

ESSAY— February 2016

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DON'T FORGET TO:

- Make your reservation and plan on attending ESA on 02/20 & 3/19
- Make your reservation by 4/29 for MN State Convention
- Save the dates July 10–17 for IC Convention in Loveland, Colorado
- Talk about ESA, share your ESA adventure, and bring in a new member!

President—Kate Sala

Meow to you all!

I hope you are enjoying this **PURRR...fectly** unpredictable winter weather. It has been a very unusual temperature rollercoaster ride.



Saturday, January 23rd was our state leadership. It was a wonderful day of camaraderie, education, and food and all for the mere price of \$5 plus something to share. I want to thank all who attended. I hope you had as good a day as I did. I want to thank the exceptional speakers and helpers of the day. Jan McDonough was knowledgeable, inspiring, and funny. We had a great lunch thanks to all the wonderful chili choices, sides and goodies. Our very own Past Jr. President, Jackie Swanson was so gracious to provide a presentation on Art Therapy. She shared with us her special friends who struggle with Alzheimer

issues and how art is so very therapeutic for them. So many emotions came to mind watching her friends find serenity doing art. We even got to do some adult coloring page. My problem was I found it hard to color with one color; I wanted to use all the colors in the coloring box. I want to thank you, Jackie, for sharing an inspiring and fun presentation.

We then went on to have a fun cake decorating contest. It was



hilarious to see what everyone came up with. I think they were all winners...even the Save the Tatas cake. The contest win-

ners were the group who came up with the teddy bear motif. We were all so full no one wanted to take them home, so we brought them into the VFW gathering bar/game room. They were so excited to see them and were appreciative of the opportunity to dig in.

After we all got pictures in, the afternoon ended with a short presentation to pull the day together. I want to make sure I especially thank Dana Terry for all the work she did setting up the computer, projector, and screen making sure everything went smoothly for our presentations. Again thank you all for attending and thank you Jackie and Dana for sharing your talents to make the day a **PURRR...fect** success.

A lot of things are coming up. IC is preparing for IC Convention in Loveland, Colo-

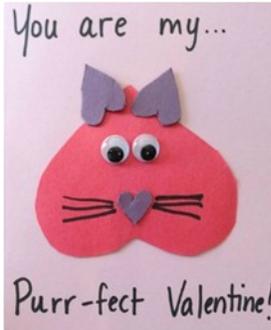


rado this summer and our

President—continued

very own Terri Olson has planned a wonderful series of workshops. If possible I would encourage you to all attend IC Convention July 10-17, 2016. I am told you will not want to miss this wonderful, fun filled week. Plan to come early and stay late to enjoy the Rocky Mountain region of Colorado, Idaho, New Mexico, Utah and Wyoming. The registration form and hotel information is posted on the ESA website and tour information will be posted at a later date. But just in case a registration form is included in this ESsAy's issue.

Next up for Minnesota ESA is our February 20th general membership meeting hosted by Beta Sigma chapter. In



preparation for the meeting please plan on attending adorned with valentine decorations or bring a handmade valentine. I hope to see

interesting outfits, and creative valentines and perhaps some chocolate might be involved!

It will be a **PURRR...fect** day to celebrate each other. Have you ever wondered what is behind the history of Valentine's Day? Here is all the answers to the questions found in an excerpt taken from <http://www.history.com/topics/valentines-day/history-of-valentines-day/print>.

HISTORY OF VALENTINE'S DAY

Every February 14, across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint, and where did these traditions come from?

THE LEGEND OF ST. VALENTINE

The history of Valentine's Day—and the story of its patron saint—is

shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

DID YOU KNOW?

Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

ORIGINS OF VALENTINE'S DAY: A PAGAN FESTIVAL IN FEBRUARY

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperi, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

VALENTINE'S DAY: A DAY OF ROMANCE

Lupercalia survived the initial rise of Christianity and but was outlawed—as it was deemed "un-Christian"—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the

President—continued

middle of Valentine's Day should be a day for romance.

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

TYPICAL VALENTINE'S DAY GREETINGS

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange

small tokens of affection or hand-written notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

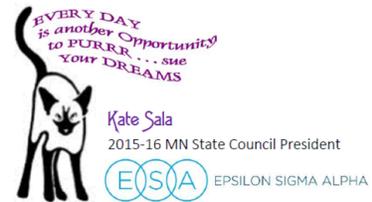
I am **PURRR...**ing in anticipation of seeing you all at our next state meeting, on Saturday, February 20th 8:30 coffee and 9:00 meeting.

Here again is my contact information. Please note the fastest way to get a response from me is by contacting me at my work email.

Contact me at:
763 229 5257

Preferred if response needed ASAP ksala@isd12.org
sala@visi.com

I want to thank all of you who have decided to make "Every Day an Opportunity to Purrr...sue Your Dreams" with me.



1st Vice President—Dana Terry

As you read this, I am probably at Leadership in Colorado! I'm here getting lots of great info and ideas to bring back and share with all of you. I'm making new friends and having lots of fun. Thank you so much for allowing me to go on behalf of our state! Leadership is such a great place to network with other ESAers from all over the country. It's fun to hear what other states are doing for projects and fundraisers. It's also interesting to hear how their state boards and meetings are run and what they do to recruit new members.

I took a huge step outside of my comfort zone back in 2014 when I decided to run for Minnesota ESA

2nd Vice President. It took some encouragement from others to help me realize that there is a leader within me. Over the past couple years, my fear has faded and is being replaced by excitement! But, I know I cannot do the work alone. I'm going to need your help! So, I am encouraging you to think about taking on an executive or advisory board position. Remember, "many hands make light work". I encourage you to use your talents and/or passions to guide when looking at what position(s) you would like to do. I encourage you to step outside your comfort zone and try something new. Take on a role, own it, and make it your own! Together we will

make next year shine bright! What do ya say?!...Who's with me?!!

Leadership spotlight:

This month we're going to look at the S and the H in leadership as I think they often times go together.

S is for sincerity. Just the like the saying goes, "say what you mean and mean what you say". "Go team go!" only works if you are sincerely committed to what you are doing. H is for heart. There is no denying the heart of a leader. A good decision must factor in the human element. When your heart and your head say the same thing, you can be it's the right answer. Use your head to be sure, but don't ignore what your heart is telling you.

2nd Vice President—Sandy Hongerholt

Greetings Minnesota ESA members!

It was wonderful seeing so many ESA members January 9th for our "After Holiday Social". We had good food, fellowship and a fun white elephant gift exchange.

Then a couple weeks later I was able to spend my birthday on January 23rd with ESA members for our state Leadership meeting. We had a great speaker in the morning, a personal friend and mentor to me, Jan McDonough. She sure makes it sound easy to go out and get new members. Let's each try and make it a goal to talk to more people about ESA. It doesn't cost anything to ask and the worst that can happen is they say no, not interested. And then we just pick ourselves up and move on. Don't let the no's discourage you. Keep asking and talking to everyone you know and new people you don't know about our wonderful organization.

Then, we had 6 entries for our Chili cook off. It was really hard to pick a winner. They were all very good. The winner of the chili pot trophy was Betty

Robinson! We not only had good chili but many other tasty dishes. The money collected from the chili cook off will be divided between the disaster and love funds.

Jackie Swanson did a presentation after lunch and everyone had a chance to color. Her presentation was about how art can help those with Dementia/Alzheimer's and how the art is affected by the progression of the disease.

