



ESSAY

PRESIDENT-Dennis Marler

Our State Social Co-Chairs, Dina and Bruce Strachota, have outdone themselves this time. They have been doing great, fun things all year long at our state meetings, but the St. Croix Casino trip was the best yet.

On Saturday, February 22nd, twenty ESA members and guests braved the warm temperatures and sunny skies to venture into Wisconsin to make our fortune. Unfortunately, I don't believe any of us hit it big

On the bus ride to and from the casino, Dina and her sister, Denise, served the drinks and Bruce told the jokes. The drinks were always

great; the jokes, well, not so much. A few were real groaners, but Bruce delivered them with his best Ole, Lena and Sven accents. Well done!

Dina and Bruce also had several drawings and guessing games. Betty Marler missed the "how many candies in the jar" count by two jellybeans. She really knows her candy. A couple of the guests walked away with other candy winnings, so ESA made a positive impression on them (potential members, I think!).

At the casino, Kelly (last name withheld for tax purposes) seemed

to be the big winner. She won a couple hundred bucks before the rest of us were even in the building. One of the most popular games was a fishing game, where several people competed against each other, trying to catch the most fish on a large, overhead video screen. Bruce was reeling them in so fast the sweat was beading up on his forehead. His competition didn't have a chance.

The rest of us had little to no good luck. Some won a little, some lost a little. We all had a fun time. Best of all, I was a big winner at the all you can eat buffet.

First Vice President—Sandy Dolence

As A Leader.....

- ◆ Focus on what makes a difference.
- ◆ Focus on what you are good at.
- ◆ Rely on others who are better at your weakness.

Thank you for sending me to leadership. We

(Sandy and I) had a very nice time. The classes were good and enjoyable. It gave you a new light to look at your strong points and weak ones. A special THANK YOU to Sandy H. For helping me out.

It's never too late to get new members to join

ESA. Our Rush Tea is April 18th, so come have some fun and tea. Wear your finest hat and white gloves. If you have a special teacup, bring it to use and share with us. Guests are free, I however don't know the cost for members yet. Even if



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Don't forget to:

- Review the Proposed Changes to the Bylaws and Standing Rules
- Fill out the Chapter Philanthropic Form
- RSVP for the Membership Mtg—03/21
- RSVP for the High Tea Event—04/18
- Save the Date (May 29-30) for MN State Convention at Running Aces

First Vice President—(continued)

you don't have someone in mind to bring for the Rush, come join the fun anyway. If you have not been to a state get together, this would be a

good time to come. If I don't see you in April, hopefully in May at the state convention.



Second Vice President—Dana Terry

Dear Dana -

What is this fishing thing I keep hearing about with my computer. I wanted to go fishing for some nice walleye. But, i doesn't make sense to me how to do it. Can you tell me how to you **fish** on my computer?

Yours truly,
I think I might need some help!



Dear "I think I might need some help!"

When it comes to fishing on a computer, that's not about catching a fish!.

It's Phishing with a "Ph"

Look out for these warnings and follow these tips.

What is Phishing?

Phishing is the fraudulent practice of attempting to obtain sensitive personal information (including passwords, credit card numbers and Social Security numbers) by acting as a trustworthy entity, individual or company by means of electronic communication.

Phishing scammers are able to make their messages quite convincing with logos, phony email addresses and clever messaging, so it's easy to be misled. To avoid falling victim to **phishing**, pay close attention to these five things when you open an email.

- ◆ Sense of urgency
- ◆ Generic greeting
- ◆ Bad grammar and spelling
- ◆ Inconsistent company contact info
- ◆ Unfamiliarity with the company (i.e., if you don't have an account with the company in question)

What To Do

- ◆ Always make sure you know and trust the sender before clicking on an email. Even then, names can often be disguised - if the message sounds suspicious or unlike a typical email from the sender, it may be a scam.
- ◆ It's important to never share your information via email. If a company requests more personal details, log in to their secure website to provide your response.
- ◆ Take measures to protect your accounts by backing up your data, resetting your passwords



requently and using a security software which monitors, notifies and assists you if something appears amiss with your credit.

When You're Targeted

- ◆ If you think you have been targeted, report it by forwarding to the message to: reportphishing@apwg.org.
- ◆ To report a phishing text message, forward the text message to: SPAM (7726).

