



ESSAY— APRIL 2016

**April
2016**

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President—Kate Sala

Meow to you all!

It is Easter weekend and spring seems all around. I hope all of you made the most **PURRR...fectly** colored Easter Eggs. I have heard if you plant jelly beans in the ground they will sprout lollipops!

Saturday, March 19th was our fourth state membership meeting. The meeting was hosted by our Luck of the Irish, Gamma Zeta Chapter. Thank you ladies for the abundance of salads and

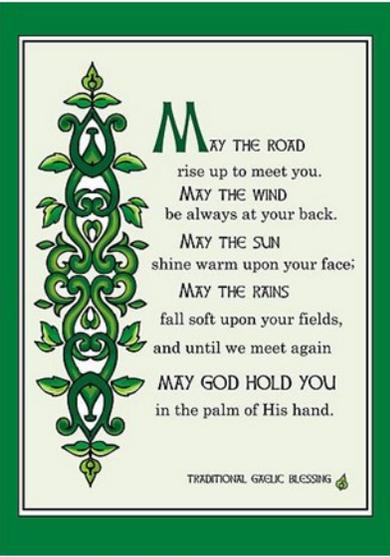


desserts. I especially liked the green minty cake; it was luscious. They were salads were delicious and I expect to see many of the recipes printed in this ESsAy or the next!

I had requested in the last EsSAy that you to come in covered in green and sporting some sort of shamrock. I also requested each to bring an Irish proverb or saying.



Well there were some leprechauns afoot but no one found a four leaf clover. We didn't see a rainbow to follow it to the pot of gold either. However, there were proverbs a plenty shared. Thank you so much for these Irish words. My favorite was shared by Pat Schwope; it reads...



The meeting was packed full of philanthropic presentations. I

only planned for an hours' time to cover them all but they were all so good it was a pleasure to give them all the time they needed to share their worthwhile stories. I hope all who were at the meeting will bring back this information to your chapters so we may vote on our state projects for the next year. They are all so wonderful! I wish we could vote to support all of them. Wait, we can if we want to! Here is the list of the presenters:

- Alzheimer's Assn - Jackie Swanson
- Hammer Travel - Sandy Hongerholt (Ann Martinka)
- Hope 4 Youth - Kelly Check (Cheri Halek and Lisa Jacobson)
- MN Literacy Council - Nicki Weller (Liam Shramko)
- National Kidney Foundation - Jodi Lang
- Operation No Limit - Kate Sala (Lori Kordell)

When we next meet, it will be for our state convention being

DON'T FORGET TO:

- RSVP by 4/18 for the MN Literacy Project
- Make your reservation by 4/29 for MN State Convention
- Save the dates July 10–17 for IC Convention in Loveland, Colorado
- Talk about ESA , share your ESA adventure, and bring in a new member!

President—continued

held at the Hilton Garden Inn located in Shoreview, MN on Friday, May 13 and 14. As you all remember, at last year's state convention the membership voted to change the convention format to a Friday night and Saturday event. It will be jammed packed full of ... STUFF. Look for the convention agenda outline in this issue. I will let you know more through email blasts to the membership as needed. Hope to SEE YOU THEN; it will be a **PURRR...**fect weekend!

IC Convention Reminder:

A lot of things are coming up. IC is preparing for IC Convention in Loveland, Colorado this summer and our very own Terri Olson has planned a wonderful series of workshops. If possible I would encourage you to all attend IC Convention July 10-17, 2016. I am told you will not want to miss this wonderful, fun filled week. Plan to

come early and stay late to enjoy the Rocky Mountain region of Colorado, Idaho, New Mexico, Utah and Wyoming.

The registration form and hotel information is posted on the ESA website and tour information will be posted at a later date. But just in case a registration form is included in this ESA's issue.



The IC Convention, St. Jude's challenge has been rolled out; it is called Show your Colors! Your fundraising efforts will gain you entrance to a painting party event. If you are planning to go to the IC Convention and

want to enter the challenge, you can find the registration form on the ESA Int'l website or in the back of this issue.

Here again is my contact information. Please note the fastest way to get a response from me is by contacting me at my work email.

Contact me at:
763 229 5257

Preferred if response needed
ASAP ksala@isd12.org
sala@visi.com

I want to thank all of you who have decided to make "Every Day an Opportunity to Purrr...sue Your Dreams" with me.



1st Vice President—Dana Terry

Happy Spring to you all. Where has this ESA year gone? Time really does fly by when you are having fun....or in my case working your butt off!

Are you all getting excited for convention. I know I am - it should be a fun time!

I am excited to announce the candidates for the 2016-17 executive board are:

- Jr. Past President - Kate Sala
- Parliamentarian - Rose Bitter
- Treasurer - Dennis Marler (2nd year)
- Secretary - Jodi Lang
- 2nd Vice President - OPEN
- 1st Vice President - Sandy Hongerholt
- President - Dana Terry

See that word OPEN next to the 2nd Vice President position. Remember, just a couple years ago, the membership voted to keep this position and added the duty of Educational Chair

to give the position something more substantial to do. If we are going to keep this office, we really need someone to step up!

Keep in mind that we are allowed up to five people to run for each office, so if you are interested or would like to nominate someone for the office(s) of Parliamentarian, Secretary, 2nd VP, or 1st VP, please let me know! A little friendly competition is always fun and welcome.

As a reminder, please let me know any members in your chapter that will be receiving years of service or Pallas Athene awards this year. Also let me know if you have a member that is going to be jewel pinned at convention. These members deserve a nice recognition, and I don't want to leave anyone out.

