



# ESSAY-APRIL 2019

## President—Sandy Hongerholt

### Don't forget to:

- Sign up for Hope4Youth Meals
- Register on the St. Jude Volunteer Portal
- Invite someone to an ESA event
- Register for State Convention

Happy Spring!

I hope you all have been able to get out and enjoy this nice weather we have had this last week. Hopefully you are all safe from any flooding.

We are heading in to the final stretch of my 2nd year as State President. I would like to encourage each of



you to attend all or part of the State Convention held in Minnetonka May 3-5. The ladies of Alpha Sigma are planning a "Sportin' Good" time for us all as we celebrate all that we have accomplished this ESA year.

Ask a non-ESA member to join you. A member that I sponsored told me after attending convention that she knew joining ESA was the

right decision when she heard all of the monies we donate and hours we volunteer in one year. It is pretty amazing!

I am looking forward to visiting Nebraska at the end of May as their MARC Rep and heading to Memphis in July for IC Convention, visiting St Jude Children's Hospital and helping Terri Olson celebrate her new position as our IC President.

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## 1st Vice President—Dennis Marler

Our ESA Headquarters Team has recently developed a new guide booklet to help us energize our chapters. The introduction in the guide states, "We created this guide to help you evaluate your current chapter and set goals for the direction you would like your chapter to move in the future. Whether you want to double your members, create a new project, or simply have more fun, we want to make sure you feel supported and ready to meet your goals."

The 20-page guide is divided into four sections:

1. Evaluating your current chapter
2. Mapping the future of your chapter
3. Attracting new members
4. Keeping members engaged and active.

The first section includes a survey we could use to assess our chapter to see how well the chapter is doing at meeting the needs of its members. The survey could be completed anonymously, summarized and later discussed at a chapter meeting.

If you're able, please go online and checkout the guide. It can be found at [www.epsilonsigmaalpha.org/ChapterGuide](http://www.epsilonsigmaalpha.org/ChapterGuide). If computers aren't your thing, I have a paper copy for each chapter.

Now, on to state convention. I want to announce the names of those members who have thrown their hats into the ring as elected officer candidates. Kerri Petty is running for a second two-year term at Treasurer. Betty Marler is running for Secretary and Sandy Dolence is running

## 1st Vice President—(continued)

for First Vice President/ President Elect. Nominations can still be made from the floor at convention. Diane Vanusek will be our Parliamentarian for the second year of her term.

I haven't received confirmation on any Second Vice President candidates, so now's your chance to help Minnesota ESA find its way in the future.

The appointed board is coming along nicely. If you see my name pop up on your caller ID, you'll know what I want, so PLEASE ANSWER!

If you have any members who should be recognized for their years of service, or anyone who will be jewel pinned, please let me know so I can include them in our state convention ceremony.

Lastly, the 2019-2020 Planning Meeting will be held on **Saturday, June 8**, in the Mississippi River Room, at the Brooklyn Park Library, 8500 W. Broadway Ave., Brooklyn Park 55445. The meeting will start at 9:30 am.



See you at convention.

## MN Convention—Diane Vanusek and Shirley Laue

Alpha Sigma is working hard on the State Convention May 3-5, 2019. The Sheraton Minneapolis West is going all out to welcome the Minnesota State Council to their facility. Come one and



come all to a Sportin' ESA good time.

In order to provide a bit more relaxing weekend, the Convention will open on Friday night and close on Sunday

morning. The hope is to provide interesting speakers, time to celebrate our accomplishments, time to take care of business, time to celebrate our new officers, time to enjoy each other's company, time to meet and greet our new members, MARC Rep, IC Rep, guests, time to laugh, and to slow down and celebrate being part

of ESA.

Pat Staffanson is taking the registrations and will be glad to take yours today. Please send in your registration as soon as possible. Don't wait until the end like I usually do. It is easier to plan if we know how many are coming.

## ESA Foundation—Karla Kay Nicklaus

Exciting news! This year we added three Life Members of the Foundation - Kelly Check (also new member), Julene Donnay and Birdie Elkofska and new member - Dee Rotering. A great year!

Life Members of the Foundation - Rose Bitter, Sharon Desarmeaux, Mona Peck, Terri Olson, Stephanie Andresen, Mary Parr and Jo

Hanson.

Besides scholarships the ESA Foundation gives Grants. The interest from the Life Member Program supports the Grant program. Grants are for people attending trade schools or to help support continuing education programs.

Again, thanks for your support by paying your dues by

March 1st and volunteering at MedTox. A reminder to send your gift to the Foundation for your Fantasy Vacation. Scholarship winners will be announced May 1st.