Best wishes on your next walleye fishing trip!

Dana



Parliamentarian—Diane Vanusek

Parliamentarian Meeting
02/05/2020

Diane Vanusek's House – 6:30
P.M.

Attendees:

Diane Vanusek, State Parliamentarian
Dana Terry, Alpha Zeta
Dianne Ocel, Gamma Zeta
Dennis Marler, MN State President
Betty Marler, Gamma Omega
Birdie Elkofska, Alpha Sigma
Sharon Desarmeaux, Alpha Sigma

This constitutes the Parliamentarian or By-Law committee for 2019-20.

Alpha Chi did not attend but sent their input into the discussion.

At the 2019 Minnesota State Convention, Julene Donnay of Delta Mu brought up the proposal of eliminating the State office of the Second Vice President and making the terms of office for the President and First Vice-President two years. Making these offices a two-year commitment would give the holders time to achieve their goals. One year is not enough. The objection of the need for a Second Vice-President to learn the President's job would be addressed also. This was the main topic of conversation for the evening.

Diane has made these ideas known throughout the membership by publishing them in the Essay every month. Comments were asked for from all chapters.

Regarding the elimination of the Second Vice-President, the discussion centered around the readiness for the future President's job, learning what is expected, how the Second VP duties would be divided, difficulty in finding members to serve in the role, etc.

The discussion of two-year terms for the President and First Vice-President included:

1. The two-year term would serve as training ground for the First Vice-President removing the objection of lack of training if the Second Vice-President position is eliminated.
2. The President and the Vice-President would have to work together to make it work.
3. Only the Secretary would be a one-year term of office, maybe all should be two years.
4. All the top officers would have to be elected in the same year; staggered terms would not work.
5. Staggered terms would not work well for other board members to move up.
6. All elected offices would be changed in the same year.
7. Board members often later hold a higher office (Secretary becomes Vice-President) so continuity could be maintained. Most have been on the Appointed Board, too.
8. Right now, Parliamentarian and Treasurer are two-year terms elected in different years.
9. Finding candidates to commit to a six-year role, two as VP, two as President and two as Junior Past President may be a challenge.
10. Junior Past President is not a demanding role.
11. Full annual convention would be necessary only every two years.
12. Parliamentarian would have to have a one-year term for the first year.
13. This would be effective for 2021-22 organizational year.

There was also discussion on revisions to the Standing Rules. The three major revisions were to take the education/workshop activities out of the Second Vice-President duties and make it a stand-alone Appointed Committee, require minutes of meetings to be posted to the website and to add a paragraph on how the Standing Rules can be revised which is not in the rules now. Other minor housing or secretarial items were presented. The change to the Second Vice-President duties could become moot. These changes can be done at any State meeting and they will be presented at the March meeting.

After the discussion, the majority of the Committee decided to present By-Law revision proposals for the elimination of the Second Vice-President and the establishment of two-year terms for all elected officer positions. The Parliamentarian elected in 2020-21 would be a one-year term. The proposals are attached and will be presented as a ballot to vote for either one or both at the Minnesota State Convention in May of 2020.

Respectfully submitted,
Diane E. Vanusek
2018-2020 State Parliamentarian

EDITOR'S NOTE: The proposed changes to the By-Laws and the Standing Rules are being sent under separate cover with the ESSAy. They are being sent via email and postal mail dependent upon how you receive copies of the ESSAy.

St. Jude Senior Coordinator—Birdie Elkofska

CHILLIN' CHALLENGE is still going on. Yes it is still Chillin' outside but think of all the Warmth you will stir up when the results of this CHILLIN' CHALLENGE are turned in. It is still not too late. YOU can still donate. SEND you check to me and it will be part of this great project for the kids at St. Jude Children's Research Hospital. The game was printed in the February Essay and I also sent out a few reminders through the Minnesota ESA Blast.

Make your check out to St. Jude and mail it to me at 3320 Louisiana Ave. S., Mpls., MN 55426 right now if you have not done so already. And I will be at the March Membership meeting and you can just hand me the check. I have received a few donations already and as I write this

it is only February 25... still time for YOU to play the CHILLIN' CHALLENGE and donate to help the works done at St. Jude Hospital. Let's give from the 'HEART' for our theme this year for our IC President Terri Olson she has always used HEART in everything she does.

