



# ESSAY

## PRESIDENT-Dennis Marler

Team ESA Minnesota, as always, represented itself nicely at the St. Jude Walk/Run, on Saturday, September 21, 2019. Several of us joined 1,500 other participants to donate our time and money to the Kids of St. Jude. Thank you, Betty Marler and Dee Rotering for working the registration tables. Thank you, Dina and Bruce Strachota, for walking the course. Thank you, everyone who donated money to the event. Thank you, Birdie, for bringing it all together and helping Team ESA Minnesota raise over \$3,500. You are all AMAZING!

Now, for my confession. Writing these Essay articles is very difficult for me. I'd much rather jot down a few bullet points, then stand up and wing it. I'd rather tell a story than put it to paper. Writing it down is brutal.

To make matters

worse, no one told me there are also monthly IC and MARC articles to write. Fortunately, Diane Vanusek and Sharon Desarmeaux are writing the MARC articles. Thank you, Sharon and Diane.

That leaves the IC article. It's due on the 15<sup>th</sup> of each month, while Terri Olson's deadline for the Essay article is the 25<sup>th</sup>. My solution: Use Dee's R&D technique (Rip-off and Duplicate). So, here's my 9/15 IC article, AGAIN.

"The Minnesota State Council had its first meeting of the new year on Saturday, September 14, 2019. Midway through the meeting it was time for some fun. Our Social Co-Chairs, Dina and Bruce Strachota stood up, with rolls of toilet paper in their hands. Well, I had no idea where this was headed.

Their instructions were

to take as much toilet paper as you would use when you use toilet paper. Some of us took only a single square (like, who are we kidding). Some of us took four or five squares, and some of us spun that roll like it was a roulette wheel.

A brief group discussion followed. It was pointed out the amount of toilet paper needed, is really dependent on the job at hand. OK, I had lost control of my meeting.

Dina and Bruce regained a sense of decorum when they instructed us to share an interesting fact about ourselves with the people at our table, one fact for each square of toilet paper. What a fun icebreaker! Thank you, Dina and Bruce.

In Minnesota, the Junior Past President is responsible for the ESA Disaster Fund and the



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### Don't forget to:

- Sign up for the H4Y Gala on 10/5
- Sign up for the Bunco Event on 10/19
- Go to the Craft Bazaar on 11/2-3
- Sign up for the St. Jude Event on 11/3
- Sign up for the WHV Event on 11/9
- Plan to attend the Membership Mtg—11/23

## President—(continued)

Minnesota Love Fund. Our Junior Past President, Sandy Hongerholt, brought an easy fundraising idea to the meeting. Sandy asked three chapters to bring baked goods and she had a bake sale. Sandy's chapter was the host of the meeting. Normally, the host chapter would provide pastries before the morning meeting and desserts after the noon meal. Not this time. If you wanted a roll before, or a cookie after, they were for sale. Sandy raised nearly \$200 for our disaster and love funds. Way to go, Sandy!

But the highlight of the meeting, at least for me, was the result of a miscommunication. Our finance committee was scheduled to present its annual budget forecast to the membership for approval. The problem was the paper copies had gone missing.

I had the proposed budget in an email on my laptop, but no Wi-Fi in the meeting room. Kim Larsen, the financial presenter, had a hotspot on her phone. Kim figured out how to connect my laptop to the internet, using her hotspot. I emailed the proposed budget to our Educational Chair, Second VP Dana Terry, who had earlier setup her projector for an educational. Dana projected the budget and Kim completed her presentation. Motion made, seconded and approved. Nice problem-solving Kim and Dana.

That was our Saturday. I herded the cats. We did a little business. We had some fun. We raised a few dollars. ESA Minnesota is AMAZING!!!"

### Save the Dates

- ◆ October 5 – H4Y Gala 4 Hope,

Minneapolis Marriott Northwest, Brooklyn Park.

