



ESsAy

President—Dana Terry

Hello everyone!! Hope you are enjoying this wonderful summer. I know some of you have been keeping busy with volunteering at a couple St. Jude events and serving meals at Hope 4 Youth, as well as working hard at Medtox.

The major highlight of my summer so far was being able to attend IC Convention in Loveland, Colorado. It was great getting to catch up with new friends that I made at Leadership and also make even more new friends! We enjoyed great workshops organized by our very own Terri Olson! I'm bummed that I missed out on learning how to fly fish, but Presidential duties took priority. There was a wonderful speaker from Random Acts of Kindness Foundation. We enjoyed some fun music and even did a little dancing around. Thanks to technology, we had a former St. Jude patient talk to us via video chat all the way from the hospital. He was very inspiring. Our AMAZING sister, Terri Olson, was elected to the 2016-17 IC Board as Treasurer. Congratulations Terri...you make us all proud and I know you'll do a great job! The IC Challenge was a paint & pour style event. It waswell...challenging for more than a few of us. The event that everyone looks forward to was the BIG St. Jude reveal. I was proud to see our own Julene Don-nay carry up our Minnesota

total of more than \$433,000 for the 2015-16 year. For 2015-16, ESA raised \$18,363,992 for St. Jude Children's Research Hospital. Our lifetime amount raised is \$226,845,960. There was a good time had by all. There may have been a few shenanigans, but I think you'd all be proud of how I represented Minnesota!

We also had a MARC meeting at the IC Convention. Do you all remember that we are hosting the MARC Conference this October? I hope you ALL plan on attending as it is sure to be a great time. We have some incredible speakers lined up and lots of FUN things planned. It will be a great opportunity to meet (or catch up with) friends from other states. So many that I talked to at IC convention are planning on attending...especially since Minnesota is hosting. I think we have a reputation for being FUN! Remember to get your hotel rooms reserved and your registrations sent in!! You won't want to miss it!

At the state planning meeting on June 18th, we filled up our ESA calendars with meeting dates and a lot of great social and philanthropic activities. I told everyone that I would like for our meetings to have the same vibe as that which I experienced at Leadership the past two years. To help encourage that, I've asked each chapter to do a little

chapter bio. I also want to try something a little different and have philanthropic presenters at all of our meetings instead of just one. We'll then do a recap towards the end of the year before voting at state convention.

Our first state general membership meeting is Saturday, August 20th at the Ridgedale Library. (See attached flyer) Please also remember that the calendar on our state website is up-to-date with all planned meetings and events. If you have anything you'd like added to the calendar, please let me know and I'll get it added.

I look forward to seeing you all at our first state meeting on August 20th!! Until then, be sure to Let Your Light Shine!!

Below is my contact information should you need to get ahold of me.

Cell phone: [612-619-0810](tel:612-619-0810)

Work phone: [612-617-5844](tel:612-617-5844)

Home e-mail: dlt1023@comcast.net

Work e-mail: dana@vikningmaterials.com

Here is a recap of our 2016-17 Executive and Appointed Boards:

Epsilon Sigma Alpha

Don't Forget To:

- > RSVP to Mari for the Aug 13 Luau
- > RSPV to Karen for the Membership Mtg on 8/20
- > RSVP to Kelly for Hope 4 Youth
- > Save 9/9 for a Friendraiser Opportunity
- > Sign up for the Alzheimer's Walk on 9/17
- > Register by 9/15 for the MARC Conference on 10//7-9

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President (continued)

Executive Board	2016-17
President	Dana Terry
1st Vice President	Sandy Hongerholt
2nd Vice President	Sandy Dolence
Secretary	Jodi Lang
Treasurer	Dennis Marler
Parliamentarian	Rose Bitter
Jr. Past President	Kate Sala
Appointed Board	2016-17
Association of Arts	Jackie Swanson
Chaplain	Dianne Ocel
ESA Foundation	Karla Kay Nicklaus
Disaster Fund / MN Love Fund	Kate Sala
Essay Editor	Terri Olson
Financial Planning Committee	Jo Hanson (year 2)
	Mary Parr (year 2)
	Leann Monahan (year 1)
	Kerri Petty (year 1)
Hats for Hope	Gamma Omega
Historian	Dana Terry
Hope for Heroes	Shirley Laue
MARC Reps	Mary Parr
	Diane Vanusek
MedTox/Lab Corp Coordinator	Rhonda Krehl
Philanthropic Chair	Betty Robinson
Photographer	Mark Petty
State Convention Chair(s)	Dina & Bruce Strachota, Beta Sigma
Sr. St. Jude Coordinator	Marcie Haigh
Jr. St. Jude Coordinator	Kelly Check
Webmaster	Jen Davies
State Project #1 Chair - Alzheimer's Association	Sharon Desarmeaux
State Project #2 Chair - Hope 4 Youth	Alpha Zeta

1st Vice President—Sandy Hongerholt

Hello Minnesota ESA!

