



ESSAY— May 2016



INSIDE THIS ISSUE:

1st Vice President	2
2nd Vice President Jr. Past President	2-3
Association of Arts	3
Chaplain ESA Foundation MN Literacy	4
St Jude Opportunity Garage Sale	5
Chapter News	6-7
2016 IC Registration	8-9
IC Convention Info	10
IC Challenge Reg	11
Paint for the Kids	12

President—Kate Sala

Meow to you all! It's SPRING !!



I love this time of year seeing life renew itself. I want to frolic in the flowers as they appear just as the kitten you see. This kitten looks **PURRR**...fectly happy and is smelling the wondrous aromas of the awakening world.

I will be seeing you all at Convention in just a few weeks so what I have to say will be all shared then. I hope you are planning on coming. Gamma Zeta is doing a **PURRR**...ingly great job and are excited to see you all.

Here are your philanthropic choices this year. Please make sure your chapters have made their choices to be voted on at convention.

- Alzheimer's Assn - Jackie Swanson
- Hammer Travel - Sandy Hongerholt (Ann Martinka)
- Hope 4 Youth - Kelly Check (Cheri Halek and Lisa Jacobson)

- MN Literacy Council - Nicki Weller (Liam Shramko)
- National Kidney Foundation - Jodi Lang
- Operation No Limit - Kate Sala (Lori Kordell)

IC Convention Reminder:

A lot of things are coming up. IC is preparing for IC Convention in Loveland, 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 ESAy'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 2016 State Convention, May 13-14. Please come and give yourself another opportunity to **PURRR**...sue your dreams.

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 kala@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.



- DON'T FORGET TO:**
- Have a great time at the MN State Convention
 - Make your reservation by 5/27 for the "Paint for the Kids" fundraiser
 - 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!

1st Vice President—Dana Terry

April shows bring May flowers....well a lot of my flowers have popped early! The trees and grass are green and the birds have been singing beautiful songs. Spring is such a beautiful and relaxing time of year.

Wait...relaxing?? Did I say relaxing?? Well, I have NOT been relaxing! I have been busy preparing things for convention and getting some plans together for next year. (Anyone that knows me knows that I like to be ahead of the game!)

I am still seeking that special someone to fill the Second Vice President position! Remember, we voted to keep the 2nd VP and added the responsibility of Educational Chair to the position. So, I encourage you to

think about it. Maybe you want to run...well, just call or e-mail me! Or, maybe you don't want to, but know someone that would be perfect for the position....well, call or e-mail me and I will contact them.

I will also need to fill the state project chair position(s) depending on how many projects we vote in for the 2016-17 year. So, if you're interested in chairing a state project, call or e-mail me.

Lastly, I'm getting a head start on announcements:

- 1) I have set up a gmail account for e-mail blasts for our state! The e-mail is:
MNESA.broadcast@gmail.com

This e-mail will be used to send e-mail blasts to all our members who have e-mails published in our state roster. The sender should show up in your inbox as MN ESA Broadcast. You may see some e-mails over the summer, so I wanted to make you aware of this now...so you know that it is a valid e-mail and not SPAM.

- 2) SAVE THE DATE! The planning meeting will be held on Saturday, June 18th. Time and location will be announced at convention.

Looking forward to seeing you all at convention on May 13th & 14th!

2nd Vice President—Sandy Hongerholt

Hello Minnesota ESA!

Well I hope it's true that April showers bring May Flowers. I love looking at all the flowers but I am definitely not a green thumb.

I have always wanted to visit The International Peace Garden. I thought I would share a little information. You can also visit www.peacegarden.com and also www.ndtourism.com.

