



PRESIDENT-Dennis Marler

Spring State Meeting – April 18

The next ESA Minnesota state meeting will be a conference call meeting, on Saturday, April 18. It will be an audio-only call to avoid some of the confusion a video call generates.

The conference call agenda will be similar to the one I've been using. Roll call will be more direct, with Betty reading names and getting voice responses.

We'll hear from Jackie, our Philanthropic Chair, and from Parliamentarian Diane. As always, every elected and appointed officer will have time to report. Who knows, Dina and Bruce may even have a bit of fun.

If you haven't been to a state meeting in a while, now's your chance. You can wander around your own house and still enjoy ESA company. More to

come in a few days.

Dana Withdraws from Running for Minnesota First Vice President

I received an email from Dana a few days ago, letting us know she is stepping down as a candidate for 1st VP. Her email reads, in part:

"I have been given some new opportunities at work that require me to do some additional training & schooling. I am very excited about these opportunities as I have been working toward them for several years. Between my job and helping Quinn to run his business, things are very busy. What little free time we have is precious to us lately."

Congratulations, Dana! We're thrilled to hear

your employer has finally realized what we've known forever – YOU ARE AMAZING! We'll give you a couple more months to get accustomed to your new, work-life balance. Maybe, by state convention, you'll decide you still need and want to share your brilliant ideas and leadership style with all of us. Please, please, hint, hint.

Stay Home, Be Safe

At our house, our lifestyle hasn't changed much over the last few weeks. We wash our hands several times more each day. We take more walks in the woods. Every time we have the slightest ache or pain, we convince ourselves we have the virus.

I also spent more time online, reading the latest news, shopping, or just wasting my life. Here's a quick one I found, author unknown:



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Don't forget to:

- Review the Proposed Changes to the Bylaws and Standing Rules
- Fill out the Chapter Philanthropic Form
- Make your Room Reservation for MN State Convention
- Save the Date (May 29-30) for MN State Convention at Running Aces

President—(continued)

"When bears go into hibernation, they do it for the health of their community and themselves. In the winter, food is scarce, hibernating allows other animals to have access to the limited resources. It slows the spread of disease and viruses among other animals during a season when immune systems are lowered, and energy is limited.

It is also a time of conserving health for the bear, a time for reflec-

tion. It is a time that allows the bear to renew, to undergo change, to honor its place in life and food cycles.

It is not a time for anxiety or fear. When it is time for hibernation, a bear can finally relax. All of the stress of finding food, territory, and a mate disappears. The bear believes that they have done enough and trust in themselves. They know this process is necessary and they will come out the other side renewed.

Be the bear. Stay home. Rest. Know you are doing this for something much bigger than yourself."

Keep smiling; we're all in this together.



First Vice President—Sandy Dolence

Well I hope everyone is well and staying home. Our plans for the state are falling apart. At this time there will be **NO** tea in April, so maybe we will be able to do it in the fall.

I am still looking for board members. Right now, I'm looking for a 1st vice president and 2nd vice

president. Please if you can help I would love it. We also need help for state projects, philanthropic, ways and means, Marc rep, and web site. Please call if you would like to help. Like we hear "We are all in this together".



I am hoping we can get to Columbus in May, but we will have to see what is going on with everything. So, everyone, stay home, keep safe and well. Keep a smile on your face and a prayer in your heart. Hope to see you

Second Vice President—Dana Terry

Dear Dana,

I heard a rumor that you were going to be too busy to answer all of my technology questions. I hope that it's not true.

But, I wanted you to know that you really helped me a lot with all the things you taught me, like:

- ◆ Teaching me what all these tech terms mean

- ◆ Facebook and its Pages and Groups
- ◆ Cyber Security and How to be Safe
- ◆ Tips for how to clean out my email Inbox
- ◆ Phishing explained (it's not fishing for walleye!)

I didn't know that there was so much to know about technology!

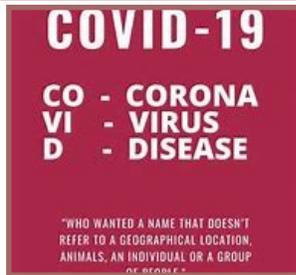


But, I really want you to know that your made it really easy for me to learn what all of those words meant and how it would also be easy for me to stay safe on my computer.