- ◆ October 11-12 – MARC Convention, Cincinnati.
- ◆ October 19 – St. Jude Bunco Party, The View Apartments, New Brighton
- ◆ November 2-3 – Craft Bazaar, Mary Mother of the Church, Burnsville
- ◆ November 3 – 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

## First Vice President—Sandy Dolence

Well fall is here, our first state meeting is over. Thank you G.O. for hosting. We had fun and great food. Thank you Sandy H. And Sharon for making lunch.

We have a lot of events coming up. Wine and Beer tasting and the Style Show coming; these would be great events to invite friends to join us and experience ESA. I know that I have had a blast at these events.

We have our first Elan member and possibly the first in the state. We know he is the first male Elan member in the state. Jeff Kurtz has been a member for a month now. He is 16 years old and in the 10th grade at Cooper High School. He is my grandson and of course I am very proud of him. Sandy H. is also planning on bringing her niece in also.

Thank you to Kathy Rice for being such a thoughtful person. Thank you Jackie Swanson for showing us a new look of art style.

In closing I would like you to take some toilet paper as much as you think you need. Now write on each square something positive about yourself. Have fun and remember you're a wonderful human being.



# Second Vice President—Dana Terry

Dear Dana,

I see Pages and Groups in Facebook; what's the difference?

Anonymous

## Facebook – Pages vs. Groups

Below is a very brief overview of the difference between Pages and Groups on Facebook. Hope you find this information helpful. And even if you are not on Facebook, you should be aware that MN ESA does have a social media presence as you will see below.

This is the **Page icon** in Facebook



A Facebook Page is like a profile for a person, group, business or organization. It's a public presence on Facebook. Unlike personal profiles, Pages are visible to everyone on Facebook. This means that anyone can look up and view the page contents and even share the page with other Facebook members. People can connect with Pages by liking and following. This allows you to receive Page updates in your newsfeed and interact with them.

Minnesota ESA has a Facebook page (MN ESA)...and I am sure many of you have liked and followed it. It is a place where we can publicly post about the good ESA things happening in our state. We can post upcoming events as well as post information about events after they have happened. We can post pictures and ask for donations. The important thing to remember when posting anything to our MN ESA Page is that it is public information that anyone can see. We should take caution when posting flyers for events. We should never post anything that lists someone's phone number or address! (Unless you get specific permission from that person...but I personally don't recommend it.) If you want to post a flyer for an event, think about creat-

ing a "web version" that would include only an email for RSVPs.

This is the **Groups icon** in Facebook

A Facebook Group is a place for a group of people to communicate, share common interests and express their opinions.

You can create a group for anything – a family reunion, a book club, a charity group, kid's sports team. The list is endless. A Group can be Public (meaning any one can join), requires an admin to approve a membership request, or Private (by invitation only). There are many different settings for pages, but the one thing to note is that groups can be a better place to share more sensitive information...as long as it is a private group. The other nice thing is you can post files to groups!



MN ESA does not have a Group on Facebook, but we could easily have one .... or several. We could have a general MN ESA group for all our MN members on Facebook. We could post reminders of meetings and events. We can share files such as minutes and bylaws/standing rules. Or, maybe our book club could be virtual and set up a Group on Facebook and members can join and interact online. Or yet another idea would be to set up a MN ESA Chaplain group page that members can join, and any chaplain information could be shared there.

There is a Facebook Group for the Annual IC Convention.... Epsilon Sigma Alpha Annual IC Convention Group. This is a private group so people can request to join, and their membership has to be approved by an Admin. Last year, I was the admin of the group along with LeAnn Wray. This year the Admins for the IC Convention Group are LouAnn Wyer (IC Webmaster Jr.) and Robyn Bussey (IC 2<sup>nd</sup> VP).



The reason why we set up a private group is that we post files... registration forms and event flyers. These files have sensitive information (private addresses to mail registrations, for example.) so we only want these files to be available to group members – not every Joe Schmoe on Facebook.