Then, we had a "chopped style" cake decorating contest. We have many creative members that all did a wonderful job decorating. It was not easy to judge all the fun cakes. The winner of the cake decorating trophies was Shirley Laue, Sue Todd, Joyce Cobb and Mary Parr for the Teddy Bear cake they created.

We ended the day with our state President Kate's presentation about overcoming obstacles and staying strong.

I want to say a big Thank You to my fellow Gamma Omega chapter

members for all the work everyone did to host these 2 events. What a fun ESA month we had!

I know we have 2 chapters working on Educationals this year. You still have time to get something together. Send me an email and let me know what you're working on.

This Friday January 29th "Lucy and Ethel" AKA Sandy and Birdie will be heading south for our grand adventure. Sounds like we are getting out of here just in time according to the current extended weather report. We will tour Florida and Georgia and then on March 19th we will attend the Thank ESA Day in Memphis. After we visit Elvis we will be heading north again. Yes, we will try and bring back as much of the warm weather as we can fit in our suitcases.

"Promise me you'll always remember - you are braver than you believe, and stronger than you seem and smarter than you think." Winnie the Pooh to Piglet

Jr. Past President—Jackie Swanson

Love & Disaster



MN ESA LOVE FUND & ESA INTERNATIONAL DISASTER FUND.

I want to thank all of the chili makers and chili eaters. The

chili competition at Leadership raked in \$134.20 to be divided between the MN Love Fund and the IC Disaster Fund. You guys are so great!

Spread the love...see you at the February 20th Membership meeting where you can continue to watch the MN ESA Love and the ESA International Disaster Fund(s) grow by making that jingling or rustling noise when you toss your \$ones and

Parliamentarian—Diane Vanusek

An email was sent out earlier asking members if there was an interest in a state parliamentarian meeting. There

was one definite no and one related inquiry. So at this time unless there is a pent-up demand, a meeting before

state convention will not be scheduled.

Treasurer—Dennis Marler

We have money in the bank!

At the September meeting, as part of the 2015-16 approved budget, the membership reinstated the \$100 Chapter Designated State Philanthropic Funds program. Each chapter

can designate a charity of its choosing and the state council will donate \$100 to that charity in your chapter's name. I have received only one chapter request so far. Please complete the attached chapter designation form and return it to me, so I can

send the donation to your charity. Thank you.

See you at the February meeting.

Association of Arts—Jackie Swanson



Get Into the Creative Groove for February!

I am so happy to have received entry forms from two people attending State Leadership on

Saturday, January 23rd! So now, I wonder what it would take to get a few more of you inspired enough to *Get Into Your Creative Groove* for Association of the Arts?

I know you all enjoyed your coloring exercise at Leadership and you leapt right into it even before you had heard what we



were to do. Apparently, markers and blank coloring pages are hard for you to resist! Do you remember the delicious smell of a new box of *Crayola* crayons from back in grade school? Maybe you should buy a box of crayons, inhale deeply, and see where it might take you...

Association of the Arts has many more categories besides the visual arts. There is literature, photography, crafts (pottery, calligraphy, woodworking), mixed media, (glass, wood) music, needlework and fibers (quilting, crewel, embroidery, needlepoint,

hardanger, latching, weaving, and stuffed animals)! I have included the *MN ESA Association of the Arts Entry Form* in this Essay. PRINT ONE OUT. PUT IT IN FRONT OF YOU, CLOSE YOUR EYES, AND POINT. WHEREVER YOUR FINGER POINTS, THAT'S WHAT YOU WILL DO!



While you're at it, make your Valentine a *Valentine*. P-u-r-r-fect...

Chaplain—Kathy Rice

Cards sent in January:

- Terri Olson (Delta Mu) - Recovery from surgery
- Mark and Kerri Petty (Alpha Zeta) —sympathy on death of Mark's father

Editor's Note: In my haste to quickly pack and leave Minnesota for sunny, warm Florida, I misplaced Kathy's article. My apologies! Kathy is always so prompt and provides such wonderfully thoughtful articles, I am deeply saddened to not have one to share this month as I quickly try to get this ESSAy issue ready for

you before I have the wonderful opportunity to represent you all as a member of the ESA IC Executive Board when I head off to Denver for the Exec Board meeting and Leadership.

Again, my sincere apologies!!

Terri

Convention—Dianne Ocel

After the sub zero weather for a week in January we are thinking about Spring and hope you are too. Talking about THINK SPRING State convention March 13, and 14th 2016, it will be a different experience this year since a two day

convention was voted in. We will be stepping sprightly to get all the business and fun in. I always look forward to convention to celebrate each other and our year's worth of accomplishments and recharge for another wonderful ESA year. We are thinking

and planning to keep on track, keep it casual, have fun, and put the spotlight on you, the member. We hope to soon come out with an overview agenda. Meanwhile we look forward to finding registration forms in the mail box and we look forward to warmer days.

ESA Foundation—Karla Kay Nicklaus

Minnesota ESA Foundation Life Members in Minnesota -Mona Peck, Terri Olson, Mary Parr, Rose Bitter, Edith Nowicki, Sharon Desarmeaux and Jo Hanson.

Thanks for your Life Membership and to all the members and Chapters who have renewed their membership for a vote at International Convention. To become a Life Member – \$500 and to join the Founda-

tion \$25. Please e-mail or call and will send you a form.

Deadline for renewing dues is March 1, 2016. Please send your \$15 to the ESA Foundation, 363 West Drake Road, Fort Collins CO 80526.



FOUNDATION
EPSILON SIGMA ALPHA

Hats for Hope—Diane Vanusek

From what I have read, the early spring months are tough for the local food shelves. At the February meeting, I would ask members bring non-perishable food items to be donated to local food shelves.

The collection of small toiletries is on-

going.

Also, I have included a picture of what is becoming of the yarns donated previously. Presently, the finished product is being donated to the Union Gospel Mission.



Hope for Heroes—Shirley Laue

What a great turn out we had for the 'Wreaths Across America' event. I could not get an exact number, but I know it was 15 to 20. It is a great event

and so good that so many attended. Thanks to all that participated.

How is the coupon clipping coming

along? I hope to see large numbers at convention for hours and monies!

Keep up the good work.

Operation No Limit—Birdie Elkofska

Many of the attendees at the Minnesota ESA Holiday Party at Arlene Besemann's place cut separated and filled Valentine's Day Bags with candy and silly goodies and things for the Anoka County Juvenile Detention Center. We made a couch into a table and a coffee table was used for separating Valentine's Day cards and we certainly proved we can make do with what we have. It was fun and we laughed a lot.

Some were opening up the bags and others were filling them up and others were keeping us supplied with the contents. Surely not professional work but the job got done. Now we hope the young people at the Detention Center enjoy the Bags and their contents.

I went out to the Center in Lino Lakes and delivered them and the Operation No Limits people were

extremely delighted to get them. I know that ESA will brighten the day for many many young people even if they only enjoy the contents for a few hours. We have shown them that the world outside of the Detention Center does care and we want to improve their lives.

Thanks You ALL for helping put this project all together. Busy hands are Happy hands

Philanthropic—Betty Robinson

Hello everyone. I cannot believe it is February already and we are on the downward swing of our year. Philanthropic presentations will be on the agenda for the March 19th state membership meeting. I have two organizations eager to present so far, so if you know of or are associated with an organization that would like to be considered for next year, please let me know. I would like to follow the same

process as last year. We will allow 10-15 minutes for each presentation depending on how many organizations sign up. Please contact me by the end of February with information on any organization to be include for the presentations.