Thank you!
Better at Technology Because of You

Parliamentarian—Diane Vanusek

This virus thing needs to be tabled and ruled out of order as it is NOT allowed by the by-laws. As Parliamentarian, I looked it up. If we don't follow the by-laws, we will have anarchy. I do wish it was that simple.



The Parliamentarian meeting minutes were in the March Essay. Also, attached to that Essay were the proposed by-law changes to be voted on at State Convention in May. I refer you all to that Essay.

Even though there may not be a physical April meeting, I think we

have followed the by-laws by publishing the proposed changes in the Essay within the correct time frame of 30 days before the State Convention. In light of the situation we are all in, please feel free to send comments on the changes via email to share with the state members at the April meeting.

ESA Foundation—Karla Kay Nicklaus



We are all in our homes a reminder to send your "Journey through Time" Fantasy Vacation Gift to the ESA Foundation, 363 West Drake Road, Fort



Collins CO 80525.

Your contribution to the Foundation will help fund projects and programs that promote strengthening communities.

Remember all ESA Foundation gifts are tax deductible.

Stay safe and we will all get out of this together.



MARC—Diane Vanusek and Sharon Desarmeaux

The REMARCS newsletter is done for March 2020. Packed with information and articles from the MARC board and member state. It is a good read. Please take the time to read the newsletter from the website. I know some of you don't like the computer, but it is 27 pages, a bit much to include in the Essay.

Message from MARC President, Linda Schmidt.

The Executive Board and Appointed Board Members were receiving



The registration and flyers for the fall conference are attached.

The website information in the last Essay was not correct. How that happened? I have no idea but apologize for that. Computers do have a mind of their own. See the correct information below.

Please visit the ESA MARC <https://www.esamarc.org> for information. The password was in a previous Essay.



Philanthropic—Jackie Swanson



GREETINGS FROM SELF-ISOLATION!

I Hope everyone in ESA is doing well and not losing all of their marbles during self-isolation!? Speaking of losing one's marbles, has everyone logged their philanthropic project Hours, Monies, Donated Goods, and Miles for April 1, 2019 through March 31, 2020 and turned in to their Chapter Philanthropic Chair for end-of-year reporting? **Chapter Annual Philanthropic Reports are due (to me) by APRIL 15TH.** Once again for your convenience, I have included the *MN ESA Chapter Annual Philanthropic Reporting form* in this Essay.

We have heard from five charitable organizations this year so they will become our nominees at MN ESA State Convention. As promised, following are summaries of the proposed philanthropic projects (in Alpha Order):

- 1. Friends of San Lucas.** *Presenter:* Julie Knopp. In 1962, Fr. Greg Schaffer from the diocese of New Ulm, MN came to San Lucas Toliman and began work as a parish priest. Responding to the community, he started programs in education, healthcare, construction, and coffee, as well as a visitors' program. Fr. Greg died in 2012 and the **Friends of San Lucas** was born to carry on his legacy. Friends of San Lucas supports the Mission which employs over 100 people in Guatemala, working in all program areas. All programs are locally-led and supervised and almost all of the support for the Mission is through private donations. Program summary:
 - ◆ Construction of dignified housing. Mission builds 12-14 concrete block houses/year. Also builds over 200 fuel-efficient
- 2. Hands & Hearts.** (*Scheduled to present at March meeting; informational email sent March 25.*) Jessica Tousignant. Hands and Hearts is a 501(3)c organization in partnership with Grace Place Collaborative, Montrose, MN helping those in need with a hand up. The Mission of Hands and Hearts is to provide a helping hand and a listening Heart to members of our communities and meet community members personal essential needs that have resulted from life changing
- 3. Ronald McDonald House Charities (RMHC).** *Presenter:* Jill Evenocheck, *Executive Dir/CEO.* In partnership with the community, RMHC provides a comfortable and caring home-away-from-home that supports keeping families together and reduces stress during a child's serious illness. Keeps families together when they need it most. Offer a warm, welcoming "home-away-from-home" and services that range from schooling to meals to family-friendly activities. Serves over 6,600+ families at four Twin Cities locations: The RMHC – Oak Street; The RMHC – Children's Hospitals & Clinics of Minnesota, Minneapolis; The RMHC Family Room – Gillette Children's Specialty Healthcare, St. Paul; and The RMHC Family Room – Children's Hospitals & Clinics of Minnesota, St. Paul.

circumstances. Hands and Hearts' vision is to connect with resources at the local, state, and federal levels, raise awareness of the personal essential needs of members of our communities that are not being met. As a group they find creative, out of the box solutions to help alleviate these economic disparities. Past accomplishments include: · Over 1,500 items distributed to needy through FE-ED · Pay it Forward program · American Cancer Association · Fund a Family.