Both Pages and Groups require an Admin – someone who will maintain settings and assign roles/permissions (and approve memberships in the case of groups). Since we have a social media presence, maybe we should think about an appointed position, or at the very least some guidelines in our Standing Rules for social media use.

I checked with ESA Headquarters, and we do not currently have any guidelines for social media. But they did feel that in today's age, it is important to consider the information that we are putting out for the world to see. We should make sure we are promoting ESA and ourselves, as ESA members in a positive and professional light. We also need to keep our members safe from cybercrimes, so please be aware of things you are posting on any social media – that goes for personal accounts as well as in public forums.



Cyber Savvy - Think Before You Post



## ESA Foundation—Karla Kay Nicklaus

Exciting news from the Foundation. A new \$50,000 grant (\$10,000 per year for 5 years) to the St. Jude Graduate School of Biomedical Sciences was announced at IC Convention. The grant was made possible by life active memberships. Thanks to the MN members who became life members.

The 'Each One Reach One' campaign was a huge success with a record of 97 new Life Active Mem-

bers. The campaign is continuing this year.

You may pay your life active membership in 2 payments of \$250 each. It must be paid fully by 5/31/20. A reminder to renew your dues – \$15 to save money for the Foundation - Headquarters doesn't need to send you a reminder. Thanks. Need a form – give me a call or e-mail.



**FOUNDATION**  
EPSILON SIGMA ALPHA

Scholarship applications will be available in October for 2020-2021 year.

Thank you for your generous support of the Foundation and especially to the volunteers at LabCorp/

## Hope 4 Youth—Alpha Zeta

We will no longer be serving meals at the Drop-In Center. Thanks to everyone who has served over the past several years. We will continue to serve when we can.

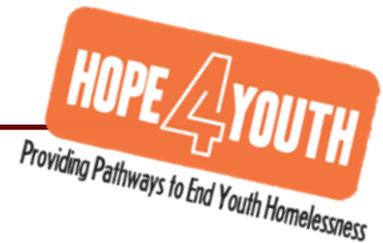
### UPCOMING EVENTS:

- ◆ **Gala 4 HOPE**  
October 5, 2019  
5:30 p.m. Social  
7 p.m. Dinner  
9 p.m. Dance



Minneapolis Marriott Northwest - Brooklyn Park, Minn.  
Featuring the R Factor (Formerly Rupert's Orchestra)

This year's gala, we highlight Dorothy's message in the Wizard of Oz, "There's no place like home...". Together, we can help these young people find a place to call "home" and show them how true the phrase, "There's no place like



home" is. Tickets can be purchased at [Hope4YouthMN.org](http://Hope4YouthMN.org) under the Events link.

- ◆ **Out In The Cold 4 HOPE**  
December - more info to follow

## MARC—Diane Vanusek and Sharon Desarmeaux

There is still time to register for the MARC conference. The conference is October 11-12, 2019. The registration and flyer has been attached to the previous two Essays.

The convention hotel convention block is full but, as of this writing, there are still rooms available in the hotel, but at a different rate. Double bed rooms are available and since they are suites, there is a sofa bed too. That could accommodate up to 6 people if you are a bed sharer.

If you wish to contribute items to help the Cincinnati Veterans Fisher House community, please contact

me or any other person attending MARC for help in arranging getting your contributions delivered. Birdie Elkofski is the coordinator of the event for MARC. See the list in the last two ESSAYS for items to contribute. Gift cards are never turned away.

Please reread August Essay MARC Rep report for additional information on the conference.

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



## Parliamentarian—Diane Vanusek

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I think I will sound rather repetitive this fall and winter as I encourage all members/chapters to take some the time to read or reread the State by-laws. They are on line at [www.mnesa.com/jump-drive.html](http://www.mnesa.com/jump-drive.html) (ESA#1).

At the 2019 State Convention the idea of eliminating the office of the Second Vice President was presented. The offset would be to make the terms of the President, the First Vice-President and Secre-

tary two years rather than one. All Chapters should 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. (I have no comments to share at this time.) 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.