The chapter philanthropic reports will be due by the end of April in order to be ready for the state convention in May. The philanthropic year is from

April 1, 2015 thru March 31, 2016.

Let me know if you have any questions regarding the philanthropic presentations or the chapter philanthropic reports. It is best to contact me thru email: bettyarobinson@comcast.net. If you do not have access to email, my cell phone # is 763.478.1502.

St. Jude—Julene Donnay

Starting out with an article about some of the great research being done at St. Jude's Hospital. If you ever get the chance to stop in Memphis, you will see this wonderful statue of the human genome (DNA). At this time, St. Jude is involved in a very extensive project to identify ge-

netic coding that is opening up many doors into both advanced cures for cancers that were not possible before, along with the ability to identify them earlier in the life of the child. If you can go to the website provided in the hyperlink below, you will find the entire research, timelines and data-

sets that provide in-depth research being done at St. Jude Hospital.

The roots of pediatric cancer are hidden deep within a child's DNA. The St. Jude—Washington University Pediatric Cancer Genome Project is the world's most ambitious

St. Jude—continued



effort to discover the origins of childhood cancer and seek new cures.

By comparing the complete genomes from cancerous and normal cells for more than 800 patients, we have successfully pinpointed the genetic factors behind some of the toughest pediatric cancers. We are now using multiple approaches to analyze cancer genomes even more deeply. We are also developing a state-of-the-art clinical genomics program to better diagnose and treat children with cancer.

Raw sequence data for all published results, as well as data analysis and visualization tools, are freely available. Explore them today to advance your research and help us find cures. <https://www.stjude.org/research/pediatric-cancer-genome-project.html>

Thank you to everyone that has participated so far in the many events and activities we are doing for ALSAC

and the Kids. We had several members and prospective members that worked the most recent Red Carpet for Hope Gala at the Depot. The event was well attended by affluent guests and our members were shining examples of ESA. So thank you all!

The next events are listed below and I would love to hear from you if you can participate in any of the upcoming Radiothons. Several are out of town, but we will find some hotels for you if you are able to work the entire weekend. At this time, I think we have some people attending Rochester and Grand Forks ND. But that doesn't mean it's full, so please let me know if your chapter would like to help out. Reach me at 612-805-9098 or e-mail Julenedon-nay@aol.com

February 11-12th 2016

- KIAI Mason City, IA
- WNCY Green Bay, WI

February 18th-19th

- WDEZ Wausau, WI

February 25th-26th

- WQRB Eau Claire, WI
- KMFX Rochester, MN
- Some ESA members are planning to attend this one*

- WMAD Madison, WI
- WLLR Quad Cities, IA
- KKSY Cedar Rapids, IA

March 2nd-3rd

- KZZI Rapid City, SD

March 3rd-4th

- KKCB Duluth, MN

March 10th-11th

- KYSM Mankato, MN
- WBFM Sheboygan, WI
- WCOW Sparta, WI

March 31st-April 1st

- KYCK Grand Forks, ND
- Some ESA Members are planning to attend*

March 24th-25th

- KRCQ Detroit Lakes, MN

More St. Jude Events are in the works. This summer there are several golf tournaments, Grandmas' Marathon (Duluth), Theatre events, The MAJOR Motocross event at Afton Alps, and don't forget September 24 is the next St. Jude Walk/Run to End Childhood Cancer at a very special place! I will continue to keep you all posted on opportunities to work in the office or to sign up and work on different events!



Thank you for all the kind thoughts and wishes for our family; it was especially nice today at the Leadership meeting to see how many inquired about Mark and his parents and continuing to send along well-wishes and prayers.

We got the call late this afternoon that Mark's dad was being taken to the ER and while en route had a heart attack and they were not able to revive him. Mark is heading to IL to be with his twin and I'll head out in the next couple of days. They are not sure what they are going to do for a service but if anything it will be there in IL.

Mark's mom is still in the hospital recovering from her open heart surgery. Continued prayers, good vibes, whatever you got is definitely still needed.

Thanks again!
 Kerri



2016 MN ASSOCIATION OF THE ARTS ENTRY FORM

"Think Spring" ~ May 13-14, 2016

Hilton Garden Inn, 1050 Gramsie Road ~ Shoreview, MN 55126

Division I - Visual Arts

- Oil Paintings or Acrylics
Drawings, Pastel or Charcoal
Watercolors
Sculpture
Pottery (hand formed or wheel thrown)
of entries in category

Division II - Literature

- Poetry
Short Story or Essay (500 words or less)
of entries in category

Division III - Photography

- Black & White or Color Photo
Graphic Design
Computer Assisted Design
of entries in category

Division IV - Crafts (Painted Art)

- Tole Painting
Painted Pottery
China Painting
Porcelain
Calligraphy (matted for display)
Fabric Painting
of entries in category

Division V - Crafts (Wearable Art)

- Smocking
of entries in category

Division VI - Crafts (Mixed Media)

- Jewelry
Rubber Stamping
Decoupage
Glass
Wood
of entries in category

Check schedule for check-in time and pick up.
Artist's Name:
Address:
Chapter Name/No.:
State Council:
Phone #:
E-mail:

Division VII - Needlework (Fiberts)

- Crewel
Embroidery
Counted Cross Stitch
Needlepoint
Quilting
Knitting
Hardanger Embroidery
Silk Ribbon Embroidery
Cloth Weaving
Latch Hooking
Stuffed Animals
of entries in category

Division VIII - Holiday (Ornaments & Decorations)

Please Describe
of entries in category

Division IX - Music*

- Original Words to established tune
Original Words to Original tune
of entries in category
*Music entry must be mailed with form by June 1, 2016 with both sheet music and tape or CD.

Division X - Presidential Division (Optional)

"Hope Abounds in ESA"
Bring any art form dealing with her theme
President Division
of entries in category



Please send completed form by May 1, 2016 to:
JACKIE SWANSON
MN ESA Association of the Arts Chair
jacqueofhearts@comcast.net
4476 Woodgate Point
Eagan, MN 55122

*You will be responsible for bringing your entry to MN State Convention. Check below whether you will send your entry with someone to Convention or whether you will bring yourself.
I will be bringing my entry.
I will be sending my entry.

CHAPTER DESIGNATED STATE PHILANTHROPIC FUNDS

The Minnesota State Council budgeted philanthropic donations of \$100 per chapter to be distributed, in its name, to a charitable organization of the chapter's choice. Please complete this form and return it to the state treasurer as soon as possible.

Chapter Name and Number _____

Chapter Officer _____

Officer's Telephone Number _____

Name of Charitable Organization _____

EIN (Federal I.D.) _____

Amount of donation to this organization _____ \$100 _____

Mailing Address _____

Unless this organization is a well known charity, please attach the charity's Internal Revenue Service exemption letter. This can be obtained from the charity. The ESA Foundation Turn-around Funds will be used and this letter is required.

Chapter Officer's Signature

Date



Payment Approved By _____

Date _____

Check Number _____ Check Date _____

Amount _____

Expense Charged to _____

Amount _____

Dennis Marler, Treasurer
9145 Kingsview Lane N
Maple Grove MN 55369

CHAPTER NEWS



Alpha Chi—Joane Buche

Brrr-r- it's cold. Just wanted you to know Alpha Chi is still running. It takes longer to get our engines up & charged but we try. This is the reason we don't meet in Jan. and Feb. We are expanding! Kathie Lamphere joined our group in November. We even put her to work cutting coupons at my home after the meeting. It's a small world as we found out she is a neighbor-about 3 blocks from me. Kathie Rice met her on a bus tour and told her about ESA and followed through. Aren't we lucky as we now have 3 Kathie's.

