



# PRESIDENT-Dennis Marler

## ATTENTION, ATTENTION!

Announcing the **1<sup>st</sup> Annual, Instant Pot, Crock Pot, Slow Cooker, Potluck.** The most unforgettable part of our Saturday, November 23<sup>rd</sup> ESA Minnesota state meeting will be the food. Oh, sure, we'll do a little business and we'll have a little fun. We'll have representatives from one or two charities to present their stories. We'll hear a few officer reports and we'll have a technology educational. But really, the day is all about the food.

Please bring a dish to share. From my own selfish viewpoint, I hope there will be lots of meat and potatoes and cheese dishes. This could be a great time to try out one of your new recipes, as a test, before the competitive state social event in January.

If cooking in a pot isn't your thing, we'll need salads, breads, relish trays, and more. Junior Past President Sandy



H. will again have desserts available, as a fundraiser for the ESA Disaster Fund and the Minnesota Love Fund, so no need for additional desserts. (Leftover Halloween chocolate is perfectly acceptable.)

Thank you, Delta Mu, for hosting this state meeting. The meeting will start at 10:00 am, with a few minutes before to socialize. It will be at the Eagle Lake Community Building, 6259 Eagle Lake Drive, Maple Grove 55369. Please let Julene D. know you'll be there and what dish you'll bring. RSVP Julene at [julenedonnay@aol.com](mailto:julenedonnay@aol.com) or 612-805-9098, by Wednesday, November 20<sup>th</sup>.

Thank you for being willing to try something a little different. If you haven't been to a state meeting in a while, please consider coming

to this one. This year I'm making a few small changes to make these meetings more enjoyable. I'm trying to build on the changes Sandy made during the past two years, plus add a couple tweaks of my own. Our state meetings are shorter and less formal. There's no head table and fewer officer reports. The meetings cost less. Please come to the November 23<sup>rd</sup> state meeting. Let me know how we're doing.

### Save the Dates

- ◆ November 2-3 – Craft Bazaar, Mary Mother of the Church, Burnsville
- ◆ November 2 – St. Jude Style Show and Auction, Sheraton Minneapolis West
- ◆ November 9 – Welcome Home Vets Wine Tasting and More, Hopkins Elks Lodge
- ◆ November 23 – State meeting, Eagle Lake Community Building, Maple Grove



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### Don't forget to:

- Go to the St. Jude Event on 11/2
- Go to the Craft Bazaar on 11/2-3
- Sign up for the WHV Event on 11/9
- Plan to attend the Membership Mtg—11/23
- Plan to attend at least one of Beta Sigma's Fundraisers

# Second Vice President—Dana Terry



Dear Dana:

How do I protect my email and my phone against scam emails and callers that are telling me I have a problem, for instance, with my Social Security benefit?

Help me quick!  
Anonymous

This month's focus on technology is **CYBER SECURITY AWARENESS!**

Our digital devices contain some of our most important information... from treasured photos, to friends' contact information, to financial and business records. But they're a single point of failure that can break, get lost (or stolen), or suffer a malware infection.



Just like we need to prepare for natural disasters, there are important steps you can take **before** a digital disaster strikes.

Here's how you can reduce your risk of losing the irreplaceable digital information you've created over the years:

- ◆ Use malware protection. Free and effective antivirus apps are available for almost every platform including "**AVG free**" for Windows and Mac, "**BitDefender**" for Android, and "**Avira**" for iPhone/iPad.
- ◆ Keep multiple copies. Storage is inexpensive and it's easier than ever to copy from one device to another. Keep copies in

different locations like your phone, home computer, or laptop.

- ◆ Use a cloud service to automate backups. Apps like **Google Drive, DropBox, and Carbonite** can sync your information to their cloud automatically.
- ◆ Don't open links you weren't expecting to receive, or ones from a sender you don't know.

You can't prevent disasters from ever happening. But you can reduce their likelihood and ensure you can recover when they do. With these simple steps, you'll be ready!

