



# ESSAY

## PRESIDENT-Dennis Marler

What an incredible rollercoaster ride this past week has been. Last Monday, 8/19, Chris received his new heart, after patiently waiting as an in-patient for 111 days. His new heart is working perfectly, but he's having some difficulty breathing deeply. He's off the ventilator, then on it, then off, then on, as they test for lung improvement. Each day the rollercoaster goes up and down. Thankfully it's more up than down.

On Sunday, 8/25, Betty and I went to Sioux Falls to spend time with Betty's mother. Arlis was in the hospital and her family had just learned hospice care was needed for the next few days or weeks. After saying our goodbyes, we headed back to Maple Grove.

This morning, 8/26, at MedTox, Betty received a call saying Arlis was being moved out of the hospital and into a hospice care facility. The doctor's estimate was now hours to a day or

two, not weeks. The rollercoaster is taking us back to Sioux Falls now.

Many of you have experienced this "piling on" feeling; enough is enough. Mark, Kerri, Birdie, Terri, Karla, Kathy R., Lori, and others, you know what this is like. You made it through your challenges; we will too.

Nestled between those rough bookends was a fun ESA event. On Saturday, 8/24, we had our ESA Minnesota Leadership Seminar. Thank you, Dana, Dee, Julene and Betty. Dana, you did a wonderful job finding out what we wanted to learn. You generated a lot of interest in technology. You are AMAZING! Thank you, Dee and Julene, for letting us glimpse into the lives of those who struggle with hunger. Your hands-on exercise showed us how hard it would be to find our next meal. You are AMAZING! Betty, even though you had enough to worry about, you took care of all the

breakfast treats. You planned, you shopped, and you put it all together. You are AMAZING!

Thank you, Alpha Chi, for inviting me to your meeting. I'm excited to visit each chapter, your meetings or your events. I want to see what you do and how you do it, so I can share your successes with our state membership.

### Save the Dates

- ◆ September 14<sup>th</sup> – State meeting, Faith-Lilac Way Lutheran Church, Robbinsdale.
- ◆ September 15<sup>th</sup> – State and Chapter Treasurers, your Tax Facts are due.
- ◆ September 21<sup>st</sup> – St. Jude Walk/Run – Vikings Stadium (Volunteers needed).
- ◆ September 25<sup>th</sup> – Kickoff of Louise Penny Book Club. (Check with Marcie).
- ◆ October 5<sup>th</sup> – H4Y



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### Don't forget to:

- *RSVP for the Membership Mtg—9/14*
- *Pay your state and IC dues*
- *Sign up for the St. Jude Walk/Run—9/25*
- *Join the Book Club*
- *Sign up for the H4Y Gala*
- *Register for MARC—10/11-13*

## President—(continued)

Gala 4 Hope, Minneapolis Marriott Northwest, Brooklyn Park.

- ◆ October 11-12<sup>th</sup> – MARC Convention, Cincinnati.

## Second Vice President— Dana Terry



If you missed our state leadership on August 24<sup>th</sup>, you sure missed a good one! Julene and Dee did an excellent workshop through Second Harvest on hunger 101. Dennis did an awesome presentation on public speaking! I will always use the Wonder Woman pose from now on. Thanks Dennis. My portion of the leadership was a little bit more of an open discussion. I really want to bring value to our members in this year's State Educational. I can easily present information on things I find valuable, but if it's not something our membership has an interest in learning about then there is little value in the long run.

So, I opened up the conversation to those present at leadership by asking what everyone would like to learn about when it comes to technology. The responses were amazing! Topics included: Twitter, Facebook, blogging, Go To Meetings, apps to share pictures, ESA IC website, FaceTime/Skype, and Google docs. It was so good to hear about the things everyone is interested in. Some things were for personal use and some could also apply to ESA in one way or another. So, be sure to bring your notebooks to our state meetings. I will be doing presentations at each one to cover as much as I can.

I brought up the idea of having a technology advice column in the Essay. (Think of Dear Abby but for questions related to technology.) Everyone at leadership seemed to really like the idea. So, let's do it! The column will be called "**Dear Dana**". (Only because I cannot

come up with a more creative title.)