Volunteer opportunities:

- ◆ Past Fundraisers: · Fudge Sales · Montrose Days · Coborn's Brat stand · Winstock · Treasure Sale.
- ◆ Food Drive
- ◆ Other Fundraisers and Cash donations welcome.
- ◆ Jessica Tousignant, jesst52@comcast.net 612-803-0946.

Philanthropic—(continued)

Volunteer opportunities:

- ◆ Cooks for Kids (CFK) volunteer meal program offers groups a fun and meaningful way to support families at the House that Love Built. CFK groups range from 12-14. Four locations in Minneapolis/St. Paul. Dinner is served nightly at 6pm; brunch Saturdays and Sundays at 11am. Or come and cook at the House during business hours.
 - ◆ Signature Events 2020: Golf Classic - Roseville, Brew Love – The Depot Minneapolis, RBC Race for the Kids – St. Paul, Skate with the Greats – Xcel Energy Ctr., RMHC Gala – Minneapolis Renaissance Hotel The Depot Minneapolis
 - ◆ Wish List Items such as stamps, cash donations, gift cards, Food and Snacks, Household items, etc.
 - ◆ Fundraising and cash donations.
 - ◆ Administrative Office: 818 Fulton St. SE, Minneapolis, MN 55414
www.rmhctwincities.org
 - ◆ Ronald McDonald House – Oak Street: 621 Oak St., Minneapolis, MN 55414
4. **Welcome Home Veterans (WHV) Program.** *Presenters:* Rick and Gretchen Peterson. WHV is a 501c3 non-profit whose mission is to help homeless veterans turn an empty apartment into a home by providing home starter kits. WHV assists veterans with finding housing, basic furnishings and household items. The veterans they serve come from all military branches, ethnicities, women, men and families - each with a different story on how they came to be homeless. WHV serves the greater Min-

neapolis/St. Paul area; obtains referral of veterans in need through the VA's Community Resource & Referral Center; relies on 100% volunteer participation (no paid staff); and partners with other non-profits to maximize the veterans experience.

Volunteer Opportunities:

- ◆ Delivering Welcome Home Kits. Bedroom, kitchen, bathroom and miscellaneous items plus non-perishable groceries.
 - ◆ Delivering queen or twin beds (a bed, a chair, a lamp, a clock radio, etc.).
 - ◆ Serving hot meals/Holiday meals.
 - ◆ Other: Red Wing shoes and boots; hygiene and paper products; thermal underwear; Christmas trees and presents; baby care items.
 - ◆ Fundraising and Cash donations.
 - ◆ www.mnwelcomhomevets.org P.O. Box 5653, Hopkins, MN 55343. Phone: 612-615-8387.
5. **Wishes & More.** *(Scheduled to present at March meeting; see my email from March 20 for complete information & video.)* Joelle Gamble, Sr. Director, *Communications & Development.* "Wishes & More © enhances the life of a child fighting a terminal or life-threatening condition by providing extraordinary experiences... and more." Wishes & More is not only a wish granting organization, it is a local charity that proudly serves kids in MN by granting wishes; providing educational scholarships through the "Scholarship of Hope©" program; and financial gifts that are granted to grieving parents who lose a child that

has not experienced a wish. "More" is being homegrown and being unique and the only one of its kind. Outdoor wishes that are popular in the Midwest are granted & families are invited to remain involved with the organization for as long as they choose. The Foundation continues to present them with tickets and opportunities to family activities.

