



ESA - AMAZING

ESSAY

PRESIDENT-Dennis Marler

Notes from State Convention

If you missed the Minnesota ESA State Convention this year, you missed a good one. Thank you everyone, for making it a memorable experience.

Let me introduce your elected and appointed board members for this coming year (see next page). With this powerful group of leaders to guide me, I promise you, I won't break Minnesota ESA.

New Business

Near the close of convention, Julene introduced the idea of eliminating the office of Second Vice President and changing the term length of the President and First Vice President offices from one to two years. Any change like this will require lots of discussion, and significant changes to our by-laws and standing rules. I'll be forming a committee to identify

the pros and cons of this idea and to prepare a presentation for our membership. If you have strong feelings one way or the other, and would like to be part of this committee, please let me know.

Announcements

The 2019-2020 planning meeting will be held on **Saturday, June 8**, in the Mississippi River Room, at the Brooklyn Park Library, 8500 W. Broadway Ave., Brooklyn Park 55445. The meeting will start at **9:30 am**.

ESA Headquarters recently developed a new guide booklet to help us energize our chapters. The 20-page guide is divided into four sections:

- Evaluating your current chapter
- Mapping the future of your chapter
- Attracting new members

- Keeping members engaged and active

The first section includes a survey we could use to assess our chapter to see how well the chapter is doing at meeting the needs of its members. The survey could be completed anonymously, summarized and later discussed at a chapter meeting.

If you're able, please go online and checkout the guide. It can be found at www.epsilonsigmaalpha.org/ChapterGuide. If computers aren't your thing, I have a paper copy for each chapter.

Please remember to invite me to your chapter meetings and events. I want to see what you do and how you do it, so I can share your successes with our state membership, because YOU ARE AMAZING!



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Don't forget to:

- Watch for news from Sandy Dolence regarding a June adventure.
- Count your volunteer hours and monies.
- Volunteer over the summer to assist with Hope 4 Youth, Welcome Home Vets and St. Jude projects.
- Be kind to one another and enjoy your summer!

President—(continued)

Elected

President	Dennis Marler	
1st Vice President/President Elect	Sandy Dolence	
2nd Vice President	Dana Terry	
Secretary	Betty Marler	
Treasurer	Kerri Petty	1st year of 2nd term
Parliamentarian	Diane Vanusek	2nd year
Junior Past President	Sandy Hongerholt	

Appointed - Critical

Financial Planning Committee (2 + 2)	
Kim Larsen and Kathie Wasson	starting 2nd year
Kelly Check and Julene Donnay	starting 1st year
Chaplain	Marcie Haigh
Philanthropic Chair	Jackie Swanson
State Philanthropic Project Chairs	
Hope 4 Youth	Kelly Check
Welcome Home Vets	Betty Marler and Karen Schneider
Ways and Means Chair	Sandy Hongerholt
MedTox Liaison	Rhonda Krehl
ESA Foundation State Counselor	Karla Kay Nicklaus
Senior St. Jude Coordinator	Birdie Elkofska
Junior St. Jude Coordinator	Dee Rotering
MARC Representatives (2)	Diane Vanusek and Sharon Desarmeaux
ESsAy Editor	Terri Olson
Webmaster and Roster Chair	Jen Davies
Minnesota Love Fund	Sandy Hongerholt
ESA Disaster Fund	Sandy Hongerholt
State Convention Host - 2020	Delta Mu

Appointed - Non-Critical

Historian	Dana Terry
Social Chair	Dina and Bruce Strachota
Association of the Arts Chair	Kay Matras
Hats for Hope Chair	Sandy Dolence
Hope for Heroes Chair	Shirley Laue
Photographer	Mark Petty