Between coffee, meeting and coupons, Nora Meyers had a very interesting educational. She also reminded us to bring a toy, a gift or money for the toy shelf in No. St. Paul. We call this our secret pal gift replacement. In December, 10 of our 11 members (Phyllis didn't feel good) gathered for our Christmas Luncheon. We met at Bonfires in Woodbury and surprise-surprise-the table was still full of little cards and gifts that the gals brought for their sisters.

Sue and Kathie are such good girls. They attend all the state functions

and bring all the info back to us. Word is they really enjoyed the Holiday Party. Seeing old and new friends, good food = good time. Tomorrow is the leadership conference and Sue, Kathie #1 (we now have Kathie #1 Rice, Kathy #2 Konrad and Kathie #3 Lamphere.) and I will attend. We are looking forward to a day out as already winter seems too long. I spent 11 days over Christmas in Texas with my daughter and family and it was 70 degrees. Kathie #2 spends much of the winter in Las Vegas and mixes business with pleasure. Where ever you are, stay warm and healthy

Alpha Lambda—Pat Schwope

From Stephanie Andresen:

The MN ESA Christmas party was lots of fun. I really liked that it was held in January.

I had a great time at Leadership on Saturday! I learned a lot, enjoyed coloring and cake decorating and the food was fabulous!

A few people complimented the mushrooms I brought to share. Here's the recipe, which I found in "The Art of Healthy Eating - Slow Cooker" cookbook.

Bacon Cheese Mushrooms:

Makes 12 servings

Ingredients:

- 16 oz. Portobello mushrooms
- 8 oz. bacon
- 1/2 c. onion, minced
- 1 clove garlic, minced
- 4 oz. cream cheese
- 1/2 c. grated sharp cheddar cheese
- Celtic sea salt and pepper

Directions:

1. Remove mushroom stems from caps and chop stems in small pieces.
2. Chop the bacon in small pieces. In a large sauté pan, over medium heat, cook ba-

con, onion, garlic and chopped mushroom stems until the bacon is crispy. Reduce heat to low. Add cream cheese and cheddar cheese in the sauté pan and stir until the cheeses are melted. Season with salt and pepper.

3. Remove mixture from heat and stuff each mushroom cap generously with mixture.
4. Place the mushrooms in a 4-quart slow cooker on high for 1 hour or on low for 2 hours. Serve warm from the slow cooker. Keep on low while your guests enjoy.

I made a few changes for the batch I made for Leadership, as it was the 4th time I made them. I made a double recipe with Baby Bella mushrooms and white cheddar. And I put in more cheddar than the recipe called for -I'd estimate 2-3 times what the recipe called for - because I like cheese. I put in a whole large onion - and didn't measure it. Doing the prep work took a little over an hour, because I chopped everything by hand.

The next recipe I want to try out of this cookbook is for Beef Stroganoff that uses cabbage instead of noodles. Other than that, I'm still spending a lot of time knitting, hoping to complete the 2 sweaters I have in progress while it's still cold enough for my nieces to wear them.

Oh, and I go to work, still grateful that I get to do that, even when I wish for more time for other stuff.

From Kathie Wasson:

Yahoo, these mushrooms are fantastic. I don't have any news.

From Pat Schwope:

I was unable to join my Alpha Lambda sisters at the State Fellowship meeting because Gene and I spent the weekend in Duluth, hoping to photograph the moonrise over Split Rock Lighthouse on Friday and Saturday nights. Unfortunately, both nights the lighthouse was socked in by clouds.

However, the keeper felt so sorry for all of us who were unable to photograph the once-a-year-full-moon-rise-over-the-lighthouse, that he turned the lighthouse light on Saturday night -- some of you may have seen the

Alpha Lambda—continued

photos on Facebook of the beam of light extending out for miles above Lake Superior.

We had a good time otherwise – we had lunch Friday at Black Bear Casino's buffet, dinner Saturday night at Grandma's in Duluth, and we also

visited Gooseberry and Tettegouche State Parks. In addition, our stay at Comfort Suites Canal Park was free -- = paid for with credit card points

Alpha Sigma—Shirley McGowan

Rose says, "Bummer. Our trip out East is postponed a week."

Attached is my attempt to combine the two photos into one. I can't get it turned into a jpeg so I don't know if a PDF will work.

Also, I had some energy and started sorting boxes - this is what I kept:

- 136 small (4x4x4)
- 30 short square (6x6x4) -we had 42 until I kicked over a bottle of Mike's lemonade on top of that group!!



- 17 side wide - slot on lid of box (4x4x6)

- 15 top tall - slot on side of box (4x4x6)

- 12 Chinese boxes 210 total; I tossed 135 boxes.

Attached is a photo of the boxes I kept. These were the best of the group, although you can see they are all in



week due to 2 feet of snow out there. Bummer...As Diane Vanusek put it "The best plans thwarted by Mother Nature". Shirley McGowan was a bingo counter last week in Brooklyn Park. She had Christmas in Coon Rapids with her daughter's family and friends. She celebrated New Year's Eve early this year, with a girlfriend in Hopkins. All five of us from Alpha



pretty rough shape and a lot are discolored. Just wanted you to know what we have.

An article was placed in the Bemidji State University Alumni magazine (winter 2015) about Diane's family, eight siblings and four in-laws, attending/graduating from the school from 1958-1978 and the Walrath Family Endowment scholarship that has been established.

Rose and Jim Bitter were very disappointed because their trip to going out East/South was just postponed for a

Sigma enjoyed ourselves at the "leadership meeting" on Saturday. Shirley Laue has been keeping busy, but at the moment nothing too newsy. Hoping that she will have exciting news to share in the next Essay. She and Herman are waiting (anytime now) for the birth of her Daughter's baby.

Beta Sigma—Linda Schultz

The New Year arrived and passed and the day after, Beta Sigma bees buzzed in for the morning to congregate at the home of Jackie Swanson who was aided by Kay Fogarty in providing nourishment and stimulation in the form of lovely sweet treats and coffee. Settling down to business, Leann, our queen bee leader, brought us

to attention with the Opening Ritual; and, shared with us that, "when a bee flies into our house, a stranger is coming." Hmm...I am going to watch for this when the bees are hanging around again. Could be very entertaining as well as interesting :)

It actually felt like our New Year celebrations were being continued as we

celebrated so many other things this day: all of our sister bees who were around when our chapter began in 1957; those who are Life Members ~ Bonnie, Josie, Karla, Leann, and Mona. What an accomplishment, sister bees!!!

Beta Sigma will be hosting the State-wide Membership Meeting on Satur-

Beta Sigma—continued

day, February 20th, at Dina's church. Jackie has designed a fun announcement which you will receive attached to this issue of the ESSAY. Read it; SAVE THE DATE ; make your reservation. You will want to be sure to join all of the Beta Sigma bees as they welcome you. So, buzz on over.

We will be going to Feed My Starving Children again in February, following our meeting to be held at the Byerly's nearby. This has become a regular event for us and promises to be a venue for piquing the interest of potential members as they experience something that is not only beneficial and helpful to others but fun to share as well.