So email me with your technology questions and/or suggestions.



[Dana.mnesa@gmail.com](mailto:Dana.mnesa@gmail.com) Then, read the column in future issues of the Essay for responses.

### Tech Terms Defined

If you have a technology term you would like defined, let me know! For our first issue, I will focus on a couple common terms.

#### App

App is an abbreviation of Application. It is basically software that can be run through a web browser or offline on your computer, tablet, smartphone or other electronic devices such as smart TVs and smartwatches.

Apps may or may not have connection to the internet. There are three main types of apps:

1. Desktop
2. Mobile
3. Web

Some apps are available in all three forms while others might be only be available on one or two. There are millions of apps available. Some common apps that most people have heard of include: Facebook, Twitter, YouTube, Netflix and Skype. There are also apps for

banking (TCF, Wells Fargo, etc.), airlines (Delta, United, etc.), Insurance (State Farm or AAA), health and fitness (like Fitbit, My Fitness Pal and Carb Manager), and Shopping (Amazon, Target, Michael's).

#### Web browser

or browser for short)

A browser is a software program that allows you to look at things on the world wide web. Popular web browsers include: Google, Chrome, Internet Explorer, Safari, and Mozilla Firefox.

#### GIF

(Graphics Interchange Format)

The acronym GIF most commonly refers to a short, animated picture without sound. GIFs are typically used (in texts or social media posts) to portray an emotion or a reaction.

#### Meme

A meme is a photograph that is embellished with text. The majority of modern memes are captioned photos that are intended to be funny. Some memes have heavier and more philosophical content.



## Parliamentarian—Diane Vanusek

Time for the September EsSAy already. This fall I will be somewhat redundant as I encourage the membership to visit the state website to review the State by-laws. It may also be beneficial to read the by-laws of other states regarding issue of second vice-president and officer terms/ term limits. The MN website is [www.mnesa.com/jump-drive.html](http://www.mnesa.com/jump-drive.html) (ESA#1). Other state websites may be accessed via

[www.esamarc.org](http://www.esamarc.org), member state information tab, the IC website or by using a search engine.

The State Convention idea of eliminating the office of the Second Vice President and the offset of making the terms of the President, the First Vice-President and Secretary two years rather than one should be a Chapter discussion. Each chapter should plan to send a representa-

tive 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 will share them with the State as received. We want to thoroughly explore this idea, pro and con, as it is a rather big change. Of course, any other by-law or standing rule change may be presented for discussion during the year too.

## Jr Past President—Sandy Hongerholt

Happy Fall!

The summer sure did seem to go fast.

While at IC Convention I went to a meeting for the Disaster Fund. One idea that the state of Arizona does is a bake sale at their state meetings. I thought this was a great idea and then we won't have the donation jars out. I would be happy to still accept your cash Love and Disaster Fund donations at any time.



For the **September 14th** meeting I have asked Alpha Zeta, Delta Rho and Gamma Omega to donate baked goods.

It would be great if your chapter would contact me and let me know which meeting you would like to donate your specialty baked goods. The two meeting dates would be **November 23rd** and **January 25th**.

My email is [shongerholt@yahoo.com](mailto:shongerholt@yahoo.com) and phone 612-267-3926. You can also let me know at the September 14th meeting. The last meeting on March 21st will be something special. I will give more details as we get closer.

You won't want to miss a meeting so you can purchase these deli-



## Hope 4 Youth—Alpha Zeta

After not receiving any feedback from any chapters, we have decided to remove ESA from the calendar of serving meals for the 2019-2020 service year. We are seeking someone to provide the meal for Sep 3rd. The October meal will be provided by Delta Mu and that will be our final meal service obligation. We feel this will give H4Y ample time to seek other meal service providers to fill our slot.