First Vice President—Sandy Dolence

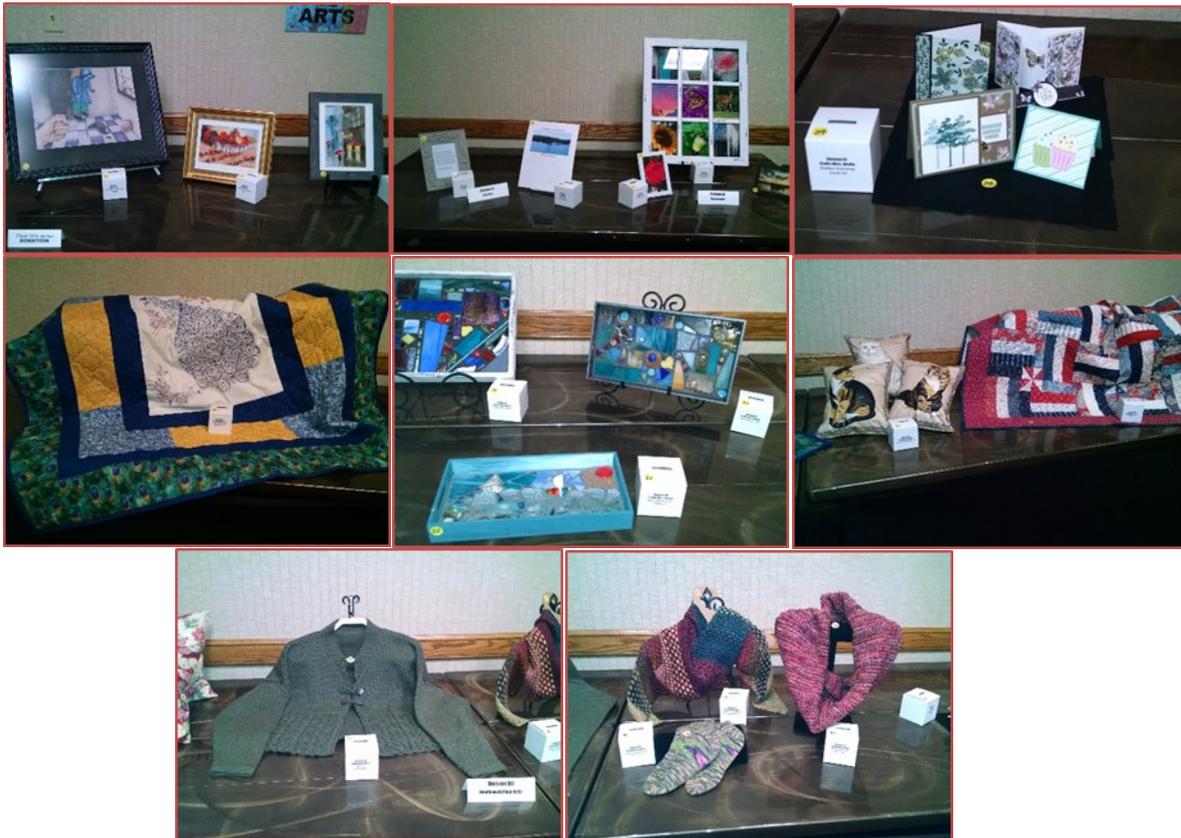
Wow, what a great convention, a big thank you to Alpha Sigma for all their hard work and time they put into it. It was nice to get out and see everyone having a good time. Thank you to Sandy H. for being a wonderful president for two years and taking over when I was unable

to fulfill my term. Thank you for everyone who helped move me around at convention.

Congratulations to Dennis on becoming the new president for ESA. I know that he will do a great job and will keep us busy. My main focus

will be to recruit new members to join us in our fun and educating adventures in ESA. Feel free to send me any ideas you have at getting new members. Watch for an adventure coming in June.

Association of Arts—Jackie Swanson



ART is what we call ...the thing an artist does. It's not the medium or the oil or the price or whether it hangs on a wall or you eat it. What matters, what

makes it art, is that the person who made it overcame the resistance, ignored the voice of doubt and made something worth making. Something risky.

Something human. Art is not in the ...eye of the beholder. It's in the soul of the artist.

~Seth Godin

Association of Arts—(continued)

THOSE WHO PARTICIPATED in the **Association of the Arts** exhibit at Convention-2019 “*Spread a Little ESA Sparkle*” in everyone’s path. *Thank you* to everyone who shared their creative work with convention-goers this year! Whether you took home a *First, Second or Third-place* ribbon or you went home without, THE 43 ENTRIES helped raise money for **Hope4Youth!** There were quarters in **every entry’s box!** **So Thank you ONE and ALL!**

THE GLASS MOSAIC Art Session on January 12, 2019 raised \$90 dollars for Welcome Home Vets and \$205.55 was raised for Hope4Youth at Convention. This makes a total of \$295.55 for Association of the Arts! I am grateful to everybody who made contributions and who faithfully brought their quarters, dropped them in the box by each entry and helped to determine this year’s winners!