Can you believe another ESA year is just beginning? Looking forward to all the fun we are going to have this year as we Let our light shine in ESA.

Thank you to Sandy and Jon Dolence for driving their fire truck for us in the Brooklyn Center Earl Brown Daze parade. Dennis and Betty Marler, Diane Vanusek and Jackie Swanson for passing out candy and ESA pens to the many spectators. And of course to all the generous candy and cash donors. We had plenty of candy and did not run out.

I am not going to do a big rushing event this year. Instead I want to do smaller social/rushing events. Hoping for monthly events. I understand everyone is busy and cannot attend everything. It would be nice to see everyone when you can. Bring that friend or family member that you've been meaning to introduce to ESA. I truly believe if we E - educate our guests about ESA, S - show them

a good time, A - they will want to associate and join us.

If your chapter would like to host an event, let me know. It would be nice to have events in different parts of the city/state. Could be something as simple as making a reservation at your favorite restaurant. All guests will receive a gift for attending.

Here are some of the events coming up:

- 8/13 - Luau at Mari and Jodi's - see flyer in this newsletter. Please RSVP. Rumor has it there will be some Jodi (LeVesque) juice involved. And we get to see her smiling face. Yea!
- 9/9 - Wine Tasting and potluck. Bring your favorite dish to share. See flyer in this newsletter. More information to follow.
- October – OPEN
- 11/15 - a cooking class at Love that Olive in Maple Grove. Learn

how to cook with different flavored olive oils and balsamic vinegars. More information to follow.

- December – OPEN
- 1/7/17 - Holiday Social. More information to follow.
- February – OPEN
- March – OPEN
- April - We will head to Albert Lea to do a presentation for Jo Hansen and her group.

I'm also looking into setting up a table at the New Hope Farmers Market. They would allow us to set up twice for free. It is a pretty well attended weekly event. I need to find a canopy to use for the events. If you have one we could borrow please let me know.

If your chapter would like to host an event, I would love to talk to you and help plan something.

Hope to see a lot of you on August 13th at Jodi and Mari's. Don't forget to RSVP to Mari as soon as

possible. We need to know how many to plan for. There will be yummy food and beverages (alcohol and no alcohol).

PLEASE let me know how I can help you bring in more members to your chapter this ESA year.



More gets done when you're having fun!



Chaplain—Dianne Ocel

Since convention I have attended the funerals of Stan Rice, husband of Kathy Rice Alpha Chi, and Bernice McCullough, Gamma Zeta.

I have also sent cards to:

- Linda Lauterbach, Delta Mu, death of Grandmother. Verda Lauterbach
- Judy Cummins, Gamma Zeta, death of Father Max Fowler
- Sharon Desarmeaux,

Alpha Sigma, pulled Hamstring

- Mark Petty, Alpha Zeta, death of Mother From "Good Morning, Good God!" For the gift of people who listen to me, for the grace of folks who forgive me, For the wisdom of those who correct me, For the favor of friends who endure me,

For the strength of those who support me, For the care of all those who love me, Thank you Lord! Open my eyes, and ears and heart Lord to someone who needs my help today, someone who needs my time, my love and my understanding. As you are there for me,

Lord, Let me be there for all today.

Amen.





EPSILON SIGMA ALPHA

SOCIAL EVENT

Hosted by Alpha Zeta



August 13th

1:00 – 5:00 PM

LOCATION: **Mari and Jodi's Home**
7806 Gloria Circle
Mounds View, MN 55112

ACTIVITIES: **Swim, hot tub, relax, refreshments, hors d'oeuvres,**
games, paddleboat, kayaks

COST: **\$5 - PER PERSON**



RSVP: **Mari Scotch – 651-248-0228– Bring a Friend!**

SAVE THE DATE

9/9/16

Epsilon Sigma Alpha
Good Friends-Good Works-Good Times
....and now Good Wine

The Traveling Vineyard and ESA are coming together for an evening full of fun, food and wine. The Traveling Vineyard works with boutique vineyards from around the world to custom design high quality, award winning wines that are sold only through The Traveling Vineyard. Mark you calendars and bring a friend for this fantastic tasting/buying experience you don't want to miss.

Formal invitation to follow

** All Guests must be 21+**

Check out The Traveling Vineyard
@ www.myttv.com/k-bellavino



2016 Twin Cities Walk to End Alzheimer's

Walk to End Alzheimer's

Saturday, September 17, 2016

Twin Cities Walk to End Alzheimer's

Date: Saturday, September 17, 2016

Location: Target Field, Minneapolis

Schedule of Events:

Registration Opens: 7:30 a.m.

Opening Ceremony & Walk: 9:00 a.m.