Nestled in the Turtle Mountains of North Dakota and Manitoba, the International Peace Garden is one of the continent's most symbolic and scenic attractions. Thousands of tourists flock to this unique tribute to peace and friendship between the people of the United States of America and the people of Canada. The garden encompasses 2,300 acres of nature's beauty; two pristine freshwater lakes, scenic hiking and driving trails, wildflowers, waterfalls, and a large variety of North American birds and animals. Modern and rustic camping facilities are available, as well as, facilities for hosting weddings, conventions, and reunions. Last, but not least, is the phenomenal Formal Garden.

Words cannot express the beauty, pride and peace many experience as they gaze over this impressive garden of more than 155,000 flowers in displays tucked in the terrac-

es and walkways of the garden. The therapeutic sounds of flowing waters can be heard throughout the garden in various capacities. The American and Canadian floral flag displays are the only two floral displays throughout the garden, which remain the same every year. The working 13-foot floral clock displays 2,000 to 2,500 flowers each year depending on the design. Repeated with many gardens of shrubs, annuals and perennials in the Sunken Garden Area is the octagonal design of the reflecting pool. The Sunken Garden Area was recently enhanced with the newly added gardens. Peace rings in the International Peace Garden every inch of its being. Every fifteen minutes and on the hour, the lovely tones of the chimes can be heard from the Carillon Bell Tower. Peace Poles, presented by the Japanese Government, in which, "May Peace Prevail" is written in 28 different languages. The Peace Chapel is the only building straddling the US and Canadian Border. The chapel features dozens of quotes from "People of Peace" etched into beautiful fossil embellished limestone walls. In the truly inspirational Garden's Chapel lies open a book of remembrance, displaying the names of the victims

of 9/11. The 9/11 Memorial Site, of twisted girders rescued from the World Trade Center devastation, are at rest, a symbol of peace and democracy. The International Peace Garden, "Like No Other Place on Earth," is a perfect and memorable retreat, where people and nature meet. A new stainless steel sculpture of a pair of hands releasing a dove is the newest addition to the garden. If you would like to visit, the International Peace Garden is open year round with either staff or self-registration at the gate entrance. The garden is beautiful in all seasons, although the peak time for the flowers is the end of July and all of August. The 6,000 cactus and succulents are a site to see any time of year. When you drive past the Canadian or USA Port of Entry and enter the International Peace Garden, you have left either the United States or Canada. To re-enter, Border Services Officers must record information from all identification documents you present. Passports are not mandatory, but are the only form that can be scanned quickly and efficiently. Passports help reduce wait times and contribute to a smooth border

2nd Vice President—continued

crossing.

I also found a peace garden in Minneapolis. It is called the Lyndale Park Peace Garden and is part of the Lyndale Park Gardens located at 4124 Roseway Rd in Minneapolis. If you would

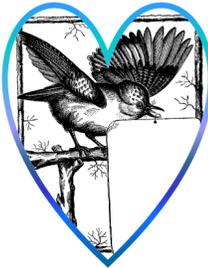
like more information, go to www.minneapolisparcs.org. It might be a good ESA field trip?

I hope you enjoyed reading about the peace gardens. There are also other peace gardens in the

United States and all over the world. If you have visited either of these places I would love to hear about it.

Jr Past President—Jackie Swanson

Simple Generosity



**MN ESA
LOVE AND
ESA INTER-
NATIONAL
DISASTER**

I hope every-
one had a truly
wonderful
April!

Thank you for keeping the gift of hope, relief, and caring alive and well in MN ESA this past year. Your simple generosity is very much appreciated right here and now and on into the future. You all have enabled the MN Love and IC Disaster funds to G-R-O-W!

PLEASE REMEMBER TO

BRING YOUR ITEMS FOR THE LOVE AUCTION DIRECTLY TO CONVENTION. Check-in for Love Fund Auction items will be at 4:00 p.m., Friday, May 13th. Association of the Arts entries will also be checked in (by me) at this time.

IF YOU HAVE SOMETHING NICE FOR THE AUCTION AND AREN'T ABLE TO ATTEND CONVENTION - please send your item/items with another chapter member or let me know in advance and we can make arrangements to get it there.