- ◆ A small Minnesota-based non-profit.
- ◆ Grants every wish and provision of Scholarship of Hope funds for kids battling a life-threatening condition.
- ◆ Express heartfelt grief and give monetary funds to the parents of children who do not survive to experience a wish.
- ◆ Volunteer Opportunities
- ◆ Mailing Events – Recurring, April, June, October, and December.
- ◆ Wish program activities such as writing monthly "Check-In" cards to Wish Kids waiting for their wish, making tie-blankets for Wish Children, etc.
- ◆ Fundraising events: Golf Classic, Wishes & More Winter Ball, Brewery tabling activities at local breweries.
- ◆ Fundraising and cash donations.
961 Hillwind Road NE, Minneapolis, MN 55432
763.502.1500. Phone: 763-502-4707.
www.wishesandmore.org

I will follow up via MN ESA Googlegroups email blast with a **SAMPLE Delegate Voting Ballot** for your use during your chapter discussions and voting. That way your chapter delegate(s) will be prepared with everything they need when they vote on your behalf during convention in May.

Meanwhile, stay safe and stay HOME! ESA LOVE to you ALL!

St. Jude Senior Coordinator—Birdie Elkofska

Since 1972 St. Jude has been the ESA Philanthropic Project Internationally. Each day the cost to care for the children, do research and run the facility is well over one million dollars. ESA has been contributing over 16 million dollars each year for several years. HOW ??? Each state ESA membership and each ESA member has made this happen by donating their time to volunteer for various projects and also to attend events. Money from each ESA member annually also makes up those huge million-dollar figures. Have YOU helped save lives of children and helped the doctors and researchers find cures? Thank YOU all for all you have done and will be doing.

Can you do more??? YES always ... That is why each state has a St. Jude Coordinator like me to encourage participation. I know you must get very sick of me 'bugging' you to volunteer and to donate money. But I am doing it for the children who are being cared for at St. Jude Hospital. Without the research done there, there would be no need for those children to be at this hospital. YOU are the reason so many of them are getting treatments and living.

So ... the ESA year is coming to a quick close. We still have one more project to finish. One more project that I made up called the February CHILLIN' CHALLENGE. I know you

are sick of hearing about it. But to date only eleven (11) ESA members have participated. Our state membership is almost 100. So that means our officers and members and past officers and past St. Jude coordinators have not responded YET. Please, PLEASE think of all those beautiful bald-headed children who need our help. Please send me at donation for those children to have a chance to live a life of happiness. Checks can be made out to St. Jude Children's Research Hospital and can be mailed to Birdie Elkofska, 3320 Louisiana Avenue South #206, Minneapolis, MN 55426.

THANK YOU !!!!



Welcome Home Vets—Karen Schneider and Betty Marler

Kits are still being delivered to veterans moving into their new homes. Thank you to those of you who have delivered kits. You've truly made a positive difference in the life of each veteran you have met. We will continue to forward emails from Gretchen and Rick Peterson as we receive them. If you have any questions about making a delivery, please call either one of us and

we'll walk you through the process.

We look forward to our next state meeting on April 18th via a conference call. This will be a new opportunity for most of us. Learning keeps us young!

Blessings on each of you. We are praying we can defeat the coronavirus soon and heal our people and our world.



Philanthropic Report Form



2019-2020 MN State Council Chapter Annual Philanthropic Report

Deadline: Must be postmarked by April 15, 2020

Reporting Period: April 1, 2019 – March 31, 2020

Chapter #/Name:

Send to MN Philanthropic Chair:

Jackie Swanson

4476 Woodgate Point

Eagan, MN 55122

jacqueofhearts@comcast.net

PROJECTS	A. HOURS	B. CASH MONIES	C. Value of Donated GOODS	D. Number of MILES
Chapter Projects (Continue List on reverse side.)				
		\$	\$	
State Projects:				
Hope4Youth		\$	\$	
Welcome Home Vets		\$	\$	
MN Love Fund		\$	\$	
International Projects:				
St. Jude		\$	\$	
Easter Seals		\$	\$	
Foundation		\$	\$	
Hope Projects (Hats for Hope)		\$	\$	
Disaster Fund		\$	\$	
Military (Hope for Heroes)		\$	\$	
TOTAL HOURS				
TOTALS				AMOUNTS
B - Total Cash Monies				\$
C - Total Donated Goods				\$
D - Total Miles (after figuring the IRS rate*) Total Mileage = # of miles X the IRS Rate of \$0.58				\$
TOTAL (B, C, D)				\$

Alpha Sigma—Diane Vanusek

Diane and Don have had to cancel their trip Down Under and to the Australian ESA convention. It is very disappointing. Hopefully, we can reschedule at some point. We have been Facetiming with grandkids to cheer ourselves up.

Sharon D has been taking care of some health issues and hopefully have them resolved.