Bank Nights & Early Check-In

Want to skip the Registration lines on Walk Day? All participants have the opportunity to pick up their t-shirts and wristbands early! Stop by our Bank Night locations to take advantage of this early check-in option! - ***Dates Coming Soon!***

Event Specifics

All walkers must come to Registration to receive their Walk Day wristbands. Registration tents are located at Gate 14 and Gate 34. For those needing to register on Saturday, stop by Registration to get signed up!

[Click here](#) for a map of all the Walk day festivities at Target Field!

The day includes free water and snacks for all walkers, hospitality tent for our Champions Club members (\$500+ individual fundraisers), dozens of exhibitors, music and entertainment along the route, a children's area, team photos and more!

Walk Route

Route Distances: 3 mile route or 1-mile shortcut

- Both of these handicap and stroller-accessible routes begin and end at Target Field
- Please note: Pets are not allowed at Target Field or along the walk route

NEW Route Map! - Coming Soon

Parking & Transportation

Parking

- Ramps A, B, C (standard event pricing applies)
- Metered parking available

Ride Metro Transit for FREE! - More Details Coming Soon!

Ride Your Bike

- Take advantage of numerous trails and bike lanes to get to Target Field safely.
- Park your bike in one of the hundreds of bike racks around Target Field or nearby parking ramps.

General Information

Where do the funds go?

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

Do I have to register in order to Walk?

Yes, we want to know you're walking with us and need every walker to sign a standard waiver through their official registration. There is no registration fee for Walk. However, we ask every walker to make a personal donation and commit to raising funds in the fight against Alzheimer's.

Do I need to register my children for Walk?

Yes, children should register. Parents/guardians can register children online or complete an offline registration form and sign the waiver on behalf of the child.

Does every walker get a T-shirt?

Every registered participant will receive a T-shirt after achieving the fundraising minimum of \$100. Unless otherwise communicated, T-shirts will be available for pick up on Walk day.

How do I get my offline donations to show up on my personal fundraising Web page?

Donations can be made offline by submitting a check or money order by mail or hand-delivering to the local Alzheimer's Association office. Be sure to include your offline donation

form, which can be found in your Participant Center or on your fundraising Web page, to make sure you receive credit for the donation. Donations typically take 1-2 weeks to show up on your Web page.

FAQ'S

Are pets, strollers, bicycles and skates allowed on Walk day?

We do allow strollers, but for everyone's safety, we discourage skateboards, bicycles, inline skates and wheelie footwear. Depending on the Walk location rules, well-behaved dogs are welcome, but must be on a leash at all times.

What happens if it rains?

Walk is a rain or shine event. However, in the case of severe weather, we will cancel. If this is the case, we will update our Walk homepage on or before the morning of the event.

We need volunteers! Know anyone who might be interested in helping us on the day of the event?

We need volunteers to help with set-up, clean-up, registration, water stops, promise garden, the T-shirt tent and so much more. All interested volunteers should visit our volunteer page for more information about event day roles and responsibilities.

How do I get a Promise Garden flower?

On Walk day, you will receive a wristband. Each registered walker with a wristband will receive a Promise Garden flower. Please choose the color that best represents your connection to the disease.

- **Blue** represents someone with Alzheimer's or dementia
- **Purple** is for someone who has lost a loved one to the disease.
- **Yellow** represents someone who is currently supporting or caring for someone with Alzheimer's.
- **Orange** is for everyone who supports the cause and vision of a world without Alzheimer's.

Still have questions?

Check out our [FAQs page](#), or contact:

Coordinator: Libby Wilhelmy

Phone: 952-830-0512

Email: mnnd-walk@alz.org

Thank you for all you do in the fight against Alzheimer's.

Hats for Hope—Sandy Dolence

Below is a list of items to be collected for Hats for Hope for the upcoming year:

- August – regular sized toiletries
- September – Men’s, Women’s and Kids’ underwear - all sizes
- November – Food
- January – Hats
- February – Food
- March – Flip Flops and baby items

Thank you for your continued support.

Hope 4 Youth—Alpha Zeta

ESA is rapidly becoming involved with Hope 4 Youth. We have already served meals at the Drop-In Center twice, and we have chosen to “adopt” the 1st Tuesday of each month as MN ESA’s night to provide a warm, healthy meal to the homeless youth at the center. July 5th was a great success and Betty Robinson’s Peach Cobbler was the hit of the night! Below is a reminder of the MN ESA nights to serve. Since H4Y requests no more than 4 or 5 people to serve, and our chapters have several members, perhaps some chapters can adopt multiple nights so that everyone in the chapter that wants to help,

can be a part of this special opportunity.

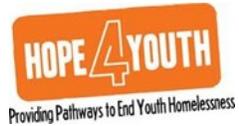
- Tuesday - Aug 2nd – Birdie (2-3 more spots open)
 - Tuesday - Sept 6th – Mary Parr & Kathie Wasson (1-2 more spots open)
 - Tuesday - Oct 4th - Alpha Zeta night
 - Tuesday - Nov 1st
 - Tuesday - Dec 6th
 - Tuesday - Jan 3rd
 - Tuesday - Feb 7th
 - Tuesday - Mar 7th
- Hope 4 Youth is located at 2665 4th Ave, Anoka, MN 55303

We will also have more information to follow regarding the luminaries that H4Y asked us to provide for their upcoming Darkest Night of Your Life 4K event

on Friday, September 30th.