**Many
thanks to all
of you.
SEE YOU
AT CON-
VENTION!**

Association of Arts—Jackie Swanson



We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.”

I am looking forward to Association of the Arts at convention this year. There are so many wonderful, beautiful, and

engaging entries! I can tell these people had FUN creating their unique work of art, ENRICHED themselves in the process, and will pass on the EXCITEMENT to others at conven-
tion.



THERE'S STILL TIME to get in on the excitement. If you let me know via snail-mail or email by

MAY 1st - and get your entry form to me, your creation can still be included in the AA Convention Show. Check-in for Association of the Arts entries will be at 4:00 p.m., Friday, May 13th. Love Fund Auction items will also be checked in (by me) at this time.

I AM VERY EXCITED (and you should be, too) to see the results of your fellow members' creative efforts sharing the turf together in one spot at the...

**ASSOCIATION OF THE ARTS MN
ESA CONVENTION SHOW!**

Chaplain—Kathy Rice

Let Me help you through this day. The challenges you face are far too great for you to handle alone. You are keenly aware of your helplessness in the scheme of events you face. This awareness opens up a choice: to doggedly go it alone or to walk with Me in humble steps of dependence. Actually, this choice is continually before you, but difficulties highlight the decision-making process. So consider it all joy whenever you are enveloped in various trials.

These are gifts from Me reminding you to rely on Me alone.

Jesus Calling
Sarah Young

Cards sent in April:

- Stephanie Andresen (Alpha Lambda) – death of step-brother
- Stephanie's father and step-mom – Rich and Carol Andresen
- Beta Sigma – Evelyn Soderling a former member passed away
- Family of Evelyn Soderling c/o Washburn McReavy Chapel
- Inactive Alpha Theta ladies: Florence Sassenberg, Gloria Altenburg, Marie Squires, and Rose Marie Ley – death of former member Mary Jane Rosenberg

Thank you, Kate, for asking me to serve as Chaplain this past year. Ditto from Miss Tilly.

Duties performed were:

- Opening thoughts at General Membership Meetings
- Miss Tilly would have her say on occasion
- Table prayers at various events
- Wrote articles for the Essay
- Sent Emails to the Minnesota membership, IC Chaplain and MARC Chaplain regarding prayer requests, births, deaths, illness and etc. Two cards were sent, one from Minnesota ESA and one from me personally. Total cards sent were 48.
- I will be conducting the Memorial Service at Convention.

ESA Foundation—Karla Kay Nicklaus

“Climb A Foundation” Fantasy Vacation presented by the ESA Foundation Board of Directors.

A vacation full of priceless vistas sounds like a ball. From the tippy-top of a mountain comes the sound of adventure's call.

This year the ESA Foundation of Board invite you to climb a mountain with us. While you imagine looking down from the top of the beauty all around you remember

how much better it would be to help others to the top with you.

Your contributions to the ESA Foundation “Climb A Mountain” Fantasy Vacation will help fund the operations of the ESA Foundation.

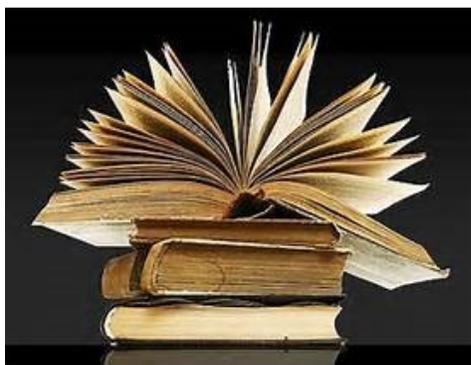
Don't forget that your donation to this exciting high-altitude vacation is tax deductible. You will not even have to worry about where your old hiking boots are hidden!