## Philanthropic—Jackie Swanson

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**Hello Everyone! I hope you have enjoyed your summer...I certainly have!**

Our first MN ESA State Meeting on September 14th was fun, informative *and* educational! If you have a Philanthropic project candidate that you would like to see present at one of our remaining membership meetings for the year, **please let me know...after all that is what I'm here for!**

### Philanthropic Project Presentations for 2019-2020

So far, we have three Philanthropic

presenters, one each per the November, January, and March meetings. Wouldn't it be lovely to have *two Philanthropic presenters* per each of our subsequent state meetings? It's interesting, inspiring and thought-provoking to hear about different organizations. It gives chapters ideas for their philanthropic projects and it's nice to have more options to choose from!

So put your thinking caps on and contact me, your friendly Philanthropic Chair for this year, and I will be happy to work with you and your organization to set up a date and

time for presenting.

Philanthropy is one of the main reasons we became ESA members. We love giving back and we love volunteering for meaningful causes! I'll be waiting by the phone for your call, email or text...

Let's all do our best to support our two current state Philanthropic projects **Hope4Youth** and **Welcome Home Vets** and remember to log your HOURS, MILES, GOODS and MONIES as you go.

**Thank you!**



## Welcome Home Vets—Karen Schneider and Betty Marler

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The next **BIG** thing for Welcome Home Vets is the Wine, Liquor, Beer and More party hosted by Gamma Omega Chapter. Save the date: November 9<sup>th</sup>, Hopkins Elks Lodge, Hopkins, for this fun-filled event.

There will be a silent auction, live



music by Coda Duo, and of course, many distributors with their beverages ready to be tasted. There will also be delicious foods to enjoy. Check this Essay for the flyer advertising the event. Thank you, Gamma Omega Chapter, for

hosting this fun-filled fundraiser for our homeless Veterans.

At this time, we have no information on the holiday dinner(s) for the veterans at Veterans East. As soon as we hear the plans from Gretchen and Rick, we'll blast the scoop to all of you.

Until next time, Happy Fall and Happy Halloween!

# ESA International—ESA Headquarters Information

When was the last time you visited the ESA International website? ([www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org)).

There's so much information under the **Chapter/Council Management** tab, you won't want to miss all of this good stuff!

## **Chapter Membership Guide**

Is your chapter participating in the Chapter Membership Guide Survey and process? What a great way to figure out if your chapter is still meeting the needs of its members!

Sign up your chapter and get regular tips and hints from Charlotte Carloni about helping your chapter grow and help it to be the best ever!

## **Recruitment: New Members and New Chapters**

Did you know that there's absolutely everything you need in this section to help you grow your chapter or start a new chapter in your community? There's even information about how to host an event to meet

folks in your area! Did you know that you can even sign a new member up online?

Have you looked under the **Eduction Center** tab to see all the ways you can help build your career. Are you looking for a promotion; check out the **Certification** opportunities. OK; so you're retired, how about the Leadership Grown opportunities?

Have you looked at the **Book Recommendations**? Do you have an idea for a book you'd like to share?

Did you check out the multiple ways you can **Learn a New Skill**? There are so many to choose; wow!

Did you check out **ESA Travels** and then signed up for discount opportunities on cruises, cars, hotels, travel and more.

Go back to the **Main** page on the ESA website and scroll down to the

bottom of the page. Wow! There are links there to click on to find information about **Collegiate Memberships, Community Memberships, and Events!**

Time to check out the ESA website!