Hope 4 Youth began construction on Hope Place, their 12 unit transitional housing facility. Plans are still to open Hope Place in November with MN ESA serving the residents a traditional Thanksgiving meal during the Thanksgiving weekend. Exact date has yet to be determined.

Also, Alpha Zeta will collect items for H4Y at the upcoming meeting on August 20th. Please see the flyer with the items list. Anything you can bring is appreciated. Thank you!



More gets done when you're having fun!

Hope for Heroes—Shirley Laue

I have a date change-- WREATHS ACROSS AMERICA WILL BE DEC. 17, (not Dec. 10, as previously announced).

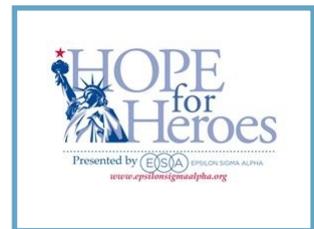
Those who attended convention appreciated a poem I read, therefore I felt I needed to print it for all to see and read:

I do not know your name - Nor for which battle you died.
I do not know your

home - Nor the tears that you cried.
I do not know where you rest - Nor the promises broken.
I do not know your uniform - And your fears lay unspoken.
But I know your spirit exists - That your courage is admired.
And your sacrifice is honored - By each soul that is inspired.
And I offer you from

my heart - Thank You, to guardians unknown
For offering yourself for us all, That we may keep freedom...our home.
Bless you!

Thank you to everyone who worked so hard last year for Hope for Heroes. Enjoy the rest of the summer.





HOPE 4 Youth Donation Request List -- 07/01/2016

2665 - 4th Ave North • Suite 40 • Anoka, MN 55303
763-323-2066

OUR NEEDS CHANGE, SO WE UPDATE OUR REQUEST LIST ON A REGULAR BASIS
~ PLEASE CHECK BACK ~

	Food	Hygiene & Miscellaneous	Clothing
U R G E N T N E E D	<p style="text-align: center;">Fruit Cups <i>Knorr®</i> Pasta & Rice Sides Instant Potatoes (pouches / cups) Boxed Dinners Spaghetti Sauce (cans / jars) Yakisoba Noodles</p> <p style="text-align: center;">Cold Cereal (regular / individual) <i>Pop•Tarts®</i> Pudding Cups Fruit Snacks</p> <p style="text-align: center;">Jerky / Meat Sticks Nuts Jelly & Jam</p> <p style="text-align: center;">Water Flavoring Packets (<i>Propel®</i>) <i>Gatorade®</i> (smaller bottles) Coffee (instant / regular) Juice (boxes / pouches)</p>	<p style="text-align: center;">Individual-size Gold Bond Powder Regular-size Lotion Men's & Women's Body Wash Shaving Cream Hand Sanitizer (regular size / individual)</p> <p style="text-align: center;">Insect Repellent Sunscreen Hair Picks</p> <p style="text-align: center;">Paper Towels Heavy Duty Bike Locks</p> <p style="text-align: center;">Diapers, all (except size 3)</p> <p style="text-align: center;"><i>SA & Holiday Fuel</i> (only) Gift Cards, \$10 <i>Walmart</i> Gift Cards, \$5 and \$10 <i>McDonald's & Subway</i> Gift Cards, \$5 - \$10 <i>Home Depot</i> Gift Cards, any amount</p>	<p style="text-align: center;">Men's Boxers / Boxer Briefs, all sizes Men's White Undershirts, all sizes Men's White Socks Men's Jeans, all sizes Men's Tennis Shoes</p> <p style="text-align: center;">Women's Hooded Sweatshirts, XS•XL•XXL Women's Colored Ankle Socks</p> <p style="text-align: center;">Men's & Women's Shorts, all sizes</p>
R E G U L A R	<p style="text-align: center;">Chicken 'n' Dumplings (cans / cups) Nonperishable Meats (<i>no tuna</i>)</p> <p style="text-align: center;">Ramen (<i>ONLY flavors other than chicken</i>)</p> <p style="text-align: center;"><i>Grab 'n' Go</i> Items, such as: Trail Mix / Pretzels / Chips / Crackers</p> <p style="text-align: center;">Ranch Dressing Sriracha Hot Sauce</p>	<p style="text-align: center;">Men's & Women's Deodorant Regular-size Shampoo Regular-size Conditioner Unscented Tampons Mouthwash (<i>*Alcohol Free*</i>)</p> <p style="text-align: center;">Assorted Cleaning Supplies Laundry Soap Dish Soap</p> <p style="text-align: center;">Umbrellas Travel Pillows</p> <p style="text-align: center;">Baby Food: Fruit, Vegetables, Meat, Cereal Baby Formula</p>	<p style="text-align: center;">Men's Hooded Sweatshirts, all sizes Men's Belts</p> <p style="text-align: center;">Women's Yoga / Workout Pants, all sizes Women's Button-down Shirts</p> <p style="text-align: center;">Women's Shoes, sizes 10 • 11 <i>(NO dress shoes, please)</i></p> <p style="text-align: center;"><i>We greatly appreciate receiving only age-appropriate (15-23), seasonal clothing that is clean and in like-new condition!</i></p>
D O N A T E D	<p>To ensure your donations are put to good use and/or consumed prior to expiration, surplus of the following items may be donated to other local charitable organizations.</p>		
<p style="text-align: center;">Bags of Plain Rice Canned Tomatoes, Potatoes & Sauerkraut All Canned Vegetables Pie Filling & Cranberry Sauce Dried Beans & Other Legumes Carton Soups Evaporated Milk</p>	<p style="text-align: center;">Bar Soap Toothbrushes Feminine Pads Quilts Knitted Afghans</p>	<p style="text-align: center;">Hand-knit Hats, Mittens & Scarves Winter Coats</p>	