Following are the 1st, 2nd, and 3rd-Place Winners of this year’s Association of the Arts Exhibit chosen by convention-goers and their generous contributions. (*Note: No entries were received for Divisions: IV Crafts/Painted Art, IX Music, and X Presidential.*)

Division I – Visual Arts (10 entries)

- 1st *Landscape X*, mixed media collage. Jackie Swanson, Beta Sigma
- 2nd *Rainy City*, watercolor. Judy Searles, Beta Sigma
- 3rd *Soleful Ride*, mixed media collage. Jackie Swanson, Beta Sigma

Division II – Literature (2 entries)

- 1st *Poem*. Kay Matras, Gamma Omega
- 2nd *Oh Canada*, Short Story. Julene Donnay, Delta Mu

Division III – Photography (3 entries)

- 1st *Out Your Window*, photo montage. Judy Searles, Beta Sigma
- 2nd *Sunset on Table Rock Lake*, photo. Sandy Hongerholt, Gamma Omega
- 3rd *Rose*, photo. Sandy Hongerholt, Gamma Omega

Division V – Crafts/Wearable Art (1 entry)

- 1st *Pieced Fabric Skirt*, sewn. Kay Matras, Gamma Omega

Division VI – Crafts/Misc. Media (12 entries)

- 1st *Squiggle-Shape Tray*, glass mosaic. Jackie Swanson, Beta Sigma
- 2nd *Beaded Bracelet & Pendant*, jewelry. Betty Robinson, Delta Rho
- 3rd *Greeting Cards*, rubber stamping. Sandy Hongerholt, Gamma Omega

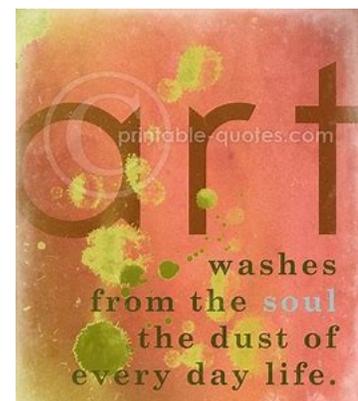
Division VII – Needlework/Fiber Arts (11 entries)

- 1st *Quilt, Embroidered Center Panel*. Kerri Petty, Alpha Zeta
- 2nd *Green Sweater*, knitted. Kay Matras, Gamma Omega
- 3rd *Shawl Nightshift Pattern multi*, knitted. Kim Larsen, Beta Sigma

Division VIII – Holiday/Ornaments/Decorations (2 entries)

- 1st *Feathered Easter Eggs*. Julene Donnay, Delta Mu
- 2nd *Porcupine Ball*, Christmas ornament. Jackie Swanson, Beta Sigma

THE DESIRE TO
create
is one of the
DEEPEST
YEARNINGS
of the
HUMAN SOUL.
Elder Uchtdorf



ESA Foundation—Karla Kay Nicklaus

This is exciting news - three members become Life Members – Kelly Check, Julene Donnay and Birdie Elkofska plus one new member – Dee Rotering. We now have 10 Life Active Members! More great news! At State Convention, Leann Monahan became a Life Member (11 Life Members) plus Jen Davies and Karen Schneider joined the Foundation. A special thanks to Sharon Desarrmaux for being one of the judges for a scholarship.

Thanks to all who made contributions to the Foundation by paying your annual dues, donating to the Fantasy Event plus using the Turn Around Funds. Thanks to the volunteers for volunteering your time at MedTox which is our fund raiser for the Minnesota State Endowment Scholarship Fund.

SCHOLARSHIP REPORT:

This year international received 6,506 paid scholarship applications. Total scholarship applications received from Minnesota - 132

- Minnesota State Memorial Endowment – 19 applicants – 1 awarded at \$3600
Balance in Endowment - \$63,257
- Parr Family Memorial Endowment – 9 applicants – 1 awarded at \$850
Balance in Endowment - \$14,264
- This past year the Sandy Weisenberger Endowment of \$9,930 was transferred to Minnesota State Endowment – thanks Birdie for this recommendation

AWARDS:

Thanks to Birdie Elkofska for all her time compiling the hours and monies for the Foundation - total hours 483 and money, goods and miles - \$3,419.12.

Hours:

3rd Place Alpha Chi 8
hours per member

2nd Place Gamma Zeta 16
hours per member

1st Place Alpha Sigma 22
hours per member

Money:

3rd Place Delta Mau
\$50 per member

2nd Place Delta Rho
\$75.71 per member

1st Place Alpha Sigma
\$154.93 per member

Congratulations and thanks for all your contributions of your time and money.

