

Don't Forget To:

- > RSVP to Kelly for Hope 4 Youth Meals
- > Register for State Convention
- > Be prepared to vote for State By-Laws, Standing Rules, and Philanthropic projects
- > Register for IC Convention
- > Review proposed IC By-law / Standing Rule changes

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ESsAy

President—Dana Terry

Spring is finally here and the weather continues to get warmer little by little. Now we just need to get through the April showers in order to see the May flowers!



As we look forward to the rebirth of the trees, green grass and beautiful flowers, we also prepare for the end of our ESA year. My how time has flown by.

Our final membership meeting was hosted by Beta Sigma on March 18th. We had two great philanthropic speakers, we spotlighted a few of our chapters, and we even finished up early! We had plenty of time to catch up with friends that we don't get to see that often. Even the sun came out by the time we went home! It was a beautiful day.



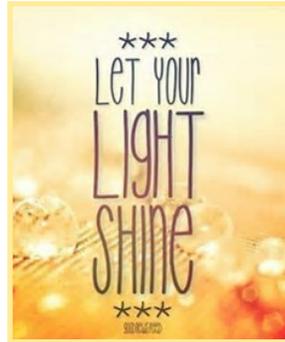
Be sure to get your convention registrations sent in ASAP! You will also want to be sure to make your hotel reservations NOW. Our group rate is only being held until April 5th. Included in this issue is a

mini-agenda for convention. We're honored to have **Sandy Alexander, IC 1st VP/President Elect**, as our IC Rep and **Debbie Vercellono, MARC Secretary**, as our MARC Rep.

are full of Potential!

Keep shining your light for all to enjoy! ~ Nix G

Hope to see you all at State Convention!



Please be sure to spend some time with them at our convention and make them feel welcome. Convention is going to be a great, FUN time. I look forward to celebrating all we have done to let our light shine this year and looking forward to celebrating the beginning of a sparkling new year in ESA.



Please be sure to discuss your chapter's vote for the 2017-18 state philanthropic project(s).

Remember this will be done by **ballot vote**. (Sample ballots were distributed at the March Membership Meeting.)

Please also come to convention prepared to discuss and vote on the proposed changes to the bylaws and standing rules.

Just in case no one has told you today... You are Amazing! You are Beautiful! You are Powerful! You



First Vice President—Sandy Hongerholt

What a great time Sandy D This ESA year is quickly coming to an end. We will have one more opportunity to bring guests and introduce them to ESA. There is a flyer attached in this newsletter.

The Rush event will be on Saturday April 8th. A fun

time is planned along with a delicious lunch of assorted salads. Please come to the event and bring a guest or two or three or four. RSVP's will be greatly appreciated to help with planning. Checks can be made out to Minnesota ESA and mailed to me at 7411 Drew Ave N, Brooklyn Park, MN,

55443. Thank you to the members that have already RSVP'd and are bringing guests.

If your chapter has not given Dana or myself the names of your members to be recognized at convention for years of service and Pallas Athene, please get

the information to us as soon as possible.

I am still looking for someone to take the 2nd Vice President position. Please let me know if you would consider taking this on. I would love to talk to you. .

Jr. Past President—Kate Sala

Greetings!

It's time you heard my voice again. It's been an extremely busy year thus far with my new job and working pretty much 6 days a week and evenings. I am still here but have been somewhat quiet; at least up to now.

I have a couple of things to let you know. So far our efforts to fundraise for Terri have been phenomenal. At the November meeting in Albert Lea we raised \$44 dollars thanks to Sandy Dolence; at the February meeting we raised \$52 thanks to Gamma Omega; and in March we raised \$59. Each dollar you give adds up! THANK YOU to all who have donated. You all are just amazing people! However, we still need to do more.

Terri is representing our state and we MUST and NEED to support her. Betty Marler and I are putting together something we hope will appeal to you at convention to continue in our fundraising efforts.

There are two things we need from you. **FIRST**, we need any gently used or new vacation/spa relaxa-

tion items donated. The sky



is the limit for what you think is relaxing. Betty and I already have a great start; but, we still need more. If you have something you want to get rid of that would help the cause you can drop it off at MedTox and Betty will get it. That gives us 4 weeks to collect and put together what we hope will inspire you to give more. If you can't get it to MedTox please give Betty or Dennis a call or email since they are retired and can more easily come to you to get your items.

SECOND, you will need to bring your  to donate to the Fund Terri's Drive to the TOP. Remember every little dollar helps and we will be so willing to collect your donations.

You may think all my article is about raising money. **WELL YOU ARE RIGHT!** I also have the auspicious

job as your Jr. Past President to raise money for the **Love Fund** through the state convention silent auction. I am looking for things we can put in the auction.



Please bring it on Friday during registration so I can set up the auction. If you have something you want to donate and are not coming to convention, please contact either myself or Mary Parr and arrangements will be made to get it.

I will love to see you all at convention remember to bring your pocketbooks.

At the March state meeting I shared the following quotes. I leave you with these final thoughts about generosity and giving.

If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.

—Unknown

Scientists have discovered that the small, brave act of cooperating with another person, of choosing trust over cynicism, generosity over selfishness, makes the brain light up with quiet joy.

—Natalie Angier

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

—Edward Everett Hale

When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous.

—Wayne Dyer



Association of Arts—Jackie Swanson

We all know that **April Fools' Day** can be a light-hearted comedic day of cheer, practical jokes and hoaxes.



And yet... April gives everyone in ESA another month to express them-

selves creatively and begin or complete an amazing

entry for Association of the Arts at State Convention!
No Fooling!

I have again included the Association of the Arts ENTRY FORM in this Essay. Use the back to continue your list should there not be enough room on the front to list everything you

created! 😊

Please get your entry forms to me via hand delivery, email or US Mail no later than April 24th. Looking forward to many, many entries – the word *plethora*

comes to mind... 😊

Please remember the Alzheimer's Association when designating your chapter philanthropic donations for the year.

Thank you!

With love and gratitude...

I loved seeing the faces of those ESA-ers who had the time to make the trek over to St. Paul for Hats, Horses & High Tea and the Meet the Artist event at Scarborough Fair. The day was like a party for me and appreciated having friends, family, and former co-workers stop by to wish me well!

Chaplain—Dianne Ocel

A reminder we are keeping in our thoughts and prayers:

- Alpha Chi - Coleen Riley recovering from back surgery
- Alpha Sigma – Shirley Laue on the death of her sister
- Beta Sigma – Betty Kickertz as her husband Fred's health declines due to Parkinson's

A quote from Dr Suess:
"How did it get so late so soon?
It's night before it's afternoon

My goodness how the time has flown
How did it get so late so soon?"

Some excerpts from Incredible Life, Leave Room for the Cream from Marilyn Ellis CTACC:

While I was waiting in line at my favorite coffee house for my morning latte, the woman in front of me asked the clerk to "leave some room for the cream". I thought, what a great title for an article on time management! Isn't

that what we all strive to do; manage our lives in such a way that we leave room for quality and richness in our lives? Does the activity you are spending your time doing uplift you, transcend the mundane? Does it make you feel happy and satisfied? Does it inspire you to tap into your creativity, feed your family and love relationships? In other words, is it worth spending your precious life doing? Your time is the most precious thing your own.

If you are not happy now, when do you plan to be happy? Treat your time as a treasure to be protected, shielded and cherished beyond anything else. If you do that you will enjoy the richness that life has to offer- you will have left room for the cream.

Looking forward to sharing TIME with all of you at Convention in May.

God gave each of us the special gift of grace, showing how generous he is. Ephesians 4-7.