Pat and Gary are missing the kids and grandkids but are staying home like a good boy and girl. Even puppy is social distancing by forgoing a salon appointment. I assume Shirley, Karen and Ann are doing the same.

It would appear our April meeting is not going to happen as the Gov has told us to stay home.

Birdie has been taking some virtual vacations as she works though social distancing. Here is a bit to chuckle over.

Well I have been traveling. In Italy I saw St. Peter's Square, Vatican City, the Colosseum, the Arch of Constantine, Michelangelo's Sistine Chapel, the Catacombs, and the Trevi Fountain. Then on to Athens, the Parthenon, Acropolis, and of course the sights of Santorini. I stopped in California and visited the sequoias, redwoods and all of Yosemite. Still with the travel bug, I ventured into the Amazon areas of Brazil and Bolivia, visited an old rubber manufacturing place from the early 1900s that was absolutely beautiful, and learned the Amazon River is over 4000 miles long. All this without leaving the recliner. Thank God for the Travel and History Channels.

I tried some interesting, but not so tasty, food recipes with brown rice pasta, learned Greek Yogurt does taste good with fruit and nuts, chopped lots of veggies for salads

and stir fry, cooked and ate good for me foods and I hope to release a few pounds. So far only a few have left. Today it is a dish called sticky chicken. I guess you can do anything with chicken and it still tastes like chicken.

I have read lots of old magazines and parted with them, read a few books that will be in our chapter garage sale, packed up two bags of too big/small clothes for Goodwill, have cleaned out my junk drawer, and founded a can of pineapple juice in the refrigerator with an expiration date of 2015.

I guess I have proved to myself there are adventures all around me. I have not gotten bored and do not have cabin fever. Life is indeed what you make of it. STAY WELL and mentally healthy during this shut down.

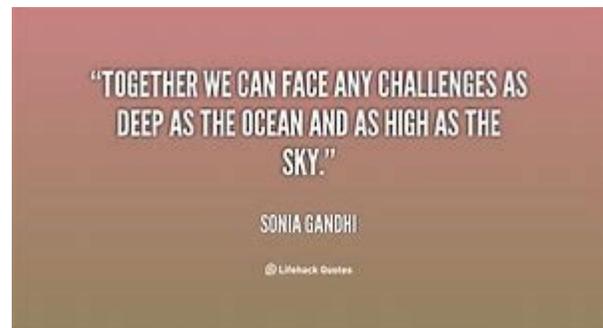
Gamma Omega—Joyce Cobb

Gamma Omega cancelled the March monthly meeting. We are keeping in touch via online and telephone resources. Our totals are being recorded. Hopefully, the

Chapter will meet within the next few weeks.

Do use this time keep in touch with family and friends. Manage as best

you can. Locate a new BUDDY who could use your help. Be blessed and stay safe!



Delta Mu—Julene Donnay

So March of 2020 brings about some new changes for Delta Mu Chapter since we have so many things happening and such a great diversity in our members.

We decided to start a new tradition since we have 3 of our members permanently taking on the title of 'snowbirds' in Punta Gorda (Terri and Bob), and Beverly Hills (Kathy and Terry) of FL in the winter. We will hold our February or March meetings in the south!

So, 2020 was the 1st, we all spent 5 days together in the sun and sand and did have business meetings and dined monthly (several times), even did a conference call

with Tracy Swanson from Headquarters with a challenge for us to consider at our State Convention.

Here are a few photos, it was a blast and we are already looking

the end of May. We won't know until later next month if we will need to reschedule, but everything would still be the same (location and cost) so please, please, please get your hotel nights scheduled and your registration forms turned in. We have some fantastic workshops planned for you and we have



forward to next year!

Please take some time to get your registration in for State Convention, as of today it is still on schedule to happen

some great entertainment and

keep in touch



EDITOR'S NOTE:

During these unusual times as we all struggle with not being able to get out and do the things that we normally would do, how about sharing a little with everyone in MN ESA. If you don't want to write an article for your chapter, just send me a few words or a paragraph that lets us know how you're coping and what you've been doing. I'll write them all down and post them in the next newsletter. It'll be fun to hear from everyone since we haven't been able to get together as a group. I hope to hear from you!