Leadership spotlight:

The last letter in our leadership spotlight is P. P is for purpose. Leaders think in terms of goals. Where do you

want to go? As a leader, you must ask yourself where you want to take your organization and how you must conduct yourself so that others buy into your vision. What do you want to do? Leaders must keep the organization aligned to its mission; it's day to day/year to year goals. How do you want to do it? You need to recruit and retain people. Coach people and set expectations for what needs to be done, and put them in positions where they can excel. Having a purpose can help focus your mind and in turn, your actions. Purpose has no meaning without another component: action. That is essential for leadership. A shared purpose is what brings us together. And, a leader that lacks purpose cannot give one to the team.

2nd Vice President—Sandy Hongerholt

Happy Spring Minnesota ESA!

Another ESA year is coming to an end. Don't forget to get your chapter educational report to me. If you have any questions or need help, please let me know. Let's have some friendly competition this year.

Birdie and I made it back safe and sound from our grand adventure. It was quite a trip. Some of you shared on Facebook with us. Between us we took many photos. We ended our trip in Memphis for the Thank ESA day at St Jude Children's Research Hospital. We were treated very well. We were divided into three groups and

each group packed bags for the families. We received an email with a list of supplies needed. ESA really came through. There were toiletries, snacks, activities and household supplies. Then we went to the gift shop and after that we had a tour of the hospital. I was the black sheep in my tour. The 9 other members were all from Louisiana. In true ESA fashion, they made me feel welcome and even wanted me in their group picture. During lunch we had a speaker and learned some of the plans for the future of St Jude. After lunch we had a mother and daughter tell their story and also a man that was a patient and now works at St Jude.

What we do really does make a difference. This is a quote that was on the wall in the Marlo Thomas Auditorium.

"SUCCESS HAS NOTHING TO DO WITH WHAT YOU GAIN IN LIFE OR WHAT YOU ACCOMPLISH IT IS WHAT YOU DO FOR OTHERS"

Danny Thomas

Looking forward to seeing everyone at the State Convention in May.

Until next time,

Jr Past President—Jackie Swanson

Simple Generosity



MN ESA LOVE AND ESA INTERNATIONAL DISASTER

YOU'VE ALL HEARD OF THE KISS METHOD In order to "Keep It Simple" members attending the March membership meeting were asked to come up at any time and **simply** toss their coins and dollars into the LOVE and DISASTER containers.

The KISS principle is a design principle noted by the U.S. Navy in 1960, which states that most systems work best if they are kept simple rather than made complicated; therefore, simplicity should be a key goal and unnecessary complexity should be avoided. Members used the KISS method and showed their generosity and raised \$32 for the Love fund and \$52 for the IC Disaster fund. **This simple gesture will help to provide Love or Disaster fund recipients with the gift of hope, relief, and caring.**

ANOTHER SIMPLE REQUEST As you are completing your chapter philanthropic reports, please remember the MN Love and IC Disaster funds. I am happy to accept donations at any time throughout the ESA year for these essential member assistance funds. As always, thank you for your CONTRIBUTIONS! THANK YOU!

PLEASE REMEMBER ITEMS ARE NEEDED FOR THE LOVE AUCTION AT CONVENTION. Again, keeping it simple, please just bring your items directly to convention. IF you have something for the auction and won't – heaven forbid – be able to attend convention, please send it with another chapter member or let me know and we can make other arrangements to get it there.

"Thank you to everyone who sent me well wishes while I was in hospital. The cards, flowers and Facebook comments and messages helped me keep my spirits up. The physically tough part is pretty much over. Now I work on mobility, dexterity and managing the rush of emotions that flood me now and again. And, of course, the minor surgeries that will help me get my face as back as I can. Knowing I have people who love me will help me along that journey. I am truly blessed to have the people in my life that I do. Thank you!
Carma Spence
(Pat Schwope's future daughter-in-law)



Association of Arts—Jackie Swanson



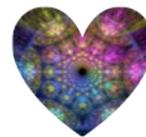
I have received several entry forms for Association of the Arts. I

won't name names because that's part of the surprise at convention -- but those of you who have entered your creations in Association of the Arts understand the reasons for showing your works and having them displayed at convention. To the viewers of the art -- whatever the medium -- It gives us

all something interesting, beautiful, and engaging to look at and provides a basis for conversation other than business.

The artists, photographers, knitters, writers, quilters and all the rest know that it is FUN to CREATE and it's FUN to enter something in the Association of the Arts display -- not because of wanting to compete -- BUT because they're excited about what they created. They want to SHARE their work with the rest of you and they want to SHARE some of the excitement they experienced when creating their piece. They enjoyed

making their [quote] ART [unquote] and are proud of their work.



YOU ARE ALL WELCOME to get in on the excitement! I know you've got some project you started long ago that is beckoning

you to finish it. Won't you turn in an entry form to me? There's still time -- just mail or email your entry form to me. I'll be waiting...

Again, 'thank you!' for your passion, your good hearts, and your CREATIVE SPIRITS!

Chaplain—Kathy Rice

Spending time alone with Me is essential for your well-being. It is not a luxury or an option; it is a necessity. Therefore, do not feel guilty about taking time to be with Me. Remember that Satan is the accuser of believers.

He delights in heaping guilt feelings upon you, especially when you are enjoying My Presence. When you feel Satan's arrows of accusation, you are probably on the right track. Use your shield of faith to protect yourself from him. Talk with Me about what you are experiencing,

and ask Me to show you the way forward. Resist the devil, and he will flee from you. Come near to Me, and I will come near to you.