Hope 4 Youth—Alpha Zeta



Please join HOPE 4 Youth for their inaugural Inspiring HOPE Luncheon to support young people experiencing homelessness right here in our community. This is your opportunity to hear firsthand from several of the young people and learn

about how you can inspire them to move past their status of homeless and achieve the future that they have always dreamed of. There is no cost to attend, but there will be an ask at the end of the hour.

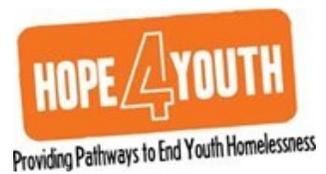
When • Thursday, May 4, 2017; 11:30 a.m. Registration, Noon – 1 p.m. Luncheon

Where • Leopold's Mississippi Gardens 9500 West River Road, Brooklyn Park, MN

Register • Please contact Lisa Jacobson, at ljacobson@hope4youthmn.org or 763.234.0315

There are now ten young people living at HOPE Place, with two more moving in soon. All of them are busy working on their goals so that they can become an independent adult. MNSure and Anoka County Services have also been on-site at HOPE Place. They will be there every two weeks to help the

youth living their with health insurance, SNAP assistance and other resources that may be available to them.



Hope for Heroes—Shirley Laue

I found this article in the Oct. 2016 Readers Digest written by Cheryl MacDonald.

On a Saturday morning Cheryl and her husband were at the airport to go visit their son, who lived across the country. As they were waiting for their flight they noticed a crowd gathering at a large window facing the landing area. The crowd was very solemn and still. This is what they saw:

Marines were standing straight and tall in for-

mation, the plane door was open with a ramp waiting. Nearby a white hearse was waiting. A man and a soldier were standing on either side of a woman, supporting her, as they waited for the sight no-one ever wants to see. As the ramp started to move, a flag-draped casket started its descent.

Airport personnel stood in reverent stillness with their hands over their hearts, as was the crowd gathered by the window. The woman's face was contorted in pain as she seemed to cry, as

only a mother can, as she collapses. She knows she will never hear "Mom" from her son's lips again, or feel his loving arms around her. The face of the man also grimaces in pain as he seems weakened with pain. He, no doubt is remembering his son as a young child learning to ride a bike, as a teenager learning to drive a car, and how proud he was to see his son dressed in his Marine uniform.

The group behind the glass was silent, no doubt reflecting on this life, this loss, as

the family and soldiers departed the runway. The group slowly moved away, many with tear stained cheeks. Soon the people from the group will fly off to wherever and return to an ordinary life made extraordinary by this soldier's courage and by this family's sacrifice, and by this love shared by all who all looked out the window.

It makes you wonder how many times this situation takes place. How many lives have been changed because of wars? Pray for these families and pray for peace!

Philanthropic—Betty Robinson

As promised at the first of the year, here is a recap of the philanthropic candidates for the 2016-2017 MN ESA year. There are six organizations for consideration: Babies Need Boxes, The Rock, Hammer Organization, MN Assn for Children's Mental Health, Hope 4 Youth, and Alzheimer's Assn.

I. Babies Need Boxes (BNB)

www.babiesneedboxes.org

At the August 20th state membership meeting, we met Danielle Selassie, the founder of the Babies Need Boxes organization.

- **Mission** - "Babies Need Boxes equips mothers with the tangible resources required for a successful transition to parenthood. We provide mothers with safe sleep education, a safe sleep environment, newborn care essentials to promote self-sufficiency,

and interactive items to foster positive parent-child interaction." BNB is a 501 C3 non-profit organization that provides the life saving Finnish Baby Box tradition to families around the globe.

- **What they do:** BNB facilitates the worldwide distribution of Baby Boxes, which are safe sleep spaces for infants up to 6 months of age that come filled with a variety of essential child care products. Contents of the Baby Boxes vary by territory and are carefully assessed for cultural relevance and quality before being distributed to families. The Baby Box Co. provides the box, a waterproof mattress, a sheet and safe sleep literature. The boxes also contain newborn diapers, baby toiletries, baby toys, baby books, burp cloths and resources to pro-

mote self-sufficiency and positive parent-child interaction. The box itself can be used as the baby's first bed. BNB plays a unique role in the community by providing mothers-to-be with life-saving maternity care packages and safe sleep education. Each baby box comes with safe sleep reading materials and a membership to Baby Box University, which provides videos and other resources regarding the care of infants. In addition to these materials, they also work with organizations that are already providing early childhood and family education support to the individuals receiving the maternity care packages. Since the inception of the program, more than 150 boxes have been given to expecting mothers in the Twin Cities area. Although monetary dona-

tions are welcome, BNB can also use donations for items to be included in the boxes plus homemade burp cloths.

For more information on BNB and volunteer opportunities, please visit their website: www.babiesneedboxes.org or contact Danielle Selassie at Danielle@babiesneedboxes.org

II. The Rock

www.scmyfc.org/the-rock-albert-lea-mn

At the November 12th state membership meeting in Albert Lea, we met Dee-Ann Bergland, Director of Campus Life Middle School for The Rock.

The Rock is part of the South Central MN Youth for Christ (YFC) organization. The Rock has a drop-in center that these young people are always welcome. YFC in the south central Minnesota area began to take shape in 1960 after a husband and wife from Albert Lea attended FYC rallies in Los Angeles. Every year thou-

Philanthropic—continued

sands of youth are engaged by dedicated staff and volunteers across 7 ministry sites, a regional prayer center, and a campground; all centered around one common mission. YFC reaches young people everywhere, working together with the local church and other like-minded partners to raise life-long followers of Jesus who lead by their godliness in lifestyle, devotion to the Word of God and prayer, passion for sharing the love of Christ and commitment to social involvement. The 7 ministries, prayer center and campground are:

- **The Rock** – Albert Lea area ministry center and chapter offices.
- **The Studio** – Mountain Lake area ministry center.
- **Ride by Faith** – an extension of The Studio and ministers to young people while teaching basic horsemanship skills.
- **The Bridge** – Lake Mills area ministry center
- **The Refuge** – Blue Earth area ministry center
- **The Well** – St. James area ministry center
- **Austin YFC** – reaching the young people of Austin, MN.
- **Wilderness Prayer Retreat Center** – offers opportunities for spiritual growth for both individuals and groups within a quiet, removed setting that overlooks Rice Lake. It is sponsored by YFC/South Central MN and welcomes both youth and adults to come and encounter Christ as you listen and respond to God's Spirit. www.wildernessprc.org
- **Prairie River Camp** – located on 60 acres and is

host to a variety of activities for participating middle school or grade school summer camps and guest groups.

www.prairierivercamp.org

The Rock in Albert Lea consists of these areas:

- **Campus Life High School and Middle School** – ministry combines healthy relationships with creative programs to help you people make good choices, establish a solid foundation for life, and positively impact their schools. Like every ministry of YFC, Campus Life seeks to engage these young people wherever they are found as lifelong followers of Jesus Christ.
- **City Life** – is a relational, holistic, community based ministry that desires to see deep change in an urban neighborhood through the raising of indigenous leaders from the young people in that community.
- **Kids Club** – ministry reaches grade school youth where they are at. It consists of an after school snack, Bible lesson, craft time, games and gym time. Kids Club focuses on instilling good morals and values in the youth.

If you would like to learn more about this organization, please visit their website at: <http://www.scmfyc.org/the-rock-albert-lea-mn>

III. Hammer www.hammer.org

At the February 11th state membership meeting, we met Angela Bernhardt, Director of Major Gifts from Hammer. The Hammer Mis-

sion is to provide adults and children with developmental disabilities the opportunity to live life to its fullest. In the past, we have learned about Hammer Travel, but Angela came to tell us more about the other services provided thru the Hammer organization: Homes & Apartments, In-Home Services, and Support Service.

