

EVERY DAY  
is another Opportunity  
to PURRR... sue  
YOUR DREAMS



# ESSAY— March 2016

March  
2016

## INSIDE THIS ISSUE:

1st Vice President Jr Past President	3
Assoc of Arts Chaplain	4
MN Convention Hats for Hope Hope for Heroes	5
Assoc of Arts Form	6
Chapter Desig. Funds	7
Chapter News	8
Mar Membership Mtg	9
2016 IC Registration	10-11
IC Challenge Reg	12
MN Convention Reg	13

## DON'T FORGET TO:

- Make your reservation and plan on attending ESA on 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!

Once again, I hope you are enjoying this **PURRR...fectly** unpredictable winter weather. I just heard on the radio we may make a new temperature record this Saturday if we reach 55-56°. We will soon need to rub suntan lotion all over ourselves!

Saturday, February 20<sup>th</sup> was our third state membership meeting. The meeting was

hosted by our very own Church Basement Ladies from Beta Sigma Chapter. Thank you ladies for the plethora of hot dishes. They were delicious and I expect to see many of the recipes printed in this ESSAy!

I had asked that you attend adorned with valentine decorations or bring a hand-made valentine. Few were in the spirit of Valentine's but we did manage to have a few rise to the occasion.

Karla Kay Nicklaus and Jackie Swanson were the winners by being dressed mostly in red clothing. Kelly Check came in first for finding all the words in the Valentine Word Search and Kim Larsen came in sec-

while attending Leadership earlier in February. There is a lot going on and she told us about most of the exciting year to come. Although this picture looks as if it was all fun and games; it was not. A very serious topic was brought before the membership for consideration. Our MedTox/Lab Corp volunteers are dwindling in numbers due to health reasons, seasonal changes in living areas, and death. I had our treasurer, Dennis Marler, prepare a synopsis of what the scenario may look like without this project and what the impact to our future budgeting/funding of our organizational functioning as well as the impact on our philanthropic contributions to designated charities. I have asked those at-

ending this meeting to take this information back to the chapters and have a discussion regarding how we want to move forward in staffing this project or is it time to discon-



ond. As promised, chocolate was involved as their prizes. Our 1<sup>st</sup> Vice President, Dana Terry, spoke about some of the things she learned



# President—continued

tinue this working relationship? I will try with help of Rhonda Krehl, MedTox Liaison, to re-open the discussion of having an evening shift. I do not hold out much hope for this happening; but you never know. This will be a continuing discussion at our March meeting and possibly at state convention if needed.



I wanted to give a special thank you to Kathy Rice. She brought me a very special valentine card. We all need to remember to keep Kathy

and Stan in our thoughts as they again travel the path of dealing yet again with Stan's continuing cancer issues. I am warm hugs and she exemplifies what caring and giving means in her role as our state chaplain.



Our next state meeting is March 19<sup>th</sup>; hosted by Gamma Zeta. In conjunction with their meet-

ing theme, I am asking you to come in covered in green and sporting some sort of shamrock. I also am requesting each to bring an Irish proverb or saying. I will be calling on you to share throughout the meeting. There might be leprechauns a foot and someone might find a four leaf clover and earn a Pot O' Gold! I hope to see you there.

Parliamentarian, Betty Robinson, will be presenting to us philanthropic projects for our consideration to be voted on at this year's state convention. If you want to be in the know, you'll want to be there to hear all about them. It will be a **PURRR...**fect day

A lot of things are coming up. IC is preparing for IC Convention in Love-



land, Colorado this summer and our 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.

The IC Convention, St. Jude's challenge has been rolled out; it is called Show your Colors! Your fundraising efforts will gain you entrance to a painting party event. If you are planning to go to the IC Convention and want to enter the challenge, you can find the registration form on the ESA

Int'l website or in the back of this issue.

I am **PURRR...**ing in anticipation of seeing you all at our next state meeting, on Saturday, March 19<sup>th</sup>; 9:30 coffee and 10:00 meeting. I want to leave you with this Irish Proverb.