CORRECTION: Last issue, an error occurred regarding Thrivent's contribution of the \$250 gift card for purchasing clothing for children at Folwell School in South Minneapolis. It was shown as "Thrive Corporation" instead. It appears that "spell check" automatically changed it because Thrivent was not recognized as a valid word. Sorry, Karla et al.

We speak of bees, usually thinking of bumble bees and honey bees, maybe even carpenter bees and mason bees. Yes, we know that honey bees make our honey in addition to their pollination skills. In addition, do you realize that there are hundreds and hundreds and hundreds of other polli-

nators out there? We need all of them to work together in a team effort to assure that successful continued pollination happens, rather like community projects, or sister bees working together on such a variety of projects and goals; thereby assuring that we benefit and live.

And, we humans must step up to the plate and help insure that these little creatures are able to have life.

Be a good sister bee....pollinate with energy, ideas, spreading the word.

Maybe we will bump into each other on an apple blossom this spring.

Hugs to all ~

Delta Mu—Terri Olson

Yes, we are alive and well. Some of us have been volunteering for St. Jude activities and others have just plain been working for our jobs. We're looking forward to planning some fun activities and get-togethers for the end of winter and this spring.

I want to thank you all for the wonderful notes of cheer and prayers for healing and recovery. I feel so very blessed to have you all in my life as I begin this cancer journey. It has not been an easy experience; rather surprising and frightening, to say the least. I have had multiple tests and scans to prepare for what my protocols will be. I'll find out on February 9th what treatment comes next. Late Wednesday afternoon, January 27th, my oncology nurse called and told me they didn't have the tests back yet

confirming what protocols to use and so I should continue with my plans to go to Florida and to go to Denver for Leadership. I was so excited! Kathy Eastlack (my own private nurse) and I left for Florida on the morning of Friday, January 29th.

I'll be in Florida potentially until the end of March (dependent upon my protocols). So, if you are not emailing me your Essay articles, please mail them to:

Terri Olson
8405 Placida Rd, #203
Cape Haze, Florida 33946

My rental agent, Debra, has been through a similar experience as I'm going through and so my oncologist asked me to get the name of her oncologist, which I did. So, my oncolo-

gist is going to set up all of my treatment protocols to be handled here in Florida using Debra's recommendation. How incredibly lucky am I? It's so much easier to relax and get well in the Florida sunshine than getting through another Minnesota winter weather.

I plan to also try to get fit by walking and eating more healthy, so hopefully, I'll be coming back to Minnesota feeling better and potentially looking better too! Ha! Ha!

Again, thank you, thank you, thank you for your friendship, love, prayers and concerns. I appreciate it more than you can ever possibly know. Whenever I feel down, I pick up and re-read my cards and know that there are many people praying for my recovery. I am truly blessed!

Delta Pi—Nikki Weller

The Gals of Delta Pi have been busy eating dinner out and solving the world's problems. We have also been eating dinner in (at Fran's) and making beautiful Christmas ornaments. We had some extraordinary examples made by Fran's mom, Donna Holmes,



and we were able to use the materials she had left after her passing. She would have been very proud of our creativity and girl-time bonding over this project.

MIN ESA

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700 Raymond Avenue, Suite 180

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BOOK DRIVE

ESA State Membership Meetings

February 20, 2016

March 19, 2016

Minnesota Literacy Council - Children's Book List Suggestions for Donations

The Minnesota Literacy Council seeks new or gently used **children's books for ages 3-12**, including board books, leveled readers for K-3, early chapter books, both fiction and non-fiction, and others appropriate for this age range. As a non-sectarian nonprofit organization, we cannot accept books with religious or holiday themes. For more information on how to donate books, contact Wendy Roberts at wroberts@mnliteracy.org, 651-251-9063 or visit <http://www.mnliteracy.org/support/book-donations>.

Our highest needs:

- Multicultural books – books with characters that represent diverse identities and/or themes around diversity or multiculturalism
- Board books/early readers
- Bilingual books (especially Spanish-English, Somali-English and Hmong-English)

Some Suggested Titles:

- ¡Viva México!: The Story of Benito Juárez and Cinco de Mayo by Argentina Palacios
- 1621: A New Look at Thanksgiving, by Catherine O'Neill Grace and Margaret M. Bruchac, with Plimoth Plantation
- 3 Billy Goats Gruff
- 3 Little Monkeys
- A Caribbean Dozen: Poems from Caribbean Poets, edited by John Agard and Grace Nichols
- A Hen in the Wardrobe, By Wendy Meddour
- Abadeha: The Philippine Cinderella, by Myrna J. de la Paz
- All for the Better: The Story of El Barrio by Nicholasa Mohr
- All Kinds of Families by Mary Ann Hoberman
- Allie's basketball dream
- Alphabet Kids book series
- Alvin Ailey by Andrea Davis Pinkney
- Alvin Ho: Allergic to Girls, School, and Other Scary Things, Lenore Look and LeUyen Pham
- Amazing Grace, By Mary Hoffman
- Anna Hibiscus, by Atinuke
- Auntie Yang's Great Soybean Picnic.
- Azzi In Between, By Sarah Garland
- Basho and the river stones.
- Be patient, Abdul
- Bear in a Square
- Bear Snores On
- Bein' with you this way by W. Nikola-Lisa
- Betsey Biggalow is here By Malorie Blackman
- Beyond the Ridge by Paul Goble
- Borreguita and the Coyote: Tale from Ayutia, Mexico by Verna Aardema
- Boys without Names
- Brown Bear, Brown Bear, What do you see?
- Bud, Not Buddy, Christopher Paul Curtis
- Buffalo Woman, Paul Goble
- Busy toes
- Caps For Sale
- Charlie the Caterpillar

- Chato goes cruisin'.
- Chato's kitchen.
- Circles and Squares Everywhere
- Clara Lee and the Apple Pie Dream, by Jenny Han
- Corduroy
- Cradle Me, by Debby Slier
- Crossover, by Alexander Kwame
- Crouching Tiger, by Ying Chang Compestine
- David Gets in Trouble
- Diego Rivera: His World and Ours.
- Dim Sum for Everyone, by Grace Lin
- Don't Let the Pigeon Drive the Bus
- Donovan's Double Trouble, by Monalisa DeGross
- Dream Wolf, Paul Goble
- Each Kindness, by Jacqueline Woodson
- Esperanza Rising, by Pam Munoz Ryan
- Fire Race: A Karuk Coyote Tale About How Fire Came to the People, retold by Jonathan London
- Fly, Eagle, Fly! By Christopher Gregorowski
- Fortune Cookie Fortunes, by Grace Lin
- Fox Song by Joseph Bruchac, illustrated by Paul Morin
- Friends from the Other Side/Amigos Del Otro Lado by Gloria Anzaldúa
- Froggy Gets Dressed
- From Miss Ida's Porch by Sandra Belton
- Fruits: A Caribbean Counting Poem, By Valerie Bloom
- Ganesha's Sweet Tooth, by Sanjay Patel
- Gluskabe and the Four Wishes by Joseph Bruchac
- Gracias Thanks by John Parra
- Grandfather's Journey by Allen Say
- Grandparents Song, by Sheila Hamanaka
- Green Corn Tamales/Tamales De Elote by Gina M. Rodríguez
- Growing Up with Tamales = Los Tamales de Ana
- Growing Vegetable Soup
- H.O.R.S.E.: A Game of Basketball and Imagination, by Christopher Myers
- Hairs/Pelitos by Sandra Cisneros
- Hana Hashimoto, Sixth Violin.
- Handa's Surprise By Eileen Browne
- Happy Day, the
- Henry and the kite dragon.
- Here Come's Kate!
- Here Comes the Big Mean Dust Bunny
- Hiroshima by Laurence Yep
- Hoang Breaks the Lucky Teapot by Rosemary Breckler
- Honey, I Love, and Other Poems
- How Brer Rabbit Became a Scary Monster
- How Do Dinosaurs Say Goodnight?
- How I Became a Ghost: A Choctaw Trail of Tears Story.
- How Many Snails?
- Hue Boy By Rita Phillips Mitchell