# Thank You—Pat Oman and Marler and Thorpe Families

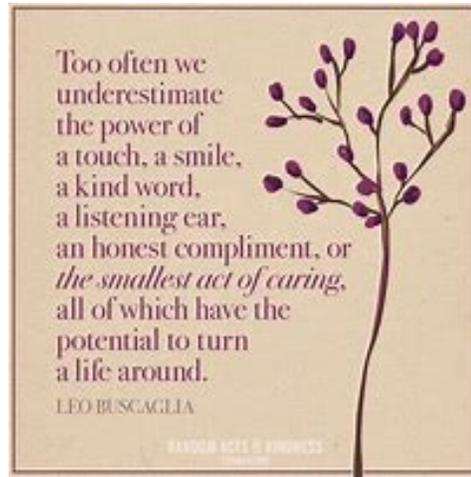


Thank you to ALL of you who have sent cards to me regarding this last stroke that I have had - it is really appreciated. Every day it was so nice to open up the cards and hear from so many of you. I am just finishing up with therapy and all has gone well for me.

Thank you also for the sympathy cards sent for when our doggie Baxter passed away and now for the new puppy cards sent for our new doggie Rusty.

You are all so very good.  
With love & thanks

Pat Oman



Thank you for your cards, FB messages, hugs and support when my Mom, Arlis Hetland, passed away. Mom taught me so much, her secret ingredient in her recipes, how to make wonderful fried chicken and loving what you do. I admired her strength, her compassion, and her love and devotion to her family. The following gives me peace: "Grief never ends . . . but it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, Nor a lack of faith . . . It's the price of love."

Thank you for caring,  
Betty and Dennis Marler and Family



## Alpha Chi—Joane Buche

Alpha Chi started the new year at Joane's home on September 7<sup>th</sup>. We played catch-up while enjoying coffee, tea and treats.

Kathy Rice our again President, opened the meeting with the ritual which we all remembered! She called on all the five attending members for their reports. Sue, our constant Treasurer, keeps us out of the red—it's cash or check—but doesn't accept credit cards.

Gloria, our Philanthropic Chairman, did a lot of research on the many places we could help this year. She even did a printout. Now we will choose a few and get to work. Also, remember to keep account of your donation \$\$\$.

No report from Parliamentarian ("Open"). I don't expect her at all this year, but we will survive!

Social, Kathie Wasson' Secretary, Kathy Konrad; Jonquil, Jo Palmer; and Pat Peterson were unable to attend. They missed a great time! We started talking about all the illness and funerals that happened through the summer. Then someone mentioned "Neisner's" dime store and the laughter never stopped!

Kathy K will be home from Vegas to host the October meeting. She is also the wheels for Mom, Colleen, and Jo. Gloria subbed for her. She took the minutes and sent copies to all the members that were absent.

We collected school supplies which will be delivered to a local school. Tube socks for men and women will be our October project.

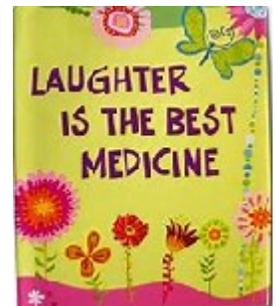
Kathy Rice is still seeing many doctors. Pat P. was fighting a cold. Ken

Todd has Sue taking good care of him. He has an eye problem, and no one seems to know what to do with this serious condition. Gloria and I are seeing orthopedic doctors and doing PT.

While working at MedTox, we heard the Leadership was a great success. Dana, we will try to learn even at our age.

Kathy Rice had a modeling gig scheduled for Saturday, September 14<sup>th</sup> and Kathie Wasson filled in for Alpha Chi. Thanks! Kathie W. has spent quality time her out-of-town daughter.

It was a long meeting. We ended up talking about our medicines, pains, aches and



## Alpha Sigma—Diane Vanusek

As we were sitting on Shirley Laue's patio in front of a lovely fire on a chilly evening, I remembered I was supposed to do the Alpha Sigma Essay article, so here goes.

The Alpha Sigma ladies have not been sitting around the last couple of months. Over the summer the chapter staffed the Brat Booth at Coborn's in Delano two weekends. After a bit of trial and error, we figured out how to keep the brats and hot dogs hot AND edible. The funds raised will be donated to Veteran's Groups. Quite a few elderly people

stopped by to chat and have a bit of lunch. It is good the Chapter has a bunch of good listeners.