- **Homes & Apartments:** They have over 40 Hammer homes and apartment programs with staff serving over 200 adults and children throughout the western suburbs of the Twin Cities. These homes and apartments are adapted as needed to meet the range of age and abilities with 24-hour staffing, state-of-the-art keyless entries, safety, security, private rooms, ample living space, and on-staff nursing.
 - **In-Home Services:** Offering a wide range of services designed to increase independence, while meeting physical and emotional needs, and allows staff to support individuals in a manner that works best for each person. Support includes meeting daily needs such as grocery shopping, meal preparation, or self-care. Support can also mean helping individuals make connections in the community around them. In-Home services can ensure the continuity of medical needs, helping to maintain health and safety, and regularly report the progress of outcomes and are committed to assisting each individual to determine their path and achieve their desired goals. Individuals can participate in
- a variety of fun activities – from cooking, knitting and exercise groups to movie and game nights to attending sporting events, festivals, and fairs.
- **Support Services:** Support services include Health Care Support Services, Onsite Nursing Staff and Case Management.
 - **Community Life** – Activities for Homes and Apartment Programs. The mission of the Community Life department is to establish a culture of wellness by encouraging and empowering individuals and staff to make healthy, informed, and well-balanced choices. The department focuses on supporting individuals in fitness, nutrition and wellness.
 - **Volunteer Opportunities** (for more information regarding each of these opportunities, please refer to the Hammer Volunteer brochure provided at the February 11th state membership meeting. The brochure can also be found on their website: <http://www.hammer.org/get-involved/volunteer/>)
 - Group Activities – Special Events
 - i. Annual Spring Breakfast
 - ii. Reach for Ralph
 - iii. Family Day Picnic
 - iv. Haunted House at Hammer
 - v. Make a Difference Day
 - Adopt A Home
 - Meals in the Homes
 - Yard Work Spring and Fall
 - One-to-One Activities
 - i. Direct Service Volunteer
 - ii. Wellness/Exercise Partner
 - iii. Iron Team/Weight Lifting Coach

Philanthropic (continued)

iv. Central Office Volunteers

- Team Sports – Coaching
- Walking Group Coordinators
- Hammer Travel Volunteer

IV. MN Assn for Children’s Mental Health (MACMH)

www.macmh.org

At the March 18th state membership meeting, we met Rachael Jacques, Program Coordinator for MACMH. MACMH’s mission is to promote positive mental health for all infants, children, adolescents, and their families.

- **Current Programs and Activities** – provide parent education and training, Information & Referral and Parent Coaching services, and trains parents in advocacy and leadership skills. In addition, MACMH provides publications and classroom curricula, professional trainings, and an annual conference that provides parents and professionals the opportunity to share the latest research and practices in the field. With the development of the Open-Up Campaign, youth have taken a central role in MACMH’s effort to promote mental well-being and fight stigma through arts based outreach activities.
- **MACMH Training Services** - to educate parents about their rights and responsibilities within the multiple mental health systems. MACMH

also trains professionals through MACMH Training Services (MTS). Trainings and workshops range from an introductory program called “Early Warning Signs” for educators to advanced trainings for mental health professionals.

- **Fidgety Fairy Tales** - The Mental Health Musical re-imagines familiar fairy tales to raise awareness and reduce the fear and misunderstanding that surrounds children’s mental health. With great music and a gentle sense of humor, these hour-long shows are fun for the whole family! Scripts have been reviewed by mental health professionals, parents, and youth with mental health disorders.
- **Publications, Information and Resources** - Current, research-informed information is available on our website (www.macmh.org) and MACMH has created publications specifically for parents of children with mental health disorders and for professionals working with children who have or are at risk of having a mental health disorder. Over 3,000 individual publications were sold (or distributed as part of program activities) during the most recent year. More information about the publications can be found at www.macmh.org. MACMH Advocates also provide information and referral to resources to parents and professionals that call looking for help.
- **Southside Urban Coalition + Drug Free Communities Grant** - The Southside Urban Coalition

is a Drug Free Communities coalition funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Focused on preventing youth substance use in south Minneapolis, the SUC strives to make the community a healthy and safe place. We welcome anyone who is invested in the south Minneapolis community, is involved with preventing youth substance use, or who wants to make a difference.

- **Youth M.O.V.E.** - is a youth-led, youth-driven group of leaders passionate about mental health in the state of Minnesota. Supported by the SAMHSA and Federation for Families, they act as a statewide chapter advocating for youth mental health awareness in Minnesota.
- **SWPBIS Metro-RIP** - School-wide Positive Behavioral Interventions and Supports (SWPBIS). SWPBIS refers to a system change process for an entire school or district. The underlying theme is teaching behavioral expectations in the same manner as any core curriculum subject.
- **Infant & Early Childhood Mental Health Division** - The goals of MAIECMH include education and advocacy resulting in enhanced, culturally competent, interdisciplinary, professional capacity to serve infants, young children and their families. At the heart of this work is the relationship between a child and her or his parents/caregivers, the primary context within

which mental health promotion, screening, assessment and interventions are provided.

- **Mental Health Certified Family Peer Specialists Project** - Is a certification program for a new workforce sector of Mental Health Certified Family Peer Specialists (CFPS). The CFPS workforce will be comprised of parents and caregivers who have children with mental health disorders. The candidates must have experience navigating the children’s mental health system, demonstrate leadership and advocacy skills and have a strong dedication to family driven services. The CFPS workforce will provide nonclinical family peer support counseling, non-adversarial advocacy, and link other parents to community resources. They will promote resiliency, self-advocacy, and will help other parents develop problem solving skills and a broader knowledge of mental health services. The CFPS workforce will be prepared to work with community mental health providers in multiple treatment settings.
- **Volunteering** - As a small nonprofit doing BIG THINGS, we can always use assistance from local volunteers.
 - Our work is organized around the following goals:
 - Educate the public to remove the stigma and barriers associated with children’s mental health disorders.
 - Educate families about the multiple systems that serve children with these disorders and help them navigate these complex systems.
 - Provide opportunities for parents and caregivers to develop the skills required

Philanthropic (continued)

to effectively care for and advocate for their children.

- Inform and educate professionals about children's mental health.
- Advocate for the timely and appropriate delivery of services to children with mental health disorders.
- Provide programs and advocate for services that meet the unique needs of parents from culturally specific communities.
- Identify and address major barriers and gaps in services.

MACMH's website has these areas of work on their volunteering application: Website Support, Fundraising, Data Entry Projects, Administrative Tasks, Training Series Support, Organizing/Collecting Advocacy Materials, Editing/Updating Publications, Annual Gala Planning, Grant Support – MH Professional, Grant Support – MH Parent/Caregiver. Add looks like they would need volunteers for their annual conference (the 2017 MACMH Conference Volunteer applications and waiting list if full!)

For those interested, the 2017 MACMH Conference is April 23rd – 25th at the Duluth Entertainment & Convention Center. More information can be found on their website: <http://www.macmh.org/event-page/annual-child-adolescent-mental-health-conference/2017-conference-information/>

Other events throughout the year include Annual Silent Auction & Award Gala and Summer, Fall & Winter Training series.

There is a lot of information available on their website.