Minnesota Literacy Council - Children's Book List Suggestions for Donations
www.mnliteracy.org/support/book-donations

Page 2

- Humpty Dumpty
- Hush
- I Help/ Niwechihaw by Caitlin Dale Nicholson
- I Lost My Tooth in Africa, by Penda Diakit 
- I Love Saturdays y domingos, By Alma Flor Ada
- I Love You, Little One
- I need a Lunchbox
- I Went Walking
- I, Too, Am America by Langston Hughes
- If You Give a Moose a Muffin
- If You Give a Pig a Pancake
- In a Circle Long Ago: A Treasury of Native Lore from North America by Nancy Van Laan
- Indian Shoes by Cynthia Leitich Smith
- Indian Winter by Russell Freeman
- Inside Out & Back Again
- Inside Out and Back Again, Thanhha Lai
- It's Kwanzaa time!
- Jack & Jim by Kitty Crowther
- Jingle Dancer by Cynthia Leitich Smith
- Jonathon and His Mommy
- Joshua and the Door
- Jouanah: A Hmong Cinderella, by Jewell Reinhart Coburn with Tzexa Cherta Lee
- Journey to Jo'Burg By Beverley Naidoo
- Jump Frog Jump
- Just a Minute: A Trickster Tale and Counting Book
- Ka's Garden (Kab Lub Vaj): A Bilingual Children's Book, by Maggie Lee McHugh, Bee Lo, and Vong Lao
- Katie Henio: Navajo Shepherder by Peggy Thomson
- Khobnoom/Candy, by Pang Xiong – Written in Hmong & English
- Kite Flying, by Grace Lin
- Kov yog Hmoob/I am Hmong, by Pang Xiong– Written in Hmong & English
- Kuv Lub Hnubyug/My Birthday, by Pang Xiong– Written in Hmong & English
- Lao Lao of Dragon Mountain.
- Leej Twg Nyob Ntawm Nod?/Who Lives Here?, by Kathleen Rizzi – Translated into Hmong
- Leo, the Late Bloomer
- Leon and Bob, By Simon James
- Lift Ev'ry Voice and Sing by James Weldon Johnson
- Lindy, All By Herself
- Ling & Ting Share a Birthday, by Grace Lin
- Ling & Ting: Not Exactly the Same!, by Grace Lin
- Little Blue and Little Yellow by Leo Lionni
- Little Leap Forward By Guo You
- Little Roja Riding Hood.
- LMNO peas
- Lon Po Po: A Red-Riding Hood Story from China, Ed Young
- Looking Like Me, by Walter Dean Myers
- Ma'ii and Cousin Horned Toad by Shonto Begay
- Mama, Do You Love Me?

- Marisol McDonald Doesn't Match, by Monica Brown
- Mary Had a Little Lamb
- Maui and the sun: A Maori tale.
- Meet Danitra Brown by Nikki Grimes
- Meshon, Aaron. Take Me Out to the Yakyu
- Mi Familia/ My Family by George Ancona
- Mice Squeak
- Mightier than the sword: World folktales for strong boys.
- Minji's Salon by Eun-hee Choung
- Mirror, By Jeannie Baker
- Mis abuelos y yo.
- Momma Don't Allow
- More, More, More, Said the Baby
- Morning on the Lake, by Jan Bourdeau Waboose
- Mostly Monsterly by Tammi Sauer
- Mov Hmoob/Hmong Food, by Pang Xiong– Written in Hmong & English
- Mufaro's Beautiful Daughters, By John Steptoe
- My Brother Charlie, by Holly Robinson Peete and Ryan Elizabeth Peete
- My dream of Martin Luther King.
- My Family Is Special to Me (Kuv Tsev Neeg Zoo Tshwj Xeeb Rau Kuv), by Bao Xiong
- My Lee Comes to America, by Elmira K. Beyer
- My Name Is Maria Isabel, by Alma Flor Ada
- My People, by Langston Hughes
- New Life In America (Lub Neej Tshiab Nyob Tebchaws Amiskas), by Sheng Yang and Golia Vang
- Nine- In – One – Grr! Grr!
- Niño Wrestles the World.
- Ninth Ward, by Jewell Parker Rhodes
- Not So Fast Songololo By Niki Daly
- Number 1 Car Spotter, By Atinuke
- Older Brother, Younger Brother by Nina Jaffe
- On Mother's Lap
- One Afternoon by Yumi Heo
- One Crazy Summer, by Rita Williams-Garcia
- One Green Apple by Eve Bunting
- Ooka the Wise: Tales of Old Japan by I. G. Edmonds
- Oranges in No Man's Land By Elizabeth Laird
- Over the Hills and Far Away By Elizabeth Hammill
- Owl Babies
- Pa Lia's First Day [at Jackson Magnet School], by Michelle Edwards
- Paco y la bruja: Cuento popular Puertorriqueño. / Paco and the witch: A Puerto Rican folk tale.
- Peboan and Seegwun by Charles Larry
- Pink and Say by Patricia Polacco
- Planting a Rainbow
- Polar Bear, Polar Bear, What do you see?
- Pw Zoo Tus Me Ntshuab/Good Night Little Sea Otter, by Janet Halfmann – Translated into Hmong
- Quinto's Neighborhood (El Vecindario de Quinto), by Ina Cumpiano
- Rabbit Wishes by Linda Shute

- Rapunzel, retold and illustrated by Rachel Isadora
- Red Ridin' in the Hood and Other Cuentos.
- Rickshaw Girl
- Round Is a Mooncake: A Book of Shapes
- Saturday sancocho.
- Sélavi, that is life: A Haitian story of hope.
- Shades of Black: A Celebration of Our Children, by Sandra Pinkney
- Shadow Catcher: The Life and Work of Edward S. Curtis by Laurie Lawlor
- Shin-chi's Canoe, by Nicola Campbell
- Silly Sally
- Sixteen years in sixteen seconds: The Sammy Lee story.
- SkySisters by Jan Bourdeau Waboose
- So Much By Trish Cooke
- Something Beautiful, by Sharon Dennis Wyeth
- Songs from the Loom by Monty Roessel
- Sopa de frijoles: un poema para cocinar = Bean Soup: A Cooking Poem
- Star in the Forest
- Tanuki's gift: A Japanese tale.
- Tar Beach, by Faith Ringgold
- Temple Grandin: How the Girl Who Loved Cows Embraced Autism and Changed the World by Sy Montgomery
- Ten, Nine, Eight
- The Arrival by Shaun Tan
- The Big Hungry Bear
- The Big Orange Splot by Daniel Manus Pinkwater
- The Birchbark House by Louise Erdrich
- The Blue Bird and the Coyote
- The Carrot Seed
- The Colors of Us by Karen Katz
- The Colour of Home By Mary Hoffman
- The Composition, Antonio Skarmeta and Alfonso Ruano
- The Cows Won't Move
- The Crayon Box that Talked
- The Desert Is My Mother/El Desierto Es Mi Madre by Pat Mora
- The Doorbell Rang
- The farmer and the poor God: A folktale from Japan.
- The Firekeeper's Son, by Linda Sue Park
- The Girl Who Loved Wild Horses, Paul Goble
- The Glory Field by Walter Dean Myers
- The Goggle-Eyed Goats By Stephen Davies
- The Golden Sandal: A Middle Eastern Cinderella Story, by Rebecca Hickox
- The Good Luck Cat, by Joy Harjo
- The green frogs: A Korean folktale.
- The HICCUPotamus
- The Journey: Japanese Americans, Racism, and Renewal by Sheila
- The Last Tales of Uncle Remus by Julius Lester
- The leopard's drum: An Asante tale from West Africa.
- The lion's whiskers: An Ethiopian folktale.