## Hats for Hope—Alpha Sigma

Alpha Sigma would like to thank all the members who donated baby supplies, (Minneapolis Crisis Nurse-

ry), socks (Joseph's Coat, St. Paul), food (Salvation Army Food Shelf), pet food (food shelf) and toiletries

(St Ann's Place) throughout the year.



## Hope for Heroes—Shirley Laue

I am about out of money- Wow that is a shocker! I did not get as much from the Medtox project as I had hoped. However, with the money I have left I am going to give it to the Hopkins Elks Welcome Home Vets Project.



I did give 25 boxes of cookies to the military, as well as 130 pairs of shoes (sandals) to be sent to the military. Those were regu-

larly \$30 a pair and I got them for \$6-7 dollars a pair. I like those kinds of bargains!



## Philanthropic—Birdie Elkofska

Hi! So glad to see a few more signs of spring. And Spring means that the ESA year is coming to an end and that ESA State Convention is approaching. I wanted to write to you so you can come to convention with all the information you will need regarding Philanthropic.

There will be a DELEGATE vote taken regarding the recipient(s) of our State Philanthropic Project(s).

First, the number of projects will have to be voted upon. And then the Delegate will vote on which project or the order of projects they would like to see selected.



Three charities were nominated this year: Hope 4 Youth, Welcome Home Vets and Quilts of Valor.

- ◆ **HOPE 4 YOUTH** - this is a charity that works with the homeless youth in the Anoka area. They work with individuals in need of services up to the age of 24. There is a drop-in center where youth get information about the program and all the resources available. There is help for housing, jobs, education, food, health care, etc. The hope is to one day have no homeless youth.

ESA has been working with them by contributing volunteer hours

for various projects and events and with financial contributions for the past few years.

- ◆ **WELCOME HOME VETS** - this charity helps find housing for veterans who need help finding and filling a place to live. Many of the vets are recent patients of the VA Hospital as well. Welcome Home Vets provides kits of household items to start the veteran out in their new home. ESA has helped deliver these kits. Also, ESA has collected many items and financial assistance to aid this project. ESA has helped serve a dinner for approximately 85 vets during the holiday

season. Welcome Home Vets works with the Elks Club of Hopkins and together they can improve the lives of many veterans. This past year ESA joined together with them and enabled them to reach more veterans.

- ◆ **QUILTS OF VALOR** - this project makes quilts and awards them to veterans so the veteran can feel the love and support that went into the making of the quilt. Their mission is to "cover service members and veterans touched by war with comforting and healing Quilts

## Philanthropic—(continued)

of Valor". The branch of Quilts of Valor we would work with helps veterans at the newly reconstructed buildings of the Old Anoka Mental Facility that now houses veterans. The quilts they make are largely patriotic and are red, white and blue. This charity would love to have us make quilts and help with presentation of the quilts. They are helping reconstruct another building for female veterans. They would love our financial assistance as well.

Those are the three nomi-

needs ... each chapter should give their delegate their 1st, 2nd and 3rd place selection for voting. Remember that when we talk about our donations of financial contributions, that is the money raised at MEDTOX only. Since Medtox has restructured their making of kits, ESA members have only been able to work on this project about 1/3 of the time compared to past years.

AND .... chapter philanthropic chairman .... remember deadline for chapter philanthropic reports is April 15. Be sure to count all miles driven to any philanthropic

project and multiply by 54.5 cents per mile.

Rhonda Krehl has sent out Medtox hours worked to each member. Remember to also report how many hours including your driving time for each MONTH so we can give the proper credit to the right charity. Below is a list of the charities receiving money earned from Medtox time for which month.

- ◆ June and December  
Hope 4 Youth
- ◆ July and January  
Welcome Home Vets
- ◆ August and February  
ESA Foundation
- ◆ September and March  
General Fund
- ◆ November  
Hope for Heroes

If you have any questions or concerns or just wonder something .... give me a call at 952-938-3020.

- ◆ April and October  
St. Jude Children's Research Hospital
- ◆ May  
Hats for Hope

## St. Jude Sr. Coordinator—Betty Robinson

This will be the last ALSAC event for my tenure as the Sr. St. Jude Coordinator. It has been quite the learning experience for me. Thank you for all you do to support St. Jude!

Katie Cummings sent an email that there are two events during the state convention this year, but I can't find any information on them. There is a Super Cross event (I don't know where) that Matt will be out of town on and the Bass Fishing tournament in Wabasha. Since this is during our convention, I assumed this would not be of interest. I am hoping that Katie will be able to join us at the convention for a St. Jude presentation. As of the writing of this article, I don't know for sure.

Since the following ALSAC event is in April, it will not be included in this year's St. Jude totals that will be presented at the MN ESA State Convention May 3<sup>rd</sup> – 5<sup>th</sup>.

