

# MINNESOTA ESSAY

ISSUE 1 OF 9

AUGUST 2020



## Don't forget to:

- Pay your chapter and member State Dues
- Pay your chapter's IC Dues
- Review the proposed By-Law and Standing Rules changes
- Register for State Convention
- Save the date for the October 3rd meeting

## Inside this issue:

Parliamentarian and Treasurer	2
Jr. Past President and Chaplain	3
ESA Foundation and MARC	4
Ways and Means and Welcome Home Vets	5
Thank You Messages	6
Chapter News	7-8
Message from Terri	8
MN State Dues Form	9-10
IC Dues Form	11

## PRESIDENT—SANDY DOLENCE

I hope everyone is staying well during this time. This year is gonna be all new for us. Sandy H. and I went to Texas on Saturday. Ha Ha! We wish we could have been there. We sat in MN and had a zoom call for Convention. It was fun to be there and see all the fun going on. There was a workshop on Welcome Home Vets. They gave out a lot of information on the

project. They talked about how they started and who they get help from.

I hope you have gone over the state projects to vote on. These are all great projects. We had our planning meeting; turnout was not very good for this event. We did get the work done. Thank you for those who made it. We sat in my driveway and had a good

meeting and some fun. If you have anything you want to put on the calendar, please call Jackie S. or me and we will put it on the calendar.

Hopefully, we will get together in September, for the Style Show and enjoy some company of everyone.

Remember the October 3rd meeting!!!

## 1ST VICE PRESIDENT—SANDY HONGERHOLT

Hope you are all surviving this crazy summer. This roller coaster that we call life has sure changed as we know it.

Hopefully, you have been able to spend more family time and getting outdoors enjoying the summer. It seems that face masks and social distancing are here to stay. For a while anyways. I think we are all learning how to

Zoom.

Thank you Dennis Marler for serving as State President.

There certainly have been some challenges and you led us through pretty painlessly.

Even though we couldn't get together in person this year for IC Convention, Headquarters Staff and the IC Executive Board did a fantastic job

bringing the Convention to us through Zoom. I hope you all had a chance to join in.

Terri Olson chose our Welcome Home Veterans program to support. After Rick and Gretchen Peterson's workshop, I'm thinking there will be many partnerships formed with ESA members across the country and other Elks lodges that have

## FIRST VICE PRESIDENT–continued



their own Welcome Home Vets Program.

Thank you Terri Olson for your service to ESA. You did a great job getting us all through the many challenges this year. You represented Minnesota well. We are very proud of you!

Here in Minnesota our

members are still serving. Some of our members are back working at Medtox and Alpha Sigma held their annual garage sale. Please let us know how you and your chapter continue to serve.

**SAVE THE DATE - Saturday October 31st**

from 11am - 1pmish. This will be a state rush event. We will social distance and follow all protocol.

More information in next month's Essay. We will have a ghoulishly good time. You have time to think of someone to be your

guest that you would like to join ESA.

Thank you all for allowing me to serve on the elected board again.

I hope we will be able to see each other in person real soon.

## PARLIAMENTARIAN–DIANE VANUSEK

Time is coming for the reconvening of the 2020 Minnesota State Convention. The proposed By-Law changes were published in the March Essay as were the minutes from the

Parliamentarian meeting held in February.

Please go back and refamiliarize with those proposed changes so each chapter can cast their

vote at the September meeting.

If the meeting turns out to be a virtual meeting, everyone should have a copy of the changes before them so an in-

formed vote can take place.

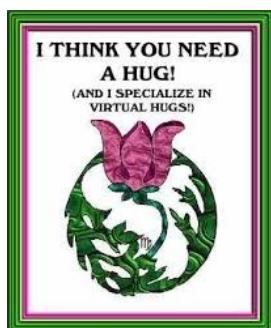


## TREASURER–KERRI PETTY

State Dues for Chapters and Members are due to me by September 1st. The **Minnesota State Chapter and Member Dues Form** is included in this edition of the ESsAy.

Each chapter should send their Chapter IC dues **directly** to the IC Treasurer, Brenda Meyers. The **IC Chapter and State Dues Form** is included in this edition of the ESsAy.

**Individual** ESA member dues are due annually on your pledge date and are paid to ESA Headquarters at 363 W. Drake Rd., Ft. Collins, CO 80526.



## JUNIOR PAST PRESIDENT—DENNIS MARLER

Welcome back, ESA Minnesota. I've missed you.

One thing this spring and summer has taught us is that we can not stop. ESA, and what we stand for, and what we do, is more essential now than ever before. We need to stop waiting for everything to get back to normal. We need to get moving!