We have chosen HOPE 4 Youth as a service project for several years now, and in the past, this was a great way to provide a need for this organization; however, as our membership changes, so do the ways

we can give. There are still several ways we can help this great organization, such as providing items from their "needs" list, sponsoring their events and volunteering at H4Y, HOPE Place and Hope's Closet. I will send out email notifications when they are looking for meal providers in the off chance we can help.

For those who have not heard, H4Y has made some changes and Lisa Jacobsen, President and CEO is no longer with the organization. A brief message from the Board of Directors:

*"On behalf of the HOPE 4 Youth Board of Directors, I want to make you aware that President and CEO Lisa Jacobson is no longer with the organization. The Board is grateful for the accomplishments Lisa made during her tenure with us. Lisa is a great advocate for HOPE 4 Youth and genuinely believed in our mission. Not only is she a skilled and inspiring public speaker who knows how to engage with the community, but we found her to be an amazing fundraiser. In fact, our financials are in great shape thanks to Lisa's efforts. I am sure you join us in wishing her well in her future endeavors."*

## Hope 4 Youth—(continued)

### UPCOMING EVENTS:

- ♦ **Sept 27, 2019**  
**Hunt 4 HOPE**  
Wild Wings of Oneka  
14814 Irish Avenue, Hugo, MN



Ready! Aim! Fire! Join HOPE 4 Youth for the 3rd annual Hunt 4 HOPE pheasant hunt. A fundraiser organized and sponsored by community members to raise awareness of and funds for HOPE 4 Youth.

The fundraiser includes the pheasant hunt, delicious food and drink, raffle and prizes. Questions? Contact Matt Brandt at [matt@brandtmgmt.com](mailto:matt@brandtmgmt.com) or 651.502.2892 or Andréa Kish-Bailey, Vice President of Advancement, at [akishbailey@hope4youthmn.org](mailto:akishbailey@hope4youthmn.org) or 763.323.2066, ext. 113.

- ♦ **October 5, 2019**  
**Gala 4 HOPE**  
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.

## MARC Reps—Sharon Desarmeaux and Diane Vanusek

There should still be time to slip under the early bird registration for the MARC conference by the time you read this. That date is **Sept 11, 2019**. The registration and flyer has been attached to this Essay as well as the August 2019 one.

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.

There are members who have a room reserved and would like a roommate. Let us know soon so we can pass on the information.

Please reread your August Essay MARC Rep report for additional

Also here is some info from MARC regarding the OVERFLOW HOTEL:

We have obtained a block of 10 additional rooms at the Marriott which is within walking distance to the Embassy Suites. The room rate is \$169/night and MUST be booked for Thursday, Friday and Saturday nights in order to receive the discounted rate.

A dedicated website is now available for attendees to book their hotel rooms online. Reservations can be made starting 8/16/19 until 9/10/19 at this web address:

<https://book.passkey.com/go/epsilonsigmaalpha2019> or call the Marriott at 800-228-9290 or 859-261-2900. The block at the Marriott will be released on September 10 at 5 PM. Any reservations made after the cutoff date will be booked at the Marriott's standard rate.

information on the conference and additional flyers.

Also, attached is a form for anyone wishing to order a paper copy of d ReMARC's newsletter published four times a year. This can be read

on the MARC website at no charge.

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



## ESA for St. Jude Sr.—Birdie Elkofska

I think all of us ESAers believe that the number one goal of St. Jude Hospital is to save lives. And then our goal is to raise dollars to help make that happen.

I would like to see each chapter do at least one project .... big or small .... for our St. Jude Children's Research Hospital. That could be as simple card game, a raffle, a personal donation, some sort of a game or as large as the Wine and Liquor Tasting that Gamma Omega has planned for **November 9** (and they would love to have each of you attend) or the 36th Annual St. Jude Style Show, Luncheon and Silent Auction that Alpha Sigma has planned for **November 2**.

Big or small event ... any effort is appreciated and it sure is helping the children at St. Jude. Please let me know what your chapter is going to be doing. And be sure to file a Booked Event Form for this venture so that it is credited to the ESA credit.

HELP !!!!! yes, your help is desperately needed. The annual St. Jude Walk/Run at the US Bank Stadium is coming up **September 21**.