In Fact – this vacation is completely

stress free. You can forget about blisters, bug spray and those itchy wool hiking socks! Close your eyes and imagine the world from the top of the mountain with the ESA Foundation Fantasy. Send your gift to the ESA Foundation, 363 West Drake Road Suite 5, Fort Collins, CO 80526.

“Welcome to Our Adventure” and “Thank You” for climbing along with us!

MN Literacy Council—Nicki Weller



- Unfortunately, due to little or no interest, the ESL Social at the Open Door Center – Lake Street on Wednesday, April 20 had to be cancelled.

- If you were not able to attend the **New Tutor Information Session**, I

highly recommend attending one. It was so informational about all the different possibilities there are for one to get more personally involved, from tutoring adults in their literacy development as they are learning English to assisting in an elementary or pre-school classroom to helping students with Adult Basic Education services such as preparing for their GED or computer literacy. Share these opportunities with family and friends.

<https://mnliteracy.org/volunteers>

Share the **children's book suggestions & supplies list** with other groups to which you belong and who may want to conduct a book drive. Besides looking at the list published

in a few of our ESsAy's this year, you can access information at:

<https://mnliteracy.org/support/book-donations>

If you need to talk to someone about anything at the MN Literacy Council but you are not sure about the appropriate person to contact, please call or send an email to me. I have made connections with a few people who are happy to help us. If we choose to support this organization again this year, I am sure the new coordinator will also make some of these same connections.

<https://mnliteracy.org/home>

dominiqueweller@gmail.com

763-218-7568

St Jude Senior Coordinator—Julene Donnay

St. Jude Opens a new Proton Therapy Center just for KIDS!!



St. Jude Children's Research Hospital made a major investment in its mission this year with the opening of the first proton therapy center in the world dedicated solely to

children.

Proton therapy is one of the most sophisticated forms of radiation therapy available. The treatment is used for patients fighting aggressive cancers such as brain tumors, certain sarcomas and solid tumors, and Hodgkin lymphoma.

Twelve-year-old Carson will be one of the first St. Jude patients to receive this pioneering treatment on the St. Jude campus. Carson originally came to St. Jude when he was just 3 years old and had been diagnosed with a solid tumor called neuroblastoma. His treatment was

successful, and he was cancer-free for eight years.

But in November 2015, a CT scan revealed devastating news: His cancer had returned.

HOW DOES IT WORK?

For certain types of aggressive cancers, proton therapy offers tremendous advantages for children by harnessing innovative technology to precisely destroy cancer cells while sparing the healthy tissue in a child's growing body.

The new proton therapy system at St. Jude uses a fine beam of radiation only millimeters wide. The beam uses protons created from hydrogen gas, which are accelerated to more than half the speed of light. The nature of protons allows bursts of radiation to be delivered directly to the tumor, but not beyond, sparing healthy tissue.

St. Jude expects to treat 100 patients using proton therapy during the center's first year of operation. By 2018, hospital officials anticipate that 80 percent of children receiving radiation therapy at St. Jude will

receive proton therapy.

HOW CAN YOU HELP??

We need you, we need ALL of you to sign up for the St. Jude Walk on September 24, 2016. If you are able to help work the event as a VOLUNTEER, please sign up! You can still take pledges from your friends and family even if you don't walk or run the course. If you don't know how to access the site, here is the link.

www.stjude.org/walkrun.com I can also bring my computer to convention and help you log in and sign up, so we will give you lots of options!!

The next FUN opportunity where St. Jude needs our help to is the St. Jude Theatre of Dreams on Thursday, June 23. We need people to help work registration, work the Silent Auction tables, and help direct traffic. This is a fun event, with a lot of young participants. If you are interested, please let me know at 612-805-9098 or Julenedonnay@aol.com

See you all at Convention!!

Julene



- Alpha Sigma chapter will be having a "GARAGE SALE" June 2--4th. in Eden Prairie. It is for Charity.
- No junk; no clothing; or bedding items.
- We are needing good saleable merchandise, and would appreciate your donations.
- Please call Shirley McGowan or Birdie Elkofska at 952-938-3020.