Jesus Calling
Sarah Young

Cards sent in March:

- Dianne Ocel (Gamma Zeta) -- foot surgery
- Lynn Howley (MARC Chaplain) -- surgery -- hospital stay for 2 nights

- Casey and Jon Abrahamson (daughter of Karen Ronning (Sigma Kappa) had a baby boy, Jaxon, on March 15th, weighing in at 9 lbs 2 oz and was 21 inches long
- Scott and Karen Ronning (Sigma Kappa) -- new grandparents
- Kate Sala (Alpha Lambda) -- outpatient surgery
- Judy Mason Stein (Inactive) -- husband, Bill, passed away

MN Convention—Dianne Ocel / Judy Cummins

Spring is getting much closer and we are getting ready. The Hilton Garden Inn is a smaller hotel with a wonderful intimate lobby conducive to visiting and chatting. I believe Wine and Beer are available in the lobby. They also have a breakfast buffet available in the mornings for \$10.95. Our room costs reflect lower price due to not providing a complimentary breakfast. So our tentative agenda looks something like this; (keep in mind this is a work in process)

FRIDAY

- 4:00 - Registration, Assoc of arts check in and auction item drop off.
- 5:00 - Presidents forum workshop
- 6:00 - "Spring is Purrfect" Potato Bar supper
- 7:00 - First General Assembly

SATURDAY

- 7:45 - Doors open
 - 8:00 - Flag ceremony and second general assembly
 - 12:00 - "Spring has Sprung" Soup and Salad bar lunch
 - 12:30 - Auction closes
 - 1:30 - Third General Assembly
 - 4:00 - Auction Item and Assoc of Arts pick up
 - 5:30 -- cocktails; we will have a bar set up for our function
 - 6:00 - Jewel Pinning and Installation of Officers
 - 7:00 - "You are My Sunshine" banquet
 - 8:00 - Messages of Presidents and Transfer of Gavel
- Reception to follow in Hospitality room

There will be a Hospitality room available before, after, and if possible between meetings. The room number will be posted. All functions will be in the same room on the main floor of the hotel so we will need to be efficient and aware as hotel staff accommodate set up and clearing for our functions. Looking forward to a great Spring Celebration of all your accomplishments this year as you have all purred along and contributed so much to our communities. HAPPY SPRING! Judy and Dianne



Historian—Dana Terry

We cannot redo yesterday and tomorrow never comes. So act today!

I still need pictures for this year's digital scrapbook.

- Pictures of you and your chapter members.

- Pictures from fundraisers, volunteering and socials that you participated in.
- Pictures representing your educational and your art projects.
- Anything that shows the history of MN ESA from 2015-16. We

make our own history everyday!

Share with me so I can put it in safe keeping so that future generations can see all the wonderful people and great works that make up Minnesota ESA

MN Literacy Council—Nicki Weller

Social? ESA members, social? Ah - ya-a! We are social with the best of 'em!

With the Minnesota Literacy Council, we have an opportunity to help others *practice their social conversational skills at one of their ESL Socials*. We will attend a class at one of their Open Door Centers in Minneapolis, at which, I have been told, someone will give a tour of the center and the volunteers will be instructed about how to participate in the activity. This center was chosen because of availability and also because they can accommodate a larger number of volunteers (up to 10-12) so *it would just be wonderful if we could have a good turn-out.*

You will also see a flyer for the event with the following information:

Wednesday, April 20, 2015
6:30 - 8:15 PM
Open Door Center - Lake Street
2700 East Lake Street, Suite 2500
Minneapolis, MN 55406

I found the following information on the website about directions and parking. Also, besides visiting the site myself to do a safety check, I will be in touch with our liaison to the council, Liam Shramko, about any other parking and other specifics we will need to know to ensure a successful experience for everyone. When you RSVP, I will share those specifics with you.

Directions:

We are located on the NE corner of Lake Street and 27th Ave in Minneapolis in the Coliseum Building. We are on the 2nd floor, above a Denny's Restaurant and an HCMC clinic.

Once you've found the building, the best place to enter is on Lake Street near the "Free English Classes" sign. Follow the signs to the elevator; our main office is around the corner to the left.

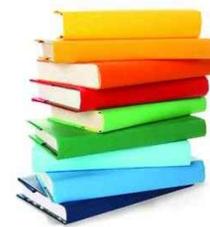
Parking:

If you drive, you may find parking in our lot behind the building. You can

park in any space with signs labeled "reserved," "3 hr parking" or "15 minute parking." Those signs are obsolete. You'll also find ample free parking on 28th Avenue, 29th Street or another side street. Please refrain from parking in the neighboring parking lot (across the alley, behind the pawn shop) after 6 PM--we do not have access to that lot overnight.

We will want to let the instructor know how many volunteers they can expect for the activity, so please **RSVP to me by Monday, April 18.**

Also, if you were not able to participate in the Book Drive, I will hold off on dropping off the book & supply donations at the office in St. Paul until after this ESL Social...so bring them with you on the evening of the 20th!



There are good ships
and there are wood ships
The ships that sail the
sea.
But the best ships are
Friendships



A Heartfelt thanks to all who sent cards and good thoughts on my foot surgery. It went well, is healing well and I may even be able to finally get a new pair of shoes for state convention!!! I am sure all went so well thanks to your prayers and good wishes.
Dianne Ocel, Gamma Zeta

Operation No Limit—Lori and Joe

Operation No Limits (ONL) was founded by two teachers, Lori Kordell and Joe Ludens. We are teachers at Pines School who work with the students at Pines School and the Anoka County Juvenile Center.

As teachers we noticed the kids have limited resources and very few positive examples and influences. Many times the victims of abuse or neglect themselves they often do not have access to the life, social, or technical skills needed to create a sound future and become a productive member of society. Our hope is to change that.