We are always looking for new members to join the Foundation. First year dues are \$25, renewal \$15 and Life Time Membership \$500. Need a form – call or e-mail me. Remember you don't have to be a member of ESA to become a member of the Foundation.

MN State Convention—Diane Vanusek and Shirley Laue

Alpha Sigma, Shirley and I hope all of the attendees had a good time at the MN State Convention the first weekend in May. Even though the chapter has done Convention before, each time brings new challenges to provide a program that is fun, entertaining, informative and the business gets with a minimum of drag on activities.

Friday night, while munching on food from the stadium, we learned more about sports trivia and our ESA sisters/brothers in Sports Jeopardy and ESA 20 questions (or more).

Who knew we had a touch of greatness in our extended ESA family

with Matt Laue as a former Olympian and now an International Skiing Official? Dr, Tracy Turner, DVM and many more initials, from the Minnesota Horse Council was entertaining and informative as he took us, in our lovely Derby hats, to Churchill Downs for the pre-running show of the 145th Kentucky Derby via PowerPoint. Attendees could make their choices of horse to win, place and show. All in fun, but no big winners. Molly DePrekel, psychologist, working with the Midwest Center for Trauma and Hold Your Horses discussed the use of horses in helping emotionally fragile individuals get more out of life. It was a horse filled day on Saturday and business got done.

Coda provided easy listening music during and after the banquet. We have a good team to lead us into the future with Dennis Marler in the lead. His team needs the support of ALL of MN ESA members.

With the three-day convention, we were able to provide a better balance of business, social and informative activities than in a two-day event. Alpha Sigma gives a big thank you to all who attended all or part of the weekend. We missed some of you who could not attend for various reasons. Put Convention on your priority list for next year as good attendance will help Delta Mu provide a quality program.

Philanthropic—Birdie Elkofska

Being your state Philanthropic Chairman was a really fun and interesting position to handle this past year. I really enjoyed every aspect of it and want to thank Sandy Hongerholt for appointing me to this position.

I know from working on the year end reports from all of the chapters that many are not reporting everything that they do for others. I ask each of you to make it a goal to track every hour, mile and donation

(cash and/or goods) and even a dollar at a meeting adds up. Just at this past convention alone, think of how many dollars were collected by Dana Terry for Minnesota Love Fun and Jackie Swanson for voting on the winners from the Association of the Arts. Do write this down and count every penny because all this information gets turned in to ESA International and that information is used to assure ESA is indeed doing philanthropic works. We all do so much and certainly not for per-

sonal gain or awards ... but help ESA continue to hold the Tax-Free status. Another example is that only two chapters reported any donations to the International Disaster Fun and the Minnesota Love Fun. TWO ... yet at every State Board meeting Dana had many dollars that you members put into her buckets for Disaster and Love Funds. Turn that in.

Here are the winners of the various Philanthropic projects:

**MN State Council of ESA
2018-2019 PHILANTHROPIC AWARDS
ALL AWARDS ARE PER MEMBER**

Foundation / MN Memorial					
Total State Hours			Total State Monies		
483.5			\$3,419.12		
1st	Alpha Sigma	22	1st	Alpha Sigma	\$154.93
2nd	Gamma Zeta	16	2nd	Delta Rho	\$75.71
3rd	Alpha Chi	8	3rd	Delta Mu	\$50.00

St Jude					
Total State Hours			Total State Monies		
1,716			\$386,623.07		
1st	Delta Rho	56	1st	Delta Rho	\$21,532.30
2nd	Alpha Sigma	36	2nd	Alpha Zeta	\$7,605.65
3rd	Gamma Zeta	15	3rd	Delta Mu	\$6,714.97

Easter Seals					
Total State Hours			Total State Monies		
87			\$4,031.02		
1st	Alpha Chi	3.75	1st	Alpha Sigma	\$113.19
2nd	Delta Rho	3	2nd	Alpha Chi	\$108.43
3rd	Alpha Sigma	1.25	3rd	Beta Sigma	\$66.80

Philanthropic—(continued)