Also want to remind all of you to turn in to your chapter philanthropic chairman all the hours and monies you have donated to St. Jude and all the other philanthropic projects this past year. Remember the Minnesota year for reporting ends March 31. So, if you attended the St. Jude Style Show/Auction or the St. Jude WALK or played BUNCO with Gamma Zeta or rode your motorcycle/cheered for the Alpha Zeta Motorcycle event or participated in

Beta Sigma's sale or the radiothon and last the projects of Gamma Omega ALL your hours and monies count.

This past year has been a great one; so many chapters have done something special for St. Jude. So many members and friends and families have made donations. Minnesota ESA has spread the word of all the wonderful things that are done at St. Jude Hospital for no cost to the families of the sick child. Please continue to support this great project until the doors of the hospital can be closed because a cure has been found. THANK YOU ALL!!!

ESA LOVE



WELCOME HOME
VETERANS

Welcome Home Vets—Karen Schneider and Betty Marler

Below is a February update from Gretchen and Rick Peterson, Welcome Home Vets: "First of all, A HUGE THANK YOU to everyone! You have shopped for, organized and delivered 16 kits in the last 12 days. That's the busiest we have ever been. We had a conversation with a case manager at the VA and she said that part of the increased volume was a new program initiated by Governor Walz that encourages landlords to provide housing - partly by relaxing some of the prerequisites. And the referrals keep coming..." Isn't this exciting news!

Dennis and Betty made a delivery to Jacob in Brooklyn Park the first

of February. Jacob was a delightful man. When they opened the truck of their car, Elaine (Jacob's social worker) said, "Look Jacob, there's a chair!" Big smiles followed. After everything was in his apartment, he said, with a huge smile and tears in his eyes, "This is just like Christmas morning!" He, Elaine, and her husband Mike were impressed and so appreciative of everything in the kit.

Jacob is an artist and uses pastels to create his masterpieces. His beautiful work is inspired by the North Shore and his mind. One piece of art titled 'King Rook' was framed and ready to hang in his

living room. The other beautiful one was unframed and in his bathroom.

If you are unsure about making a delivery, but you really want to do one, please let Betty and Dennis know. Maybe they will be able to go with you. They have been to the Peterson's home to collect all the kit items (everything is laid out perfectly and it's so easy to pick up and pack). Call or email the Marlers at dmarler@comcast.net or 763.494.8452 if you want more information or want to do your first delivery.

Until next time, blessings to each of you, and Happy St. Patrick's Day!



Alpha Sigma—Diane Vanusek

What is happening in Alpha Sigma?

Alpha Sigma is having its best and most frustrating meetings, divvying up our philanthropic funds among our favorite charities. So many worthy causes, we wish there was lottery money.

Birdie - MARC Co-Communicator, was on her way home from the mid-year meeting with Sandy Hongerholt. At a driving break, a lady backed into Birdie's new white Toyota, with lots of bells and whistles and room for ESA stuff, causing

\$1,500 in damage. After a considerable time in knee pain, she has been scheduled for knee surgery on April 2.

Sharon and Larry D are rejoicing in the births of Wesley Conner and Olivia Rose, new great great nephew and niece. Sharon had a quiet week with Larry gone on a successful fishing trip.

Shirley is anxious to get out of Rockford and spend most of March in the sunshine of Florida.

Diane's sister, Patty Kramer of Bismarck, ND, passed away at the end of February, the first of nine siblings. Family get togethers will never be the same and the sisters "quint" trips will be "quads". Some of the laughter is gone. Diane and Don are getting ready their trip to the IC convention in Australia. We are so excited.

Ann Becker, Karen Schneider and Pat Staffanson have been unable to attend meetings. We hope they are able to resume activities soon. They are missed.

Beta Sigma—Eileen Spencer



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

On the 8th of February Beta Sigma held what has become our annual volunteer session for Feed My Starving Children in Eagan. Beta Sigma welcomed other chapter members, a few husbands and the ever-involved State President and State Secretary, Dennis & Betty Marler. **THANK YOU** to everyone who turned out! Since "pictures speak louder than words", here's what was accomplished for the desperate people of Haiti ↓

Packing results for ONE HOUR of volunteering!