The teens that are targeted by the program have had limited access to this type of education. Whether that is due to their socioeconomic status, negative



Figure 1: Skeleton Cup Cakes made by Pines School Students

home environments, drug/alcohol abuse, truancy or being victims of violence themselves, it is imperative that they have the opportunity to learn these life, social and technical skills to become an active positive member of our community. In time they will rejoin our community and it is our goal that they do so with a new set of skills, a

new direction for their life and with a new meaning of community.

This last year, with the assistance of ONL, teens learned many new things. They were taught how to contract paint and painted many of the buildings on campus. The teens that participated in this program are trained so that they are able to apply and secure a job as a contract painter. We also operated a 4000 square foot garden teaching teens how to plant and grow nutritious food. They also learned how to harvest and prepare the food they grew. They supplemented their meals with vegetables. The extra harvest, from the garden, was used to teach canning. Throughout the winter, they used their canned food to make healthy meals. Learning construction skills is a very valuable skill. This last year they built sheds and shelves on campus. As a summer



community service event, a group of the kids spent one day per week building a horse shelter at a farm in Scandia. This opportunity taught the kids to plan a project from start to finish. They learned how to design the building, dig footings, use tools, materials, and build skills that they will use in their future.

Through generous donations Operation No Limits has developed a transition program to work with teens to identify their transition needs while they transition to independent living.

Some of the transition areas that we work on with the teens are education, housing, health care, driver's

license, financial literacy and employment. We partner with their high schools to ensure they meet all of their requirements for graduation. We then help them identify and apply



Figure 2: Christmas Treats made by Pines School Students

to post-secondary options of their choice and help them make the arrangements to get them access to education. ONL provides resources to educate teens on securing health care, creating a budget and money management, as well as meeting all the requirements to get a driver's license. Our hope is that by preparing these teens for independent living it will put them on a path to be a productive member of society.

This year ONL is offering a scholarship program. One graduate of Pines School will be eligible to earn a scholarship, in ESA's name. We hope to be able to expand the scholarship opportunity to more Pines School graduates in the future.

Operation No Limits functions solely on grants and donations, like the grant we received from ESA. It is donations like this one that makes these goals possible. Thank you for your support! Lori & Joe

Philanthropic—Betty Robinson

We had wonderful philanthropic presentations at the March 19th membership meeting. A special thanks goes out to all those who helped bring them all together: Jackie Swanson, Sandy Hongerholt, Kate Sala, Nicki Weller, Kelly Check and Jodi Lang. All the presenters distributed handouts to the

attending members. Be sure to share all the information with your chapter members and come prepared to vote at the state convention in May. I assume we will need to decide how many projects to support in the coming year as well as whom that might be. I suggest you all rank the projects in order of preference to facilitate the

vote. If we vote to support two projects, each delegate will have two votes, three projects, three votes, etc. The philanthropic projects are: (in alphabetical order) Alzheimer's Assn, Hammer Travel, Hope 4 Youth, MN Literacy Council, National Kidney Foundation and Operation No Limit. Additional information can

Philanthropic—continued

be found on their perspective websites.

Since the end of the philanthropic year is March 31st, please submit your chapter totals to me no later than April 30th. For those that have volunteered at Medtox, please remember to report the mileage based on the following schedule:

Apr 2015 - St. Jude

May 2015 - Easter Seals

June 2015 - MN Literacy Council

July 2015 - Operation No Limit

Aug 2015 - ESA Foundation

Oct 2015 - St. Jude

Nov 2015 - Easter Seals

Dec 2015 - MN Literacy Council

Jan 2016 - Operation No Limit

Feb 2016 - ESA Foundation

Sept 2015 and Mar 2016 Medtox monies went to the General Fund and it is my understanding it cannot

be counted as philanthropic.

To all the philanthropic project chairs, I will compile the totals for you all like I did last year and provide that information to you as soon as it is done. I shall have more information regarding state convention certificates soon.

As always, if you have any questions for me, please email (bettyarobinson@comcast.net) or call (cell 763-478-1502).

Feb 22, 2016 Update on Dick's move to Emerald Crest

Today, I took Dick to Emerald Crest to live. We've been moving things there for a week, slowly, and yesterday Anna, Sara, Dave Paul and Evy helped us arrange his room. It is cozy and nice.

Below is a repeat of his contact info.

Dick's new address will be:

Emerald Crest 13401 Lake St. Extension, Minnetonka, MN 55305 -4905

Dick will not have his cell phone with him. He needs help operating it and forgets to charge it.

Emerald Crest's main number is: **952-933-9903**, and he can take calls. Just ask for Dick in House 1.

He doesn't do emails any longer. He would love cards and expressions of love.

PS...please ask any questions that you have. Use my email: carol.a.wagner47@gmail.com

We arrived at EC at about 11:00 this morning in order to do a few last minute things. They were expecting him for lunch. He was doing fine, but was a bit disoriented. Even though he's been

quite excited to move there, he has had a few moments (for the first time) of being nervous about the move. For the most part, he has repeatedly said that he is ready for this move to a quieter environment.

He kissed me goodbye and sat down for his lunch. I left. What a strange feeling. I won't get to have morning coffee in bed with him anymore. His quiet good nature won't surround me. No one will be in the house to keep me company. He won't be here to constantly ask if he can help me, even though he wouldn't know how. We won't have our quiet rides in the car, with him occasionally noticing a plane above, the greenery, the clouds or sky.