**St. Jude Red Carpet for Hope** – Friday, April 12, 2019 – Armory Downtown Mpls, 500 South 6<sup>th</sup> Street, Minneapolis, MN 55415

- ◆ **About the St. Jude Red Carpet for Hope**  
The St. Jude Red Carpet for Hope celebrates the story of St. Jude Children's Research Hospital, beautifully told through the lens of local teen storytellers. The Event was founded by Berit and Michael Francis to honor their daughter, Marit, who underwent treatment at St.

Jude and just celebrated 10 years cancer free! The Teen Gala was launched by Marit's siblings, and combined, these local events have raised more than \$1.4 million for the lifesaving mission of St. Jude Children's Research Hospital: Finding cures. Saving children. This year, the St. Jude Red Carpet for Hope and Teen Gala are joining forces to create a new film festival concept that will be celebrated at a glamorous award show, featuring local teen filmmakers who are telling the St. Jude story in their own creative and unique way.

- ◆ **Volunteer Details:**  
They will need nearly 70 volunteers to support an event of this size, tackling various tasks like: set up and tear down, registration, greeter, raffle sales, coat check and more!
- ◆ **Volunteer Shifts:**  
There are four key shifts that we need your help on.

**SET UP:**

8am-12pm  
1pm-5pm  
4:30pm-11pm  
9pm-12am

To register go to this website: <https://form.jotform.com/90765325116153>

## St. Jude—(continued)

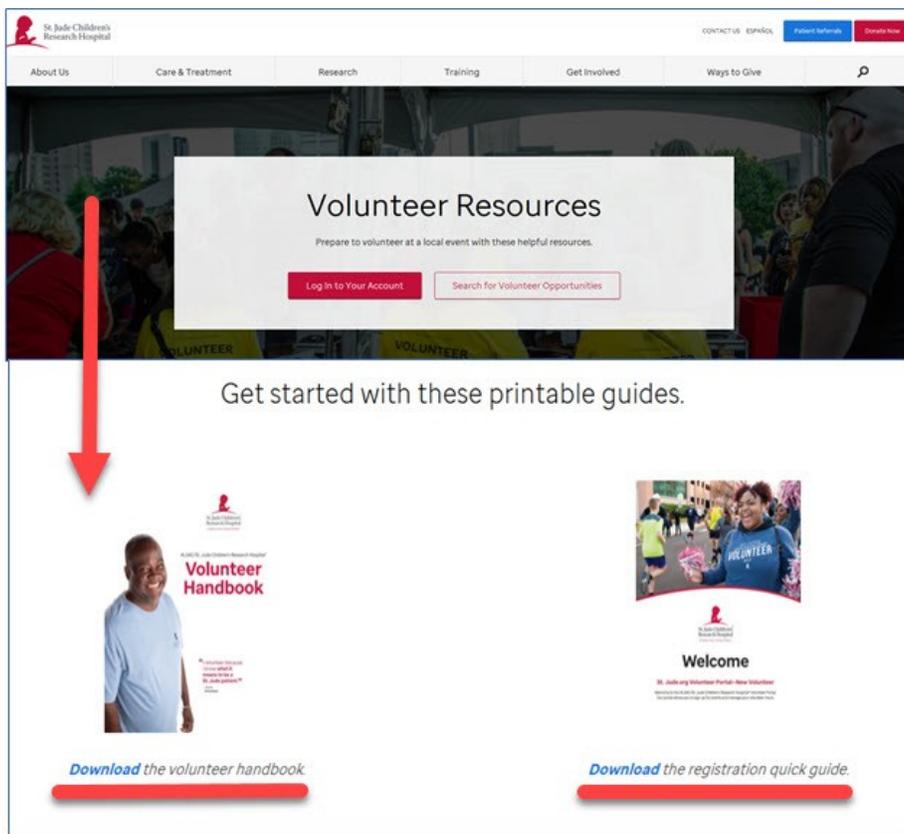
### St. Jude Volunteer Resources Portal

At the last state membership meeting on March 16<sup>th</sup>, we received information provided to Dennis Marler and Julene Donnay during the Leadership in Colorado. There is a new Volunteer Portal that is being rolled out. I did a little research and found the following:

1. If you click on the link below, the **Volunteer Resources** webpage will open.

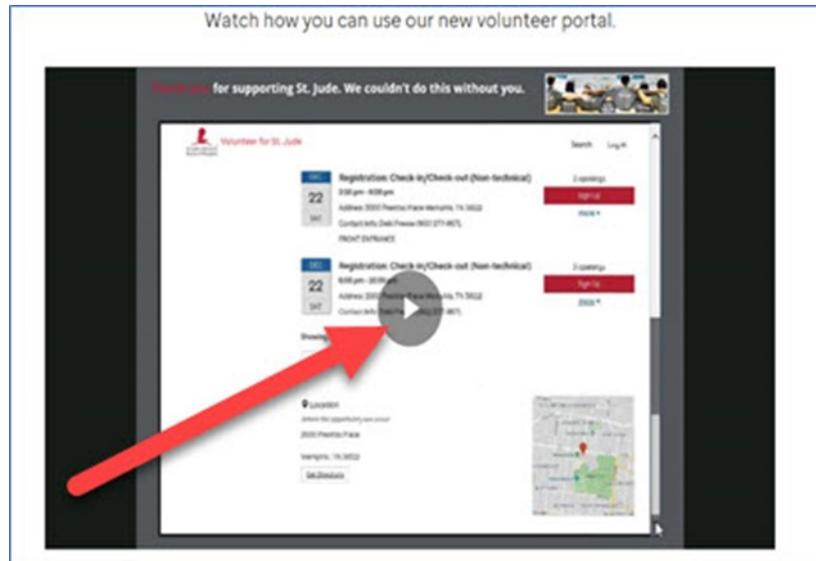
<https://www.stjude.org/get-involved/volunteer-locally/volunteer-resources.html>

2. Once on the page, scroll down to view the available Printable Guides. Click on the **Download** options to view and save a copy of the pdf versions for either the **Volunteer Handbook** or the **Registration Quick Guide**.



3. Scroll further down to see the Volunteer Portal Video: (click on the **Play** arrow to start the video on the webpage). The Registration Quick Guide and/or watching the video will help you figure out the Volunteer Portal.

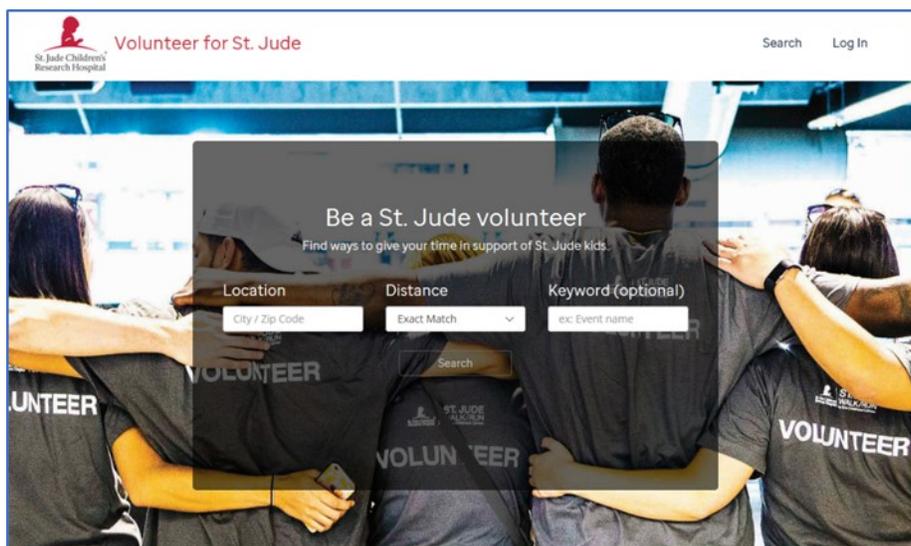
## St. Jude—(continued)



- To Search for Volunteer Opportunities, scroll back up on the Volunteer Resources webpage, and select the **Search for Volunteer Opportunities** command button:

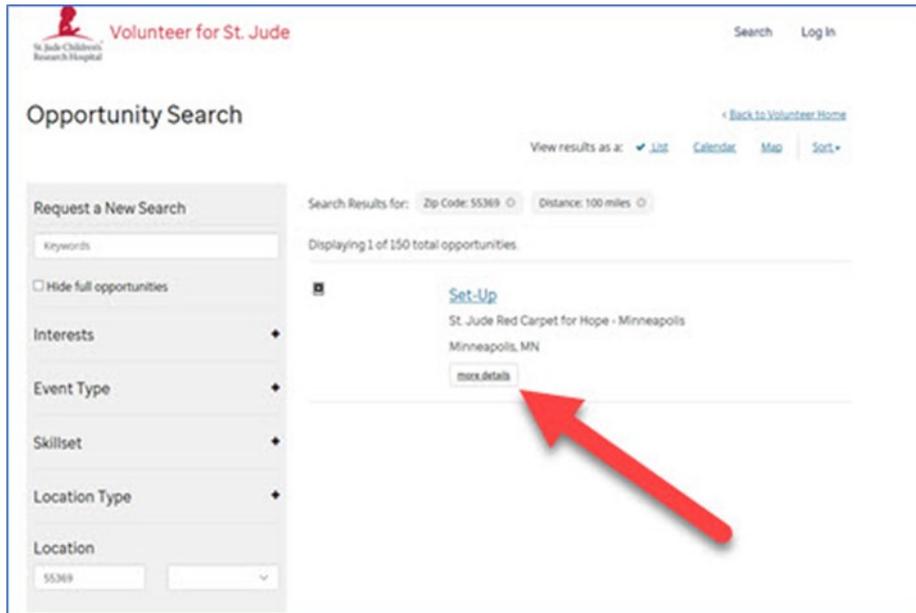
Search for Volunteer Opportunities

- The following webpage opens. Enter a **Location**, and **Distance**, and an optional **Keyword**. Then click on the **Search** button to see a list of events in the area. I did a search on my zip code and 100 miles distance and only got one event: St. Jude Red Carpet for Hope – Minneapolis.

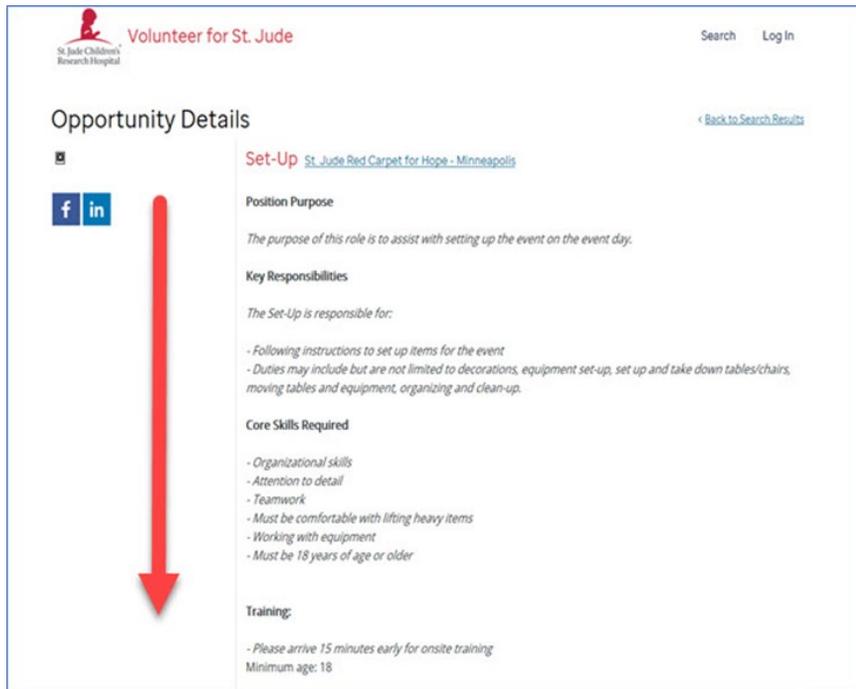


## St. Jude—(continued)

6. The **Opportunity Search** page opens. You can also register to volunteer at the **Red Carpet Gala** using the Volunteer Portal. Click on the **More Details** option to open the details for volunteering:

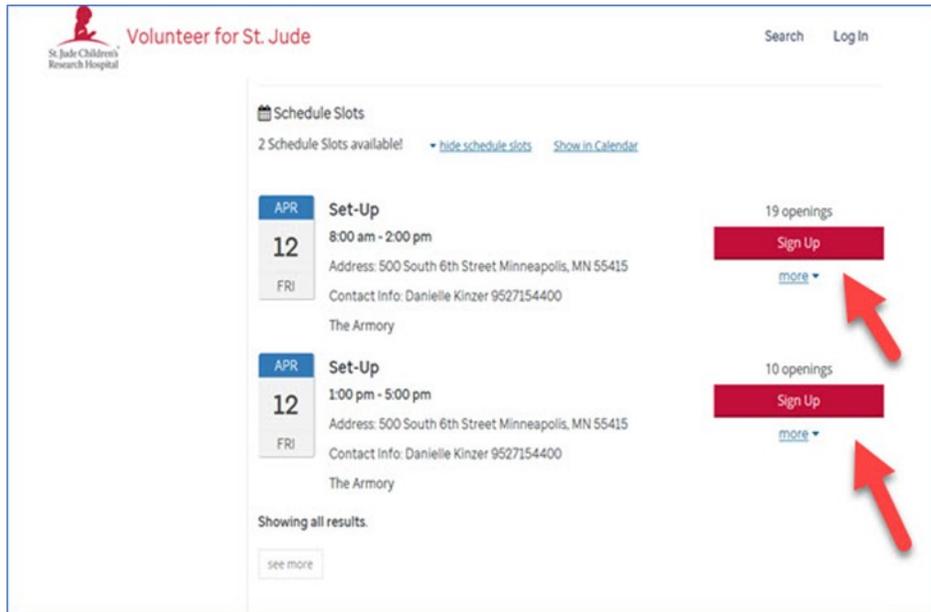


7. The **Opportunity Details** webpage opens. Scroll down to see what volunteer options are available.

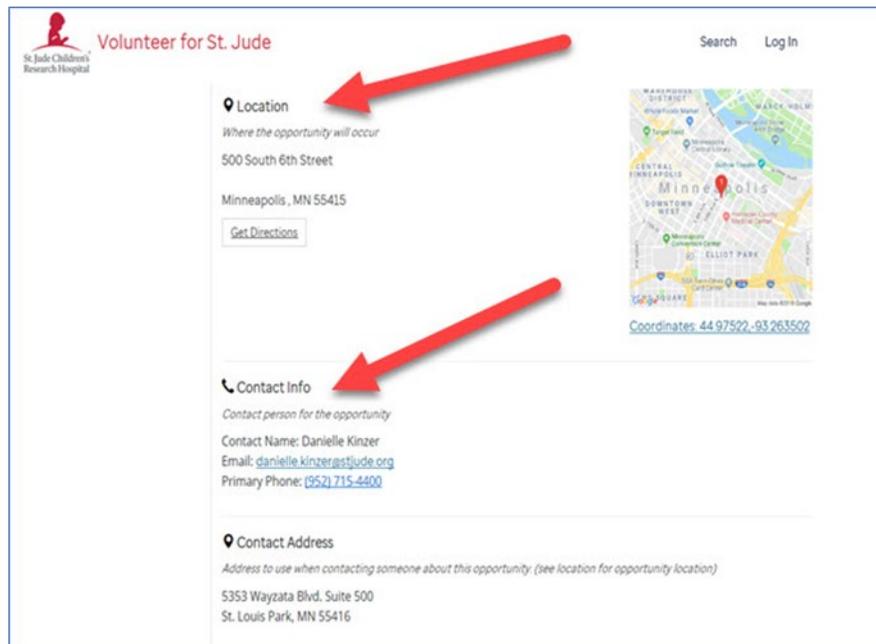


## St. Jude—(continued)

- Click on the applicable **Sign Up** command button to volunteer and create your new profile.



- Scroll down further to view information regarding Volunteer **Location** and **Contact Info**:



Thank you all for your support this year! I'm looking forward to seeing you all at the MN ESA State Convention and presenting the totals for St. Jude this year.



WELCOME HOME  
VETERANS

## Welcome Home Vets—Laurie Thorpe and Betty Marler

Happy Spring! We are more than happy . . . we're THRILLED . . . to bid winter good-bye, and welcome Spring 2019!

We're sending a special thank you to Beta Sigma Chapter for collecting household items for the welcome home kits at the state membership meeting on March 16. Gretchen and Rick Peterson were sur-

prised, and delighted, with the generous gifts many ESA members brought. Thank you for your continued support of our Veterans.

Mari Scotch, Alpha Zeta Chapter, hosted a jewelry party in November. Because of this fundraising party, \$100.00 was raised for Welcome Home Vets. Thank you, Mari, for hosting the fundraiser and for donating

the proceeds of the party to this project.

We were hoping to host a house-warming party for Welcome Home Vets in April. However, due to schedules and conflicts, we will not be able to host the party at this time. Maybe at a later date we can gather needed supplies and have a party.

Thank you to the Medtox Crew for working diligently on Mondays! Because of your dedication to this project, ESA Minnesota has sent a check for \$510.50 to Gretchen and Rick for the welcome home kits. Gracious! Kudos to you all!



WELCOME HOME  
VETERANS

### Item List

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

#### Kitchen Items

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

#### Cleaning Supplies

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

#### Bedroom Items

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

#### Bathroom Items

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

#### Personal Hygiene Items

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

#### Miscellaneous Items

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

#### How to reach us:

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

T: 612-615-8387  
E: [info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org)  
W: <http://www.mnwelcomehomevets.org>

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

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

## CHAPTER NEWS



### Alpha Chi—Joane Buche

We are back! Lots of things have happened since our last meeting in November. First, we had snow, then freezing cold, then snow, no ice and floods.

We are now back in service with eight members present at our March meeting. Kathy Rice, our President, hosted and everything was green except her parking lot! Some nice gentleman backed my car through the snow in to a parking space next to a huge snowbank for me. Sometimes it is helpful to look helpless!

Sandy, our State President, drove over from

Brooklyn Park with no problems. Isn't she great! We know that no one went home hungry because Kathy served us everything from veggies to nuts and candy and cheese and crackers and cupcakes and a variety of breads. Kathy looked lovely in green and her decorated table was green, too!

Nora, as Education Chairman, continued her theme of History of St. Paul. We "visited" the Landmark Center while sitting in our comfortable chairs where it was warm.