Boxes Packed:	147
Meals:	31,745
Kids Fed For A Year:	87
Cost:	\$7,620.48

And here's what volunteering time and/or money can do ...

BEFORE FMSC, this child was starving and unable to thrive weighing only 22 #s at 5 years old

AFTER FMSC arrived to aid the people - the same little guy is happy and thriving!

A huge **THANK YOU** to **Marcie Haigh** for all your work to make this happen!

It appears all involved enjoyed the morning's hour of work. A group picture was at-



tempted—didn't happen— Like herding cats! What was captured all those smiles of satisfaction!

March happenings for Beta Sigma:

- ◆ Traveling for some will continue - usually to warmer climates!
- ◆ **March 7** - A private Guthrie Costume Warehouse Tour followed by a lunch meeting at The Bad Waitress.
- ◆ **March 21**- Hosting the "**Think Spring**" State Meeting at Spirit of Christ Community Lutheran Church.

Gamma Omega—Joyce Cobb

Gamma Omega had much of which to be appreciative this month.

Sandy D. had a great time at Leadership and is thankful to all. She is still working on getting up and walking again. She is to do it soon! I am hopeful that it will occur within the next few months or sooner. Aren't you?

Sharon S. is going to TEXAS for a month. That is my state of origin. She plans to make additional towels for cleaning dishes.

Our Chapter President, Lori was

excited to hear the birds singing this morning. Does this mean that spring is very near? She is looking forward to getting outside to hike, geocache and roller blade. Chris will be with her whatever she chooses to do.

Kay has become overwhelmed with a busy life...this includes the ESA Association of the Arts, Paint Night, and playing with Athena. Family is also included. Some of us can't wait to meet and greet Athena.

Gamma Omega met on February 24th in Brooklyn Center. We en-

joyed some wonderful treats along with some amazing conversation.

Don't forget the State Membership meeting in March.

Gamma Omega is planning a Rush Tea on April 18. Sandy D. does not want you to miss this one.

I pray for all the Minnesota ESA group who do so much to make life meaningful for others.

Spring will arrive soon!

Agape,

Delta Mu—Terri Olson

Where's Waldo—or Terri, for that matter? Delta Mu has been struggling keeping up with chapter meetings never knowing what state Terri's in now.

After being installed in July 2019 as the International Council President in Memphis, TN, this is "Waldo's" life:

- ◆ June—Settle in with family due to a move to Fort Worth, TX
- ◆ July—Cheyenne Frontier Days—Cheyenne, WY
- ◆ August—Visit Family and Friends—Minneapolis, MN
- ◆ August—IC Convention Planning Meeting—Grapevine, TX
- ◆ September—IC Executive Board Retreat—Cheyenne, WY
- ◆ October—MARC Conference, Cincinnati, OH and SERC Conference, Raleigh, NC
- ◆ December—St. Jude Memphis Marathon, Memphis, TN
- ◆ January—Drive to FL to enjoy sunshine and warm weather, Punta Gorda, FL
- ◆ February—IC Executive Board Mid-Year Meeting and International Leadership, Denver, CO
- ◆ February—ESA Foundation Mid-Year Meeting, St. Louis, MO
- ◆ February 29—Get surprised by all the members of Delta Mu chapter coming to Florida for a chapter meeting, Punta Gorda, FL
- ◆ March—Regional Leadership, St. Louis, MO
- ◆ April—Drive back to family in Fort Worth, TX
- ◆ April—Leave for New Zealand and Australia; IC Rep to AU Convention
- ◆ May—Return from New Zealand and Australia
- ◆ May—IC Rep to Utah State Convention, Salt Lake City, UT

- ◆ May—Celebrate three family birthdays, Minneapolis, MN
- ◆ May—Attend MN ESA Convention, Columbus, MN
- ◆ June—Back to Fort Worth, TX with family
- ◆ June—IC Rep to IN State Convention, Evansville, IN
- ◆ July—Attend IC Convention, Grapevine, TX

Whew! No wonder no one knows where Terri is, because neither does she!!!

Talk about year just flying by!!