- The Napping House
- The New Bear at School
- The Nez Perce: A First Americans Book by Virginia Driving Hawk Sneve
- The People Could Fly: American Black Folktales, by Virginia Hamilton
- The Pigeon Wants a Puppy!
- The Princess and the Pea, retold and illustrated by Rachel Isadora
- The Sandwich Swap by Queen Rania of Jordan Al Abdullah and Kelly DiPucchio
- The Sneetches and Other Stories by Dr. Seuss
- The Snowy Day, Ezra Jack Keats
- The Squiggle
- The Stonecutter by Demi
- The Sunday Outing by Gloria Jean Pinkney
- The Sunday Outing by Gloria Jean Pinkney
- The treasure on Gold Street = El tesoro en La Calle Oro.
- The Twins' Blanket, By Hyweon Yum
- The Ugly Vegetables, by Grace Lin
- The Very Hungry Caterpillar
- The Very Quiet Cricket
- The Watsons Go to Birmingham
- The White Deer and Other Stories Told by the Lenape, by John Bierhorst
- The Year of the Book
- There's a Nightmare in My Closet
- Through My Eyes, by Ruby Bridges
- Time for Bed
- Two Mrs. Gibsons by Toyomi Igus
- Txiv Hmab Txiv Ntoo/Fruit, by Pang Xiong– Written in Hmong & English
- Uncle Peter's Amazing Chinese Wedding.
- Under the Moon and Over the Sea: A Collection of Caribbean Poems Edited by John Agard and Grace Nichols
- What Can You Do With a Paleta?
- Where Are the Cars?
- Where Did You Get Your Moccasins? , by Bernelda Wheeler
- Where the Mountain Meets the Moon
- Where the Wild Things Are
- Where's Lenny?, By Ken Wilson-Max
- Wild Berries, by Julie Flett
- Wilma unlimited: How Wilma Rudolph became the world's fastest woman.
- Wings, By Christopher Myers
- Wonder by R.J. Palacio
- Woodson, Jacqueline. Pecan Pie Baby
- Yang the Youngest and His Terrible Ear by Lensey Namioka
- Yesterday I Had the Blues, by Jeron Ashford Frame
- Young Cornrows Callin Out the Moon by Ruth Forman

Additional suggested authors:

- Eloise Greenfield
- Angela Johnson; Faith Ringgold; The Pinkney Family: Jerry and Gloria, son Brian, and his wife, Andrea Davis Pinkney; Joseph Bruchac, Shonto Begay, and Virginia Driving Hawk Sneve, Michael Lacapa, Michael Dorris, Gayle Ross, Simon Ortiz, Vee Browne

Simple authors - Arthur Dorros, Joe Hayes, Carmen Lomas Garza, Alma Flor Ada, Pura Belpre

Suggestions for Other Donations

- 1 or 1 ½ inch Three-ring binders
- Lined paper
- #2 Pencils and Pens
- Spiral notebooks
- Folders w/pockets
- Personal size white boards
- Dry Erase markers and erasers
- Consumables: Coffee, Tea, Sugar, creamer, cups, stir stick, eating utensils, plates, paper towels
- Funds for books
- Air Conditioner
- Flash Drives
- Reading Glasses

WESA State Membership Meeting

Beta Sigma Cordially Invites You
to Enjoy...

Church Basement “HOT” dishes

Saturday

February 20, 2016

8:30 AM Coffee

9:00 AM Meeting

Lunch @ Conclusion of Meeting

“Hot”dish Lunch \$12



AT Spirit of Christ Community Lutheran

Church 5801 Minnetonka Blvd, St Louis

Park, MN 55416

Please RSVP by February 14th

TO Linda Schultz at Schultz.lj@gmail.com

OR CALL [612-722-0662](tel:612-722-0662)*

(*Hang in there when calling: Goes to voicemail on the 8th ring)

ESA POT O' GOLD
MARCH MEMBERSHIP MEETING
SATURDAY MARCH 19, 2016

- 9:30 Coffee
- 10:00 Meeting
- 12:00 Lunch Salads and Bars

Summer Crest Community Room
3800 85th Avenue North
Brooklyn Park, Minnesota 55443 (Same entrance as Edinborough
Golf Course, Summer crest is the building to the west.)

Hosted by Gamma Zeta Chapter

Cost \$12.00 per person lunch
Meeting only \$2.00

Rsvp to Mary Tolle at 763-657-7380 or
tolnik@live.com

**The leprechauns will get you if you do not respond by March 15,
2016**

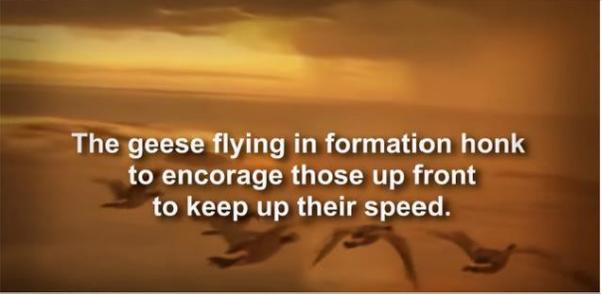


The
Wisdom of geese

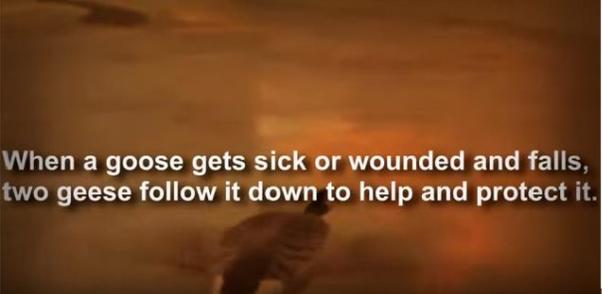
Do you know why do geese fly as a group?
Do you know why do they take this formation?



Each goose flaps its wings,
creates an uplift for the birds that follow,
by flying in this formation,
the whole flock adds 70% greater flying range
than if each bird flew alone.



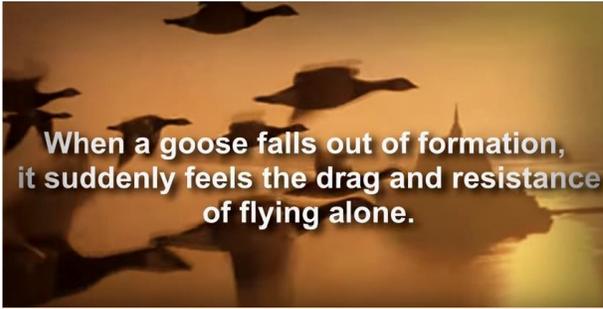
The geese flying in formation honk
to encourage those up front
to keep up their speed.