An Irish Proverb:

May there always be work for your hands to do,  
May your purse always hold a coin or two,  
May the sun always shine warm on your

windowpane,  
May a rainbow be certain to follow each rain.  
May the hand of a friend always be near you,  
And may God fill your heart with gladness to cheer you.

Author Unknown

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](mailto:ksala@isd12.org)  
[sala@visi.com](mailto: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.



Kate Sala  
2015-16 MN State Council President



Our family thanks you all for your kind expressions of love and concern at the death of our granddaughter shortly after her birth.  
Don and Diane Vanusek

## 1st Vice President—Dana Terry

Thank you all for allowing me the opportunity to attend Leadership out in Colorado. It was an amazing time and I made many new friends. I returned from Denver with so much enthusiasm and many great ideas. This year, Jerry Hymer was there and took amazing pictures of the extended weekend. I just received a disk with all the pictures, and I'm so glad to have them. I hope to share them with you all in the future. Jerry took everyone's photo when we "graduated" and the cutest thing was that our dear executive director, Charlotte, photo bombed each picture! That girl has such great energy, an infectious smile, and a true passion for ESA. It was great to spend time getting to know her and many others.

Some of what we did at Leadership really inspired me. So, I'm going to take that inspiration and use it next year. I really want to make our time together very interactive and, of course, fun!

That said, I am still looking to fill some positions on the 2016-17 board. Have you been thinking about what positions might interest you? If so, then let me know! (and if not...please do so.) I would really love to announce candidates at the March meeting!

**Chapters:** Please help me make the people in your chapter who are to be jewel pinned or are receiving years of service or Pallas Athene awards feel special!! Let me know who these recipients are so I can be sure they are honored at convention this May.

And just a reminder that you will need to get me their pins/dangles. (You can bring them to me at convention, but just let me know ahead of time so I can keep track of how many I need to collect.)

### Leadership spotlight:

In this issue, the focus is on the letter I. I is for Integrity. Integrity is having the character quality of being honest, reliable and fair. It is also the state of being whole and undivided. Integrity begins at the top. Leaders must set the example - inspiring others to do what is right, rather than what is easy. Choose your thoughts, words and actions based on what is right rather than what's in it for you. Enduring leaders know that integrity is not optional.

## Jr Past President—Jackie Swanson

### Love & Disaster

#### MN ESA LOVE FUND & ESA INTERNATIONAL DISASTER FUND



**Big FROG and I** thank you for your donations totaling \$16 for the Love

Fund and \$18 for the IC Disaster Fund at the February State Membership meeting. Gamma Omega chapter made Big FROG very happy, too, by donating \$75 each to the Love and Disaster Funds from proceeds made at the January Leadership. Big FROG thanks you and I thank you, Gamma Omega!



Your donations to the Love and Disaster Funds

will help an ESA brother or sister should catastrophic event or hard times strike unexpectedly. Your continued generosity assures the steady growth of these funds and, as always, are much appreciated!

**"If a tree falls in a forest and no one is around to hear it, does it make a sound?"** We will have a 'not-so-silent' **Silent Auction at Convention in May** when *everyone* is around. Big FROG and I would appreciate many donations of items to make the auction a success. Can Big FROG and I count on you? Please let me know in advance the items you have to donate. You can bring your items directly to MN ESA State Convention or contact me to make arrangements for pick up of your item or items. Once again, thank you very much and...



May God grant you always...  
A sunbeam to warm you,  
A moonbeam to charm you,  
A sheltering angel, so nothing

can harm you.

Happy Saint Patrick's Day!



# Association of Arts—Jackie Swanson

Top of the Month To You

## I'm Here to Help You Get Your Creativity Flowing!

**March** is upon us and **April** is creeping up fast, but there's still plenty of time to get your creativity flowing and get something entered for Association of the Arts at MN State Convention. Here are a few ways to give your creativity a jump start:

**Write Your Ideas Down** as soon as you get them.

**Relax.** Do whatever it is that relaxes you. Creativity usually does not appear under stress.

**Have No Expectations.** Creating with love and passion and no expectation of the outcome, provides a much greater chance to create something remarkable!