**Vishing** is simply a new form of the old trick of impersonating a person or business to defraud people. Vishing is the telephone equivalent of email phishing.

During a vishing call, scammers will use a combination of scare tactics and emotional manipulation to trick you into revealing personal, sensitive, or confidential information that could be used to steal your identity or money. A scammer usually pretends to be a representative from a large business or government agency (such as the Social Security Administration), going so far as to create fake Caller ID profiles to make their phone number appear as though it belongs to the business or agency (known as spoofing) they are pretending to represent.

Here are some tips to help keep you safe from vishing attacks:

- ◆ Think before you speak. Scam-

mers try to either scare you or gain your trust, so you give them information before thinking things through.

information before thinking things through.

- ◆ Hang up if you receive a suspicious call from a person or a recording requesting personal information. If the call claims to be coming from a trusted organization, call that company directly to confirm their request.
- ◆ Don't trust caller ID, which can be tampered with and offers a false sense of security.
- ◆ Never give out any personal information. Legitimate companies don't ask for your credit card numbers OR PINs via phone.
- ◆ If you own a mobile phone you can install a "**Spam Call Blocking**" app provided by your cell provider. Please note there might be an additional charge for this service depending on your cell provider.
- ◆ Anytime someone calls and asks, "What's your favorite scary movie?" just hang up the phone and call the cops. (Ha-ha Happy Halloween!)

The telephone is a very useful tool but just like email, you must protect yourself from scammers that abuse it.

Depending on which report you read, there are an estimated 1.5-2.0 billion websites in existence today. This provides attackers with a plethora of opportunities to trick you into visiting a website that has been compromised for malicious purposes. But how do you decipher which websites are safe and which are not? The good news is that you

## Second Vice President—(continued)

don't have to go it alone. There are companies out there with dedicated teams and technologies that will analyze and then categorize websites for you. Check out these options to help your browsing remain safe.

- ◆ To help protect you and your family when using Internet connected devices, utilize a free service such as <https://cleanbrowsing.org> to help filter access to inappropriate and malicious websites.
- ◆ Website advertisements are often used as a delivery mechanism for providing links to malicious sites. You can use a web browser plugin like **Adblock Plus** (<https://chrome.google.com/webstore/detail/adblock-plus-free-ad-bloc/cfhdojbkjhnlbpkdai-bdcccddilifddb>) to prevent those advertisements from being displayed in the first place.
- ◆ When downloading software from the Internet be sure to download from a trusted site, preferably directly from the vendor themselves. For example, if you need **Adobe Reader**, go directly to Adobe's website ([www.adobe.com](http://www.adobe.com)) rather than trust a download from other websites that advertise a download from them.
- ◆ Make sure to keep your web browsers, plugins, and operating systems up to date with the latest security patches. This helps prevent malicious websites from exploiting

known vulnerabilities.

Safe browsing to all!

Protecting your virtual identity is no easy task, especially with all the different methods identity thieves can use to acquire your personal information.

Access to just one or two elements of your personal information such as your name, date of birth, social security number, driver's license number, credit card numbers, PIN numbers, electronic signatures, fingerprints, or passwords can put you at risk for identity theft.

Cyber criminals will go after the easiest targets, meaning those who don't take the time and effort to adequately protect themselves. By taking a few simple precautions, you can drastically reduce your risk of identity theft. Examples of ways to keep your information safe include creating complex passwords, enabling Multi-Factor Authentication, securing electronic devices, and using a credit monitoring service.

Here are some tips that can help you protect your identity:

- ◆ Creating long, complex, unique passwords for multiple applications can be tedious; therefore, use an online password generating tool to do the work for you such as **LastPass** (<https://www.lastpass.com/password-generator>).
- ◆ Trying to remember all those passwords is almost impossible. Instead, you can securely store them with free

password manager tools such as **LastPass** or **Dashlane**.