V. Hope 4 Youth www.hope4youthmn.org/

Lisa Jacobson, Executive Director of Hope 4 Youth also gave a presentation at the March 18th state membership meeting. Hope 4 Youth is a 501 C3 non-profit organization (<https://hope4youthmn.org>) located in Anoka, and meets the basic needs of young people (ages 23 and under) experiencing homelessness and those at-risk of becoming homeless in the north metro Twin Cities including all of Anoka County and parts of Hennepin County. Hope 4 Youth now has an on-site clinic, HOPE clinic, at the Drop-In Center that allows the youth to meet their health and wellness needs.

- **Mission** – Providing pathways to end youth homelessness.
- **Vision** – That all youth will feel safe, valued, and supported while reaching their full potential. This begins with meeting their basic needs and leads to giving them the tools to thrive.
- **Goal** – end youth homelessness in Anoka County and the northern metro Twin Cities by 2020.
- **Hope 4 Youth Focus on Four Key Areas (HOPE)**
 1. **Housing**- provides resources that link young people to all housing options (shelter, transitional, affordable, etc.) Hope Place, our transitional housing is now an option!
 2. **Outreach** – meet young people out in

the community where they are at and provide them with basic items as well as referrals to resources including Hope 4 Youth's Drop-In Center

3. **Prevention** – partner with service providers to connect youth to prevention services
4. **Education** – offer educational opportunities to the youth, volunteers who support them and the entire community

It was wonderful to hear of all the accomplishments made this year. Hope Place was completed and opened for the first occupant in December 2016, and MN ESA was able to provide kitchen, living room, bathroom and bedroom items to for all 12 apartments. We also provided a hot meal at the drop-in center at least once a month during the year. MN ESA volunteers created and setup the luminaries used during the Hope 4 Youth "The Darkest Night of Your Life 4K". Plus the monetary support thru our work at MedTox (LabCorp).

VI. Alzheimer's Assn www.alz.org

At the February 11th state membership meeting, Sharon brought Sheryl Hassan (Birdie's niece) who is the Director of Life Enrichment at The Wilshire in Bloomington to speak to us. Sheryl reported there are 104 residents in the facility and they serve people in stage 1 through stage 4. Residents live there for the rest of their life. She said her focus is on life engagement/enrichment of the mind, body and spirit. Sheryl shared many activities she and her staff offer

to the residents in all stages and stressed the importance of the residents being part of their community.

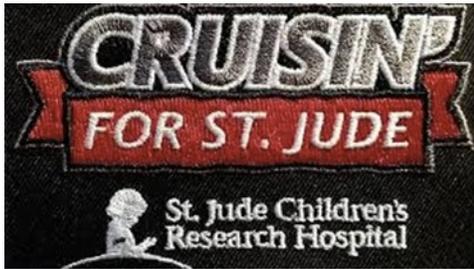
At the MN State Convention this year, the number of philanthropic projects we will support next year and the philanthropic organizations for consideration will be included on a ballot. Vote will be by **delegate**. Please discuss with your chapters how you all want your delegate(s) to vote. Organizations for consideration will need to be ranked by preference (first, second, third, fourth, fifth and sixth choice) to correspond with how many projects will be supported. Let me know if you need clarification on how to vote.

Please send me your chapter's annual philanthropic report no later than April 15th. If I do not receive your chapter's report by April 15th, I will assume your chapter has no philanthropic hours, monies or miles to report for this year. I put a printed copy of the Annual Philanthropic Report form in each chapter file at the March 18th meeting. If you would prefer to have an electronic form, send me an email (bettyarobinson@comcast.net) and tell me if you want the Word or Excel version of the report.

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 understand that Dana has been working on developing this year's state convention certificate.

That's it for now. And as always, if you have any questions regarding philanthropic, please email or call me at 763.478.1502.

St. Jude Coordinator—Kelly Check



Preparation for the Minnesota Cruisin' for St. Jude event is in full swing! The event is Saturday, July 15th at the Village Sports Bar at The Stadium in White Bear Lake. We will share details as they come

together. Registration should be open by April 1st. The event will require a lot of volunteer support from ESA. It will consist of 4 locations, the 3 stops along the motorcycle route, as well as the host location in White Bear Lake. This is a family fun, all day event. Stay tuned!



Remember to register with Team ESA MN for this year's Walk to End Childhood Cancer! We need all the team members we can get, whether you plan to walk/run, volunteer, or both! Even if you are unable to attend, but want to fundraise with us, we need you on our team! It is never too early to start fundraising. You can register at

<http://fundraising.stjude.org/walkrunmsp> click on "Find A Participant" in the upper right corner and enter ESA MN in the Team Name section. You will find us! You can use the code GOLD to waive the \$10 registration fee; however, the fee does go toward our fundraising goal...and every bit helps!



Thanks to all of you who sent cards and notes of encouragement following my surgery. Your kindness was greatly appreciated. Treatments are underway and going just fine.
Carol Ping
Gamma Omega



A special Thank you to all members and chapters that sent me condolences after my sister's death. Knowing so many care is comforting. As her youngest grandson, (age 12), said, "She was the best grandma," and I said "she was the best sister."
Shirley Laue
Alpha Sigma

Thank you
from the
bottom of
my Heart.

As I've told you in the past, I never thought I would ever begin this journey — participating and being a member of the ESA IC Executive Board. But, here I am! I've been honored and proud to serve as an IC Officer and to represent the great state of Minnesota. I've had so many wonderful experiences during this journey; I've learned so much about myself, about ESA and all of its many facets. I am humbled with the chance to attend ESA state conventions across the country and learn how similar we all are in our efforts to serve others. Of course, everyone wants to know how we survive on the "frozen tundra" of Minnesota! So, I get to brag about our beautiful state and all of you!

As I prepared this issue of the ESsAy, I read Kate's article with tears in my eyes; I am truly blessed! You all mean so much to me and I feel so lucky to have your support and love. I promise to do my best to represent ESA and all of you as I continue my journey....as Kate says, to the TOP! Thank you so much for all you do!!!

Terri Olson, Delta Mu

CHAPTER NEWS



Alpha Chi—Kathy Rice

Alpha Chi met on Saturday, March 4th, at the home of Sue Todd who first jewel-pinned Kathy Lamphere before we had our delicious rolls, breads, cheese, fruit, nuts, candy, coffee and tea. Anyone getting hungry? Joane Buche, President, opened the meeting. Kathy Konrad, Colleen Riley's daughter, reported Colleen has no back pain. Praise the Lord. She will, however, continue with therapy.

Phyllis Frascone, Philanthropic, brought items to God's Closet and requested that we bring tube socks to our April meeting to be given out to them or other care centers. Nora Meyers, Educational, gave her report on the St. Paul Building on 5th and Wabasha, which is an eight story Brownstone building built in 1889 and is still being used today. Kathy Konrad, Social, will plan our June luncheon. Gloria Iverson, Ways and Means, is helping Phyllis with the philanthropic report for hours and

monies.

We decided to give the \$100 allowed from the state to go to the new Dorothy Day Center for the homeless.

Joane Buche will be spending a week in Texas for the celebration of her daughter's 50th birthday. Kathy Lamphere is looking forward to four vacations with her husband. She got some good deals.

Pat Peterson will be hosting the April 1st meeting. Phyllis Frascone's son has a vineyard in Texas as well as being a beekeeper and makes sweet wine and has won four awards on his wine. Kathy Konrad has been traveling to New York, Baltimore, and Las Vegas. Sue Todd is going to Medtox as well as planning trips with her husband. Nora Meyers celebrated her 90th Birthday at Guldens and had a surprise visit from her granddaughter from Las Vegas. Jo

Palmer goes out to lunches and will be attending Chanhassen's production of West Side Story. Gloria Iverson's granddaughter is in training to become a Veterinarian and will receive her coat on April 2nd. I was asked what about me so I told them read the Essay.