When a goose gets sick or wounded and falls,
two geese follow it down to help and protect it.



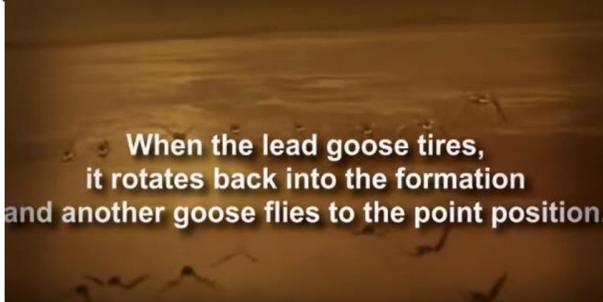
They stay with it until it dies
or is able to fly again, then they catch up
with the flock or launch with another formation



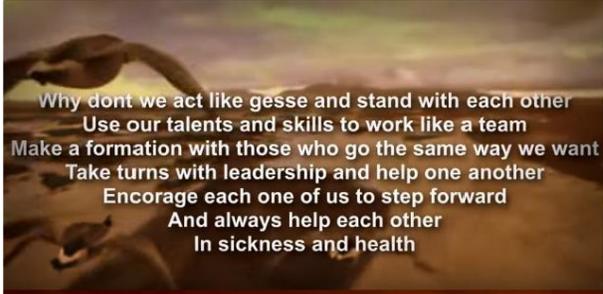
When a goose falls out of formation,
it suddenly feels the drag and resistance
of flying alone.



It then quickly moves back into formation
to take advantage of the lifting power
of the bird in front of it.



When the lead goose tires,
it rotates back into the formation
and another goose flies to the point position.



Why don't we act like geese and stand with each other
Use our talents and skills to work like a team
Make a formation with those who go the same way we want
Take turns with leadership and help one another
Encourage each one of us to step forward
And always help each other
In sickness and health



If we just had the
Wisdom of geese



2016 INTERNATIONAL CONVENTION
"REACHING NEW HEIGHTS IN ESA"
 July 10 - 17, 2016
Embassy Suites Loveland - Hotel, Spa and Conference Center
 4705 Clydesdale Pkwy, Loveland, CO 80538
 970-593-6200 (local) or 1-800-362-2779 (reservations)



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CHAPTER NAME _____ CHAPTER # _____ STATE COUNCIL _____

DATE OF ARRIVAL _____ TIME OF ARRIVAL _____ FLY/ DRIVE USING SCOOTER Y/N

ROOMMATE(S) _____

CHECK ALL THAT APPLY

- First IC Convention Pledge Collegiate Member - Campus _____ HQ Staff
- ESA Foundation Board IC Elected/Appointed Board Past IC President (yr) _____
- 2015-2016 State President - State _____ 2016-2017 State President - State _____
- Previous State President - State(s)/Year(s) _____ Served with: _____
- I will be recognized at convention for my years of ESA Service: 25 30 35 40 45 50 55 60 65 70
- Medical Food Allergy: The hotel will do its best to accommodate **MEDICAL Food Allergy** requests only.
 Allergy alert for _____ (Additional costs may apply.)

	<u>CIRCLE AMOUNT</u>
MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon and banquet	<input type="checkbox"/> Postmarked prior to May 1, 2016 <u>250</u> <input type="checkbox"/> Postmarked May 1 - June 1, 2016 <u>275</u> <input type="checkbox"/> After June 1, 2016 (see note on payment*) <u>275</u>
MEMBER FRI & SAT REGISTRATION FEE: Includes general assemblies, recognition luncheon and banquet	<input type="checkbox"/> Postmarked prior to May 1, 2016 <u>225</u> <input type="checkbox"/> Postmarked May 1 - June 1, 2016 <u>250</u> <input type="checkbox"/> After June 1, 2016 (see note on payment*) <u>250</u>
MEMBERSAT REGISTRATION FEE Includes general assembly and banquet	<input type="checkbox"/> Postmarked prior to May 1, 2016 <u>125</u> <input type="checkbox"/> Postmarked May 1 - June 1, 2016 <u>150</u> <input type="checkbox"/> After June 1, 2016 (see note on payment*) <u>150</u>
MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> (See note on payment*) <u>300</u>
PICP NO-HOST LUNCHEON (all past and present state presidents/IC presidents) If served with multiple presidents, indicate with whom you wish to sit? _____	<u>40</u>
SUBTOTAL MEMBER REGISTRATION:	_____

CONVENTION HOTEL ROOM RATES

Room Rates are \$144.00 plus tax single/double; \$154.00 plus tax triple, \$169.00 plus tax quad.
 \$15.00 plus tax for each additional person (current tax rate is 9.55%)
 To receive the group rate, you **MUST** make reservations by **June 18, 2016**
 Call 1-800 EMBASSY (1-800-362-2779) You **MUST** Ask for the **ESA Block with Booking Code EPS.**

	<h1 style="color: blue; font-family: cursive;">Think Spring</h1>	<p>2016 MN ESA State Convention May 13 - 14, 2016</p> <p>Hilton Garden Inn 1050 Gramsie Road Shoreview, MN 55126 651-415-1956</p>
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REGISTRATION DEADLINE: FRIDAY, APRIL 29, 2016

Late Registration: after April 29 + \$10.00 / Walk-in Registration – Cash Only +\$20.00

NAME:		CHAPTER:		DELEGATE:	NO	YES
ADDRESS:			PLEDGE:	1ST TIME ATTENDEE:		
CTY/ST/ZIP			PHONE:			
GUEST NAME:						

Guests are invited to attend all functions/meetings at this year's Convention!

FULL REGISTRATION	COST	MEMBER	GUEST
(Includes: registration fee, Friday night dinner, Saturday lunch and banquet)	\$120.00		
BANQUET: (select one)			
<input type="checkbox"/> Chicken Parmesan, house salad, baby red potatoes, and green beans			
<input type="checkbox"/> Marinated Beef Tips, house salad, baby red potatoes, and green beans			
PARTIAL REGISTRATION (check all that apply)	COST	MEMBER	GUEST
REGISTRATION FEE (REQUIRED FOR ALL EXCEPT "BANQUET ONLY" GUESTS)	\$15.00		
<input type="checkbox"/> FRIDAY EVENING (Baked potato bar with garden salad):	\$31.00		
<input type="checkbox"/> SATURDAY LUNCHEON (Soup & salad bar):	\$26.00		
BANQUEST (select one):			
<input type="checkbox"/> Chicken Parmesan, house salad, baby red potatoes, and green beans	\$48.00		
<input type="checkbox"/> Marinated Beef Tips, house salad, baby red, potatoes, and green beans			
PARTIAL REGISTRATION TOTAL:			
ATTENDING MEETINGS ONLY (NO MEALS)-ROOM COST	COST	MEMBER	GUEST
<input type="checkbox"/> MEETING ONLY – NO MEALS	\$15.00		

Medical Dietary Needs: _____

ROOM RESERVATIONS: Reservations can be made online or by calling the hotel at 651-415-1956 (reference **ESA room block**). The room block group rate will be held until **April 13, 2016**. Room Rates are: \$99 for single king or \$109 for double queen or king suite plus tax.

MAKE CHECK PAYABLE TO: Gamma Zeta **QUESTIONS:** Dianne Ocel 763-788-5837 jerryocel@aol.com
MAIL FORM AND CHECK TO: Dianne Ocel, 13143 Aberdeen St., Blaine, MN