I won't have to tape things down or hide things so that he won't move them. I can make a phone call to a friend during the day. There aren't a million questions, or the need to help him on every task. I will have time to do taxes and bills. I won't find his notes taped all over the house reminding himself yet again about whatever the last note was about. His notes everywhere is one of my favorites of his habits. Sometimes he would have six or seven notes all in one

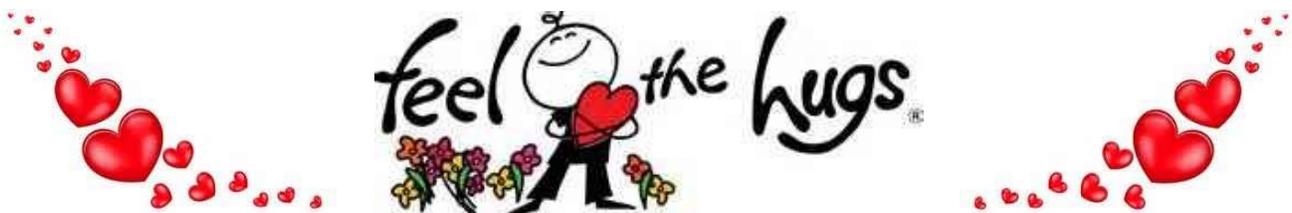
place about the same thing.

He won't follow me from room to room, leaning in to see what I am doing, whether I am putting on makeup or doing dishes or dressing. He won't constantly stop in the middle of a throughway to ponder, or suddenly stop if he is walking ahead of me. He won't follow five paces behind me in a store. He won't get lost in Costco or Target, or on the way back from a restaurant bathroom. I love the way he would stop after coming out of the bathroom, and just stand still, looking around, but not really even knowing HOW to look for our table. I always watched for him, just watching and enjoying him, and after a minute would raise my arm for him to spot me.

It is an odd thing to have my husband of 47 years still married to me but living across town.

All is going well so far. Please pray for him to have a good adjustment to his new life. Don't ever hesitate to bring up any kind of topic with me. I think I've seen it all by now, as we have many friends who suffer from memory loss.

Love, Carol



CHAPTER NEWS



Alpha Lambda—Pat Schwope

Stephanie Andreson says, "I don't have any news this month."

Mary Parr, Kate Sala, Pat Schwope, and former member Melissa Uzelac attended the State Board Meeting on March 19th.

Kate Sala had outpatient surgery in mid-March.

Pat Schwope's future daughter-in-law, Carma Spence of Long Beach, California, who was hit by a car on February 17th, spent one week in the hospital, three weeks in a rehabilitation hospital, and is now back home. Her parents will be coming from northern California to spend Easter with her. Thank you all for your thoughts and prayers for Carma, and also for the cards you sent to me.

Carma has made an amazing recovery, but still has surgery on her forehead and her nose ahead of her, plus quite a bit of dental work.

Mary Parr's news is: "In view of my health issues, my kids and I determined that it would be easier if I lived closer to them, **JUST IN CASE.**"

Alpha Sigma—Shirley McGowan

Hope All of you had a Very "Happy Easter" from the 5 of us in the Alpha Sigma chapter!!
Hip..Hop..Hoppyiness to All....

Rose Bitter and Jim are heading to Virginia next week to see their granddaughter for the first time! Photos and videos are great, but they're looking to spoil her for a few days. Rose signed up to run for state Parliamentarian a few weeks ago, and hopes there will be a lot of candidates running for that position (and other positions, as she's sure Dana would love to have a full ballot come election time!). Waiting for the snow to melt, and sun to shine for a little cabin time.

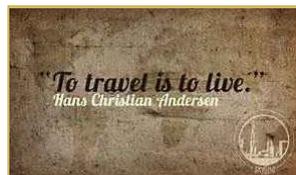
Diane Vanusek is sending out a big "Shout Out" to remind everyone that Alpha Sigma is having a garage sale in June, and would appreciate good, usable saleable merchandise no longer wanted. Pick up and storage is available. The proceeds from this sale go to Charity.

Shirley Laue and her husband Herman are in Florida. Just relaxing, and enjoying family. Looking forward to the baptism of their two new great grand babies. Hopefully on their way back home in April they'll be doing some sightseeing, and will spend a couple of days in TN.

Shirley McGowan started a part time job the last weekend in February. She will be working Fridays thru Sundays at the Eden Prairie Costco, as one of the sample ladies, or better known as one of the food ladies....

As a lot of you know, I have been traveling in the SOUTH with Sandy Hongerholt for the last two months. What an adventure. Saw so much beautiful scenery, animals, and flowers and now know what is meant by America the Beautiful. We ate the best foods and tried many new things. Came face to face with dolphins. Close enough to them gaters because they do move fast. Listened to the loud roar of car engines at the Daytona 500 big race. Hoofed and

puffed as we hiked thru an island to get to the ocean. When we saw the blue water we felt like explorers discovering something new and beautiful. Picked up so many sea shells during those two months. Have tasted so many wines at wineries. Did not get discovered at the Grand Ole Opry. We learned just how many ways chicken wings can be prepared. The Memphis BBQ is wonderful and there are several ways to fix it. Our love for St. Jude Hospital got reborn as we toured the facilities and listened to the various talks. Their plans for the year and their long range plans will truly save more lives. Our dedication increased just like their plans to cure. Learned how to spot a cop car on the freeways. Got lost a few times and even ended up in Cape Canaveral on one lost journey. Bet we gave those security guards a few laughs and I bet our pictures are on their records of two old ladies trying to get into the facility. All in all we had a blast. Now we have to pay Visa and Discover for our fun.



Beta Sigma—Linda Schultz

Ahh, Spring! :) Yes, it is finally here and practically everyone writing for the Essay this month may be making the same reference. How can we NOT talk about it though? A new beginning, rebirth, new life, and renewal.

The busy bees of Beta Sigma congregated once again the first Saturday of March for their regular buzzing-about activities. Fellowship, food, fun and a myriad of subjects to discuss and events and activities to plan.