Donation drop-off times are Wednesdays & Saturdays, 9 a.m. to noon.

Questions? email: donations@hope4youthmn.org

*** THANK YOU * THANK YOU ***

MARC Reps—Diane Vanusek and Mary Parr

What a fun time we had in Colorado! The MARC summer meeting was held in conjunction with the IC Convention. MARC President Kim Mandrell moved it along as there was only an hour allocated for regional meetings.

As you know the MARC annual conference "Mystique of the Aurora Borealis" will be held here in Bloomington, MN on October 7-9 and Minnesota is the host state. Attached to the EsSAy is the conference registration form. If you wish to pay electronically, access your bank

website "pay a person" portal. Register early and make your hotel reservations before the room block is full. Terri Olson and Julene Donnay are chair and co-chair of this event. With the board, they have planned a great Friday leadership and Saturday/Sunday program. They will need State Council help and support during the conference.

MARC Treasurer Celeste Webb presented the proposed 2016-17 budget to be voted on in October. The MARC board has been frugal with the money re-

sulting in a nice balance in the checkbook. Discussion was held about utilizing, cautiously, the excess. Increasing the budget for speaker fees, subsidizing future registration fees, helping officers with the expense of attending conventions of member states, increasing the scholarship donation or just sitting tight for a rainy day were options. This will be voted on in October. Ideas welcome!

Next summer's IC Convention will be hosted by MARC in St. Louis. This is coming up fast. Rosalee Echele and Sandy Hosak,

chair and co-chair gave an update on the preparations and will be on hand in October to give out additional information.

As an automatic member of MARC, you are encouraged to visit the MARC web site, <http://www.esamarc.org>, for all the forms mentioned, to read the ReMarcs, and other good information.



MARC Conference—Terri and Julene

"Are you coming to MARC?" was heard throughout the hallways of the IC Convention hotel. You know the ESAers, when they get together, they just can't wait to meet again soon. I've heard so many folks say they're coming to MARC; it's going to be so much fun!

We've got a great team working for us at the newly-renovated Crowne Plaza AiRE in Bloomington. (It's right across the street from the Embassy Suites where we had state convention in 2015.) The hotel has an air and space theme, with each floor decorated differently starting on the first floor with Wilbur and Orville Wright on up to the top floor which is NASA-themed. Pretty neat!

There's a Caribou Coffee shop in the lobby area with coffee, tea, and snacks. The hotel also has a restaurant and a separate breakfast buffet available.

Thursday night dinner is on your own should you come early. The Mall of America is only one mile away; you

can take the light rail right outside the hotel door or use the complimentary hotel shuttle to head over to the MOA.

Friday morning starts with a fabulous line-up of speakers. We'll have someone teach us about self-hypnosis to relieve stress, another speaker talking about how we can re-imagine our lives for greater happiness. Then we'll have a great interactive workshop where we'll have the opportunity to learn how to work with multi-generations in the workplace as well as in our personal lives. We'll learn how we can interest folks in our beloved ESA and how we can keep them interested.

Kim Mandrell, our MARC President, wants us to be finished by 3pm on Friday so that we have lots of time to socialize. Dinner is on your own on Friday night. But, don't go away for the evening! Linda Schmidt, MARC's ESA Foundation Counselor has a fun event planned for Friday evening—it's the MS. MARC "talent" and "beauty" con-

test. Each state is asked to nominate a candidate who will display their "talent", model an "outfit" and answer a question. The winner is the individual with the most votes. Votes are only a penny each. (Just so you know, Kansas already has \$500 toward their candidate!) Our very own Tim Donnay has "volunteered" to be Minnesota's candidate. Dessert will be served at this event, so come join the fun in helping to raise money for the scholarships.