ESA Minnesota will have a State Convention in September. I don't know what that will look like. It might be at Running Aces. It might be outside at a park. It might be totally online. It might be some combination of all the above. It might even be just a bunch of emails. (Gee, Dennis, thanks, that was very helpful.) We'll be masked, sanitized, and socially distanced. Delta Mu and I will have

more details in the next couple weeks.

Whatever our State Convention looks like, we'll decide how many and which state philanthropic projects we'll support. We'll take a look at the MedTox rotation and see if there's an equitable way to distribute those dollars. We might even take a shot at the proposed changes to our By-Laws and Standing Rules. We'll have a beautiful memorial service, and lots and lots and lots of recognition. We'll give President Sandy D. and her elected and appointed board members the installation they deserve.

### Notes from IC Convention

I was surprised to see so few ESA Minnesota members online at Ter-

ri's IC Convention. If you missed it, there is a nice recap on the ESA International website: <https://www.epsilonsigmaalpha.org/ICConvention>.

Terri and her team did a wonderful job organizing the one-day, general assembly meeting. It covered all the important things and skipped the unnecessary stuff. Julene did a great job on the Years of Service presentation, which included recognition for Jo Palmer, Shirley Laue, Joyce Cobb and Pat Peterson. Thank you for your years of amazing service.

Gretchen and Rick Peterson presented their Welcome Home Veterans program to the IC membership and again to the ESA Foundation members. They generated lots of interest in the WHV program. They

were very appreciative of the monetary donations they received. Thank you, Terri, for giving Gretchen and Rick an opportunity to share their passion.

There were a couple Minnesota surprises at the IC Convention. Birdie was recognized as the Outstanding State ESA for St. Jude Coordinator. No one in ESA Minnesota is more dedicated to Danny's Kids. Thank you, Birdie, for your tireless work. I was recognized as the Outstanding State President. (I probably received this award because I'm cute.) Thank you, Terri, for the award. Thank you, ESA Minnesota, for making me look good. Thank you, Betty, for making me cute.

ESA – AMAZING

ESA – ESSENTIAL

## CHAPLAIN—SHIRLEY LAUE

I am excited to be your Chaplain for the next year. So, anything important (or not), send it my way. I have some sad news and some good news.

### Clock Of Life

The clock of life is wound but once, And no man has the power

To tell just when the clock will stop, At late or early hour.  
To lose one's wealth is sad indeed, To lose one's health is more. But to lose one's soul is such a loss, As no man can restore.  
So live, love and toll with a will, And place

no faith in tomorrow  
For the clock of life  
may be still, And time  
we cannot borrow.

Jerry Ocel passed away. He was a long-time supporter of Diane (wife) and Dana Terry (Daughter), in ESA. Cards may be sent to Diane at: 13143 Aber-

deen, Blaine, MN 55449. Also, to Dana Terry at: 4024 Regent Ave, No., Robbinsdale, MN 55422.

"A real friend is like an angel who warms you by her presence and remembers you in her prayers."  
Author Unknown

## CHAPLAIN—continued

Birdie Elkofski had knee surgery in June. She is doing good, except I don't think she could beat you in a

race, or even think of trying! Cards may be sent to her at: 3320 Louisiana, # 206, St. Louis Park, MN 55426

My e-mail address is: [silaue@goldengate.net](mailto:silaue@goldengate.net) and my phone number is 612-669-3304.



## ESA FOUNDATION—KARLA KAY NICKLAUS



**FOUNDATION**  
EPSILON SIGMA ALPHA

Scholarship Report for the 2020 year!

This year international received 6,131 applications. Total scholarship applications received from Minnesota – 98

- ◆ **Minnesota State Memorial Endowment:** 9 applicants; 2 awarded at \$2400  
**Recipients:**  
Danielle Tran, Plymouth  
Ellie Harrison - Chaska  
Balance in Endowment - \$69,941
- ◆ **Parr Family Memorial Endowment:** 9 applicants; 1 awarded at \$1000

**Recipient:**  
Pamela Maldondo,  
Pontiac, Michigan  
Balance in Endowment - \$15,369

- ◆ **Bob and Ann Becker Endowment:** 39 applicants; 1 awarded at \$1300  
**Recipient:** Danielle Tran. Plymouth  
Balance in Endowment \$19, 626
- ◆ **Additional Minnesota Scholarship Recipients:**
- Bob & Jan Jones Endowment:  
Jesse Busselman, Ivanhoe (\$1000)

- Jennifer (Jaegers) Wostal & Howard Thompson Memorial Endowment:  
Danielle Tran.  
Plymouth (\$600)
- Jay Peckham Pharmacy Endowment  
Ashley Bernardy, Tracy (\$1100)
- Joe & Kendra Sabal Family Endowment  
Ellie Harrison,  
Chaska (\$700)

Congratulations to our scholarship recipients!