Marcie Haigh opened the doors of her hive, where she is the queen, and welcomed all of us for an energetic and fabulous time. Wow! What an array of delectable and irresistible foods provided by Pat Oman!!! I remember the first time I was responsible for the treats before a meeting.....things were so simple. Bring a couple dozen of various bagels and an assortment of cream cheeses, maybe some fruit and/or juice. Coffee was provided by the

hostess at whose home we had gathered. I won't even attempt to list all the beautiful things Pat brought us....you could all have joined us and we probably would still have had enough. These bees are going to be unable to fly if these temptations continue! Thanks, Marcie and Pat.

Leann brought us to order. Business, old and new, was conducted, decisions made after adequate but thorough discussions, and actions taken. Educational was presented by Marcie, continuing with holistic things we can do to make and keep ourselves well.

We welcomed Bruce, Dina's husband, who will be joining us as that new member mentioned last month, An interview is coming where you will be able to meet him through that medium and experience "getting to know you, Bruce." Since all the rest of our bees are female, Bruce will hold a special place as the "only" male in the colony! Wow! Does he have "any" idea what is in store for him?

On the road last month and this month: Judy Searles, Bonnie Olson, Betty & Fred Kickertz. There may be others as well but have not checked in with me to let me know. I wonder if their wings ever grow weary with all these sojourns into other parts of the universe?

Minnesota "hot dish" recipes (served at our February state membership meeting) were promised but have to wait another month. Some day soon it is my dream to acquire that super-duper new laptop with all the newest applications so I can do a better job. I won't forget my promise to get those to you all.

Observance of Holy Week will have come and passed by the time you read this. However, the reality of Easter and the resurrection remain ever true and constant and is not dependent on just one calendar date out of each year.

Be **blest!**

Some Friendship Humor

Yes! No!

My turn signal wasn't working,
So I asked for help from a friend.
"Stand behind the car," I said.
"Let's get this problem to end."

"When I turn the signal on,
If it's working, let me know."
I hit the blinker and then I heard:
"Yes! No! Yes! No! Yes! No!"

By *Joanna Fuchs*



How to Paint A Wall

While I went off to work one day,
She decided to paint the wall.
And when I came back home that night,
She was curled into a ball.

Her eyes were closed, she was breathing hard,
Her hair was very wet.
From her head to the tips of her pretty toes,
She was covered all in sweat.

She was wrapped in a jacket made of down,
With a fur coat on top of that.
The wall was glowing with new, fresh paint;
On the floor, the paint can sat.

"Sweetheart!" I cried, with a worried look,
"Are you all right, my dear?"
She lazily opened her lovely eyes,
And smiled from ear to ear.

"I knew I could do it," she said with a grin;
"I followed the paint can notes.
It clearly said 'For best results,
Be sure to put on two coats.'"

Toilet Check

A little boy sat on the toilet;
He was in there way too long.
His mom came in to check;
she thought something was wrong.

He'd sit and sigh, sit and sigh,
Then he'd slap the top of his head.

"Why do you do that?" his mother asked.

"Works for ketchup," he said.

By *Joanna Fuchs*



2016 MN ASSOCIATION OF THE ARTS ENTRY FORM

"The Spring" May 13-14, 2016

Hilton Garden Inn, 1050 Gramsie Road Shoreview, MN 55126

Division I - Visual Arts

- Oil Paintings or Acrylics
Drawings, Pastel or Charcoal
Watercolors
Sculpture
Pottery (hand formed or wheel thrown)
of entries in category

Division II - Literature

- Poetry
Short Story or Essay (500 words or less)
of entries in category

Division III - Photography

- Black & White or Color Photo
Graphic Design
Computer Assisted Design
of entries in category

Division IV - Crafts (Painted Art)

- Toile Painting
Painted Pottery
China Painting
Porcelain
Calligraphy (matted for display)
Fabric Painting
of entries in category

Division V - Crafts (Wearable Art)

- Smocking
of entries in category

Division VI - Crafts (Mixed Media)

- Jewelry
Rubber Stamping
Decoupage
Glass
Wood
of entries in category

Check schedule for check-in time and pick up.
Artist's Name:
Address:
Chapter Name/No.:
State Council:
Phone #:
E-mail:

Division VII - Needlework (Fiberts)

- Crewel
Embroidery
Counted Cross Stitch
Needlepoint
Quilting
Knitting
Hardanger Embroidery
Silk Ribbon Embroidery
Cloth Weaving
Latch Hooking
Stuffed Animals
of entries in category

Division VIII - Holiday (Ornaments & Decorations)

Please Describe
of entries in category

Division IX - Music*

- Original Words to established tune
Original Worlds to Original tune
of entries in category
Music entry must be mailed with form by June 1, 2016 with both sheet music and tape or CD.

Division X - Presidential Division (Optional)

"Hope Abounds in ESA"
Bring any art form dealing with her theme
President Division
of entries in category



Please send completed form by May 1, 2016 to:
JACKIE SWANSON
MN ESA Association of the Arts Chair
jacqueofhearts@comcast.net or
4476 Woodgate Point
Eagan, MN 55122

*You will be responsible for bringing your entry to MN State Convention. Check below whether you will send your entry with someone to Convention or whether you will bring yourself.
I will be bringing my entry.
I will be sending my entry.