For many years our Minnesota ESA group ran the Reservation/Check In booth. As I write this article, we have 4 people who will be participating. It is not too late. Please sign up.

So right now, ... go to the St. Jude Walk/Run sight and pull up the Twin Cities for location. Then register under TEAM ... there is a team under the name of ESA MN.



please  
H E L P!!!! PLEASE!!!

In the past we have always raised at least \$1000 and many times much more. Right now, we are at about \$400. so .....



## Welcome Home Vets—Karen Schneider and Betty Marler

Thank you, ESA Minnesota/Tennessee Members, for supporting the WHV housewarming party on August 13 at the Hopkins Elks Lodge. We served up large, delicious



with all the donations. You are amazing people. We truly appreci-

ate you. Your compassion to serve and to support others is admirable. We have sent several notices asking for volunteers to make welcome home kit deliveries. Several ESA members have participated, and we thank you. Gretchen and Rick are hoping more ESA members will volunteer to assist with deliveries. If you would like to sign up, either Gretchen, Rick or a seasoned volunteer will go with you. If you've made a delivery in the past, please consider making more. They can use the extra volunteers. At this time, they do not have any beds available so

ate you. Your compassion to serve and to support others is admirable.

We have sent several notices asking for volunteers to make welcome home kit deliveries. Several ESA members have participated, and we thank you. Gretchen and Rick are hoping more ESA members will volunteer to assist with deliveries. If you would like to sign up, either Gretchen, Rick or a seasoned volunteer will go with you. If you've made a delivery in the past, please consider making more. They can use the extra volunteers. At this time, they do not have any beds available so

don't be concerned about being able to do that. Give Gretchen and Rick a call or send them an email saying, "I want to help deliver a WHV kit!" That will make them happy. :) Their contact information: 612.615.8387 (leave a message if they don't answer) or [info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org).

Until next time, take care.



*A brand-new key  
a brand-new place  
A happy smile  
upon your face!*

CONGRATULATIONS ON YOUR NEW HOME !!



Gamma Zeta—Dorothy Wangen

Our chapter seems to keep busy, June & Ron traveling to Kansas then on to Texas to visit grandchildren and their son and his wife.

Dianne is always busy - sewing, quilting and cooking. Does not sound like a lot of fun.

Mary is patiently waiting for an

apartment to open up so she can move.

Judy is busy - not going to work - because in June she fell and dislocated her wrist. You know what comes after that - a CAST - on her right arm. Cast is off now but therapy has started. So soon she will be back to work.

Dorothy has been busy working at Macy's at Roseville - that does not leave much time for fun things.

SAVE THE DATE  
OCTOBER 19TH  
FOR A FUND-RAISING BUNCO PARTY- more details in September.



Thank you for all the get-well cards. Like my daughter would say, you don't know how someone feels if you have not gone through it. Now I know what it is like having a cast on your right arm over 6 weeks. NOT FUN.

Judy Cummens



To all my dear members in ESA, thank you for the prayers and beautiful cards I received after my heart attack. I really could not believe I had a heart attack. I am still in rehab and will be going through most of August. This past weekend I wound back to the hospital with Vertigo. Well, I don't know where that came from, but I have never had anything like that before and hope it goes away. Thank you all again, Kathy Rice

# Welcome Home Vets Housewarming Party—Thank You

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WELCOME HOME  
**VETERANS**

August 25, 2019

Epsilon Sigma Alpha  
Attn: Betty Marler & Karen Schneider  
9145 Kingsview Ln N  
Maple Grove, MN 55369-8554

**Welcome Home Veterans**  
PO Box 5653  
Hopkins, MN 55343  
ph. 612-615-8387  
[www.mnwelcomhomevets.org](http://www.mnwelcomhomevets.org)

Dear Members of Epsilon Sigma Alpha:

Thank you very much for hosting the Housewarming Party/Ice Cream Social on behalf of our program and for all the goods, gift cards and cash we received from the event. Your efforts in support of our program have truly been outstanding and it is always a pleasure to sit and chat with the members. Special thanks to members of Delta Rho, Alpha Chi, Gamma Zeta, Alpha Sigma, Delta Mu, and Gamma Omega and all others who attended. Attached is an inventory of the items received from both ESA members and members of the Hopkins Elks.

