



Minnesota ESSAY

President—Dana Terry

Special points of interest:

- Come and join the fun on Mondays at Medtox
- Going to International Convention in Grapevine, TX? All information is on the ESA website including Registration, Workshops, Mini-Agenda, etc.
- Send information to Dana for the Planning Calendar
- Go to Beta Sigma's Garage Sale on June 2-3
- Have a fabulous summer!

Warm summer greetings to you all.

Wow - what a great state convention we had! A huge thank you and pat on the back to Dee and all of Delta Mu for a job well done not only on our convention, but also on the St. Jude Race Day fundraiser.

I want to also give a

HUGE thank you to Jodi L and all my Alpha Zeta family! The installation ceremony was beautiful and fit my theme perfectly. You are all the best.

I want to extend again a job well done to Dee for the fantastic job you did in leading us this past year. You are such an amazing

asset to ESA.

I am still working on setting up a date/time/location for the Planning Meeting. As soon as I have it, I will send out an email blast.

Below is a list of the 2023-2024 Elected and Appointed Board members.



**NEW
YEAR,
NEW
TEAM**

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ELECTED BOARD

President	Dana Terry
Vice President	Kim Letendre-Olson
Secretary	Jennie Zafft
Treasurer	Diane Vanusek
Parliamentarian	Julene Donnay
Past President	Dee Rotering

APPOINTED BOARD

Chaplain	Dianne Ocel
ESA Foundation	Karla Kay Nicklaus
ESSAY Editor	Terri Olson

Continued on next page ...

President—(continued)

APPOINTED BOARD	
Financial Planning Committee	
2nd Year	Diane Vanusek
2nd Year	Betty Robinson
1st Year	Kerri Petty
1st Year	Dennis Marler
Historian	Dana Terry
MARC Reps	
2nd Year	Julene Donnay
1st Year	Terri Olson
MedTox/LabCorp Liaison	Rhonda Krehl
Philanthropic Coordinator	Terri Olson
Photographer	Edee Ericksen
State Project—Interact	
State Project—WHV	Shirley Laue
Sr. St. Jude Coordinator	Alpha Sigma
Jr. St. Jude Coordinator	Dee Rotering (Delta Mu)
Webmaster/Roster Chair	Jen Davies
Love and Disaster Funds	Dee Rotering
State Convention Hosts	Alpha Zeta



Here is an excerpt from my speech at state convention:

If we do not honor our past, we lose our future.

If we destroy our roots, we cannot grow.

For many years now I have thought of ESA as a tree. Those who have paved the way and are no longer with us are like the roots.

Our foundation is what sustains us and who we draw from for inspiration and guidance.

Our current long-standing members and those who help serve on the Board are like the strong tree trunk. A stable pillar that supports our membership and encourages us to reach out, grow and explore.

The tree's branches are like our newer and future members. The branches are a fragile part of the tree that we must take care of so they can grow stronger.

The leaves of a tree are all of our good works, the things we've learned and the friendships we've made. Though trees can lose their leaves, they always return....as long as we take care of our tree.

And a forest of trees is all of ESA, from coast to coast and around the world.

A tree lives by its roots
Change the roots
and you change the tree
Change the trees
and you change the forest.

My theme for this year is **"Rooted in Tradition...Growing into the Future"**.

Our traditions honor the legacy of those that have paved the way before us. They are a way of showing support to those that lead us. And our traditions unite us in our journey to bettering ourselves, serving others and friendships.

I also believe in keeping with our founders' vision of

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President—(continued)

preparing our members for the challenges of an ever-changing world. We need to grow into the future. We need to keep true to our roots and traditions, but we must adapt to the ever changing world if we want to

continue to stand strong.

A tree has roots in the soil yet reaches to the sky.

It tells us that in order to aspire we need to be grounded and that no matter

how high we go, it is from our roots that we draw sustenance.

I thank you all for allowing me to serve as your 2023-24 State President. I will do my best to guide, inspire and uphold the legacy of ESA

and do my best to keep our tree growing strong.