**Be Easy On Yourself.** You are enough and you are creative. Don't let self-limiting beliefs block out creativity!

**Read.** Reading stimulates and opens the mind to new possibilities – therefore, creativity.

**Listen to Mozart.** Music has a positive effect on increasing your brain's performance and creativity.

**Meditate.** Finding peace and silencing your thoughts helps to achieve an inner calm that benefits the brain and its thought processes (including the *creative* thought process).

**Exercise.** Need I say it? Endorphins... the feel-good hormone... is a side-effect of exercise and physical movement that ultimately affects the mind and creativity.

**Ask For Help.** Input from a friend or acquaintance could be enough to jump-start a whole series of ideas and new creativity.

**Expand Your Horizons.** The experience of trying something new and different (to you) is enough to boost your creativity

tenfold! Skydiving perhaps?

**Practice.** Yup. Practice makes perfect. Create. Create. Create...



1. **Make. Generate. Produce. Fashion. Form. Craft. Build. Construct...** the ARTFORM of your choice.
2. **Fill out your Association of the Arts Entry Form in this Essay and turn it in to your AA Chair.**
3. **Bring your creation to MN ESA State Convention.**
4. **FEEL GOOD.**
5. **It will be great. I guarantee it!**
6. **The leprechauns will Thank You.**

## Chaplain—Kathy Rice

For February:

Approach each new day with desire to find Me. Before you get out of bed, I have already been working to prepare the path that will get you through this day. There are hidden treasures strategically placed along the way. Some of the treasures are trials, designed to shake you free from earth shackles. Others are blessings that reveal My Presence: sunshine, flowers, birds, friendships, answered prayer. I have not abandoned this sing-wracked world; I am still richly present in it. Search for deep treasure as you go through this day. You will find Me all along the way.

Jesus Calling  
Sarah Young

Cards sent in January:

- Francine Fredrickson (Delta Pi) - granddaughter Everleigh DeBilzan hospitalized
- Mona Peck (Beta Sigma) - balance issues

- Terri Olson (Delta Mu) - breast cancer surgery
- Birdie Elkofska (Alpha Sigma) - eye surgery
- Rose Bitter (Alpha Sigma) - death of 6-year-old daughter of Rose's grand niece
- Mark Petty (Alpha Zeta) - mother hospitalized

For March:

Do everything in dependence on Me. The desire to act independently – apart from Me – springs from the root of pride. Self-sufficiency is subtle, insinuating its way into your thoughts and actions without your realizing it. But apart from Me, you can do nothing; that is, nothing of eternal value. My deepest desire for you is that you learn to depend on Me in every situation. I move heaven and earth to accomplish this purpose, but you must collaborate with Me in this training. Teaching you would be simple if I negate your free will or overwhelmed you with My Power.

However, I love you too much to withdraw the godlike privilege I bestowed on you as My image-bearer. Use your freedom wisely by relying on Me constantly. Thus you enjoy My Presence and My Peace.

Jesus Calling  
Sarah Young

Cards sent in February:

- Pat Schwope (Alpha Lambda) – son's fiancée hit by a car.
- Don and Diane Vanusek (Alpha Sigma) – loss of baby granddaughter, Adeline Rose.
- Kathy Lamphere (Alpha Chi) – She has been going every day to a care facility her 94 year old mother is in

## Convention—Dianne Ocel / Judy Cummins

Just a reminder to send in your convention registrations. (Forms appear in this issue.) We are really Thinking Spring, even though the winter has not been so bad. Hope to soon see all the Florida people back with us. Hopefully we will

have a tentative agenda for the next issue of the Essay. I do know that Registration will open at 4:00pm on Friday and there will be workshops that afternoon. There will be wine available in the lobby, but no bar on Friday evening, but we will have a

meal, so plan accordingly. We will have a hospitality room available for after meeting noshing and conversation. I will try to keep all informed as we go along with plans for our two day convention. Looking forward to lots of mail.