So here goes, I was losing blood somewhere so I had to have a Colonoscopy, Endoscopy and finally a Pillcam, which is a pill that has a camera in it. You wear a wide belt that has sensors and film and you also wear a battery pack, and that is an all-day affair. You bring it back in the morning and the doctor reads the pictures. They found a blood vessel behind an intestine that was the culprit. Just taking a vitamin with iron will be just fine. I did find time to take day tours which I enjoyed very much.

Alpha Chi wishes you a very Blessed Easter.

Alpha Zeta—Kelly Check

We have been busy working the craft shows around the Twin Cities selling our hand-made reusable drawstring gift bags and pillow cases. We have both travel size and regular/queen size pillow cases and everyone loves them! We appreciate those who have donated fabric to us and we will continue to accept any unwanted fabric you may have. Just let us know and we will make arrangements to get it from you! Our upcoming craft shows are:

- Saturday - April 1st: Crystal Community Center 4800 Douglas Dr N, Crystal 9:30a - 4p

- Saturday - April 8th: Redwing Armory 885 E. 7th St, Red Wing 9a - 3p
- Saturday - April 15th: Anoka Armory 408 E Main St, Anoka 9:30a - 4p
- Saturday - April 22nd: Andover Community Center 15200 Hanson Blvd NW, Andover 9:30a - 4p

We want to give a shout out to Mark Petty, who spent the week of March 18-25 in Geneva, Switzerland at the United Nations on behalf of the Advocates for Human Rights. Mark spent the week lobbying the delegates and setting up meetings with them. He spoke (a lot of) French and presented an oral statement on the Demo-

cratic Republic of Congo. He was also volunteer photographer. Mark attended the Human Rights Council meetings, a side event on South Africa and a meeting on the Committee on the Responsibility of People with Disabilities (Iran). Mark also toured Old Geneva as well as the United Nations. We are all so proud of Mark. This was a great trip and a wonderful opportunity for him. A deserving reward for all he has done for the Advocates for Human Rights.



Alpha Sigma—Shirley McGowan

Shirley Laue: Where oh where does the time go? It seems like yesterday we were writing for the Essay. Actually, if I think of everything that happened this past month, I can easily see where the time went. Of course, the trip to Bellingham, WA for my sister's funeral was not totally unexpected, but still difficult. After 6+ years in a nursing home after a severe stroke, I know she is in a better place. Alpha Sigma is busy with end-of-the-year business. We have distributed

our money and are getting our hours, etc. to Miss Birdie to get totaled. We will finish our educational at the next meeting. Happy Spring.

Shirley McGowan volunteered at the Eden Prairie, and the Hopkins Empty Bowls events. I've been keeping busy working weekends at Costco.

Diane Vanusek: Well my news for this month is. My great nephew and his wife have made me a great-great aunt. Whew,

do I feel old!

Rose Bitter was saying that Saturday's state membership meeting was well attended. We finished our business quickly, and had lots of time for lunch and to visit. It's always nice to chat with members you haven't seen for a while! The Bitters are looking forward to an anniversary trip to Hawaii in April.

Birdie Elkofska: Well we (3 Minnesota ESAers) are finishing up our 2 months in Florida and we are not happy about that. I am

sure you wonder what we do. Well in February Kathy, Terri and I started sleeping in except Kathy gets up and goes for morning walks. We also do puzzles, watch some tv, go to the pool /ocean and tan. Shop at a few places and go out for dinner and drinks. Unfortunately, we did not do that perfectly so we are still trying to do that better during March. think we should stay longer until we get it down perfect. What you think? ?

Beta Sigma—Linda Schultz

In less than one month it will be . . . SPRING! Glorious SprOur March 2017 meeting was held at the home of Judy Searles. Thank you, Judy, for a lovely time.

A highlight of our meetings this year has been our varied educationals which have been organized by Judy as well. As part of our Educational this time, we watched a very moving FILM following the meeting.

FILM: **Dakota 38. Produced by Smooth Feather**

"In the spring of 2005, Jim Miller, a Native spiritual leader and Vietnam veteran, found himself in a dream riding on horseback across the great plains of South Dakota. Just before he awoke, he arrived at a riverbank in Minnesota and saw 38 of his Dakota ancestors hanged. At the time, Jim knew nothing of the largest mass execution in United States history, ordered by Abraham Lincoln on December 26, 1862.

Four years later, embracing the message of the dream, Jim and a group of riders retraced the 330-mile route of his dream on horseback from Lower Brule, South Dakota to Mankato, Minnesota to arrive at the hanging site on the anniversary of the execution. This film is a "gift" and not for sale. It was inspired by one individual's dream and is not promoting any organization or affiliated with any political or religious groups. It was simply created to encourage healing and reconciliation.



RECIPES FOR POTATO SOUP SERVED AT THE MARCH 18 MEETING

Eileen's Potato Soup

Ingredients:
 - 4 lbs Idaho potatoes
 - 2 lbs ham from a small ham
 - 1/2 white onion
 - 2 stalks celery
 - 3 regular carrots
 - 1 pint 1/2 & 1/2

- 1/2 pint heavy cream
- salt & pepper
- 2 Tb butter or olive oil
- 1 Tb flour
- Shredded Cheddar Cheese
- Bacon bits

Directions:

Cut carrots, celery, onion in small pieces. (Heat butter in same pot you will make soup in)
 Sauté veggies, add flour and stir
 Remove all from pot, set aside

Potatoes:

- Clean and dice 2 lbs
- Peel and dice 2 lbs.
- Set aside in cold water

Ham:

- add enough water in pot to JUST cover ham
- heat chunk of ham for 5-8 minutes, remove ham from hot water
- Save water in same pot (remove any bits of fat from ham stock)
- dice ham into small cubes, removing all fat

ADD drained potatoes to

pot of ham stock/water and cook til tender (8-10 minutes, depends on size of potato cubes)
 When potatoes are tender, remove a 1/4 lb of tender potatoes, mash, and add back into pot
 ADD to soup pot:
 --sautéed veggies
 --Stir in both milk products
 --ADD salt and pepper to taste.

Heat soup to thicken, if too thin, mix more flour (or cornstarch) with some of the soup broth and stir into soup
 Dish up a bowl, top with cheddar and bacon--enjoy!

Jackie's Potato Soup Recipe

I started with **Bear Creek Creamy Potato** soup mix following package directions. Then I added 1 sauteed onion, 3/4 head chopped cabbage, 1 lb. ground turkey, 2 shredded carrots, 5 small red potatoes cut into chunks (microwaved), shredded cheese (1/2 cup-I used Boars-Head Cheddar, but any kind could be used), and a dash or two of Trader Joe's 21 Seasoning Salute.

Judy's Creamy Potato Leek Soup

10 large russet potatoes, peeled and cubed
 6 - 8 cups chicken broth

Beta Sigma (continued)

1 pound bacon, cut into small cubes
 3 leeks, sliced
 2 cups half and half cream
 2 Tablespoons cornstarch
 1 tsp. Dijon mustard
 1/2 tsp. crushed dried tarragon
 salt and pepper to taste

In a large saucepan or stockpot, bring potatoes and chicken broth to a boil. Make sure there's enough broth to cover the potatoes completely. Cook until potatoes are tender. Meanwhile, place bacon in a large, deep skillet. Cook over medium heat until evenly brown. Drain, reserving 3 Tablespoons of bacon grease and sauté the leeks in the grease for 8 to 10 minutes. Stir the fried leeks, bacon and half of the cream into the potatoes and broth. Stir to blend. Season with the tarragon, mustard and salt and pepper. Stir again. Taste and, if needed, adjust seasoning.