I am looking forward to an amazing 2023-2024 and all the fun times we're going to have and good works we're going to do!

ESA Foundation—Karla Kay Nicklaus



Thanks to all who made contributions to the Foundation this year by paying your annual dues, becoming a Life Member, donating to the Fun Fantasy Event plus using the Turn Around Funds and thanks to all the volunteers for volunteering your time at LabCorp which is our fundraiser for the Minnesota State Endowment Scholarship Fund and Grant Program.

SCHOLARSHIP REPORT:

This year International received 4354 paid scholarship applications.

Minnesota members support the following Endowments:

- Scholarship Applications from Minnesota - 42
- Minnesota State Memorial Endowment – 5 applicants – 2 awarded at \$2750.
 - Balance in Endowment - \$69,387
- Parr Family Memorial Endowment – 6 applicants – 1 awarded.
 - Balance in Endowment - \$59,124
 - Thanks to Kate Sala and her sister donating \$50,000 to the Parr Endowment

- Ann & Bob Becker Endowment Applications - 10 – 1 awarded.
- Balance in Endowment - \$17,575

Scholarship applications were down to all endowments.

AWARDS:

Hours

- 3rd Place—Beta Theta—24 hours per member
- 2nd Place—Alpha Sigma—37 hours per member
- 1st Place—Gamma Zeta—44 hours per member

Money

- 3rd Place—Gamma Zeta—\$131.00 per member

- 2nd Place—Alpha Sigma—\$220.00 per member
- 1st Place—Delta Mu—\$307.87 per members

Congratulations and thanks for all your contributions of your time and money.

Looking for new members to join the Foundation. First year dues remain at \$25, renewal \$40 – this is a big increase but have not had an increase in dues for many years and Life Membership remains at \$500.

Please Join Us

MARC Ways & Means—Kathleen Grissom

As a member of the Ways and Means Committee, I am reaching out to all of our State Presidents and MARC Representatives to follow up with your State members in reminding them of “what” our MARC Conference will have available for our projects. In case we might have forgotten, ALL Members have been requested, from discussion at the 2022 Tulsa MARC Conference, to generate over \$3000.00 at this year’s event to help the MARC Treasury. TOGETHER we can do this!!!!

Your specific MARC Representative will also be sharing this information while speaking to you at your Conventions.

Listed below are the Ways and Means Fundraisers:

1. Purse Auction with \$125/150 gift cards...the purse will be valued separately than the gift cards!! In addition to a purse, a state may bring/donate a tackle box, coffee cup, tennis racket, fishing pole, golf club, toolbox, cooler etc., geared to the men of MARC (members, hus-

bands, special people in our lives).

2. Brown Bag/Silent Bid ‘Donations’ ‘nice items) in the Hospitality Room (tentatively).
3. MARC hot/cold tumblers for sale (pending Vendor approval).
4. MARC “Bling” 3/4 length, scoop neck shirts and the cardigan.. again pending Vendor approval.
5. Corkscrews with ‘neat sayings’ will be available for a donation of \$5.00 each.

6. Beverage Pull... which goes along with #5 above. (NO mystery bottles) AND....
7. The return of Marketplace for individuals or Chapters. The table rental will go toward Ways and Means because there is no additional room fee since it will be held in the Meeting Room perimeters.



MedTox / LabCorp Rotation—Dennis Marler

2023

April—St. Jude Children’s Research Hospital

May—Welcome Home Vets

June—ESA Foundation

July—Interact Center for the Visual and Performing Arts

August—Welcome Home Vets

September—Interact Center for the Visual and Performing Arts

October—St. Jude Children’s Research Hospital

November—Minnesota General Fund

December—Interact

Center for the Visual and Performing Arts

2024

January—ESA Foundation

February—Welcome Home Vets

March—Minnesota General Fund

April—TBD

May—TBD



Wishes & More—Lori Thorpe



Thank you MN ESA for your support for Wishes & More over these past several years! Your financial support helped them to help kids with terminal and life-threatening illnesses by offering the youth a wish come true! Our hands-on help with their volunteer opportunities has been especially helpful, as well.