## Hats for Hope—Diane Vanusek

At the March meeting, I would ask each member to bring a paper product to be donated to the Simpson House in Minneapolis. Facial tissues, Q-tips, toilet paper, paper towels, napkins, etc. Also, if you have new combs or brushes, these are always needed at shelters.

The collection of small toiletries is ongoing.



Also, I have included a new picture of the hats that came from the yarns donated previously. Presently, the finished product is being donated to the St. Stephen's shelter. Sandy is taking a break, but will continue to turn the yarn into such lovely hats.

## Hope for Heroes—Shirley Laue

Time to do those Philanthropic reports. Please remember to count any hours, monies, etc., you did for Hope for Heroes.

No doubt you have heard about the "Wounded Warrior Project", either by reading or through my talking about it. The project started in 2003 as a basement operation handing out backpacks. The charity evolved into a fundraising giant, taking in \$372 million in 2015 alone. That money came largely through small donations from people older than 65. Today the charity has 22 locations that offers programs to help veterans readjust to society, attend school, find work and participate in athletics. It contributes millions to smaller veteran groups. The name itself has become a brand name

with its logo emblazoned on sneakers, paper towel packs and TV commercials that run dozens of times per day.

However, in its swift rise it has also embraced aggressive styles of fundraising, marketing and personnel management. This has many former employees questioning whether it has drifted from its original mission. The organization has spent millions a year on travel, dinners, hotels and conferences. They have also spent hundreds of thousands of dollars on public relations and lobbying campaigns to deflect criticism of its spending and to fight legislative efforts to restrict how much nonprofits spend on overhead. In 2014 about 40% of the organization's donations were spent on overhead.

Eighteen former employees, many of them wounded veterans themselves, said they had been fired for seemingly minor missteps or perceived insubordination. At least a half a dozen former employees said they were let go after raising questions about ineffective programs or spending.

I took this information in part, from an article in the January 29, 2016 StarTribune. I had previously heard the organization spends too much on overhead, yet they do a lot of good. You decide!!!!!!!





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 Sigma—Shirley McGowan

Hi from the 5 of us from Alpha Sigma! Birdie was gone, but Shirley Laue, Shirley McGowan, Diane Vanusek, and Rose Bitter enjoyed the General Membership Meeting. The Beta Sigma Chapter sure did such a good job hosting the event, and there was a pretty good turnout. Great hot dishes and salads.

Birdie Elkofska is still on her 2 month vacation with Sandy Hongerholt. It has been full of fun and great food. They won 2 Free (and they are not cheap) tickets to the Daytona 500, & went to the race yesterday. What a thrill. So fun!. We were surrounded by a lot of crazy fans, and had many laughs.

Google is our friend, and we have gone to many places and even learn-

ing stuff. We both drank from the fountain of youth, but so far still have wrinkles.

We will be attending the ESA Thank You Day at St. Jude after our visit to Savannah, Georgia. Our datebook is full for THINGS TO DO in Georgia.

Rose Bitter had an enjoyable trip to VA, and FL. They're glad to be home. A highlight of the trip was passing on old photos to a long lost relative in GA. Good to be back, and get back into routines like Medtox and ELL volunteering.

Shirley McGowan is working on her 2nd family photos' album for her brother, who lives in Blaine. She is going thru her Mom's albums', and sending photos' to old friends and

relatives. She will be starting a part time job at the end of February, and is going to be working weekends at Costco.

Diane Vanusek did her favorite activity at our Alpha Sigma meeting, which is deciding how to divvy up our good gotten gains. It is so much fun to re-view the charities, & investigate new ones. "Babies Need Boxes" and "Dig Deep" are new ones for us. We now "own" a new goat, & an irrigation pump through the Heifer Project. Thank You to the ESA members, and other friends who gave garage sale merchandise, so we had the money to donate.

Shirley Laue is happy having her Third New Great Grandchild, a girl! She and Herman will be spending time in Florida in March with both Grandbabies.