MIN ESA

PARTNERING WITH



ESL SOCIAL

Open Door Center

Lake Street

April 20, 2016

6:30 – 8:15 PM

2700 East Lake Street, Suite 2500

Minneapolis, MN 55406

RSVP to Nicki by Monday, April 18

dominiqueweller@gmail.com 763-218-7568



2016 INTERNATIONAL CONVENTION
"REACHING NEW HEIGHTS IN ESA"
July 10 - 17, 2016
Embassy Suites Loveland - Hotel, Spa and Conference Center
4705 Clydesdale Pkwy, Loveland, CO 80538
970-593-6200 (local) or 1-800-362-2779 (reservations)



MEMBER NAME _____ MEMBER NUMBER/STATE _____ / _____
 ADDRESS _____
 CITY, STATE, ZIP _____
 PHONE _____ CELL _____ EMAIL _____
 CHAPTER NAME _____ CHAPTER # _____ STATE COUNCIL _____
 DATE OF ARRIVAL _____ TIME OF ARRIVAL _____ FLY/DRIVE USING SCOOTER Y/N
 ROOMMATE(S) _____

CHECK ALL THAT APPLY

First IC Convention Pledge Collegiate Member - Campus _____ HQ Staff
 ESA Foundation Board IC Elected/Appointed Board Past IC President (yr) _____
 2015-2016 State President - State _____ 2016-2017 State President - State _____
 Previous State President - State(s)/Year(s) _____ Served with: _____
 I will be recognized at convention for my years of ESA Service: 25 30 35 40 45 50 55 60 65 70
 Medical Food Allergy: The hotel will do its best to accommodate **MEDICAL Food Allergy** requests only.
 Allergy alert for _____ (Additional costs may apply.)

	<u>CIRCLE AMOUNT</u>
MEMBER FULL REGISTRATION FEE:	
Includes general assemblies, workshops, welcome party, recognition luncheon and banquet	<input type="checkbox"/> Postmarked prior to May 1, 2016 <u>250</u> <input type="checkbox"/> Postmarked May 1 - June 1, 2016 <u>275</u> <input type="checkbox"/> After June 1, 2016 (see note on payment*) <u>275</u>
MEMBER FRI & SAT REGISTRATION FEE:	
Includes general assemblies, recognition luncheon and banquet	<input type="checkbox"/> Postmarked prior to May 1, 2016 <u>225</u> <input type="checkbox"/> Postmarked May 1 - June 1, 2016 <u>250</u> <input type="checkbox"/> After June 1, 2016 (see note on payment*) <u>250</u>
MEMBER SAT REGISTRATION FEE	
Includes general assembly and banquet	<input type="checkbox"/> Postmarked prior to May 1, 2016 <u>125</u> <input type="checkbox"/> Postmarked May 1 - June 1, 2016 <u>150</u> <input type="checkbox"/> After June 1, 2016 (see note on payment*) <u>150</u>
MEMBER WALK-IN REGISTRATION FEE:	
Includes everything in full registration	<input type="checkbox"/> (See note on payment*) <u>300</u>
PICP NO-HOST LUNCHEON (all past and present state presidents/IC presidents)	<u>40</u>
If served with multiple presidents, indicate with whom you wish to sit? _____	
SUBTOTAL MEMBER REGISTRATION:	_____

CONVENTION HOTEL ROOM RATES
 Room Rates are \$144.00 plus tax single/double; \$154.00 plus tax triple, \$169.00 plus tax quad.
 \$15.00 plus tax for each additional person (current tax rate is 9.55%)
 To receive the group rate, you **MUST** make reservations by **June 18, 2016**
 Call 1-800 EMBASSY (1-800-362-2779) You **MUST** Ask for the **ESA Block with Booking Code EPS**.

IC Convention Committee—Advertising

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

You will find the form and much more information on the upcoming convention. Take advantage of this opportunity to promote your ESA events and projects.

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

Full Page - \$100.00, One-half Page - \$50.00, One-Quarter Page - \$25.00 and Business Card - \$15.00. Make check payable to ESA IC Convention 2016.

Mail the check with the form and hard copy of the ad to Mary Humphrey at 56295 E. 28th Ct., Strasburg, CO 80136. Electronic copies of the ad must be sent to: marykh@tds.net

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

The 2016 IC Convention Committee



IC Convention Committee—Airport Shuttle

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

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

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

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

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

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

See you there,

The 2016 IC Convention Committee



Registration Form (PLEASE PRINT)

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: _____ Member #: _____
 Email: _____
 Chapter Name and #: _____

I am unable to attend the IC Challenge but enclosed is my one-time donation of \$ _____. A donation of \$200 or more is required to receive a T-shirt. I select the following T-shirt size (check one): S M L XL XXL XXXL

Yes, I will raise at least \$200, but I cannot attend the IC Challenge. Enclosed is my first donation of \$ _____ and I plan to send more donations before the May 31, 2016 deadline. I select the following T-shirt size (check one): S M L XL XXL XXXL

Yes, I will raise at least \$200 and attend the IC Challenge. Enclosed is my first donation of \$ _____ and I plan to send more donations before the May 31, 2016 deadline. I select the following T-shirt size (check one): S M L XL XXL XXXL

Consent and release of liability:

By signing below, you agree, warrant, and covenant as follows:

ALL PARTICIPANTS IN Show Your Colors AND RELATED EVENTS ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT.

The undersigned participant, on behalf of himself/herself and on behalf of the participant's personal representatives, assigns, heirs, and executors, hereby fully and forever releases, waives, discharges, and covenants not to sue Epsilon Sigma Alpha International, Epsilon Sigma Alpha Membership Corporation, American Lebanese Syrian Associated Charities (ALSAC), St. Jude Children's Research Hospital (St. Jude), and all public or private agencies whose property and/or personnel are used and all other sponsoring or co-sponsoring companies or individuals related to the event (collectively Releases) from all liability to the participant and his/her personal representatives, assigns, heirs, and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the participant or property or resulting in the death of the participant, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with the participants in the event.