Scholarship applications for 2021-2022 open by September 1st. Closing date on applications is February 1, 2021 at 11:00 p.m. (MST).

Two early bird scholarship applications due November 1, 2020 and December 15, 2020. The Minnesota State Endowment will award two (2) scholarships in the amount of \$2650 for the 2021-2022 academic year.

Take the time to go the ESA Foundation website and click on 2020 scholarship winners - it will amaze you the number of scholarships awarded and amounts.

Thanks for your continued support of the ESA Foundation.

## MARC—SHARON DESARMEAUX & DIANE VANUSEK

As you all know with the necessity of the IC Convention being a virtual Convention, MARC was unable to have the usual “three quarters-year” meeting in July. That meeting was held on August 4 at 6:30 pm and you all should have gotten an

email regarding that, I saw several Minnesota members in attendance on the Zoom MARC Conference call.

The annual MARC conference for 2019-20 will be virtual. The MARC Board had to

cancel an in-person meeting due to budget considerations. More details next month.

Please visit the ESA MARC website at: <https://www.esamarc.org/> for more information. The password is ESA-

MARC1985. This was added for security.



## WAYS AND MEANS—BETTY MARLER

Happy summer ESA Minnesota! I hope you've been able to be outdoors enjoying the sunshine. Last week Dennis and I took a short trip to Ely, MN to hike, to attend a Pat Surface outdoor/socially distancing concert, and go to our favorite place ... the North American Bear Center. It was good to be Up North.

As our Ways and Means chair, my job is to plan fundraising activities to bring money into our treasury for our many bills.

Sandy Hongerholt and I have kicked around several ideas and now I

would like to **choose just two**. Here's where I would appreciate your comments and suggestions. Which two interest you the most?

- ◆ Selling Butter Braids and frozen unbaked cookie dough (a winter event)
- ◆ Selling Pampered Chef via a virtual party
- ◆ Selling Midwest nuts and popcorn
- ◆ Selling Heggies Pizzas (a winter event)
- ◆ Selling Chocolates (delivery before Valentine's Day)

- ◆ Hosting a small vendors party in 2021
- ◆ Donating to a 'virtual' ways and means project . . . how much is it worth to you to **not** to sell two times during the year (selling one time only). We would donate the \$\$\$ it would be worth to us NOT to sell products. (We did this many years ago in our chapter, and we raised more money having a virtual garage sale by NOT having one!)

Please let me know your



thoughts. I'm thinking **IF** we do two, one will be a cold weather event and the other may or may not. I will keep you posted via email, the ESsAy and at our state membership meetings.

PLEASE let me hear from you. Your thoughts and ideas are most welcome. Stay well.  
Betty

Call me at:  
763.494.8452 or send an email to:  
[dmarler@comcast.net](mailto:dmarler@comcast.net)

## WELCOME HOME VETS—KAREN SCHNEIDER & BETTY MARLER

Our most sincere thank you to all of you for supporting Welcome Home Vets this past year. Whether you donated items or money for the kits, attended the Gamma Omega Wine Tasting event, supported the ice cream float event at the Elks Lodge, or delivered Welcome Home Kits to Veterans, we thank you. Thank you to the Medtox/LabCorp crew for the many hours assembling kits to benefit Welcome Home Vets. It takes a

village and the ESA Village is truly the best at supporting those in need.

If you did not attend the Zoom IC Convention on July 18<sup>th</sup>, you missed Gretchen and Rick Peterson share the Welcome Home Vets program through the Elks Lodge at one of the IC workshops.

They co-founded Welcome Home Vets at the Hopkins Elks Lodge in Minnesota in 2016. They are dedicated to helping homeless vet-

erans. The program provides home starter kits to veterans from all military branches and serves the greater Mpls/St. Paul area.

They do partner with other Minnesota Elks Lodges to deliver all over the state as well. Over 500 kits have been delivered since 2016. There is no paid staff – it is 100% volunteer run. There are 160 Elks lodges in 35 states involved in the WHV program. The cost of one kit can range from

\$300 - \$400, depending on the number in the veteran's family and the veteran's needs.

Many ESA members from all over the states were excited to hear about the program. We believe Welcome Home Vets will be exciting state or chapter projects all over the USA! AMAZING!