We recently delivered our 350<sup>th</sup> kit since the inception of the program back in 2016. We greatly appreciate the donation of time, money and items from ESA members as we serve the needs of those who served us in their military endeavors.

We are a 100% volunteer organization so every item and dollar donated goes to the needs of our veterans. As a non-profit organization, we rely on the generosity of individual donors and sponsors to provide the financial means necessary to purchase, package and deliver our Welcome Home Kits and meet the needs of homeless vets. Your tax deductible donation ensures a homeless vet has the basic items to live in a new apartment but more importantly turn that empty apartment into a home.

If you have any questions regarding the program or how you can help, please don't hesitate to contact us at 612-615-8387 or via email at [info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org).

Sincerely,

A handwritten signature in blue ink, appearing to read 'Rick Peterson'.

Rick Peterson  
Co-Founder

A handwritten signature in blue ink, appearing to read 'Gretchen Peterson'.

Gretchen Peterson  
Co-Founder

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You may use this letter as a receipt of your donation for tax purposes. Help for the Homeless is a 501c3 tax-exempt non-profit organization. Our federal tax ID is # 47 - 2224421. No goods or services were provided in exchange for this donation.

# Welcome Home Vets Housewarming Party—Thank You

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WELCOME HOME  
**VETERANS**

**Welcome Home Veterans**  
PO Box 5653  
Hopkins, MN 55343  
ph. 612-615-8387  
[www.mnwelcomhomevets.org](http://www.mnwelcomhomevets.org)

## **Donations**

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### **Gift Cards**

Applebees \$25  
Target \$20  
Target \$25  
Target \$15  
Target \$20  
Walgreens \$25  
Walmart \$20

### **Cash \$90**

### **Items**

15 laundry baskets  
Iced tea maker  
3 rolls paper towels  
Fan  
16 kitchen towels  
Clock radio (used)  
30 piece kitchen utensil set  
2 bath towels  
Set of 3 bath towels, hand towels and wash cloths  
12 piece towel set  
Two 6 piece towel sets  
2 toasters  
1 stool  
Queen sheet set  
30 pack suit hangers  
Multiple Tupperware items  
14 pairs briefs  
30 pairs socks  
8 t-shirts  
2 buckets  
3 throws  
2 trash cans  
2 sets measuring cups/spoons  
3 wall clocks  
Floral comforter and sheet set  
14 piece knife set  
2 coffee makers  
Kitchen wash cloths and hot pads

# Welcome Home Vets—Kit Contents—Donations Requested



WELCOME HOME  
**VETERANS**

## Item List

The following is a list of items most often contained in a Welcome Home Kit for our veterans transitioning from homelessness to permanent housing.

### Kitchen Items

- Dinnerware for 4
- 9 pc cook-set (pots/pans)
- Toaster
- Coffee maker
- Knife set
- Cutting board
- Measuring cups / spoons
- Can opener
- Kitchen Utensils (spatula, mixing spoons, etc)
- Dish towels and wash cloths
- Oven mitt / hot pad
- Scissors
- Tin foil, plastic wrap, Ziploc baggies
- Paper towels, napkins
- Plastic food storage containers

### Cleaning Supplies

- Trash can, trash bags
- Broom, mop, sponges
- Cleaning bucket, dustpan
- Dish soap
- All-purpose cleaner
- Laundry basket, Laundry detergent
- Toilet bowl brush, toilet bowl cleaner

### Bedroom Items

- Comforter
- Queen sheet set
- Bed/sleeping pillows
- Hangars
- Clock radio

### Bathroom Items

- Shower curtain, hooks
- Bath towels, wash cloths
- Hand towels
- Toilet paper

### Personal Hygiene Items

- Shampoo / Conditioner / Men's 3 in 1
- Toothpaste, Toothbrushes
- Comb/brush
- Deodorant
- Razors