Below you will find a list of volunteer opportunities they have available in the next few months. Thank you for grabbing a friend to get out there to help out. You're amazing, indeed!

Help Us with our Storage Move

- Dates TBD in mid-June

Please let us know if you are interested in supporting our BIG move of storage items from our current facility in Fridley to our new facilities in Coon Rapids & Blaine! We have a variety of bins, boxes, and large décor items to move. We

also have large shelving units that will be disassembled, moved, and reassembled. The more hands we have, the easier the load. We will likely be renting a moving truck, but if you have a large vehicle or trailer that you'd be willing to bring to support, please let us know that as well.

Walk in the Fridley 49ers Day Parade

- Thursday, June 15th from 6 pm - 7:30 pm at 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 it begins at 6:30pm (line-up no later than 6pm). We ask that all participants pre-register to get a T-shirt and the final details/map.

Wishes & More Golf Classic

Monday, June 26th with available shifts from **noon-9pm** at the Midland Hills

Country Club in Roseville.

- Noon-7pm – Driving volunteers to holes and running activities at holes
- 5:30pm-9pm – Dinner Program Registration and Check-out

Brewery Justice League

Various dates: Now - November at various local breweries

We are looking for a few enthusiastic volunteers who are willing to share info about Wishes & More and host drawings at local breweries this year! There are a number of local breweries teaming up with WAM to help us raise funds while spreading the word about our mission and we need volunteers to "host" each one.

Tipsy Tasting fundraiser at the Tipsy Steer in Roseville!

On Monday, May 22nd from 6-8:30pm at the Tipsy Steer in Roseville

You're not going to want to miss the opportunity to witness not one, but TWO wish reveals taking place at our Tipsy Tasting event. Guests will need to keep a big secret for two girls who will be learning that their wishes are coming true during the special evening program. Guests will also receive a flight of wine or beer, along with tasting treats from The Tipsy Steer! Help us fill the room and gather your friends – it'll be a great introduction to our programs, and they'll quickly learn why you're a proud supporter of WAM! Tickets are only \$30.

If you're interested in signing up for any of these fun opportunities to help Wishes & More, please email JessL@wishesandmore.org to sign up.

Many thanks to your great support of Wishes & More, my ESA family! They are ever grateful, as am I.

Chapter

News

What's New!

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 an informal business meeting at the Eagan Olive Garden on Saturday, April 1, following their volunteer event at Feed My Starving Children (FMSC).



Due to a snowstorm/blizzard Friday night and Saturday morning, the turnout for FMSC was about one-third of those **ESA** members who had planned to attend.

Besides **Beta Sigma**, packers included a couple other organizations and a teenager's birthday celebration with family and friends.

Altogether **112** boxes were packed which will supply **24,192 meals** – in other words -- **66**

kids will have a daily meal for a year!!

Thanks to **Marcie Haigh** for all the effort she put into making this happen. And a big *snowball* thanks to all who were able to get to the event, bravo!

Pledge Anniversaries in Years:

May:

Dina Strachota - 23

Jen Davies – 17

June:

Bruce Strachota – 7

Congratulations!

Activities:



Beta Sigma welcomed the MN State Meeting attendees on Saturday, April 22 with a continental breakfast and following the meeting an all-you-can-eat \$14



Continued on next page ...

Beta Sigma—(continued)



Several chapters set up merchandise for sale. Items such as handmade pillows, gnome wine-bottle toppers, books, *Mary Kay Cosmetics*, *Pampered Chef*, and, of course, our book-page wreaths.



Bruce Strachota got everyone laughing by introducing a type of “tiddlywinks” candy-flip game. Pictured is **Joyce Cobb**, the winner for getting 18 candies into a cup!



Beta Sigma is grateful to the Spirit of Christ Community Lutheran Church for allowing us to utilize their space yet again! A shout out to **Bruce** and **Dina Strachota** for arranging its use, making coffee and setting up/breaking down the room. Also special thanks to our faithful members who came early to help and for staying to clean up. Many hands make light work!!

Mark your calendars:

**Beta Sigma
Garage Sale
June 2 & 3,
2023**

See **FLYER** in this issue.