Send to me via email at: terri.mnesa@gmail.com

Home Address:

405 Stratford Drive
Benbrook, TX 76126

Philanthropic—MN Chapter Annual Philanthropic Report

BETA SIGMA by Eileen Spencer



Sunflowers: Put a Smile on Your Face & Joy in Your Heart

Hello fellow **at-home** MN ESA members! All of Beta Sigma's meetings and get-togethers are now on hold, except for the Shoe Drive*. On the 7th of March, before social distancing was in place, we did a group tour of the Guthrie Costume Rental Warehouse. All were amazed to see the racks holding thousands of costumes and rows of hats, masks, shoes, boots, and accessories galore in all sizes, styles, and eras. Costumes are not only used for the Guthrie Theater's productions, but, upon rental request, are sent

nationally and internationally to various entertainment venues.

Beta Sigma **highly recommends the tour!**



Leann Monahan admiring a magnificent costume. Wouldn't Leann look stunning in this gown?



Gown was worn by *Kristin Chenoweth*. More on Kristin see: officialkristinchenoweth.com



Unique costumes constructed with recycled materials.



Beta Sigma and friends intently listening to tour guide. **CAN YOU SPOT THE MANNEQUIN?**



Bruce Strachota showing some love to Beauty's Beast.

*The **BETA SIGMA SHOE FUNDRAISER** has been **Extended** until further notice. Please see our *flyer* page for more details.
A sincere **"thank uou"** to all who have and all who will donate to this exceptional cause.

Epsilon Sigma Alpha International 501(c)(3)

BETA SIGMA Chapter

ANNOUNCES

our 1st philanthropic

SHOE DRIVE

**GOAL: to Collect 2,500 Pairs
to BENEFIT 3rd World Countries**

through Funds2Go 501(c)(3)

DONATE GENTLY USED &/or NEW SHOES

ALL TYPES – STYLES – SIZES

Ask friends & family!



Shoes **MUST** be in **WEARABLE** condition to be accepted by Funds2Go.
OK to polish, clean, replace laces; *please, no scuffs, tears, missing laces, etc.*

!!! DONATE NOW !!!

SHOE DRIVE runs January thru end of March, 2020

DONATIONS & QUESTIONS, Contact: *Marcie Haigh*

Ph: **612-267-0919** or Email: Marciejoh@gmail.com

Thank you!

MARC Conference Announcement—October 9-11, 2020

2020 MARC Conference

MARC 2020

INDIANA ESA PRESENTS

ROLLIN ON THE RIVER WITH MARC

Indiana is excited to be your Hostess/Host for the MARC 2020 Conference on the beautiful Ohio River in Evansville, Indiana. It will be at the Tropicana Evansville Hotel and Casino, 421 NW Riverside Drive, Evansville, Indiana 47708. The dates are October 9-11, 2020. Room rates are \$139.00 plus tax. You can request a smoking or non smoking room. Free WIFI and Free Valet Parking. Here is a room registration number to call: 812-433-4000. Group Code MARC20. Please use this when making a room registration. There is Complimentary Shuttle from the Evansville Airport. If you are going to fly into Evansville, please let us know on the MARC Registration form the time. This way we can let the hotel schedule a pick-up of more than one person.

The registration form is included. Full registration is \$150.00 before Sept. 11, 2020 and postmarked after 9/11/2020 Full registration is \$175.00. Please note there is a charge for Friday Evening Only of \$30.00. Tammy Bryant is our Registration Chair and Treasurer. Jtb1980@comcast.net.

We believe Jennifer Skinner, Eta Pi – Fishers, Indiana, has put together some wonderful workshops for our MARC 2020 Conference. They are Easter Seals Rehab Center by Laura Terhune, (Evansville is one of three Easter Seals locations in Indiana); Karama Collection by Kristine Cordts; Military with PTSD with Shawn Gourley; and It takes a Village – No Kill Rescue with Susan Gainey Odoyo. Plus in the afternoon please take in the Nut Club Fall Festival with 137 food booths and afternoon entertainment, which is not far from the hotel. Look it up at www.nutclubfallfestival.com

Indiana will be anxiously waiting for your registrations.