- ◆ If the website you are using offers multifactor authentication, make sure you are using it to create another layer of defense. You regularly use two-factor authentication perhaps without realizing it, such as when you swipe your debit card and enter the PIN code. Applying the same method makes it more difficult for an attacker to gain access to your online accounts.
- ◆ Protecting physical devices is also important. Your mobile phone is a magnet for theft and hackers. Create a pin code, update the firmware, enable "**Find My Device**" available on iOS and Android via Google; this allows you to remotely locate or wipe out its content.
- ◆ Enrolling in a credit monitoring service allows you to receive alerts when suspicious activity is detected. Most major credit card companies offer the complimentary service.

### Stop Identity Theft Before It Happens!



## ESA Parliamentarian—Diane Vanusek

### PROPOSED BYLAW CHANGES

Is there anyone out there? So far all I hear is crickets and that is getting less as the cold weather seems to be settling in early. I have not heard from anyone or chapter regarding the idea of eliminating the Second Vice President position and establishing two-year terms brought up at the 2019 State Convention is May.

There is no Essay in December so there will be not be a reminder until January and then time is getting short for a February meeting. Please members/chapters take some the time to read or reread the State By-laws. They are online at [www.mnesa.com/jump-drive.html](http://www.mnesa.com/jump-drive.html) (ESA#1). Chapters discuss this and plan to send a representative to the Parliamentarian meeting on **February 12, 2020**.

Don't leave the discussion till the last minute. Send me your or your chapter's comments anytime up till then. We want to thoroughly explore this idea, pro and con, as it is rather a big change. Of course, any other by-law or standing rule change may be presented for discussion during the year, too.

## ESA Foundation—Karla Kay Nicklaus



ESA Foundation Scholarships for 2020 are now available. Go to the ESA Foundation website to check out the scholarships available for Minnesota students or where the state student resides.

The Minnesota State Endowment will be awarding two (2) \$2400 scholarships to Minnesota Students for 2020 school year.

The Parr Family Endowment is available for all students – one at \$1000. Also, the Ann & Bob Becker

scholarship will be awarding \$1300 to a student residing in Arkansas, Iowa, Minnesota or South Dakota.

Check out the scholarships and qualifications available to all students .... ESAF reaches out through scholarships and grants. A fee of \$5 is charged for each scholarship application. **Deadline for scholarships – January 31, 2020 - 11 p.m. MST.** A reminder to renew your annual \$15.00 by March 1, 2020. To minimize mailing costs for

the Foundation, please renew NOW so you won't receive a notice.

New member – \$25.00. Life Active Membership \$500. Need a form, please call or e-mail me.

Remember you don't need to be a member of ESA to belong to the Foundation. Send to ESA Foundation, 363 West Drake Road, Ft Collins CO 80526.

A Blessed Thanksgiving and Merry Christmas!

## Hope 4 Youth—Alpha Zeta

Thank you for joining us in the Land of Oz at the Gala 4 HOPE. More than 325 people helped raise over \$160,000 to provide pathways to end youth homelessness.

### UPCOMING EVENTS:

- ◆ **Dine to Donate**  
November 12, 2019  
4p.m - 10pm  
Simply present the flyer and enjoy the food!

**Texas Roadhouse - Coon Rapids**  
2780 Main Street NW  
Coon Rapids, Minnesota 55448

- ◆ **Out In The Cold 4 HOPE 2019**  
December 6 - December 20

This weeklong event is the final fundraising push of the year for Hope 4 Youth. If anyone is interested in hanging "out in the cold" to raise funds and awareness for the homeless youth. Please let me know. More details on this event will be coming!



**END  
YOUTH  
HOMELESSNESS**

## MARC—Diane Vanusek and Sharon Desarmeaux

The Midwest Area Regional Conference in Cincinnati/Covington was great. I cannot say enough about the speakers at Friday Leadership. They were Tony the Tiger Grrreat.