Treasurer, Sue, reported we donated to the American Red Cross, Disaster Fund and Toy Shelf.

Kathie Wasson informed us that all philanthropic reports were to be finalized and given to her for the year 2018-2019 ESA year. Thanks to Rhonda for sending our out "time and hours sheet" for Medtox workers. We really miss our Wednesday outing (work and social) and believe the budget must also be lacking.

Kathy Konrad is in Vegas for the winter. It was good that Jo Palmer's family member could bring her and Colleen Riley to the meeting.

Nora's grandson had major surgery but is now on the road to recovery. Gloria and I got to +1 once in 4 months! We also visited Phyllis Frascone who is now pretty

much home-bound.

The two Kathy's have been good girls and get to the State meetings and functions. We hear some thing about chili and spaghetti.

Pat Peterson volunteered to have the April meeting and by then we should have "clear sailing".

I want to thank everyone that sent me cards and prayers for the loss of my baby sister, Mary Ellen. She was a beautiful girl, very spiritual and will be missed by many.

### Alpha Sigma—Birdie Elkofska

President Shirley Laue says ... Yes, I am still in Florida. I hear you are having good weather. It will probably change when I get home. Getting my respite before state convention. Speaking of convention .... HAVE YOU SENT IN YOUR REGISTRATION? I was number two, as I handed mine to Pat Staffenson at

the board meeting. The convention will be a lot of fun, as we have asked you to dress up for the Friday night mixer (as your favorite sports fan), and to wear a fancy hat for our "Winner's Circle" Saturday lunch. How hard is that? I look forward to seeing all of you at convention.

Vice President Sharon De-

sarmeaux says ... I am done with physical therapy and must admit it helped. I enjoy the therapy in the warm water pool. But now I must continue the exercises at HOME ... Daughter Renee and family are in Arizona. Her father-in-law had a stroke. Hope he's recovering well. So, I haven't seen Andrew for over a week and miss him. It's amazing how

he can read .... everything - milk cartons, cereal boxes, etc. No more spelling words because he can figure them out too quick. Other daughter Deb and Carl spend a lot of time at retirement home in Hayward. Both can work from there remotely and still have nice long week-end.

## Alpha Sigma—(continued)

Treasurer Diane Vanusek says .... Retired but still doing a bit of tax work with Don's help. Also working hard to make the church Lenten Soup and Potato Pancake dinners a success. Keeps us out of trouble.

Birdie says ..... Billie Jane is spending time in Nashville recording an album and signing autographs with her many fans. She is purchasing a trunk full of cowboy hats and cowboy boots ... she thinks that will make her look taller than me. Karen is busy keeping busy doing lots of volunteering and spending quality time with family. Walks her two doggies and now that the snow is off the lawn

is 'picking up" Both Billie Jane and Karen are our new members and they are busy learning the opening and closing rituals so they can recite them at state convention. They will be Jewel Pinned there.

Pat Staffenson is doctoring a bit and busy collecting convention registrations. So keep her busy by sending in your reservation NOW ! Pat also has a wonderful dog and she might be outside "picking up" just like Karen.

And then me ... what is new with me? Keeping busy volunteering and going to lunches and playing. Have been asked to represent MARC by attending Illinois State ESA Conven-

tion as their MARC rep. So, I am shopping for new clothes and shoes to look pretty. And I have been GOOGLing "Kentucky Derby Hats" and you should check the articles out ... lots of hats can be purchased and if you are handy you might get a few ideas on making your own hat. Some are beautiful and some gave me a good chuckle. But do come to the Saturday lunch wearing a hat ... dressing up at conventions was always so much fun and let's do it again.

I tell Alpha Sigma members if they do not

give me stuff to put in the ESSAY ... I will make up stuff ... so I did!!!!

Now go find a seed catalog and decide what plants and flowers you want to plant to make your area beautiful for this upcoming summer.



## Gamma Omega—Betty Marler

Thank you to Beta Sigma Chapter for hosting the March Membership Meeting. You had delightful morning snacks, juice and coffee prepared for us. Then the potato bar luncheon and desserts were absolutely yummy. Thank you so much for being gracious hosts and for organizing everything

for the meeting.

GO Chapter finished their final educational on the 20<sup>th</sup>. Now our chairs, Sandy Hongerholt and Joyce Cobb, will begin putting together our educational book. It's been fun exploring various ethnic restaurants in the Twin Cities and experiencing new flavors and foods.

As you may recall, Betty Marler is collecting used mascara brushes/wands for Wands for Wildlife, through the Appalachian Wildlife Refuge. She has about a dozen of them ready to mail to the Refuge. Thank you to all of you who have donated the wands. The injured and orphaned wild animals are getting a second chance at

life in the wild and you helped to make it happen. Betty will continue collecting the wands so please keep saving them for her. Thank you!