Mary Hougland, Co-chair & Peggy Zimmer, Co-chair

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MARC Conference Hotel Information—October 9-11, 2020



*ROLLIN ON THE RIVER WITH
MARC*

OCTOBER 9-11, 2020 TROPICANA
EVANSVILLE

421 NW Riverside Dr, Evansville, IN

"Chances are you'll have a great time"

ROOM RATES

\$99 Thursday

\$139+ Friday and Saturday plus tax

Complimentary shuttle from Evansville Airport

Smoking and non-smoking rooms

High-speed wireless internet

MARC Conference Registration Form—October 9-11, 2020

ROLLIN ON THE RIVER WITH MARC



**35TH MIDWEST AREA REGIONAL COUNCIL CONFERENCE
EVANSVILLE, INDIANA
OCTOBER 9-10, 2020**

Name _____ State _____
 Address _____
 City, State, Zip _____
 Email Address _____ Phone _____

CURRENT OFFICER/ OFFICES HELD	
<i>(check all that apply)</i>	
MARC Board	___
MARCettes	___
ESA Foundation Board	___
State President	___
Headquarters	___
IC Executive Board	___
IC Appointed Board	___
1 st Timer	___
Guest	___

REGISTRATION OPTIONS

Postmarked no later than 9/11/2020

Registration for Conference and Leadership	\$150.00	_____
Registration excluding Friday Leadership	\$125.00	_____

Postmarked after 9/11/2020

Registration for Conference and Leadership	\$175.00	_____
Registration excluding Friday Leadership	\$170.00	_____

Walk-in Registration (cash/check/money order only)
 Partial registrations \$200.00 _____

Friday Evening only \$ 30.00 _____

Saturday Luncheon only \$ 50.00 _____

Saturday Banquet only \$ 65.00 \$ _____

Total Enclosed (make check payable to 2020 MARC Conference)

Special Medical Dietary Needs _____

Mail check and form to:
 Tammy Bryant
 Registration Chair
 4013 Tamara Way
 Franklin, IN 46131
 1-317-625-3028
 jtb1980@comcast.net

HOTEL INFO

Tropicana Evansville
 421 NW Riverside Dr
 Evansville, IN 47708
 (812)433-4000
 Rate: **\$139 per night smoking/non-smoking**
 complimentary valet parking and complimentary
 WIFI.

Group code: **MARC20**

MN ESA Convention Mini-Agenda—May 29-30, 2020

Minnesota ESA State Convention Running Aces Hotel, Casino, Racetrack May 29 – 30, 2020 Abbreviated Agenda

Please note, all Agenda start times are subject to change as President Dennis finalizes his Agenda and business that needs to be presented at the Convention is determined. This is just a quick abbreviated Agenda, so you know when things are anticipated to happen during our 2-day convention.

Friday, May 29, 2020

10:00AM	Workshops for the AWESOME YOU. We have lined up some great workshops for our members, great speakers, hands-on projects for a local non-profit, lunch with all of your friends, a racehorse barn tour, and a special class to help you stay young
12:00PM	"Awesome You" Lunch
3:00PM	Registration Opens
5:00PM	Fun Workshops from IC President, Terri Olson
6:00PM	FANTASTIC DINNER and Mixer Party Begins

Saturday, May 30, 2020

8:30AM	1 st General Assembly Starts with a wonderful Key Note, Flag Ceremony, Lighting of the Memorial Candle
12:00PM	Celebration of the Jonquil Awards begins with Lunch
4:00PM	Installation of Officers
4:30PM	Celebration of Years of Service, Jewel Pinning, and other Awards
5:00PM	Delicious Dinner
6:00PM	Run for the Jonquils Races Begins

Don't forget to make your room reservation early. The hotel will be very busy the weekend of Convention and you'll want to make sure you have a room!

MN ESA Convention Registration—May 29-30, 2020



2020 MINNESOTA ESA STATE CONVENTION “RUN FOR THE JONQUILS” FRIDAY – SATURDAY, MAY 29 AND 30, 2020

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, Friday Lunch, Mixer, Dinner, Saturday Lunch, Banquet	\$120		
Partial Registration (check all that apply)	Cost	Member	Guest
Registration Fee (Required for ALL except Banquet Only Guests)	\$15		
Friday Lunch	\$20		
Friday Dinner	\$25		
Saturday Lunch	\$25		
Saturday Banquet	\$35		
Attending Meetings Only	\$20		
TOTAL REGISTRATION COST (Make Checks Payable to Delta Mu)			