The Petersons' presentation was outstanding and so well received. They were thankful, gracious and humbled

## WELCOME HOME VETS–continued

by the support of ESA Minnesota, of the ESA Foundation grant they received, and for Terri Olson's support as ESA

International President.  
For the opportunity to lead the Welcome Home Vets program

this past year, we thank you dearly. What a year it has been – full of memories, stories, and love. Thank you.



**WELCOME HOME  
VETERANS**



### SPECIAL NOTES FOR SPECIAL FRIENDS

#### THANK YOU

Some things never end...like love, memory and the legacy of a life that meant so much. A heartfelt thank you to each of you who sent cards, prayers and support on the death of Husband, Dad and ESA supporter Jerry Ocel. On behalf of Dana and Dianne, please know how much your support has meant at this time.

From Dianne Ocel and Dana Terry

#### THANK YOU...THANK YOU... and...THANK YOU

I had a knee replacement and the next day I was sent from the hospital to my house. I live alone and the first few days were not easy, but I had prepared my food and meals in advance so that was easy.

I had a walker and could get around my place without too much trouble. Getting to physical therapy was more difficult. You are not allowed to drive. So I had to depend on others for rides twice a week. But recovery is so much faster and soon the physical therapy was paying off.

My mental health was kept on a positive road because of all the wonderful cards and phone calls from all my ESA family. My mailman was very impressed with the number of cards I received daily. I loved opening them all and reading the wonderful messages. Where do you guys find such perfect cards? They said just

the perfect words for that particular day.

One day I was in a lot of pain and the physical therapy session was a killer. I got home and was uncomfortable sitting, standing, laying or any other thing I did. I went to the mail box and there was a card that talked about just that kind of day. I know you are all angels because you sure brightened my days.

Thank You ... those are words people say all the time. So when I wanted to express how much I appreciated all of you and your get well wishes, I did not know how to say what I felt. Know that the real true meaning of the word THANK is indeed what I wanted to express and YOU are the person who did the deed. So, Thank YOU now has a different and more meaningful meaning to me. You made my days happy days.

Birdie



## ALPHA CHI-JOANE BUCHE

Hi ESA sisters and brothers -

Have you missed us? We were sent back to our childhood for five months. We were good so "maybe" we can come out. We washed our hands, covered our faces, didn't see our friends, only shopped when necessary, made puzzles, talked on the phone. The last recipe I wanted to make called for 3 (5¢) Hershey almond bars. I even heard about a sister that had her adult son shop for her groceries and he couldn't find the "Spry."

Kathy Rice, our President again, has kept us up to date on the state. Hopefully, we can have a Convention. Running Aces is advertising on Facebook \$99 for clean rooms. My comment was how much for dirty rooms? ☺

Last year was very short with only four meetings—a long time ago. I called or gals to get some recent news. Thankfully, everyone is feeling OK.

Kathy Rice is carefully getting out to lunch on

occasion and also to church. The use of her party room means cleaning and sanitizing if allowed to reserve.

Kathy Konrad came home in March and has been busy ever since. Their company employs about 45 people and they have had no lock-down (essential). One employee's son had COVID-19 and also Kathy's daughter. They are all OK now. Kathy and Ken had a business trip to Kentucky and did a side trip to see Noah's Ark. They followed all the rules and were very cautious. Ken is scheduled for valve surgery on August 19th and will go home the same day.

Kathie Wasson has been busy crafting. She sent all Alpha Chi girls a beautiful hand-made card.

Jo Palmer is staying close to home and is getting tired of it! At 98 years of age, having had a heart attack—she is amazing!

Pat Peterson said they were doing fine. Pete and Pat have some health problems which

slow down their active life style. Kidney stone removal is in the future. They stayed busy making puzzles and "getting ready for the cleaning lady." ☺

Sue's life style had changed. No going out to restaurants for lunch every day. They now get pick-up at the drive thru. She has a skin problem and has treatments three times a week. Almost done now and, like the rest of us, she will not know what it is—they are the same.

Gloria keeps busy working in her huge yard. Remember the game pick-up sticks? She is the winner. ☺ When bored, she jumps in her car and goes for a ride.

Nora informed me No. St. Paul donated a building for the toy store — free! She is active there year around and they are now open Tuesday and Thursdays. Alpha Chi donates. Her son has survived COVID-19 and is back to work. She also has a new two-week old Great Grandson. Nora gave me the new library system procedure.

Some bars and liquor stores are essential, but libraries — not so much!