Welcome Home Vets					
Total State Hours			Total State Monies		
770.25			\$12,039.56		
1st	<u>Gamma Omega</u>	25	1st	<u>Gamma Omega</u>	\$610.15
2nd	<u>Alpha Sigma</u>	24.5	2nd	<u>Alpha Sigma</u>	\$177.89
3rd	<u>Gamma Zeta</u>	22.5	3rd	<u>Gamma Zeta</u>	\$84.76

Hope 4 Youth					
Total State Hours			Total State Monies		
2,140			\$6,204.03		
1st	<u>Alpha Sigma</u>	194.5	1st	<u>Alpha Sigma</u>	\$338.49
2nd	<u>Alpha Zeta</u>	22	2nd	<u>Alpha Zeta</u>	\$197.50
3rd	<u>Gamma Zeta</u>	22	3rd	<u>Gamma Zeta</u>	\$98.45

Hats for Hope					
Total State Hours			Total State Monies		
219.75			\$1,628.59		
1st	<u>Gamma Zeta</u>	8	1st	<u>Alpha Sigma</u>	\$130.16
2nd	<u>Alpha Sigma</u>	7.5	2nd	<u>Beta Theta</u>	\$37.06
3rd	<u>Alpha Chi</u>	5.5	3rd	<u>Delta Rho</u>	\$24.72

Hope for Heroes					
Total State Hours			Total State Monies		
1,185.50			\$243,493.24		
1st	<u>Alpha Chi</u>	51.5	1st	<u>Alpha Chi</u>	\$17,603.47
2nd	<u>Gamma Zeta</u>	25	2nd	<u>Alpha Sigma</u>	\$5,373.84
3rd	<u>Gamma Omega</u>	20	3rd	<u>Gamma Zeta</u>	\$3,215.45

Disaster Fund					
Total State Hours			Total State Monies		
88			\$475.86		
1st	<u>Alpha Sigma</u>	10	1st	<u>Alpha Sigma</u>	\$22.76
2nd	<u>Delta Mu</u>	1	2nd	<u>Gamma Omega</u>	\$12.64
			3rd	<u>Beta Sigma</u>	\$4.03

St. Jude Coordinator—(continued)

- Julene also sent in a MedTox check for a match with UHG.
- The five who volunteered at the registration table were: Joan and Steve Laskey, Mark Petty and his brother Mike, and me.

Our annual St. Jude Style Show was held on October 27th, with Alpha Sigma once again sponsoring the silent Auction. All that supported this event helped raise \$1,411.26 by attending the Style Show portion, and \$5,527.42 in proceeds from the Alpha Sigma Silent Auction; for a total of \$6,968.68. Thank you all that worked the event and

supported us.

Next ALSAC event was for the K102 Cares for St. Jude Kids Radiothon. Once again, the volunteer registration was done online, so I do not know who all volunteered for the event, but we brought in \$125,000 in volunteer allocation for the state of Minnesota.

Minnesota ESA was also credited with the Donations of \$842.50, Memorials of \$310, and IC Challenge fund-raising totaling \$800

The total cash amount reported to IC this year was \$386,623.07. This

did not include individual chapters cash, goods donated, or mileage.

As you can see, all the events, large and small, are very important. So please continue to support next year's St. Jude Coordinators.

It was a pleasure serving as your Sr. St. Jude Coordinator this past year. Although stressful at times (me reaching far beyond my comfort zone), I learned a lot! Thank you all for your support this past year. Keep up the great work

Welcome Home Vets—Lori Thorpe and Betty Marler

THANK YOU, MN ESA, for choosing Welcome Home Vets as one of our two state philanthropic projects for the upcoming year. As soon as the two projects were announced, we sent Gretchen and Rick Peterson an email to let them know the good news. They were thrilled and are ready to continue our partnership as we strive to give our veterans a hand up in life.

This past year, you have made the lives of homeless veterans much happier. You've donated housewares, linens, comforters, televisions, clock radios, cleaning supplies, microwaves, and so much more. Many of you assisted with kit deliveries, and a couple of you set up beds for them. When the call went out to join the veterans at Veterans East for their holiday dinner, you came with cookies and candies and jumped right in to serve the meal and visited with the veterans.

When Gretchen and Rick said they needed warm socks, you purchased dozens. You worked at Medtox/LabCorp and raised over \$2,250. We are in awe of you and your compassion for our veterans. Thank you for making a difference in the lives of our heroes.