Mix the cornstarch and 1/4 cup of the cream together. Blend until the cornstarch dissolves. Add a ladle full of soup to the cornstarch mixture to temper it so that it won't clump when added to the soup. Add 1/2 of that mixture into the soup. Heat and stir constantly until soup thickens. If needed, add more of the cornstarch little by little and stir after each addition until the soup is the desired consistency (coats the back of a spoon and is "velvety"). Remove from the heat and serve hot.

Kim's Potato Leek Soup in Bread Bowls



(serves 4)

2 Large Potatoes, peeled and finely chopped
 2 Large Leeks, thinly sliced
 4 C chicken broth

1/2 tsp salt
 1/4 tsp freshly ground black pepper
 1 C heavy or whipping cream
 1/8 tsp grated nutmeg

Bread Bowls

4 round unsliced loaves of bread
 2 cloves garlic, crushed
 4 tsp olive oil
 4 T grated Parmesan cheese
 chopped parsley for garnish

In large pot, combine potatoes, leeks, chicken broth, salt & pepper. Over high heat, bring to boiling. Reduce heat to low, cover and simmer for 15 minutes. Meanwhile, make bread bowls. Place hollowed out loaves and bread "lids" on a cookie sheet and bake at 350 degrees for 15 minutes or until cheese melts. When soup has simmered, use a sieve to strain soup into another pan. Place

solids in blender or food processor with knife blade. Process until smooth. Return to soup in pan. Stir in heavy cream and nutmeg. Heat through. Spoon hot soup into bread bowls & top with chopped parsley.

Following the MN ESA State membership meeting on March 18th, a few Beta Sigma members went to Scarborough Fair in St. Paul to celebrate *Hat's Horses & High Tea*, a fundraiser for the Textile Center. The main reason was to support the Meet the Artist event for Jackie Swanson, who has 17 of her mixed media collages for sale at this high-end women's boutique through June. It was a fun day and several Beta Sigma trying on amazing sculptural derby hats made by three local milliners, in between shopping the clothing, wares, jewelry, and viewing artworks!

Embrace and enjoy the wonders of Spring 2017! Hugs to all

MN ESA State Rushing Event

- Saturday April 8, 2017
- 11:30AM-2:00PM
- Minneapolis Elks Lodge 44
- 2875 Brookdale Dr
- Brooklyn Park MN 55444

- Salad Luncheon
- Includes lunch, dessert, coffee, tea
- Cash Bar

• Cost is \$15. Bring a guest and you each receive \$5 off your lunch. Bring a guest that fills out an application/pays IC dues and the guest is free.

- We will have lunch, a presentation and some fun games and prizes.
- Please RSVP to Sandy Hongerholt by April 1st (No April Fools) [612-367-3926](tel:612-367-3926)
shongerholt@yahoo.com
- Checks Payable to Minnesota ESA



2017 MN ASSOCIATION OF THE ARTS ENTRY FORM

"Brighten Someone's Day ~~with ESA~~" ✦ May 5-6, 2017

Best Western Premier Nicollet Inn, 14201 Nicollet Avenue South ✦ Burnsville, MN 55337

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)

- Tole 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 Convention schedule for check-in time and pick up.
 Artist's Name: _____
 Address: _____

 Chapter Name/No.: _____
 State Council: _____
 Phone #: _____
 E-mail: _____

Division VII – Needlework (Fibers)

- 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 Words to original tune
- _____ # of entries in category

Division X – Presidential Division (Optional)

"Dream BIG in ESA"

- Bring any art form dealing with her theme
- President Division
- _____ # of entries in category



Please send completed form by April 24, 2017

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.

Thank you for your Entry!



Celebrate Springtime in the South (Metro) at
2017 MN ESA STATE CONVENTION
May 5 - 6, 2017

Best Western Premier Nicollet Inn
 14201 Nicollet Avenue South, Burnsville, MN 55337
 952-435-2100

REGISTRATION DEADLINE: <u>Monday, May 1, 2017</u>						
Late Registration after May 1st: Plus \$10 (\$25) Walk-In Registration Cash Only: \$25						
NAME:		CHAPTER:		DELEGATE:	NO	YES
ADDRESS:		PLEDGE:		1 ST TIME ATTENDEE:		
CITY/ST/ZIP:		PHONE:				
GUEST NAME:						

Guests are invited to attend all meetings & functions at 2017 Convention.

FULL REGISTRATION	COST	MEMBER	GUEST
(Includes Registration Fee, Friday Night Dinner, Saturday AM bagels, Saturday Lunch, Saturday Night Banquet Buffet & entertainment)	\$120		
PARTIAL REGISTRATION (Check all that apply.)	COST	MEMBER	GUEST
REGISTRATION FEE (REQUIRED for ALL except "BANQUET ONLY" GUESTS)	\$15		
<input type="checkbox"/> FRIDAY EVENING (<i>Cinco de Mayo</i> Southwestern Buffet)	\$32		
<input type="checkbox"/> SATURDAY LUNCHEON (Chicken Salad Croissant)	\$25		
<input type="checkbox"/> SATURDAY BANQUET (Buffet)	\$48		
▶ PARTIAL REGISTRATION TOTAL		\$	\$
ATTENDING MEETINGS ONLY (NO MEALS/ROOM COST)	COST	MEMBER	GUEST
<input type="checkbox"/> MEETING ONLY - NO MEALS	\$15		
<i>Medical Dietary Needs</i> (check box & list):			
▶ REGISTRATION TOTAL		\$	\$

ROOM RESERVATIONS: Reservations can be made under the "Epsilon Sigma Alpha International" room block by calling **Best Western Premier Nicollet Inn** at (952) 435-2100. The room block group rate will be held until **April 5, 2017** | Room Rates: **\$109/Night + Tax**

▶ MAKE CHECK PAYABLE TO: Beta Sigma | **▶ MAIL FORM & CHECK TO:** Bonnie Olson, 5229 - 33RD Avenue S, Minneapolis, MN 55417 | **▶ QUESTIONS:** Bruce or Dina Strachota: 952-693-5911 or 612-240-0126, brucestrachota@yahoo.com or dahlda@comcast.net

2017 MN State Convention Mini Agenda

Friday – May 5, 2017

4:00 pm – Registration opens; Association of Arts, Love Fund Auction & Educational drop off

5:30 pm – Workshop on Google Groups

6:00 – 10:00 pm – 1st General Assembly

- Flag Ceremony
- Introductions

6:30 pm – Dinner

6:45 pm – Plenty of Fun and Entertainment

Saturday – May 6, 2017

7:30 am – Bagels, Coffee/Tea available in Ballroom

8:00 am – 12:00 pm – 2nd General Assembly

- Lighting of Memorial Candle
- Correspondence, Rules of Convention, Approval of minutes & Treasurer's Report
- By-Laws/Standing Rules
- State Philanthropic Vote
- IC Workshop

12:00 – 1:00 pm – Lunch

1:00 – 4:00 pm – 3rd General Assembly

- Awards: Philanthropic, Association of Arts & Educational
- Love Fund Auction Winners
- Presentation of Full Crown Pin, Farewell Address & Transfer of Gavel
- Presentation of gifts
- Initiation into Cavaliers
- Retire flags

5:00 – 6:00 pm – No Host Cocktail Party

6:00 – 7:00 pm – Jewel Pin Ceremony and Installation of Board Members

7:00 pm – Dinner

8:00 pm – Recognition Banquet **** Attire for the banquet should be "Casual Dressy" ****