CHAPTER NEWS



Alpha Chi—Joane Buche

APRIL:

Alpha Chi regrouped after our winter break. On Saturday, March 11th, we met at Gloria's home with 10 members present. We enjoyed coffee, rolls, fruit and each other's company.

We are very proud to announce the pinning of Kathy Lamphere as our newest member. Sue, our President, conducted the ceremony and as always, it is a walk down memory lane for the rest of us. It is a great reminder of the real reasons we joined ESA a l-o-n-g time ago.

Pat Peterson does a great job taking all our minutes as most of us can't remember back to November, our last meeting. Pat also stepped up to fill out the philanthropic state report as Phyllis has had many medical problems with her family this year. Phyllis was able to donate three bottles of wine for baskets and also some personal mini bottles donated via her granddaughter. She received them from a customer of hers at Home Depot. What an outreach!

The Little Sisters of the Poor are the recipient of our MedTox donation. They are in need of a lift for a van to keep up with all the good work they do.

Nora again came through with a very

interesting educational. Quilts was the topic and all of us really enjoyed the history of quilt making and there is a museum in Nebraska – who knew? Think back to Abe Lincoln and the first Log Cabin quilts.

Rhonda and Sue are back and again leading us at MedTox. We enjoyed working with the Friday group these past weeks.

Kathy I and Sue keep us informed of the state meetings and we hear they are fun and tasty!

Kathy II will soon be back and we will again be cutting coupons. Sue and Ken took an extended bus trip through Texas again. Gloria and I got two Wednesdays off at MedTox and we went to Red Wing for a fun quick break.

Hopefully winter and the flu bugs are gone and we welcome Spring. The April meeting will be at Pat's and I'll have more news to report.

MAY:

Alpha Chi met at Pat Peterson's home on Saturday, April 2nd. A festive table was set and we enjoyed cheese, croissants, fruit and all kinds of goodies.

Sue, our very organized President, got the meeting started and everyone gave their reports. Some of the gals (Gloria) wears 3 hats so things move ahead quite quickly. We did a silent auction. (Each girl donated a \$5.00 wrapped gift) and the proceeds will be dispensed to the Love and Disaster funds. I received a red and white polka dot cutting board for my kitchen which is way too cute to use!

Information was passed and Sue presented the list of the philanthropic organizations in need of our help. It would be great if we could help all, but we finally decided on two. Open your mail box or answer your phone and it is astounding the number of requests everyone receives.

Thanks to Rhonda for the MedTox sheets she compiled for all us volunteers. Remember Donna Wakefield? Her daughter Bonnie is a frequent helper at MedTox when her job at 911 gives her a Wednesday off.

We met at Kathy II Conrad's home "way out in Afton" in May.

Hopefully we will see lots of you at the Convention. This new format will be good and we sure aren't too old to change!!

Alpha Lambda—Pat Schwope

Alpha Lambda Chapter held its April meeting on Sunday, the 17th --

brunch at a corner table in a Perkins restaurant. Kind of a fun and differ-

ent way to hold a meeting.

Alpha Sigma—Shirley McGowan

Diane Vanusek is so glad 'Not' to be up to her eyeballs anymore with doing taxes....She is all done, and survived another year.

Birdie Elkofska loves the South. She didn't get to see Elvis, but she said he says "Hi All" . She is off to Kansas for the State Convention.

Shirley Laue and her husband Herman are home from Florida, but for-

got to bring back the sunshine and warm weather. They had a good time with grand-daughters, and three great-grandchildren; one a five year old, and the two babies, four months, and 2 months. Shirley is looking forward to the convention.

Rose Bitter and her husband Jim are heading to California for a good time visiting relatives, an old Navy buddy. Going to also attend a wedding.

Looking forward to sunshine and fun and relaxing (as if retirement isn't relaxing enough)!