- ◆ **Teddy Kremer**, a bat boy for the Cincinnati Reds, shared his journey as a Downs Syndrome baby to Homecoming King, Bank Mail Room employee, Red's bat boy, ballroom dancer and author. I was tired just hearing about his busy life.
- ◆ **Sam and Susan Landis** told of their journey from troubled childhood or teen years through addiction and homelessness to recovery and the founding of Maslow's Army, a community outreach to the homeless on the streets of Cincinnati. Maslow's Army helps to provide daily living needs as well as a path to stability for any or all comers. <https://maslowsarmy.org>. The hands-on activity was preparing hy-

giene kits for the homeless.

- ◆ This was followed by the energetic **Rita Heikenfeld**, a certified family herbalist. The "ho-hum, another one saying what we eat is bad" attitude was quickly replaced with rapt attention as Rita showed a myriad of actual vegetables, fruits, spices and herbs, while telling of their history, uses and they are good for us. She passed the cornucopia around for "smell and tell" <https://abouteating.com>. The speakers left us all wanting more. Their websites are listed if you are interested.

The General Board Meeting went well. The list of the newly elected officers of MARC is available on the MARC website as are the minutes of the meeting. Our own, Terri Olson, IC President, gave her usual inspiring talk. Birdie Elkofska and Sandy Hongerholt were elected as Co-Communicators and Diane Vanusek was appointed as the Audit Chair for next year.

The Banquet and Installation of officers was held in the City View room with a panoramic view of the light show "Blink" over the Ohio River. It was beautiful. The Jump 'N Jive Big Band, a group of older musicians, was wonderful. They play to earn funds to help budding musicians further their education.



Did we have fun? You bet! Next year MARC is in Evansville, Indiana the second weekend in October 10-11, 2020. MARC your calendars.

Please visit the ESA MARC <https://www.mnesa.com/jump-drive.html> for more information.



## Welcome Home Vets—Karen Schneider and Betty Marler

Happy November! We have several outstanding events coming up this month – the St. Jude Style Show and Auction, our State Meeting and Gamma Omega's **Welcome Home Vets wine, liquor, beer tasting and silent auction!** Exciting! We hope many of you will be at the **Hopkins Elks Lodge in downtown Hopkins on November 9<sup>th</sup>** (flyer in this Essay) to support Welcome Home Vets.

The proceeds from this fundraiser will be given to Gretchen and Rick Peterson so they can continue to support our veterans. Please purchase your ticket from any GO member (call or email them - \$25 or

at the door the day of the event - \$30). Come enjoy tasty snacks, sample various wines, beers, liquors, enjoy CODA Duo's music, and win some fabulous auction items.

**Save the Date: Saturday, December 7<sup>th</sup>, 2019 for the Veterans' Holiday Dinner!**

Gretchen and Rick have tentatively set Saturday, December 7<sup>th</sup> for the veterans' holiday dinner. We are going to be serving at Veterans East (100 residents) and Veterans and Community Housing (150 residents).

A hot meal will be served. They are hoping to provide fresh produce and meat bags for each of the vet-

erans as well.

We will let you know more as we get closer to the event. We hope you'll all be able to join us as we serve our veterans a delicious meal, visit with them, share some laughter and spread joy.



## Alpha Chi—Joane Buche

Alpha Chi traveled to Afton, Minnesota at the home of Kathy Konrad for their fall meeting. For some of us it is like a mini trip to get out of town.

Kathy Rice opened the meeting with eight members present. Past minutes were read and then the Treasurer's report. It was voted to again have the "nothing boutique" to supplement our Treasury for the year. In years past, we rented a table at the 3M Boutique and everyone donated goods they had made. It was profitable but lots of work for all us "Senior Ladies."

Ways and Means is always a gift Kathy Rice donates and we all take a chance to win. The Treasury is

the same as our personal check-book. In one hand and out the other.

Gloria and Joane collected and delivered all the donated bags and boxes to be dispensed to Listening House – men's tube socks and school supplies to east side schools. We were told at the Day Shelter there was a need for women's underwear.

Kathy K. did a great job as our Educational. Sue and Ken took a land and cruise trip around Egypt and down the Nile. She visited the Wailing Wall, the Stations of the Cross, rode a camel,



saw must military and a different way of life.