Saturday is the annual MARC meeting followed by lunch. Then you'll have a chance to check out a cork-pull fundraiser for the Foundation, ESA merchandise (yes, the folks selling items at Leadership and IC Convention will be at MARC), and a Ways and Means fundraiser, conducted by Julene Donnay, which consists of new wallets and purses from each state filled with gift cards. Can we say, "let the bidding begin!"

Saturday night is a wonder-

ful banquet and installation for Angie Buntenschon and the 2016-2017 board. Angie has some special requests for installation so this should be really entertaining!

I sure hope you're planning on attending MARC this year since it's in our back yard. Birdie, our Registration Chair, tells me she's already received several registrations!

Diane Vanusek is our conference Treasurer so we know we'll have all the monies straight, right?!!

Kate Sala has volunteered to ensure all conference rooms are set up as requested.

We'll have a meeting in late August where you can hear more about volunteering to help Birdie at the registration table, help Julene with setup for the Ways and Means fundraiser, and help Kate with room requirements. We'll also have more information from Kim to share with you.

St Jude - Kelly Check

It has been a busy time for St Jude events!

Theater of Dreams - June 23, Stages Theatre - Hopkins:

Such a cute event! The 5th annual St Jude Theatre of Dreams featured the premier performance of ANNIE JR. We sat at an arts and crafts table that had markers, paints, crayons, stickers...you name it, it was on that table! We watched as the kiddos sat and created either a bank or a snap bracelet, or both! The concentration and creativity of the kids was really fun to watch.

Pictures unavailable

Cruisin' for St Jude - July 16, The Village Sports Bar - WBL

This is a new event, not new to St Jude, but new to us. Alpha Zeta has wanted to start a motorcycle ride to benefit St Jude for a few years and although St Jude has an event, they do not have a registered one in MN, but we found one! Terry Dehkes has held this event for 6 years now, by himself, in the White Bear Lake area. I approached him to see if he needed help this year and if he would be interested in teaming with ESA in the future. Terry's biggest challenge is getting quality volunteers to help him. Kerri Petty and I went to his event to help and we were his only volunteers! Good thing we have learned so many wonderful skills from ESA! Kerri and I just about handled his entire event from registration to the silent auction. He was very appreciative for the help and he is very much looking forward to meeting with ALSAC and ESA to make the event bigger and better. Kerri and I had our heads spinning all day with ideas for future event

Kelly, Terry, and Kerri

Riders getting ready Terry and Pastor Shari



St Jude Ride MN Major - July 17, Afton Apple Orchard- Hastings

This event was founded by Ryan Dungy, a Burnsville native and Professional Motocross champion. Cyclists have the option of riding a 20, 40, or 60 mile course. There is also a 5K run/walk that took participants through the apple orchard! Even the young ones get involved with a 1 mile kids ride. K102 is a sponsor and Chris Carr & Company from the K102 Morning Show, shares in some of the emcee duties. Kia, a member of the morning show, ran the 5K and it was announced that if anyone finished the 5K before her, they would have a chance to win concert tickets. Five people finished before Kia, a drawing was held and one lucky lady is going to see Luke Bryan!

Starting Line



Route Maps



Cyclists ready!



Ryan Dungy



Warrior Dash - July 23, Caribou Gun Club - LeSueur

Red Frog, the production company behind Warrior Dash, has partnered with St Jude for several years now and all dollars fundraised by St Jude Warriors go directly towards the St Jude Red Frog Events Proton Therapy Center at the hospital. There were over 60 Warriors who raised almost \$50,000.00 for St Jude at this year's event, with Doug Murphy being the top fundraiser, coming in at over \$18,000.00!!! The event was delayed for about an hour due to severe weather in the area, but once the Dash started, it was a wet, muddy 5K obstacle course that challenged all to find their inner Goliath.

Dough Murphy & Family



Doug is done!



Doug accepting Top Fundraiser Award



CHAPTER NEWS



Alpha Chi—Kathy Rice

Guess what happens when you miss your chapter's meeting? They automatically give you an office. Now I have to write the articles for the Essay. The new officers are:

- President – Joane Buche
- Vice President – Sue Todd
- Treasurer - Sue Todd
- Secretary – Pat Peterson
- Philanthropic – Phyllis Frascone
- Ways and Means – Gloria Iverson,

- Educational – Nora Meyers
- Parliamentarian and Social – Kathy Konrad
- Jonquil – Jo Palmer
- Essay – Kathy Rice,
- Telephone – Colleen Riley

We had a luncheon on June 2nd at Pier 500 in Hudson. The food is very good, but you have to watch where you park because they have parking meters. You keep looking at your watch to make sure you don't have to run outside to put money in the

meter. Sue reminded us that the September meeting will be at Joane's and for us to bring August coupons to the meeting.