The ESL volunteer season is nearing an end as students graduate, so Wednesdays will be freed up for the summer. It's good to be back at Medtox after a couple weeks off. Looking forward to Convention this year.

Beta Sigma—Linda Schultz

Victor Hugo penned, “Life is the flower of which love is the honey.”

This is how Leann, our queen bee, began our April 2016 meeting which was hosted and co-hosted by Bonnie and Karla at Bonnie’s home. All the Beta Sigma busy bees feasted on an array of bagels, cream cheese, fruits, juice, and coffee....a veritable banquet as usual.

As I contemplate the line by Victor Hugo, as stated above, I am conscious of the endless healing properties of honey itself, that golden result of the bees and their tireless life journey. The love that is demonstrated by our bee sisters throughout all of ESA carries with it those same endless healing properties as does honey from the bees. Where would our individual and collective worlds, as well as the broader world, be without the tireless journey we make

as we unite to bring all forms of healing

with demonstration of our love through the lives we live in ESA. I am proud of my Beta Sigma bee sisters, who are always “busy” making their own special kind of “honey.”

Queen Leann guided us through all the pertinent announcements at all levels Jackie presented the ballot for officers and the roster for appointed “helpers” for next year. In the June Essay, you will learn who they all are! :)

What fun it is to have our mini-affle each time to raise funds for good causes! Every single bee is always hovering in anticipation to see what the “winners” find in their colorful bags and packages, all provided this whole year by our Bonnie bee. A couple of times, over the years, even I have been the lucky bee.

Another fun thing is that we still continue the tradition of “secret sisters!” The big reveal comes always at Christmas. Each “secret” sister bee fulfills this role how it works best for her. What is really fun is to hear some of the things and ways that this was done historically in our chapter. Sometimes, it is good to “sit around the campfire and tell stories.” Try it ~ you’ll like it!

A couple of our bees took noteworthy flights of fancy this month which will be of interest. Marcie had a holiday in Mexico, compliments of her family. She has returned with a joy for life! Josie, sweet Josie, has traveled Italy this month where she celebrated her birthday in a very big way.

All these things are expressions of the “love as honey” as written by Hugo.

Gamma Omega—Betty Marler

Woo! Woo! State Convention is quickly approaching. We are looking forward to seeing everyone. We know Gamma Zeta will host a fun, well organized convention.

We have turned in our philanthropic sheets to our chair (Thank you, Dennis for getting everything added up and turned in.), spent our chapter funds, and elected new officers. Congratulations to: Sandy Dolence - President; Dennis Marler – Treas-

urer; Betty Marler – Secretary. So . . . now we begin our projects for 2016-17.

Gamma Omega is hosting “Paint for the Kids” on Thursday, June 2 from 6-9 PM. We’ll be painting either a birch forest/lake scene, or a light-house scene with Ravae. This delightful event will be at Ravae Studio, 13845 Round Lake Blvd, Andover. The cost for the painting and the food/beverage is \$35. Profits

will go to St. Jude Children’s Research Hospital. The flyer for this exciting event is in this copy of the Essay. We certainly hope you’ll be able to attend the fundraiser. Come enjoy an evening of laughter and good times, and supporting the Kids and families of St. Jude. We look forward to seeing you all there, and bring your family and friends! Ravae Studio can seat up to 50 painters!





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>
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>
MEMBER SAT 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.**

IC Convention Committee—Advertising

The order from to advertise in the International Convention Program Book of ESA International Convention, to be held July 10-17, 2016, at the Embassy Suites Loveland - Hotel, Spa and Conference Center, Loveland, Colorado is now available on the ESA Website. Go to the Member Center, hover over the CHAPTER/COUNCIL MGT. tab on the right hand side of the page. Click on 2016 IC Convention under INTERNATIONAL COUNCIL on the left hand column. You will find the form and much more

information on the upcoming convention. Take advantage of this opportunity to promote your ESA events and projects.