Gloria's son Stephen was also on a business trip for a company in Dubai, Saudi Arabia. For security reasons he never felt comfortable enough to leave the hotel grounds. His Mom prayed for his safety and we all felt, don't we live in a great country?

Kathie W. gave us the report on the State Meeting she attended. We have to make a few decisions on upcoming votes. Discussion followed.

In November, Gloria will plan our meeting. The

## Alpha Sigma—Diane Vanusek

Guess what Alpha Sigma has been up to? If you said working on the St. Jude's Auction for November 2, 2019, you would be right.

Birdie Elkofska has been picking up donations for the auction as well as supervising the Style Show as the St. Jude Coordinator (with Dee Rotering). The rest of the chapter has been helping in this endeavor as needed and our vehicles and storage areas are filling up with great prizes. This next week will be an "all hands on deck" week as Alpha Sigma strives to make this a fun event for all at-

tendees. Karen Schneider reminds you to bring your address labels to put on the tickets.

Sharon Desarmeaux, Diane Vanusek and Birdie Elkofska attended the MARC Conference in Cincinnati/Covington, KY put on by the Ohio State Council. The Leadership speakers were very good and worth the trip. Birdie (with Sandy Hongerholt) was elected as the 2019-20 MARC co-communicator and Diane will be the audit chair again.

Sharon, Diane, Birdie and Karen

also played BUNCO for St. Jude a week or so ago. Birdie was the big winner and the treats were good. Thanks to Gamma Zeta for this opportunity.

We would like you all to welcome our newest addition to Alpha Sigma, Ann Becker. Ann is no stranger to ESA or the Twin Cities area. She even remembered to wear her pin so no pin fine. We are all looking forward to getting to know Ann better.

Shirley Laue is busy putting her beautiful gardens to bed for the winter.

## Beta Sigma—Eileen Spencer



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

BETA SIGMA members were busy this October. Several members, along with one husband, attended the Twin Cities Oktoberfest on the 5th where plenty of good food, fun and Summit brew were had by all!



On the 19th, 17 BS members and spouses prepared **Mason Jar Meals & Dessert** at Betty Brown's

complex, which will be sold at **two** craft fairs for our November Fundraisers\*.

Our very own Dina & Bruce Strachota, along with Dina's sister Denise, raised **\$365** for the St. Jude Walk/Run – **YEAH!!**

### **NOVEMBER FUNDRAISERS:**

1. **Nov. 2 & 3** – Beta Sigma will be selling their **Mason Jar Meals & Dessert** at the **Mary Mother of the Church Annual Food & Crafts Sale\***.
2. **Nov. 23** – Our second sale of **Mason Jar Meals & Dessert** will take place at the **Spirit of Christ Bazaar\***.

### **2020 SHOE DRIVE FUNDRAISER:**

START SAVING your **NEW** or **"GENTLY USED"** **SHOES** for our fundraiser starting January 2020. ALL childrens, womens, and mens shoes, sizes and styles will be welcome! The **ONLY STIPULA-**

**TION** is the shoes must be in **GOOD, WEARABLE CONDITION**, i.e., NO rips, NO loose soles, NO dirt, NO scuffs, NO missing or ragged shoelaces! **HOWEVER** if shoes can be washed, cleaned up, polished, shoelaces replaced - **BY YOU** - we can accept your donation which will go to "Developing Countries" where shoes are scarce and badly needed. Complete details will appear in December's ESSAY.

Beta Sigma sisters Diane Rowe and Linda Schultz have been under medical care for various reasons and would appreciate cards and calls, along with prayers as they recuperate.

We wish all our ESA brothers, sisters and families a very Happy Thanksgiving and safe travels wherever you may go!

\* SEE flyers with details within and email "Blasts".

## Gamma Omega—Joyce Cobb

Sandy D. is getting along well. She says that she is slow, but much is being done by her. Her adventures include traveling with her family to the LAKE a total of three times during the summer. Family and friends are helpful, and she is indeed thankful. They manage to transport her where she desires to go.