### Beta Sigma—Linda Schultz

The bee colony of Beta Sigma has been a very busy busy colony. In February, it traveled a bit away from the home hive to have it's February meeting at the Lund Byerly cafe and deli near the Feed My Starving Children site in Eagan. After a brief meeting to take care of hive business, which included an "bee" educational by Bonnie Olson, and enjoying a breakfast/brunch of a variety of self-chosen delectable foods and beverages, the colony, including guest bees and a new member bee, collectively traveled on over to FMSC where many packages of meals were assembled and labeled for shipment. Hurrah for our colony including guests!!!! One more worthwhile project completed for the year.

On Saturday, the 20<sup>th</sup>, the individual bees donned hairnets and aprons and served up their own style of Minnesota "Hot" Dishes at the February State Membership Meeting

buffet luncheon. So many accolades were expressed about the fabulous "hot" dishes (the food that is :), it was requested that we publish as many of the recipes as could be collected in such a few days.

**From: Bonnie Olson**

#### Squash, Brown Rice and Turkey (or chicken) Casserole

- 2 cups cooked brown rice
- 16 oz. squash soup [original recipe called for Panera Bread Autumn Squash Soup]
- 8 oz roasted turkey or rotisserie chicken or leftover turkey, cut into bite-size pieces
- 1 apple [original recipe called for a Fuji apple] diced into 1/2-3/4 inch cubes
- 1/2 cup dried fruit & nut blend
- 1-2 T. green onions, sliced
- 2 T. Parmesan cheese, grated

Mix all ingredients together and spread in lightly greased 8" square baking dish.

Bake at 450 degrees for 15-20 minutes or until heated through.

Well, alas! I am having difficulty with my software (especially "cut & paste,") and cannot include the remainder of the recipes this time. In the next issue of the ESSAY, (or separately and sooner) you will receive the fabulous hot dish recipes which will include these cooking bees: Eileen Spencer, Jackie Swanson, Marcie Haigh, and Pat Oman. Thanks for the contribution of every Beta Sigma bee!!!

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 85<sup>th</sup> 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](mailto:tolnik@live.com)

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



**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)



MEMBER NAME \_\_\_\_\_ MEMBER NUMBER/STATE \_\_\_\_\_ / \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ CELL \_\_\_\_\_ EMAIL \_\_\_\_\_

CHAPTER NAME \_\_\_\_\_ CHAPTER # \_\_\_\_\_ STATE COUNCIL \_\_\_\_\_

DATE OF ARRIVAL \_\_\_\_\_ TIME OF ARRIVAL \_\_\_\_\_ FLY/ DRIVE USING SCOOTER Y/N

ROOMMATE(S) \_\_\_\_\_

**CHECK ALL THAT APPLY**

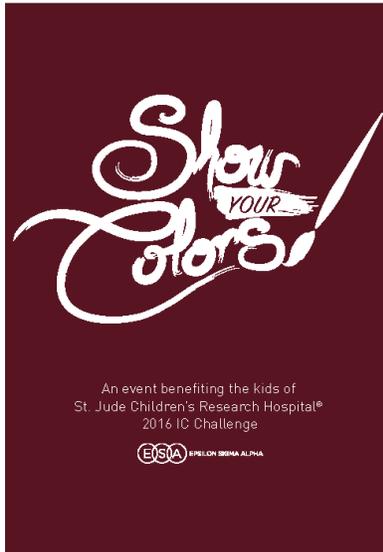
- First IC Convention  Pledge  Collegiate Member - Campus \_\_\_\_\_  HQ Staff
- ESA Foundation Board  IC Elected/Appointed Board  Past IC President (yr) \_\_\_\_\_
- 2015-2016 State President - State \_\_\_\_\_  2016-2017 State President - State \_\_\_\_\_
- Previous State President - State(s)/Year(s) \_\_\_\_\_ 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>
<b>MEMBER FULL REGISTRATION FEE:</b> 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>
<b>MEMBER FRI &amp; SAT REGISTRATION FEE:</b> 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>
<b>MEMBERSAT REGISTRATION FEE</b> 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>
<b>MEMBER WALK-IN REGISTRATION FEE:</b> Includes everything in full registration	<input type="checkbox"/> (See note on payment*) <u>300</u>
<b>PICP NO-HOST LUNCHEON (all past and present state presidents/IC presidents)</b> If served with multiple presidents, indicate with whom you wish to sit? _____	<u>40</u>
<b>SUBTOTAL MEMBER REGISTRATION:</b>	_____