Sue and I attended the Planning Meeting and Terri said that she would like the Essay articles in by the 25th of the month so here I am before July 25th (Terri received on July 9th) for our first article. Alpha Chi, consider yourself warned. I get even.

Alpha Sigma—Shirley McGowan

Birdie says:

Do you remember that old commercial See The USA in Your Chevrolet well, Diane Vanusek and Birdie did a little of that in Diane's Dodge. We do live in a beautiful country. Mother Nature has left beauty all over for us to find and enjoy. We were heading for and from the ESA International Convention which was in Loveland, Colorado. We decided to try some of those smaller roads rather than the big interstate highways. We made very good time and saw so much scenery. Our last big "eyeful" was in the Badlands of South Dakota. They are actually beautiful; who named them BAD Lands anyway???

At the IC convention our own Terri Olson was voted in as the International Treasurer for this coming year. Her duties this past year were as Workshop Chairman. She had some really good workshops and her attention to details really showed. I am very, very proud of her and I know you are all as well. She is a winner !!!

Enjoy the heat of summer some more and share a smile with others!!

Alpha Sigma had a successful garage the first week in June. We are having our Annual August Garage Sale on the 11th AND 2th at Shirley Laue's. Please Mark your Calendars for this event. *****

Shirley Laue says:

The summer is going too fast. It started out with many graduations. Grandson Jack was one of four. We made two trips to Hibbing, one for the graduation and the following week for the open house. Between mowing the lawn and pulling weeds and working, I have not had time to 'have fun'. August looks better. Alpha Sigma is getting ready for the garage sale at my house in Rockford, Aug. 11 and 12. We are also making preparations for the St. Jude auction and style show on Oct. 29. Enjoy the remainder of the summer!

Diane Vanusek says:

Birdie and I had a lovely

time at IC Convention in Loveland. It was a fairly easy drive and I enjoyed the different scenery of South Dakota, Nebraska, Colorado and Wyoming. From the view out of the window, we skirted a big fire in Wyoming. Congratulations to Terri Olson on her election as IC Treasurer.

Rose Bitter says:

I'm currently in Iowa attending a couple of family reunions (one on my Dad's side, and one on my Mom's side). They have been quite fun so far! I am now at my brother's place in Ames.

Gamma Omega—Carol Crepeau

First of all, congratulations to our new State President Dana Terry, and all the elected and appointed members; and also to Terri Olson, as the new IC Treasurer.

We are so proud to have three of our GO Gang serving in elected offices: Sandy Hongerholt as 1st Veep; Sandy Dolence as 2nd Veep; and Dennis Marler still serving as State Treasurer. Sandy D is going to be wearing several

hats, since she is also State Hats for Hope Chair and our Chapter President. Dennis probably needs a new and improved calculator, as he has to keep track of both State and Chapter treasuries, while Betty continues on as Chapter Sec-

retary. Bless their big hearts for carrying the load for the rest of us!

Lori Thorpe was the fastest to reply to my plea for info, so she gets top billing. That's only fair, right? Only problem is that we

Gamma Omega (continued)

have to wait until next month, as her family's exciting vacation at the Gulf Shores of Alabama is only awaited with great anticipation at this point.

We have lots of that great anticipation this month. Dennis Marler is joining Betty in retirement at the end of the month, and looks forward to sleeping in past 5 a.m. and beginning his new career as a Lab Corp volunteer with his beloved spouse.

Betty, Dennis and Lori served supper at *Hope 4 Youth* on June 29th, and say it was a terrific experience that they want to repeat. The young people were gracious and really appreciated the good food (as I recall from long, long ago, kids eat and enjoy everything that doesn't bite them first), and the staff were welcoming and informative.

Next up, Carol P is busy feeding her herd of bunnies. They've devoured her flowers and plants, so she's replacing her garden to stave off bunny starvation. As for the joys of owning your own home, Carol has also replaced her concrete driveway and sidewalk pavers so far this summer. She has had some fun and gotten even more cultured lately, though, by taking in South Pacific (*I'm Gonna Wash That Man Right Outta My Head*) at the Guthrie and then tapping to the beat at the Dakota Jazz Club. Again with the great anticipation, we look forward next month to hearing about her family reunion and County Fair in Iowa.

Arlys & Ken Hanson (talk about taking the easy way out, she only had to change the E to an O when they got married!) are both

retired now, and they went to the Ozarks in May. Seriously, that's absolutely all she reported – not a word about how beautiful the Ozarks were, what they did there, car trouble or anything else about the trip. Ken and his daughter are traveling to Norway in September, and once again we anticipate hearing all about the fjords, the Little Mermaid in Oslo, and all the sights when Arlys gets them back home. Or Else!