Lori will be stepping down from serving as a co-chair for this project. Her husband, Chris, will be her main focus as he awaits his heart transplant surgery at Abbott Northwestern Hospital. Katie and Jordan will also be her focus as she helps them through the waiting, the testing, the doctor reports and the unknown. Chris and Lori have a huge support group of family, friends, co-workers, neighbors, and her ESA Family. Thank you to all of you who gave her hugs, said a prayer with her, shared your words of kindness and strength, and simply love and support her, Chris and Katie and

Jordan at our state convention.

Karen Schneider, Alpha Sigma, and Betty Marler will co-chair the Welcome Home Vets project this coming year. We will be getting together to share our ideas. We'll also meet with Gretchen and Rick to discuss how ESA can support their fund-raising efforts, as well as assist with volunteer opportunities they have planned. We will continue sending email blasts to let you know when there are kit/bed deliveries, as well as other opportunities.

Thank you for your support, for your generosity and for your kindness. We are truly blessed to be part of the ESA family and to be serving the needs of others.

You are AmAZInG! 😊



Shirley Laue donated purchased items from monies allocated from the MN State Treasury for Hope for Heroes and provided them to the Welcome Home Vets project at the Hopkins Elks on behalf of Minnesota ESA.

Alpha Chi—Joane Buche

We did it all. Today was a top ten day for all who attended the state convention! A new President was elected – first time, male – Dennis Marler. Sandy Hongerholt finished up her second year as President and deserves a big thank you!

You all missed a good time because flags were flown, awards were given, arts and crafts were displayed, pom-poms were swaying, bands were playing, and food was plentiful. We learned how to ski jump, work with horses (Kentucky Derby Day) and then had therapy to relax us. Thanks Alpha Sigma, I didn't sleep all night! Good job!

Our President, Kathy Rice, stepped up again and hosted our April meet-

ing. We behaved as good as possible while cutting coupons and keeping order. Jo Palmer won the door prize last month and Kathleen Konrad won it this month. Money raised went to Ways and Means projects. Kathie Wasson collected our Philanthropic reports, so she sent information in to the State. We also elected officers for next year in a very informal procedure!

Our May meeting will be Saturday, May 11th at Culvers. We will have lots of awards to show all the girls we received at the Awards Luncheon. June is our last occasion to meet and it will be a luncheon at the Lowell Inn.

Mondays has been a Medtox day

for Gloria, Sue, Bonnie, and me. Change is hard for us "older" folks, but it is fun working with other chapters.

Kathy Konrad was home for a few days and then on to a trip down the Nile visiting Egypt and other countries. Sue and Ken are bussing around all our National Parks.

I am so sad today to report that our dear sister, Phyllis Frascone, has passed away. She was a great asset to our chapter for many years. Her funeral will be Thursday, May 9th at Saint Pascal Church in St. Paul. Phil – rest in peace. We have lots of sisters, but she was a special one!

Alpha Sigma—Birdie Elkofski

Birdie says: I have recovered from the Minnesota ESA Convention. But not as quickly as I used to. Remember staying up late and partying and getting up early and learning and participating in the convention ... not just one night and day but two nights and 3 days and I made it to work on Monday without any problems. Well, 2019 saw Birdie dragging herself out of bed about 8:00 and off to Medtox on Monday. Home from Medtox and took a long nap. And my 980 square feet of condo is a mess of piles and papers and stuff everywhere but where it should be. Okay, today is Wednesday and finally got my car emptied of convention things. The Golden Years are proving to be tarnished. But things to do ... get ready for Black Hills trip with Billie Jane Mintjal and Sharon and Larry Desar-

meaux. Then off to Effingham, Illinois where I will be at their ESA Illinois Convention as their MARC Rep. Rest a bit and then off to Memphis to the IC Convention where we all will be cheering on our own Terri Olson as she is honored as the International President!! (I sure am glad I kept calling that girl after she and hubby's time in the military to get her back into ESA... look what she has done!!)

Karen Schneider says: Well, Alpha Sigma hosted the MN State Convention. Billie Jane and I received our Jewel Pins and I received my First Pearl Award. Next, getting ready for the HUMONGOUS Garage Sale in June at Shirley Laue's. Then in July almost our entire chapter will be heading to Memphis for IC Convention. I continue to volunteer at the front desk at Hope Place

(Hope4Youth) and delivering Meals on Wheels. Two dogs to walk, leaves to rake, grass to mow and cute little bunnies to watch.