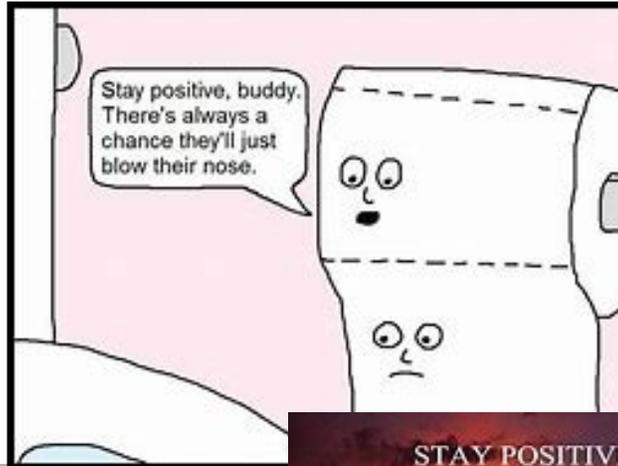
RUNNING ACES CASINO, RACETRACK AND HOTEL, COLUMBUS MN
REGISTRATION DEADLINE: FRIDAY MAY 15, 2020
LATE REGISTRATION AFTER MAY 15 WILL BE CASH ONLY WITH A \$20 PENALTY
HOTEL REGISTRATIONS: <https://www.grandstayhospitality.com/find-a-hotel/locations/running-aces/overview>

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.

Mail your Registration Form and Checks for Delta Mu to:
 Dee Rotering, 11764 Red Fox Drive North, Maple Grove MN 55369

HAPPY THOUGHTS

Staying positive does not mean that things will turn out okay. Rather, it is knowing that YOU will be okay no matter how things turn out.



Think Positive
For example: I fell down the stairs today and thought, "Wow! I sure fell down those stairs fast!"

Unknown

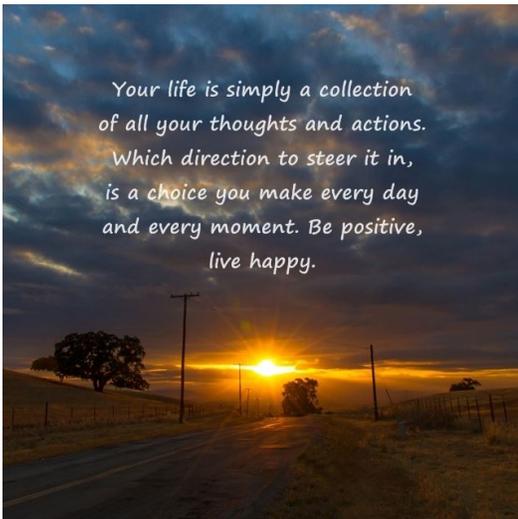
STAY POSITIVE.
The things you're waiting and hoping for, tend to arrive at the most unexpected moments.



When you're trying to be a ray of sunshine but people keep testing you



Your life is simply a collection of all your thoughts and actions. Which direction to steer it in, is a choice you make every day and every moment. Be positive, live happy.



10 Rules for Staying Positive

- #1. Wait To Worry
- #2. Keep An Attitude Of Gratitude
- #3. Your Health Is Your Wealth
- #4. The Serious Benefits Of Belly Laughs
- #5. Joy Boomerangs
- #6. Losing The Fight? Write
- #7. Keep The Faith, Baby
- #8. Learn To Say "No" Graciously
- #9. Understand The Power Of Discipline

#10. Surround Yourself With Positive People



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EPSILON SIGMA ALPHA

www.epsilonsigmaalpha.org

*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: <http://www.mnesa.com/>

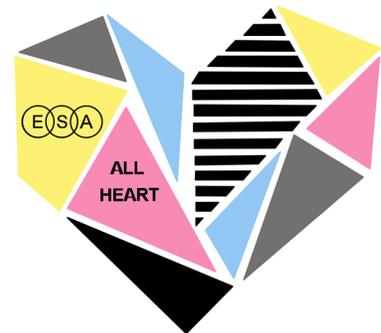
The ESSAY is published on a monthly basis August—May (except December) at the beginning of each month.

The deadline for submission of articles is the 25th of each month.

Chapter Presidents, please share the newsletter with members in your chapter who may not have email.

If you would like to be included on the email list, please let me know.

Terri Olson
ESSAY Editor
terri.mnesa@gmail.com



—Terri Olson,
International Council President 2019-2020