**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.**





## Registration Form (PLEASE PRINT)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Member #: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Chapter Name and #: \_\_\_\_\_

I am unable to attend the IC Challenge but enclosed is my one-time donation of \$ \_\_\_\_\_. A donation of \$200 or more is required to receive a T-shirt. I select the following T-shirt size (check one):  S  M  L  XL  XXL  XXXL

Yes, I will raise at least \$200, but I cannot attend the IC Challenge. Enclosed is my first donation of \$ \_\_\_\_\_ and I plan to send more donations before the May 31, 2016 deadline. I select the following T-shirt size (check one):  S  M  L  XL  XXL  XXXL

Yes, I will raise at least \$200 and attend the IC Challenge. Enclosed is my first donation of \$ \_\_\_\_\_ and I plan to send more donations before the May 31, 2016 deadline. I select the following T-shirt size (check one):  S  M  L  XL  XXL  XXXL

**Consent and release of liability:**

By signing below, you agree, warrant, and covenant as follows:

ALL PARTICIPANTS IN Show Your Colors AND RELATED EVENTS ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT.

The undersigned participant, on behalf of himself/herself and on behalf of the participant's personal representatives, assigns, heirs, and executors, hereby fully and forever releases, waives, discharges, and covenants not to sue Epsilon Sigma Alpha International, Epsilon Sigma Alpha Membership Corporation, American Lebanese Syrian Associated Charities (ALSAC), St. Jude Children's Research Hospital (St. Jude), and all public or private agencies whose property and/or personnel are used and all other sponsoring or co-sponsoring companies or individuals related to the event (collectively Releases) from all liability to the participant and his/her personal representatives, assigns, heirs, and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the participant or property or resulting in the death of the participant, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with the participants in the event.

The participant represents and warrants that he/she is in good physical condition and is able to safely participate in the event. The participant is fully aware of the risks and hazards inherent in participating in the event and hereby elects to participate voluntarily in the event, knowing the risks associated with the event. The participant hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the event.

The participant agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures, and other media without compensation.

The participant acknowledges that the entry fee is non-refundable and non-transferable.

The participant hereby grants to Epsilon Sigma Alpha International and their agents, affiliates, and designees access to all medical records (and physicians) as needed and to authorize medical treatment as needed.

The participant warrants that all statements made herein are true and correct and understands that Releases have relied on them in allowing participant to participate in the event.

IF PARTICIPANT IS UNDER AGE 18: The parent/guardian certifies that my son/daughter has my permission to participate in the event. The parent/guardian has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by accepting, the waiver intentionally and voluntarily agrees to its terms and conditions. The parent/guardian further certifies that my son/daughter is in good physical condition and is able to participate safely in the event. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

PARTICIPANT HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY ACCEPTS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_

Epsilon Sigma Alpha International reserves the right to require proof of age. Parent or guardian must also sign below for entrants under 18 years of age. By signing, parent agrees to the same conditions required of entrant.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

	Think Spring	<b>2016 MN ESA State Convention</b> <b>May 13 - 14, 2016</b>  Hilton Garden Inn 1050 Gramsie Road Shoreview, MN 55126 651-415-1956
---	-----------------	--

**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:	1 <sup>ST</sup> 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		
<b>BANQUET: (select one)</b>			
<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
<b>REGISTRATION FEE (REQUIRED FOR ALL EXCEPT "BANQUET ONLY" GUESTS)</b>			
<input type="checkbox"/> FRIDAY EVENING (Baked potato bar with garden salad):	\$15.00		
<input type="checkbox"/> SATURDAY LUNCHEON (Soup & salad bar):	\$31.00		
<input type="checkbox"/> SATURDAY LUNCHEON (Soup & salad bar):	\$26.00		
<b>BANQUEST (select one):</b>			
<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			
<b>PARTIAL REGISTRATION TOTAL:</b>			
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