- Years of Service Awards
- Pallas Athene Awards
- 2016-17 St. Jude Grand Total
- 2016-17 State Philanthropic Grand Total
- Presidents Reception



2017 INTERNATIONAL CONVENTION
"LOOKING BACK – MOVING FORWARD"
JULY 16 – 23, 2017
ST. LOUIS UNION STATION HOTEL
1820 MARKET STREET • ST. LOUIS, MO 63103
314-231-1234 (local) • 855-271-3620 (reservations)



Hosted by the
Midwest Area Regional Council

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 (year) _____

2016-2017 State President – State _____ 2017-2018 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 by May 1, 2017 \$250 <input type="checkbox"/> Postmarked May 2 – June 1, 2017 \$275 <input type="checkbox"/> After June 1, 2017 (see payment note on page 2) \$275
MEMBER FRI & SAT REGISTRATION FEE: Includes general assemblies, recognition luncheon and banquet	<input type="checkbox"/> Postmarked by May 1, 2017 \$225 <input type="checkbox"/> Postmarked May 2 – June 1, 2017 \$250 <input type="checkbox"/> After June 1, 2017 (see payment note on page 2) \$250
MEMBERS SAT REGISTRATION FEE: Includes general assembly and banquet	<input type="checkbox"/> Postmarked by May 1, 2017 \$125 <input type="checkbox"/> Postmarked May 2 – June 1, 2017 \$150 <input type="checkbox"/> After June 1, 2017 (see payment note on page 2) \$150
MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> See payment note..... \$300
PICP NO-HOST LUNCHEON (all past and present state presidents/IC presidents)\$40 If served with multiple presidents, indicate with whom you wish to sit? _____	
SUBTOTAL MEMBER REGISTRATION:	\$ _____

CONVENTION HOTEL ROOM RATES

Room rates are \$132, plus tax. Rates are available for July 12, 2017 thru July 27, 2017
 To receive the group rate, you **MUST** make reservations by **June 25, 2017**.
 Call 855-271-3620 for reservations and reference
 the **Epsilon Sigma Alpha International 2017 Convention rate** or click on the following: [hotel link](#)

Member Name and Number as listed on first page _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTER SEALS

INCOMING IC PRESIDENT OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE	<input type="checkbox"/> Postmarked by May 1, 2017 \$250
Includes general assemblies, workshops,	<input type="checkbox"/> Postmarked May 2 - June 1, 2017 \$275
welcome party, recognition luncheon and banquet	<input type="checkbox"/> After June 1, 2017 (see payment note below)..... \$275
NON-MEMBER attending WELCOME PARTY	<input type="checkbox"/> Postmarked by June 1, 2017 \$ 65
	<input type="checkbox"/> After June 1, 2017 (see payment note below)..... \$ 70
NON-MEMBER attending RECOGNITION LUNCHEON	<input type="checkbox"/> Postmarked by June 1, 2017 \$ 50
	<input type="checkbox"/> After June 1, 2017 (see payment note below)..... \$ 55
NON-MEMBER attending BANQUET	<input type="checkbox"/> Postmarked by June 1, 2017 \$ 80
	<input type="checkbox"/> After June 1, 2017 (see payment note below)..... \$ 85
YOUTH REGISTRATION FEE	<input type="checkbox"/> Postmarked May 1, 2017 \$250
Includes general assemblies, welcome party	<input type="checkbox"/> Postmarked May 2 - June 1, 2017 \$275
recognition luncheon and banquet	<input type="checkbox"/> After June 1, 2017 (see payment note below)..... \$275

***List food allergies for non-members on page one, indicating who has the allergy.

SUBTOTAL NON-MEMBER REGISTRATION: _____
ENTER TOTAL FROM FIRST PAGE: _____
TOTAL REGISTRATION: _____

MEN'S GOLF . . . Indicate days you would like to play golf.

I wish to golf: Monday Tuesday Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE

REGISTRATION IS NON-TRANSFERABLE

****PAYMENT NOTE:** Payment after June 1, 2017 must be paid by **MONEY ORDER, CERTIFIED CHECK, CASH OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 18, 2017. After June 18, 2017, mail registration form only - DO NOT SEND PAYMENT. Email the registration chair that the form has been mailed and bring copy of registration form with money order, certified check, cash or credit card to the IC Convention.**

Check Money Order Make payable to: **Epsilon Sigma Alpha International Council/Z678**
 A \$45 fee will be assessed for any returned check.

Credit card** Visa MasterCard American Express Discover

***A fee of 4.5% of the total charge will be added.*

Credit Card # Exp. date _____ security code _____

Name EXACTLY as it appears on credit card _____

Billing address of credit card holder _____

Cardholder Signature (required) _____

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$15 processing fee will be refunded when **WRITTEN** cancellation is postmarked **NO LATER THAN JUNE 15, 2017. NO REFUNDS AFTER JUNE 15.**

Mail registration form and payment to: Brenda Meyers, 2017 ESA IC Registration Co-Chair
 242 Oxford Drive; Fairborn, OH 45324
 937-416-9301
brendasmeyers@gmail.com



Tours for 2017 IC convention

Mark the appropriate space(s) and indicate the number of tickets you want to order. Please include tour registration with convention registration and payment.

All tours include round-trip transportation

Sunday July 16, 9:00 am – 5:00 pm - Registration deadline – June 1, 2017

Camp Hope

You will have an opportunity to meet the volunteer staff, visit with Wounded Warrior campers, and tour of the Camp, skeet shooting, archery shooting, rifle shooting and cast iron cooking demonstration on an open fire. Lunch will be served in the Lodge featuring fried chicken with all the fixins'.

_____ Tickets at \$70.00 per person = \$_____

Sunday July 16, 10:00 am – 4:00 pm - Registration deadline – June 1, 2017

Gateway to St. Louis

This tour includes a driving overview of Laclede's Landing, the Old Cathedral, the Old Courthouse, Busch Stadium, Citygarden, a tram ride at the Gateway Arch, seated lunch at Pappy's Smokehouse, and a stop at the New Cathedral in Midtown. Drive through overview of the Central West End and a Forest Park are included if time permits.

_____ Tickets at \$90.00 per person = \$_____

Monday July 17, 10:00 am – 4:00 pm - Registration deadline – June 1, 2017

Architecture Tour

This tour includes a driving overview of Laclede's Landing, The Old Cathedral, the Old Courthouse, Busch Stadium and Citygarden, a guided tour of the Fabulous Fox Theatre, a tour of the Central Library and a stop at the New Cathedral. Tour includes lunch at one of St. Louis' fine restaurants

_____ Tickets at \$80.00 per person = \$_____

Monday July 17, 10:00 am – 3:00 pm - Registration deadline – June 1, 2017

Slots & Shops in St. Charles

Visit St. Charles while enjoying a driving tour of Main Street, a nine-block historic district filled with 80 restored building dating from 1790 to 1900. You will have the option to visit Ameristar Casino, Missouri’s First State Capitol, Lewis & Clark Nature Center or shop on Main Street. Lunch is available at the casino or on Main Street but not included in the tour. Admission to First Capital State Historic Site tour is \$4.50 and admission to Lewis & Clark Boat House and Nature Center is \$5.00

_____ Tickets at \$30.00 per person = \$ _____

Tuesday July 18, 9:00 am – 4:00 pm - Registration deadline – June 1, 2017

Grant's Farm & Anheuser Busch

Board a tram for a tour through the Deer Park, a game preserve where antelope, buffalo and other animals roam in a natural 160 acre habitat, pass Grant’s Cabin, a log home built by Ulysses Grant.

