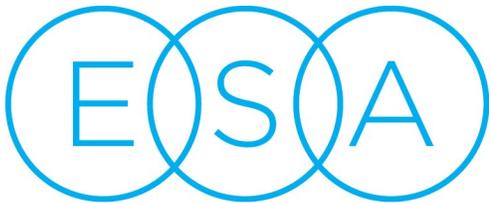
William Arthur Ward

WWW.VERYBESTQUOTES.COM

Wishing you a very happy day!

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EPSILON SIGMA ALPHA

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
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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.



—Robin Bussey
International Council President
2021-2022