For a couple of days, Betty and Dennis Marler went to Grand Ma-

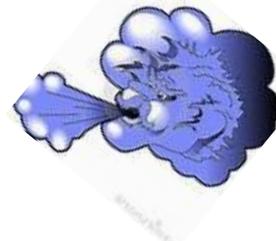
rais and the Gun Flint Trail to hunt for moose (Nikon style). Three days before they arrived, it snowed twelve inches. Ask them what they did.

Gamma Omega and other chapters are working to make life easier for returning Veterans and their families. Are you sharing with these folks? Much work is being done.

We are so happy that Chris is improving. Our chapter celebrates with the Thorpe and Marler families.

Upcoming Educational plans include learning about little horses. We will be traveling to Isanti and Kay will soon share her knowledge with us.

Winter will arrive soon and ...





**10% NIGHT**

»» *Support* ««

**HOPE 4 YOUTH  
TUESDAY, NOVEMBER 12  
4PM-10PM**

**10%  
DONATION NIGHT**

for **Hope 4 Youth** .

Present this flyer at the Coon Rapids location and Texas Roadhouse will donate **10%** of your total food purchases to **Hope 4 Youth** !



**763-862-3389  
2780 MAIN STREET NW  
COON RAPIDS, MN**

# St. Jude Style Show Lunch/Auction—Registration

BENEFIT FOR



## 36TH ANNUAL STYLE SHOW LUNCHEON & SILENT AUCTION SATURDAY, NOVEMBER 2, 2019

Sheraton Minneapolis West Hotel  
12201 Ridgedale Drive  
Minnetonka MN 55305

### Fashions by Chico's

**Adult ticket \$28 – Triple Salad Plate**  
**Child ticket \$16 – Chicken Fingers Luncheon**

*Please note dietary restrictions  
when reservation is made*

*Auction 10:00 am  
Program 11:40 am  
Luncheon 12:15 pm  
Style Show 1:00 pm  
(Auction winners announced between events)*

Name \_\_\_\_\_  
ESA Chapter \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Person(s) you would like to be seated with \_\_\_\_\_



**\*\*\*\*RESERVE YOUR TICKETS BY OCTOBER 25, 2019\*\*\*\***

**Make checks payable to Alpha Sigma**

Send to: Dee Rotering, 11764 Red Fox Drive, Maple Grove, MN 55369  
612-819-8735

Questions or Donations for Silent Auction may be sent to  
Birdie Elkofska, 952-938-3020

# St. Jude Style Show Lunch/Auction—Table Sponsor



## BE A TABLE SPONSOR AT THE NOVEMBER STYLE SHOW LUNCHEON & SILENT AUCTION

It's easy to do and a wonderful way to support the kids at St. Jude Children's Research Hospital.

A \$100 Corporate Sponsorship will highlight your business and show your philanthropic side. If you would like coupons or other items distributed to luncheon guests, please let us know.

A \$25 Personal Sponsorship can be used as an honorarium, memorial, thank you or recognition for someone you love.

Sponsorships include your name or company name acknowledgement at the style show, one free drink ticket and of course much appreciation for supporting the kids at St. Jude!

Send checks payable to "St. Jude Children's Research Hospital" by October 15 to Birdie Elkofska, 3320 Louisiana Ave. S., #206, Mpls., MN 55426. Call 952-938-3020 or email [birdieelkofska@comcast.net](mailto:birdieelkofska@comcast.net) with questions. If you know someone for us to contact as a Corporate Sponsor, please let me know.