Lunch on “the Hill” with a final tour stop at the A- Brewery for a 45 minute walking tour; see the World Famous Clydesdales, the Beechwood Aging Cellar and the Brew House with a sampling of the A-B products.

_____ Tickets at \$79.00 per person = \$ _____

Sunday July 23, 10:00 – 2:00 - Registration deadline – June 1, 2017

Taste of St. Louis

This tour includes a driving overview of the Loop, Soulard, Lafayette Square, The Hill and a stop at Ted Drewes Frozen Custard. Treats include Fitz’s Root Beer in “the Loop” and Toasted Ravioli at a restaurant on “the Hill”, a tour through the Soulard neighborhood which has the oldest farmer’s market west of the Mississippi and home to Anheuser-Busch Brewery and then a snack of Gus’ pretzels. A taste of St. Louis’ Goey Butter cake is included too.

_____ Tickets at \$52.00 per person = \$ _____

.....

NOTE: Tours may be cancelled if minimum registration is not met.

Registration deadline – June 1, 2017

Name _____

State _____

Tour Total _____

If using debit/credit card, add 4.5% _____

Payment Instructions: Include Tour Registration form with Convention Registration. For your convenience, you may remit one check, money order, or credit / debit payment for both.



February 22, 2017

Dear 2016-2017 State Presidents,

It is hard to believe that your year is almost over. I know that you are getting ready for your conventions. I have an official duty for you. I am sending you the proposed standing rule changes and the proposed bylaw changes. I ask that you please have them published in your state newsletter and/or sent to your chapter presidents. You can also publish them on your website. These changes need to be distributed by April 1.

The proposed standing rule changes are of a housekeeping nature. The proposed bylaw changes are an effort to help control expenses. The Executive Board is proposing to reduce its size. This will lower the number of registrations and hotel rooms that the Council is paying for. The duties will be redistributed among the other officers on the board.

I am also sending the information to the incoming state presidents as they will be the one to handle your state caucus at IC Convention.

If you or any of your members have questions or concerns, please don't hesitate to contact me.

ESA Hugs,

Maria Bingheim

Maria Bingheim

2016 - 2017 IC Parliamentarian

Maria Bingheim-1428 South 27th Street , Quincy IL 62301

tubaone@comcast.net-217-224-6244

In an effort to reduce and hold expenses, the Executive Board is proposing to reduce the size of the Executive Board. This will decrease the number of registrations and hotel rooms that the International Council is responsible for. We are proposing to eliminate the Senior Past President from the Executive Board. The duties of the Senior Past President will be redistributed among the other officers on the board. There will be a new appointment-Special Projects Chair. There has also been discussion with the ESA Foundation Board as it impacts them as well and their wishes will be covered by the Board

Proposed Bylaw Changes

Current:

Article XII—The Executive Board

Section 1. Members

The elected officers, the Incoming Corresponding Secretary, the Corresponding Secretary, the Junior Past President, Senior Past President and one representative of the ESA Headquarters Staff shall constitute the IC Executive Board.

Change:

Article XII—The Executive Board

Section 1. The elected officers, the Incoming Corresponding Secretary, the Corresponding Secretary, the Junior Past President, and one representative of the ESA Headquarters Staff shall constitute the IC Executive Board.

Reason: Elimination of the Senior Past President from the IC Executive Board in an effort to reduce increasing expenses. The duties of the Senior Past President will be redistributed to other officers on the board along with an appointment of a special projects chair.

If this bylaw change is approved the following housekeeping changes will need to be made:

Current:

Article VIII—Duties of Officers

Section 8. Junior Past President

The Junior Past President shall be the ESA Disaster Fund Chairman and will be bonded from the fund. At year-end, the Junior Past President shall submit all records to the audit committee consisting of three members of Epsilon Sigma Alpha International Council for audit of the ESA Disaster Fund, results of which shall be forward to the Executive Board.

Change:

Article VIII—Duties of Officers

Section 8. Junior Past President

The Junior Past President shall be the ESA Disaster Fund Chairman and will be bonded from the fund. At year-end, the Junior Past President shall submit all records to the audit committee consisting of three members of Epsilon Sigma Alpha International Council for audit of the ESA Disaster Fund, results of which shall be forward to the Executive Board. The Junior Past President shall serve on the Nominating Committee.

Reason: To change add the serving on the Nominating Committee

Current:

Article VIII—Duties of Officers

Section 9. Senior Past President

The Senior Past President shall act as the IC Liaison to the ESA Foundation Board of Directors. The Senior Past President shall serve as the Coordinator of the Care Connection and shall serve on the Nominating Committee

Change: Eliminate

Reason: No longer a member of the Executive Board. Job duties redistributed—IC Liaison to the President, Nominating Committee to Junior Past President, Care Connection is now handled by ESA Headquarters staff.

Current:

Article XII—The Executive Board

Section 2. Quorum

The quorum of the IC Executive Board shall consist of seven members and the vote of any seven members shall constitute effective action.

Change:

Article XII—The Executive Board

Section 2. Quorum

The quorum of the IC Executive Board shall consist of six members and the vote of any six members shall constitute effective action.

Reason: Adjustment due to elimination of Senior Past President from the IC Executive Board

Current:

Article XIV—Committees

Section 4. Nominating Committee

The Nominating Committee shall consist of the First Vice President/President Elect serving as chairman, the Senior Past President and three members appointed by the President.

Change:

Article XIV—Committees

Section 4. Nominating Committee

The Nominating Committee shall consist of the First Vice President/President Elect serving as chairman, the Junior Past President and three members appointed by the President.

Reason: adjust the committee for the elimination of the Senior Past President.

Proposed Standing Rule Changes to rules 10,20,29

Current--

10. The IC Treasurer shall be responsible for a line item financial report to the entire membership in attendance at the International Convention and for distributing the final line item financial report as submitted to each state president.

Due to the cost of printing for entire membership—change to read

10. The IC Treasurer shall be responsible for a line item financial report to be posted in the registration by state books at the Registration area at IC Convention. A final copy of the line item financial report shall be emailed to the state presidents and posted on the ESA Website.

Current

20. Expenses for the Invitational Luncheon held during convention shall be a budgeted item of the International Convention. Invited guests shall include all members of the General Board and special guests of the President.

Housekeeping—we no longer have a luncheon. Change to Invitational event.

20. Expenses for the Invitational Event held during convention shall be a budgeted item of the International Convention. Invited guests shall include all members of the General Board and special guests of the President.

Current

29. ESA Special Observances shall be:

- a) The third week of January may be recognized as DIANA Awards Week
- b) May 1 may be recognized as Founder's Day
- c) May 1-7 may be recognized as ESA Week
- d) The members of ESA International may observe an ESA day on the date of their choosing.

We no longer have a DIANA Award. Change to

29. ESA Special Observances shall be:

- a) May 1 may be recognized as Founder's Day
- b) May 1-7 may be recognized as ESA Week
- c) The members of ESA International may observe an ESA day on the date of their choosing.



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. Note: you may continue to send donation through May 31, 2017. Any donations sent after that date will be applied to the 2017-2018 campaign year. I select the following T-shirt size (check one): S M L XL XXL XXX

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, 2017 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 The Be Super Challenge 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 _____

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.

“All our dreams will come true, if we have the courage to pursue them.”

—Sherry Day,

International Council President 2016-2017



Epsilon Sigma Alpha

“Where the spirit of sharing and caring lives in every member.”



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MINNESOTA ESSAY

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

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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