Shirley Laue (and Herman) allowed the Chapter to hold a garage sale at their farm. Once in June and once in September. The sale is work, but it is also a chance to repurpose castoffs, keep usable items out of the landfill and raise funds. After a number of years, the art of helping customers find things they did not know they wanted has been honed to an art.

The Chapter is working diligently on the Style Show/Silent Auction scheduled for November 2, 2019 at the Sheraton Mpls West. Plan on attending and bring a few friends. The more the merrier.



## Gamma Omega—Joyce Cobb

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Last month, we were saddened to learn of the death of longtime Gamma Omega member Carol Crepeau. She helped our chapter in numerous ways for many years. Much time and money was shared by her with others. Her humor provided entertainment for the other GO members. We enjoyed working with her. She will truly be missed. Best wishes to Carol's family as they continue this journey without her.

Betty Marler lost her mother last month and we are thinking of Betty,

Dennis, Lori, Chris, the grandchildren, siblings and other family members. She must have been wonderful lady as she and her husband provided direction to Betty! Our GREAT NEWS is that Chris is recovering well from his surgery and we are so pleased.

We have great ESA Membership leadership this year with Dennis. How fortunate for us that he has assumed this position.

Numerous contributions are being

made to Welcome Home Veterans by Minnesota ESA.

Did you know that TCF is collecting and providing donated funds to St. Jude? Do stop by one of their locations and ask for a St. Jude sticker. I have one in my car.

Gamma Omega is busy...Next year

is your turn, Sandy. 🥰  
We are looking forward to that.

## Gamma Zeta—Dorothy Wangen

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Gamma Zeta has been busy getting together and planning our Fundraising B U N C O party. It is scheduled for October 19th at the View Apartments. We plan to have lots of fun with good snacks (bars) and coffee and water and maybe some win-

nings. So, we are planning that lots of you will plan to attend. Thank you.

The address for the View Apartments is 1300 NORTHWEST PKWY, New Brighton. When you

call for reservations, they can give you more detailed directions. Money raised will go to the St Jude Children's Research Hospital. Thank you for attending.



One day a hummingbird flew in  
It fluttered against the window til I got it  
down where I could reach it with an open  
umbrella  
When I had it in my hand it was so small I  
couldn't believe I had it  
but I could feel the intense life  
so intense and so tiny  
... You were like the humming bird to me ...  
And I am rather inclined to feel that you  
and I know the best part of one another  
without spending much time together  
It is not that I fear the knowing  
It is that I am at this moment willing to let  
you be what you are to me  
it is beautiful and pure and very intensely  
alive.  
~ Georgia O'Keeffe

# Bunco 4 A Cause—St. Jude Fundraiser

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St. Jude Children's  
Research Hospital

**\$10** **BUNCO**  
**4 a Cause**

**October 19, 2019**

**1:30 pm – 3 pm**

**Lakeside Room**  
**The View Apartments**

1300 Northwest Parkway  
New, Brighton, MN 55112

▶ *RVSP (call or text by October 11)*  
Judy Cummins 612 396-0635  
or Mary Tolle 763 334-3267

Sponsored by:  
The GAMMA ZETA CHAPTER OF ESA  
A philanthropic organization

# St. Jude Style Show Lunch/Auction—Registration



## 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.



# **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

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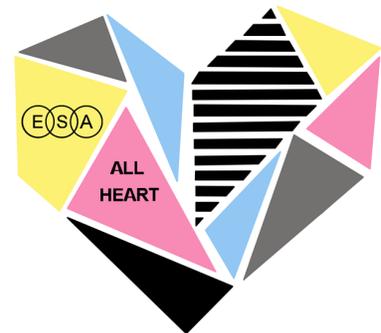
The ESSAY is published on a monthly basis August—May (except December) at the beginning of each month.

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](mailto:terri.mnesa@gmail.com)



—Terri Olson,  
International Council President 2019-2020