# Holiday Bake and Craft Sale—Beta Sigma Fundraiser

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**BETA SIGMA FUNDRAISER**  
*at*  
*MARY, MOTHER of the CHURCH*  
**HOLIDAY BAKE & CRAFT SALE**

*Featuring*  
**BETA SIGMA'S**  
**Mason Jar Meals & Dessert**



*% of Beta Sigma's Profit to support  
St. Jude Children's Research Hospital!*

Sat., Nov. 2 - 9:00 to 5:30

Sun., Nov. 3 - 9:00 to 1:30

**3333 Cliff Road**  
Burnsville, MN 55337

**DIRECTIONS at [mmotc.org](http://mmotc.org)**  
*Park LOWER Level*

# **Wine, Spirits And More** **A Tasty Fundraiser Benefiting** **Welcome Home Veterans Program**

Providing Home Starter Kits to homeless veterans moving into permanent housing



WELCOME HOME  
**VETERANS**

**Saturday, November 9, 2019**  
**Hopkins Elks Lodge #2221**  
**30 – 8<sup>th</sup> Ave S, Hopkins MN**

1:00 – 4:00 pm: Silent Auction  
3:00 – 5:00 pm: CODA Duo  
3:00 – 5:00 pm: Wine, Beer, Spirits  
and hors d'oeuvres

Wine, beer & spirits provided through  
The Liquor Store and More, Hopkins  
Appetizers provided by local businesses



**Cost \$25 in advance, \$30 at the door**

Tickets may be purchased at the Hopkins Elks Lodge,  
The Liquor Store and More, or by  
Contacting Sandy at 612-267-3926

Sponsored by the Gamma Omega Chapter of Minnesota



EPSILON SIGMA ALPHA

# Epsilon Sigma Alpha Minnesota State Meeting



**1<sup>st</sup> Annual, Instant Pot, Crock Pot,  
Slow Cooker, Pot Luck**

Hosted by Delta Mu

**Saturday, November 23, 2019**

**Eagle Lake Community Building**

**6259 Eagle Lake Dr., Maple Grove 55369**

Social: 9:30 A.M.

Meeting: 10:00 A.M.

Pot Luck: noonish

**RSVP to Julene by November 20<sup>th</sup>**

**[julenedonnay@aol.com](mailto:julenedonnay@aol.com) or 612-805-9098**

# Holiday Bazaar—Beta Sigma Fundraiser

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## **BETA SIGMA FUNDRAISER**

*at*

*Spirit of Christ Community Lutheran Church*  
**ANNUAL HOLIDAY BAZAAR**

*Featuring*  
**BETA SIGMA'S**  
**Mason Jar Meals & Dessert**



*% of Beta Sigma's Profit to support  
St. Jude Children's Research Hospital!*

**Sat., Nov. 23 - 9:00 to 3:00**

**5801 Minnetonka Blvd.  
St. Louis Park, MN 55416**

**DIRECTIONS: [spiritofchristcommunity.org](http://spiritofchristcommunity.org)  
click "About Us", pick "Directions"**

# ANNOUNCING

## BETA SIGMA FUNDRAISER

COMING JANUARY 2020

Start SAVING Your  
“GENTLY USED” SHOES\*  
in GOOD, WEARABLE CONDITION



*(NEW SHOES ALSO ACCEPTED!)*

**SHOES NEEDED for: *Children, Women, & Men***  
***ALL Sizes & Styles***

**So... clean up those worn shoes...**  
***Polish 'em, Wash 'em, Replace Raggedy Shoelaces!***

CANNOT accept shoes with rips, loose soles, dirt, scuff marks or missing/ragged shoelaces!  
If you wouldn't wear them, please don't ask the needy to, thank you.

\*Shoes will go to “Developing Countries” where shoes are scarce and badly needed.  
Complete details will appear in December.

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](http://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/>

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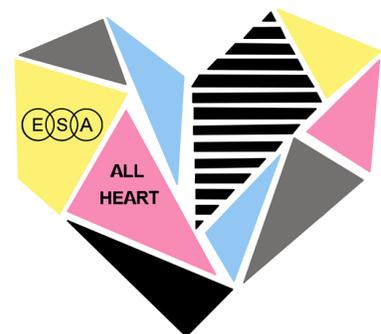
The ESSAY is published on a monthly basis August—May (except December) at the beginning of each month.

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