The participant represents and warrants that he/she is in good physical condition and is able to safely participate in the event. The participant is fully aware of the risks and hazards inherent in participating in the event and hereby elects to participate voluntarily in the event, knowing the risks associated with the event. The participant hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the event.

The participant agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures, and other media without compensation.

The participant acknowledges that the entry fee is non-refundable and non-transferable.

The participant hereby grants to Epsilon Sigma Alpha International and their agents, affiliates, and designees access to all medical records (and physicians) as needed and to authorize medical treatment as needed.

The participant warrants that all statements made herein are true and correct and understands that Releases have relied on them in allowing participant to participate in the event.

IF PARTICIPANT IS UNDER AGE 18: The parent/guardian certifies that my son/daughter has my permission to participate in the event. The parent/guardian has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by accepting, the waiver intentionally and voluntarily agrees to its terms and conditions. The parent/guardian further certifies that my son/daughter is in good physical condition and is able to participate safely in the event. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

PARTICIPANT HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY ACCEPTS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

Signature of Entrant _____ Date _____

Epsilon Sigma Alpha International reserves the right to require proof of age. Parent or guardian must also sign below for entrants under 18 years of age. By signing, parent agrees to the same conditions required of entrant.

Signature of Parent/Guardian _____ Date _____

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

I emailed Sandy Hosack and she responded saying she would allow me to change the deadline to **April 15, 2016**. So, place your orders now!!

Red ESA/Volunteer Apron

Order Form

Name: _____

Address: _____

City & State: _____ **Zip:** _____

Phone: _____

Email: _____

Ship before 2016 IC Convention Yes – add \$5.00 No

Red Volunteer Apron - \$13

QTY	Price
_____	_____
Shipping, if requested – ADD \$5.00	_____ - Shipping
Total	_____

Send completed order form and check payable to **"2017 IC Convention"** to **Sandy Hosack**, 85 Foxgate Court, St. Peters, MO 63376

Based on the number of aprons requested, the price may be less than \$13. If so, you will receive a refund 😊 The order will be submitted after the deadline of April 1, 2016.

The aprons will be delivered at the 2016 IC Convention in Colorado and at the 2016 MARC Conference.

If the apron is to be mailed direct to your personal address, please add \$5.00 for postage.

Order Deadline
April 15, 2016

	Think Spring	2016 MN ESA State Convention May 13 - 14, 2016 Hilton Garden Inn 1050 Gramsie Road Shoreview, MN 55126 651-415-1956
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REGISTRATION DEADLINE: FRIDAY, APRIL 29, 2016

Late Registration: after April 29 + \$10.00 / Walk-in Registration – Cash Only +\$20.00

NAME:		CHAPTER:		DELEGATE:	NO	YES
ADDRESS:				PLEDGE:	1 ST TIME ATTENDEE:	
CTY/ST/ZIP				PHONE:		
GUEST NAME:						

Guests are invited to attend all functions/meetings at this year's Convention!

FULL REGISTRATION	COST	MEMBER	GUEST
(Includes: registration fee, Friday night dinner, Saturday lunch and banquet)	\$120.00		
BANQUET: (select one)			
<input type="checkbox"/> Chicken Parmesan, house salad, baby red potatoes, and green beans			
<input type="checkbox"/> Marinated Beef Tips, house salad, baby red potatoes, and green beans			
PARTIAL REGISTRATION (check all that apply)	COST	MEMBER	GUEST
REGISTRATION FEE (REQUIRED FOR ALL EXCEPT "BANQUET ONLY" GUESTS)			
	\$15.00		
<input type="checkbox"/> FRIDAY EVENING (Baked potato bar with garden salad):	\$31.00		
<input type="checkbox"/> SATURDAY LUNCHEON (Soup & salad bar):	\$26.00		
BANQUEST (select one):			
<input type="checkbox"/> Chicken Parmesan, house salad, baby red potatoes, and green beans	\$48.00		
<input type="checkbox"/> Marinated Beef Tips, house salad, baby red, potatoes, and green beans			
PARTIAL REGISTRATION TOTAL:			
ATTENDING MEETINGS ONLY (NO MEALS)-ROOM COST	COST	MEMBER	GUEST
<input type="checkbox"/> MEETING ONLY – NO MEALS	\$15.00		

Medical Dietary Needs: _____

ROOM RESERVATIONS: Reservations can be made online or by calling the hotel at 651-415-1956 (reference **ESA room block**). The room block group rate will be held until **April 13, 2016**. Room Rates are: \$99 for single king or \$109 for double queen or king suite plus tax.

MAKE CHECK PAYABLE TO: Gamma Zeta **QUESTIONS:** Dianne Ocel 763-788-5837 jerryocel@aol.com
MAIL FORM AND CHECK TO: Dianne Ocel, 13143 Aberdeen St., Blaine, MN



Minnesota State Council
Annual Philanthropic Report

2015-2016 Mileage Rate = \$0.575/mile

Deadline: Must be postmarked by April 30, 2016

Send to MN Philanthropic Chair:

Reporting Period: April 1, 2015 – March 31, 2016

Betty Robinson
6400 Sycamore Ln N Apt 118
Maple Grove, MN 55369
bettyarobinson@comcast.net

Chapter #/Name: _____

Projects	Hours	Cash Monies	Donated Goods	Miles	Total Donated Miles
Chapter Projects (I only need the totals for the year. If you want to itemize, please include in separate page)					
State Projects:					
MN Literacy Council					
Operation No Limit					
MN Love Fund					
International Projects:					
St. Jude					
Easter Seals					
Foundation					
Hats for Hope					
Disaster Fund					
Hope for Heroes					
Totals:					