### Miscellaneous Items

- Non Perishable Groceries
- Microwave oven
- Air bed
- Floor lamp, light bulbs
- Folding / camp chair

#### **How to reach us:**

Help For The Homeless, Inc.  
P.O. Box 5653  
Hopkins, MN 55343

T: 612-615-8387

E: [info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org)

W: <http://www.mnwelcomehomevets.org>

We can arrange for pick-up of donations or you can drop items off at:

**Hopkins Elks Lodge**  
30 – 8<sup>th</sup> Ave South  
Hopkins, MN 55343

# Epsilon Sigma Alpha Minnesota State Meeting



**Saturday, September 14, 2019**

**Faith – Lilac Way Lutheran Church  
5530 42<sup>nd</sup> Ave N, Robbinsdale 55422**

**Socializing: 8:30 A.M.**

**Meeting: 9:00 A.M.**

**Lunch: 11:30 A.M.**

**Cost: \$13.00**

**RSVP by September 11**

**Tables for selling chapter goodies will be available.**

**Please let us know if you would like a table.**

**RSVP to Betty or Dennis Marler,  
[dmarler@comcast.net](mailto:dmarler@comcast.net) or 763.494.8452**

# MARC Registration Form

## "Lighting Up the Queen City"



**34<sup>TH</sup> MIDWEST AREA REGIONAL COUNCIL CONFERENCE  
COVINGTON, KENTUCKY  
OCTOBER 11-12, 2019**

Name \_\_\_\_\_ State \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Email Address \_\_\_\_\_ Phone \_\_\_\_\_

### **REGISTRATION OPTIONS**

Postmarked no later than 9/11/2019

Registration for Conference and Leadership \$125.00 \_\_\_\_\_  
Registration excluding Friday Leadership \$110.00 \_\_\_\_\_

Postmarked after 9/11/2019

Registration for Conference and Leadership \$150.00 \_\_\_\_\_  
Registration excluding Friday Leadership \$145.00 \_\_\_\_\_

Walk-in Registration (cash/check/money order only) \$175.00 \_\_\_\_\_

Saturday Banquet only \$ 55.00 \_\_\_\_\_

**Total Enclosed** (make check payable to 2019 MARC Conference) \$ \_\_\_\_\_

Special Medical Dietary Needs \_\_\_\_\_

### **CURRENT OFFICER/ OFFICES HELD**

*(check all that apply)*

MARC Board \_\_\_\_\_  
MARCettes \_\_\_\_\_  
ESA Foundation Board \_\_\_\_\_  
State President \_\_\_\_\_  
Headquarters \_\_\_\_\_  
IC Executive Board \_\_\_\_\_  
IC Appointed Board \_\_\_\_\_  
1<sup>st</sup> Timer \_\_\_\_\_  
Guest \_\_\_\_\_

### **Mail check and form to:**

Rose Wagner  
Registration Chair  
1104 Heritage Lane  
Milford, OH 45150  
513-239-6603  
Rose.wagner42@yahoo.com

### **HOTEL INFO**

Embassy Suites Cincinnati – Rivercenter  
10 East Rivercenter Blvd.  
Covington, Kentucky 41011  
859.261.8400

Rate: ***\$159 King Suites only*** with pullout sofa -  
includes complimentary cook to order breakfast,  
complimentary parking and complimentary WIFI.  
Reservation Link:

<http://group.embassysuites.com/EpsilonSigmaAlpha>

Group code: ESA

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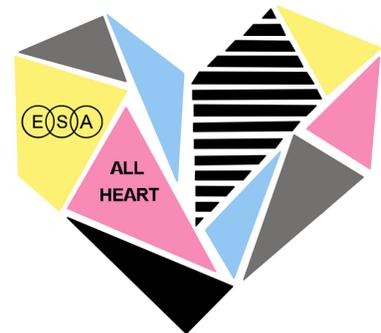
The ESSAY is published on a monthly basis August—May (except December) at the beginning of each month.

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