We'll see all of you at Convention 2019!



### Wands for Wildlife Donate Old Mascara Wands to Help Animals!





*Sportin' ESA*

## *May Madness is Coming*

*68<sup>th</sup> Annual Minnesota State Convention*

*May 3-5, 2019*

*Sheraton Ridgedale, 12201 Ridgedale Drive*

*Minnetonka, MN 55305*

*Make your reservations for your favorite seat.*

*The Minnesota State Council would love a "sell-out".*

**Friday Night Mixer - May 3** *"Minnesota ESA – Start Your Engines"*

(You are welcome to dress in your favorite sports garb.)

**Saturday Luncheon, May 4** *"The Winner's Circle"*

(Let's see your best Derby Day hat or outfit.)

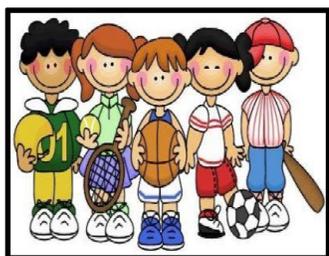
**Saturday Banquet, May 4** *"Sportin' ESA's Team of Excellence"*

(The New Leadership Front Office Team Installed.)

**Sunday Morning, May 5** *"Breakfast of Champions"*

(ESA members are all on the Championship Team.)

*More Details on the attached Convention Registration form.*



*Sportin' ESA*

## 2019 MN ESA STATE CONVENTION Friday-Sunday, May 3-5, 2019

**Sheraton Minneapolis West**  
12201 Ridgedale Drive, Minneapolis, MN 55305  
952-593-0000

REGISTRATION DEADLINE: <u>Monday, April 22, 2019</u> Late Registration after April 22rd: \$20 Cash Only					
NAME:		CHAPTER:		DELEGATE:	YES NO
ADDRESS:		PHONE:		1 <sup>ST</sup> TIME ATTENDEE:	
CITY/ST/ZIP:					
GUEST NAME:					

Guests are invited to attend all meetings and functions.

FULL REGISTRATION	COST	MEMBER	GUEST
(Includes Registration Fee, Friday Evening Dinner, Saturday Lunch, Saturday Evening Banquet and Sunday Brunch)	\$120		
Banquet Choice: Canadian Walleye or Steak w/ mushroom aus jus			
PARTIAL REGISTRATION (Check all that apply)	COST	MEMBER	GUEST
REGISTRATION FEE (REQUIRED for ALL except "BANQUET ONLY" GUESTS)	\$15		
FRIDAY EVENING includes meal	\$25		
SATURDAY LUNCHEON	\$22		
SATURDAY BANQUET (Banquet Choice: Canadian Walleye or Steak w/ mushroom aus jus)	\$35		
SUNDAY BRUNCH	\$24		
ATTENDING MEETINGS ONLY	COST	MEMBER	GUEST
MEETING ONLY (No meals)	\$20		
Medical Dietary Needs			
<b>REGISTRATION TOTAL</b> (Make check payable to Alpha Sigma)	<b>\$</b>	<b>\$</b>	

**ROOM RESERVATIONS (by April 19, 2019):** \$95.00 per night + tax. Reserve under the Epsilon Sigma Alpha room block at the Sheraton West Minneapolis Hotel at 952-593-0000.

MAIL FORM & CHECK TO Pat Staffanson, 4028 Hallgren Court, Excelsior, MN 55331, email: gpstaffanson@q.com. QUESTIONS: Shirley Laue 612-669-3304/763-477-5974 or Diane Vanusek 612-987-2663/763-7554/763-755-1608.

Epsilon Sigma Alpha  
363 W. Drake Road  
Fort Collins, CO 80526

Phone: 970-223-2824

Email:

esainfo@epsilonsigmaalpha.org



EPSILON SIGMA ALPHA

Epsilon Sigma Alpha (ESA) International is a special organization—an organization that is truly defined by the hearts of its members.

An international leadership and service organization, ESA is a place where members develop meaningful friendships, find their passion for community service, and continue on the path of lifelong learning.

**MISSION STATEMENT:**

ESA is Good Friends, Good Works, and Good Times... We create activities and support causes that let us surround ourselves with welcoming, positive people who enjoy making a difference and having fun together.

[www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org)

## MINNESOTA ESSAY

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

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

The deadline for submission of articles is the 25th of each month.

**Chapter Presidents, please share the newsletter with members in your chapter who may not have email.**

If you would like to be included on the email list, please let me know.

Terri Olson  
ESSAY Editor  
[terri.mnesa@gmail.com](mailto:terri.mnesa@gmail.com)



—Kim Kummer,  
International Council President 2018-2019