Diane Vanusek says: I have changed hats from ESA Convention Co-Chair to GRANDMA in CHARGE as I fill in for the missing baby sitter for the month of May. But no worry, I will be at the Alpha Sigma Year End luncheon!!

Sharon Desarmeaux says: Having our street repaired, so we are driving on a dirt road. Have been watching them grind up the asphalt and it shoots out onto the road. Then they removed the curbs and driveway approaches. Fascinating to watch. We lost our dear nephew's mother-in-law; a lovely and funny lady. Going to the Badland, Blacks Hill with Birdie and Billie

Alpha Sigma—(continued)

Jane; looking forward to that because I've never been there. Then heading to Memphis for IC. Our cat, Nicholas had to have another tooth removed; he is moving slowly but eating. He is 16 years old and in good health. Larry has several fishing trips lined up. All the family and Andrew are doing well and of course Andrew lights up our life -- a

funny and good boy. Enjoyed seeing so many of you at our MN ESA Convention.

Well I tell the chapter that if they do not submit words of wisdom for the ESSAY ... I will make stuff up. But I know I was behind on things to do and tired and I bet the others are also. SO, I will be nice and just say

that I know Billie Jane Mintjal, Pat Staffanson and Shirley Laue enjoyed hosting all of you at convention and so glad you made it. Now there are clothes to wash and floors to scrub and meals to make plus it is time to plant. Busy women get more done and that is Alpha Sigma Seven Busy Women who enjoy being of Service.

Gamma Omega—Betty Marler

Thank you, Alpha Sigma members, for hosting an excellent, well planned state convention. The Sheraton is a beautiful hotel and the staff teams were helpful and polite. Fabulous job!

Thank you, Sandy Hongerholt, for a great convention! You and your elected and appointed boards have worked hard all year and we truly appreciate each one of you. Congratulations on sharing your ESA sparkle with us.

Congratulations President Dennis Marler as you begin leading us into an amazing year. Your vision for the upcoming year, and for years to follow, is a simple one – be nicer to each other and welcome diversity. We wish you and your elected and appointed boards an AmAZInG year.

As we move into 2019-20, Gamma Omega Chapter is planning their second Beer, Wine, Liquor and More tasting fundraiser for Welcome Home Vets. CODA Duo will be at the Hopkins Elks Lodge to entertain. Please mark your calendar for November 9th. We guarantee it will be a fun time.

Health Updates:

Carol Crepeau: In October Carol learned her cancer has metastasized to her spine. She had three radiation treatments in November and is now on chemotherapy treatments. She is not walking well and is not driving. She is thankful for her daughter Cookie and son-in-law Rex for taking her to doctor appointments and for keeping her cupboards stocked. Prayers are appreciated. If you'd like to send her a

card, her address is 8008 Camden Ave. N., Brooklyn Park 55444.

Chris Thorpe: Lori Thorpe's husband Chris was admitted to Abbott Northwestern Hospital in Minneapolis on May 1 to wait for a donor heart. Chris was born with congenital heart problems. We knew this day would come and it has finally arrived.

No one knows what day the surgery will take place, but we will be ready when the time comes. It could be weeks or months in and/or out of the hospital. We would be very grateful to you for your thoughts and prayers during this time. If you would like to send Lori and Chris messages, their address is 19182 Yale St. NW, Elk River 55330.

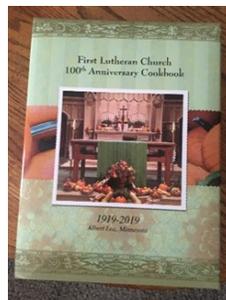
Theta Rho—Jo Hanson

Theta Rho has been doing coloring pages. We also had several house purchases in the group so viewed pictures of the various homes.

Jo has been busy getting her church's Centennial Cookbook published and working on the Centennial Celebration. A copy of the cookbook is attached.

Our educational this year has focused on, "what I can do well, and

what I need to improve on." It's been an interesting topic.



My husband Steve would like to thank everyone for the cards and good wishes after his hip replacement. He is doing great and looking forward to getting out on the golf course soon.

Joan Laskey, Gamma Zeta

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EPSILON SIGMA ALPHA

www.epsilonsigmaalpha.org

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

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

MISSION STATEMENT:

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

MINNESOTA ESSAY

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

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

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

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

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

Terri Olson
ESSAY Editor
terri.mnesa@gmail.com



—Kim Kummer,
International Council President 2018-2019