Speaking of great anticipations -- or, in my case, expectations – when notified that she'd been conferred the "honor" of being GO's Essay Reporter, Carol C wrote a sweet and very polite email to all Chaptermates requesting that they email, snail mail, telephone or send smoke signals to let her know their news. That note ended with the fact that when I was last

appointed the Essayist, back in the early '90s when we were part of Alpha Sigma, it happened that no one replied to my news request; so in order to fulfill my duty to provide an article, it became necessary to "imagine" what each AS member had been up to during the preceding month. Having a fertile imagination, that article included the adventures of Arlene Besemann traveling to Malaysia to teach macramé (or something) to the pygmies and Sharon Desarmeaux, for some obscure reason, walking through a hot coals pit in red lace underwear.

Therefore, Joyce Cobb and both Sandys, beware! You're being given a grace period, but you probably won't want to find out what you've been up to if you don't report in for next

Thank You—Judy Cummins

I would like to thank all my ESA Sisters for the cards we received on the death of my father, Max Fowler.

Even if the last ten years of his 90 years he had Alzheimer's, we were very fortunate that his personality

was still very great.

Thanks again,
Your ESA Sister, Judy Cum-



Thank You—Terri Olson

I believe in the power of ESA—folks working together to make our communities stronger and better, doing good works for good people.

I am humbled as I watch the young folks at Hope 4 Youth who are so grateful to have a meal provided to them; they couldn't be a kinder group of people who, for whatever reason, have fallen on tough times. I believe we MUST try to help them as they try to pursue their dreams without a family to support them. How strong, brave,

and amazing they are to even attempt this journey!

I'm thrilled to be a part of ESA and proud to say I had a small part in contributing over \$220 million toward trying to save children's lives at St. Jude Children's Research Hospital.

I'm grateful to be a part of showing my respect for our Veterans by displaying wreaths on their tombstones and volunteering for other Hope for Heroes projects.

I'm blessed to be able to

give back to Minnesota communities in all the multiple projects and organizations ESA has been involved with during my time as a member.

My commitment to ESA, to my family, friends, and places I've worked has taught me to appreciate all of the wonderful opportunities and gifts I've received.

My mother taught me that I could be or do anything I wanted to, I just had to want to bad enough! She also taught me that complaining about the issue is

not working toward the solution.

I've tried to be the kind of person my mother hoped I would be and have always tried to work toward the solution when I saw a problem with the hope and desire that things would be better for everyone involved in the future.

And so, I am honored to be elected as the IC Treasurer for this coming year. I am proud to represent MN ESA and I humbly thank you for your support.



EPSILON SIGMA ALPHA

State Membership Meeting

Hosted by Sigma Kappa

Saturday, August 20, 2016

9:30 am to 12:30 pm

Cost: \$2.00
(water & light snacks only – no lunch)

Ridgedale Library
Robert H. Rohlf Meeting Room
12601 Ridgedale Drive
Minnetonka, MN 55305

RSVP to Karen Ronning by Wednesday, August 17th.
Phone: 920-420-9456 or e-mail: Ronning.karen@gmail.com

Philanthropic presentation by:



Babies Need Boxes
— To help them grow —

Chapter Spotlights:

Alpha Chi, Beta Sigma & Delta Mu

St Jude Fundraising Informational Workshop



Hats for Hope:

Regular sized toiletries will be collected

Registration Form
31st Midwest Area Regional Council Conference

"Mystique of the Aurora Borealis"

October 7 - 9, 2016

Crowne Plaza AIRE – MSP Airport – Mall of America
3 Appletree Square, Bloomington, MN 55425
952.854.9000

Rooms reserved under Epsilon Sigma Alpha –Midwest Area Regional Council

(ESA – MARC) - (Held until September 15th)

**Hotel Reservation Link: [Epsilon Sigma Alpha](#)
Room Rate \$119+ 14.275% tax (1-4 people)**

NAME: _____ STATE: _____

ADDRESS: _____ CITY, STATE, ZIP: _____

E-MAIL ADDRESS(OPTIONAL): _____

CURRENT OFFICER/OFFICES HELD (please check all that apply)

MARC BOARD _____ STATE PRESIDENT _____ 1st TIMERS _____
MARCettes _____ IC BOARD _____ IC APPOINTED BOARD _____
FOUNDATION BOARD _____ HEADQUARTERS _____ GUEST _____

REGISTRATION FOR LEADERSHIP: \$ 53.00 _____
REGISTRATION FOR CONFERENCE:
FRIDAY LUNCHEON \$ 26.00 _____
SATURDAY LUNCHEON \$ 26.00 _____
SATURDAY BANQUET \$ 35.00 _____

TOTAL CONFERENCE REGISTRATION: \$140.00 _____

AFTER SEPTEMBER 17TH DEADLINE: \$150.00 _____

WALK-IN REGISTRATION WILL BE: \$ 165.00 (CHECK OR MONEY ORDER -ONLY)

SPECIAL DIETARY NEEDS _____

Make check payable to: 2016 MARC Conference

Mail Registration Form and Payment to:

Birdie Elkofska, Registration Chair, 3320 Louisiana Ave S, #206, St. Louis Park, MN 55426

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

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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