What's Happenin'...

UPDATE on **Jen Davies'** Aero-

Hydroponic Garden.



BEFORE - Jen's Garden in March



AFTER -- Jen's Garden in April

Jen says the garden is overflowing and she has enjoyed a couple of salads.

Jackie Swanson, Marcie Haigh and **Eileen Spencer** attended the *Como Conservatory Spring Flower Show*. The show did not disappoint.

After a long MN winter, seeing the vast variety of vibrant-colored flowers, inhaling the fresh scents and basking in warmth within tropical rooms all agreed it was a mood booster.



Jackie, Eileen and Marcie



A visit to the gift shop is a photo op with playful **Jackie**.

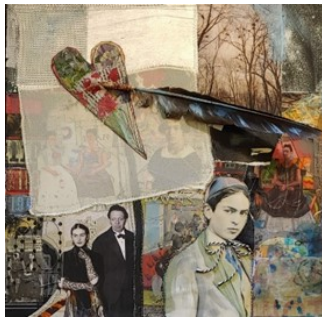
Jackie Swanson was an exhibiting artist in a juried art exhibition at the *White Bear Center for the Arts* in March and April. **Jackie** spends much of her time in her studio growing her art practice. She also cares for 2 ½ year old granddaughter, Ivy, once or twice a week. Both making art and spending time

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Beta Sigma—(continued)



Ivy is quite the artist too!



"Pierce My Heart with a Feather"

Jackie's mixed media collage selected for the Northern Lights Juried Art Exhibition.

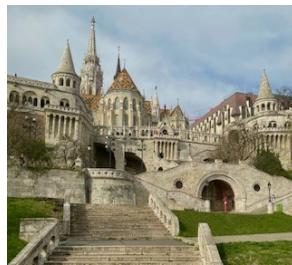
A possible trip to New York is in her plans for August or September.

Travel:

In April **Betty Brown** and **Judy Searles** cruised up the Danube on a Viking longship.



The journey started in Budapest, Hungary that stopped in Bratislava, Slovakia.



St. Matthias Church and Fisherman's Bastion, Budapest



Bratislava Castle

Krems, Vienna and Linz were the ports in Austria.

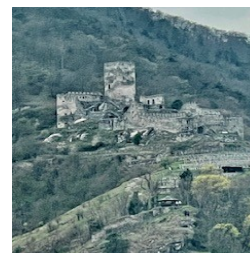


Viennese Coffee

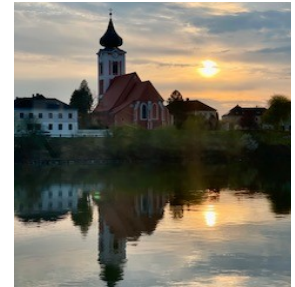


Lipizzaner Stallions, Vienna

The cruise finished in Passau, Germany. Seeing beautiful architecture, visiting churches, abbeys and monasteries, sipping coffee and tasting regional delicacies in the local cafes filled their days.



Ruins of Richard the Lionhearted Castle



A village in the Wachau Valley, Austria

In the evening, they enjoyed gourmet dinners and delightful entertainment aboard the ship.

Not finished yet, **Betty** and **Judy** found their way to Prague. Staying in a five-star hotel that was a monastery, they had time for a little relaxation. Their once-in-a-lifetime experience ended with two extraordinary private tours of Prague. A fitting conclusion to their Central European adventure.



Marcie Haigh flew to Tacoma, WA to celebrate her

Continued on next page ...

Beta Sigma—(continued)

youngest grand-daughter's 3rd birthday.

Elizabeth Haigh was born on *International Women's Day*, March 8, 2020.

Nana had a great time participating in the birthday party with Elizabeth and 3 of her best friends from day care and their parents. Four little 3-year-old girls will make anyone giggle!



Elizabeth with her 3rd birthday "cupcake" cake.

Marcie was also fortunate to see both her sons at the same time!