ESA Foundation (ESAF)—Life Active Membership Challenge

Membership Challenge

2019-2020

Program Duration
July 1, 2019 – May 31, 2020

Initiative
Each state recruits a minimum of 2 new Life Active Members

Reward
Upon recruiting two or more Life Active members, state counselors are eligible to receive \$100 to be used to grow the ESA Foundation by:

- ✓ To pay the first year membership fees of up to four new members
- ✓ To go program expenses that may be involved in having a scholarship or grant winner speak at a state meeting or state convention
- ✓ Toward offsetting some IC Convention expenses for the state's incoming state counselor
- ✓ Developing marketing materials to promote local events that are sponsored or benefit the ESA Foundation.



Add Your state leaf to the Growing Tree!

Recruit a minimum of 2 new Life Active Members.

Ask your State Counselor About the new campaign!

Philanthropic—MN Chapter Annual Philanthropic Report



2019-2020 MN State Council Chapter Annual Philanthropic Report

Deadline: Must be postmarked by April 15, 2020

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

Chapter #/Name:

Send to MN Philanthropic Chair:

Jackie Swanson

4476 Woodgate Point

Eagan, MN 55122

jacqueofhearts@comcast.net

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

“Let’s Think
Spring!”
Hosted By Beta Sigma Chapter

**MN ESA STATE
MEMBERSHIP MEETING**

LUNCH FOLLOWING THE MEETING

Cost: \$12

Ham & All the Fixings |
Assorted Salads
Dessert | Beverage



SATURDAY, MARCH 21, 2020

9:30 AM Coffee/Social

10:00 AM Meeting

SPIRIT OF CHRIST COMMUNITY LUTHERAN CHURCH
5801 Minnetonka Boulevard, St. Louis Park, MN 55416

GUESTS are *Always* **WELCOME!**

RSVPs/Market Table Requests (By March 14th) TO:

Jackie Swanson 952-220-4836 or

jacqueofhearts@comcast.net

\$\$PLAY CASH RAFFLE \$\$WN



High Tea Rush Event



Saturday, April 18, 11am-2pm
Faith-Lilac Way Lutheran Church
5530 42nd Ave N, Robbinsdale 55422

Finger Sandwiches, Salads, Desserts
Cost tbd Guests & Sponsors Free

RSVP Sandy Dolence by April 13
763-533-3792 or sjdolence@hotmail.com

Sponsored by the Minnesota State Council of
Epsilon Sigma Alpha

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

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

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

Friday, May 29, 2020

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

Saturday, May 30, 2020

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

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

MN ESA Convention Registration—May 29-30, 2020



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

Name	Chapter	Delegate	YES	
			NO	
Address	City, State, Zip Code	1st Time Attendee	YES	
			NO	

Guest Name	Guests are invited to attend all meetings and functions

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

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

NOTE: Click on the link above, enter Check-In and Check-Out dates, enter # of adults, enter Group Code: **ESA**, click **Check Rates and Availability**, choose your room – either **King Track View** or **2 Queen Standard**, click **Book Now** and complete your Reservation entering billing information, etc.

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

Epsilon Sigma Alpha
363 W. Drake Road
Fort Collins, CO 80526

Phone: 970-223-2824
Email:
esainfo@epsilonsigmaalpha.org



EPSILON SIGMA ALPHA

www.epsilonsigmaalpha.org

*Epsilon Sigma Alpha (ESA) International is a special organization—
an organization that is truly defined by the hearts of its members.*

*An international leadership and service organization, ESA is a place
where members develop meaningful friendships, find their passion
for community service, and continue on the path of lifelong learning.*

MISSION STATEMENT:

*ESA is Good Friends, Good Works, and Good Times... We create activities and
support causes that let us surround ourselves with welcoming, positive people
who enjoy making a difference and having fun together.*

MINNESOTA ESSAY

All issues of the ESSAY are published here: <http://www.mnesa.com/>

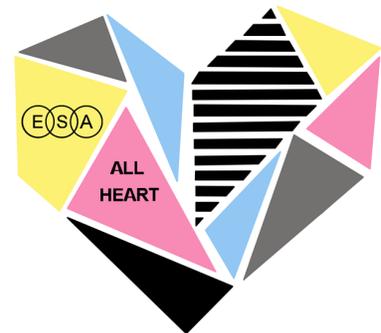
The ESSAY is published on a monthly basis August—May (except December) at the beginning of each month.

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

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

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

Terri Olson
ESSAY Editor
terri.mnesa@gmail.com



—Terri Olson,
International Council President 2019-2020