Advertisements will be accepted through June 1, 2016. Prices are as follows:

Full Page - \$100.00, One-half Page - \$50.00, One-Quarter Page - \$25.00 and

Business Card - \$15.00. Make check payable to ESA IC Convention 2016. Mail the check with the form and hard copy of the ad to Mary Humphrey at

56295 E. 28th Ct., Strasburg, CO 80136. Electronic copies of the ad must be sent to: marykh@tds.net

Please take time to browse through the IC Convention page to access all the convention info. We look forward to seeing you in Loveland!

The 2016 IC Convention Committee



IC Convention Committee—Airport Shuttle

We are pleased to report that Super Shuttle has recently offered a reduced rate to our members and guests attending the IC Convention in July. Below is the information you will need to take advantage of this offer and the logistics of getting to the Embassy Suites Hotel Conference Center and Spa in Loveland from Denver International Airport via the shuttle.

- Loveland is located about 45 minutes north of Denver and the airport.
- For ground transportation to the hotel, make reservations through Super Shuttle at: <http://groups.supershuttle.com/2016einternationalconvention.html>, the ESA 2016 International Convention page and enter the code LARGR for the reduced ESA rate. Cost is \$32 one-way for the first person and \$14 for each additional person.

- When making your reservations select “Embassy Suites by Hilton Loveland Hotel Conference Center & Spa, Clydesdale Parkway” in the dropdown as your destination.
- When you arrive at DIA head to the ground transportation counter to receive your Super Shuttle boarding pass.
- The counter people will explain where you will find the shuttle for Loveland. Hand the driver your boarding pass.
- When the bus arrives in Loveland the driver will announce “all passengers for Loveland.” The driver from a smaller shuttle will greet you, transfer your luggage and take you to the Embassy Suites, which is a short ride from the transfer area.

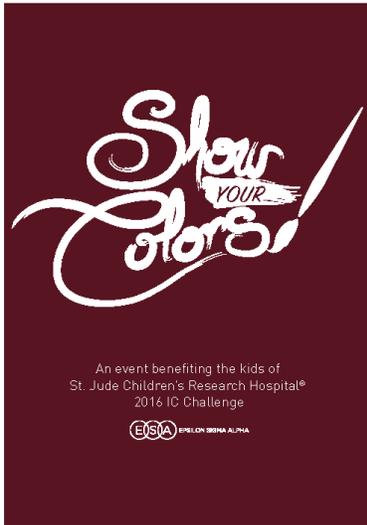
- If you have already made reservations for the Super Shuttle at the previously quoted rate, and if you would like to take advantage of the discount rate, you should cancel those reservations and make new ones using the LARGR code.

No matter what mode of transportation you choose to take, Members of the Rocky Mountain Regional Council are excited for you to come help us celebrate “Reaching New Heights in ESA.”

REMEMBER! TO AVOID LATE REGISTRATION FEES YOUR IC REGISTRATION FORMS MUST BE POSTMARKED PRIOR TO MAY 1, 2016.

See you there,

The 2016 IC Convention Committee



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 _____

ESA for St. Jude office • 363 West Drake Road • Fort Collins, CO 80526 • 970.223.2824

Paint for the Kids

A Fundraiser for St. Jude Children's Research Hospital
Hosted by Gamma Omega Chapter ESA
Thursday, June 2, 2016
6:00 – 9:00 P.M.

Ravae Studio
13845 Round Lake Blvd.
Andover, MN 55304

Food and beverage will be provided.

Cost: \$35.00

Reservations due by May 27, 2016
Sign up directly at: www.ravaestudio.com to reserve your spot.
Questions: Contact Sandy
Phone – 612.267.3926 or
shongerholt@yahoo.com



You'll have a choice to paint one of these two pictures. Please come join us for a delightful evening of painting, laughing, nibbling, and supporting the kids and families of St. Jude. See you there!