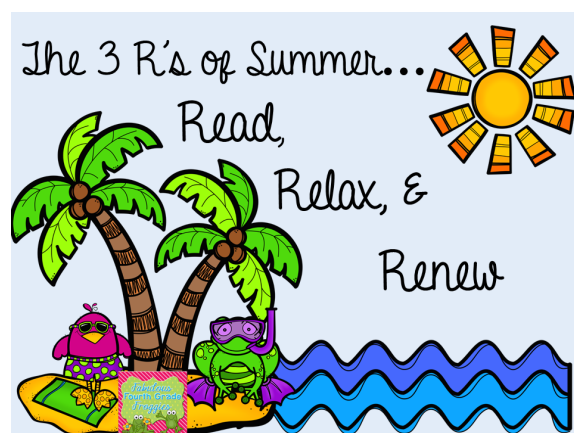
Brendan (Elizabeth's father) and Kieran. They may be in their 40's, but they are still her babies.

Marcie felt it was also a blessing to be of some assistance to Carol, her daughter-in-law Susan's mother. Carol lives across the street from Brendan's family.

Susan's mother is gallantly fighting cancer and still was willing to have **Marcie** stay at her house.

Beta Sigma
wishes all a
fresh spring
and a safe,
happy
summer!!

SEE you at our
June GARAGE
SALE!!



Delta Mu—Terri Olson

Thank you to all who came to State Convention. If you went home with a name tag, will you please hang on to it and bring it to the either

the Planning Meeting (if we have one) or to the next Membership Meeting. We plan to pass them on to Alpha Zeta for next year's State Conven-

tion.

What a great ESA MN team we have! Thank you all for the help provided to make our first-ever

Running Aces / St. Jude event great! We appreciate all of you!



Gamma Omega—Joyce Cobb

Gamma Omega met during April at the home of **Sandy D.** It was a fun meeting. Several items were decided upon at the meeting. Sandy D. can't wait to get to the family cabin. It is only forty-five minutes away. She will soon be able to travel the streets of Crystal and New Hope in her chair. Crocheting and other work is keeping her busy now. Sharon is able to communicate with Sandy D. often; they are neighbors. Jeffrey D. is now working at Super Ford on Highway 169. Congratulations, Jeffrey!

Please contact **Sandy H.** about purchasing Pampered

Chef products. She will gladly share ordering information and catalogs for this GO fundraiser. Sandy has gained much improvement with her knee injury and is ready to dance again.

Arlene, I hope everything is going well for you. Maybe we can plan to meet with you soon. We miss you.

Dennis and Betty are looking forward to summer fun and travel. Both of them are itching to get outside to work in their yard. Currently, they plan to visit South Dakota for a graduation and a wedding. They will also go to the North Shore and Ely a few times.

Joyce joined the Y today. Will she participate

in some of the exercise classes? She is certainly going to enjoy the candy that she won at the meeting on Saturday, April 22nd.

Lori is our new GO president. She has recently returned to Minnesota following a three-week dog sitting task in Clearwater, Florida. The venture was both rejuvenating and refreshing.

The spring and summer plans of **Carol P.** will be shared later.

We are excited that **Billie Jane Mintjal** has joined us. GO is looking forward to working with you. Billie, you are welcomed by each

member of GO. Ask Billie about her planned upcoming vacation to Europe.

Happy spring wishes to **Carol, Kay, and Sharon**; you are missed.

Members of Gamma Omega had an amazing time last weekend at the Minnesota ESA State Convention. Information was shared and relationships were formed. There was much learning and fun. Dana, may you have a wonderful year as Minnesota State President!

Gamma Omega is ready for a productive year. Go GO!!!

Happy summer to all.

BETA SIGMA



To Benefit

St. Jude

Children's Research Hospital

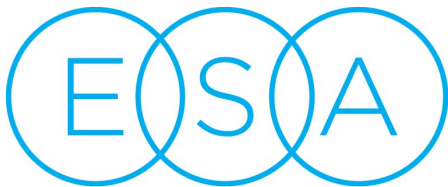
June 2 & 3

8:00 to 4:00



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



~ Denise Holdaway
International Council President
2022-2023