Colleen reports no virus at Boutswell's — all seniors follow the guidelines. She delivered boxes of crafts from her closet to the toy shelf. She is now reaping the fruits of her labor by picking the vegetables from her garden. She rents a raised garden plot for \$30 per year. Can't keep a good girl down!

Bonnie Wakefield is keeping our name alive every Monday at Medtox. Our only source of revenue. Thanks Bonnie and crew.

Amid doing my job worrying about all the things I can never change, I had a happy sweet, sweet moment. I held my new two-month old Great Granddaughter and she looked up at me and smiled. I had happy tears and life is good!

Stay safe. God bless and hope to see you all soon!



## ALPHA SIGMA-DIANE VANUSEK

Shirley, Diane and Birdie held a garage sale at Shirley's estate in Rockford with the help of our ESA members from other chapters, Betty and Dennis Marler and Billie Jane Mintjal. Of course, there was the help of Don, Herman, and Larry D. too. The other ladies contributed goods but were unable to participate. Shirley cleaned out some of the chicken coop, but not all. Diane tried to sell things using the Facebook merchandise center and was somewhat successful. One can always learn new things with a bit of help from the kids. Anyone want to buy one or two antique typewriters or school desks?

Shirley and Diane

brought lunch and had a nice long visit with Birdie after her knee surgery. Diane got home around 5 pm.

Sharon D has been taking care of herself over the summer and is heading to the Upper Peninsula of Michigan for a week of rest and relaxation to spend time with family just watching the waves flow in from Lake Superior.

Shirley has been staying close to home and picking, picking and picking luscious raspberries to share with the workers at Medtox and others. There has been a lot of weeding being done too.

Birdie says - Can't remember what I have done since I last sub-

mitted information for the ESSAY. Have I read a book or done a puzzle ... I could have. Oh, I do know I have been enjoying lots of snacks and goodies. TV is running all the time and I am not. Exercise ... oh yes, a lot of that as I get up off the couch and jog to the refrigerator. Lifting weights too ... when you see how much I can put on a plate. My sleep pattern is totally different these days. I think it is that I take multiple naps a day and it is tossing and turning at nighttime.

Normal ???? what is that? Our ESA life is totally different. I have seen several while working at Medtox. Chapter meetings are

sure missed. This has got to change so we can start a new year in some style. Of course, the subject of the upcoming St. Jude Silent Auction is one on the top of our list of worries. It will take the same amount of work whether there are 50 or 250 people attending. The big difference is the profits for St. Jude would differ greatly depending on those in attendance. This issue is up in the air and being worked on by St. Jude Coordinator, Dee Roterding as I write this.

Stay Healthy and communicate with others; enjoy whatever you do and pray.



## IC JR. PAST PRESIDENT-TERRI OLSON

From the bottom of my heart, I thank you all for supporting me over the years as I continued my journey on the International Council Executive Board. What a wonderful experience I had because of all of you and your support!

Although the culmination of the Presidential year was definitely not what I had envisioned (nor any of us), with the assistance from many

volunteers from ESA and ESA Headquarters, I think we did a mighty fine job of giving you all the best of an IC Convention. If you didn't attend, we had a short Opening Ceremony via video complete with flags, a Celebration of Life presentation, two fabulous Workshops (recycled paper baskets and growing succulents), the Installation of IC Officers, the Membership Workshop, the

shortest IC Convention General Assembly ever (45 minutes!), the Years of Service Awards, and the Special Awards we always recognize, a Hope for Heroes Workshop, the St. Jude Workshop, an ALSAC speaker and the grand finalé, the presentation of St. Jude monies by State.

And now, it's time for the final journey on the IC Executive Board, the

Disaster Fund Chair. I'm thrilled to be in the responsible position of handing out money to those in need; how lucky is that?!?

No matter where I roam, I'll always be a proud Minnesota gal and proud to be a member of Minnesota ESA. Again, thank you!



ESA – Minnesota State Council  
Chapter/Member Dues Payments For 2020-2021

Additional Page (Chapter Name \_\_\_\_\_)

**Member Name**

## **Member Number**

## Dues



EPSILON SIGMA ALPHA

**International Council Dues**  
**Chapter**  
**State**  
**Other Councils**

**How to Remain Non-Profit?**

- All entities **MUST** pay IC Council dues. Entities are: Chapters, District Councils, Regional Councils, State Councils, and any other Zone or Auxiliary.
- All entities **MUST** submit a Tax-Form (**Tax Facts**) to Headquarters each year by September 15<sup>th</sup>.
- All individual ESA members **MUST** pay individual member dues.

If these three (3) items are NOT completed, then the entity is NOT considered Non-Profit

**What Do I Owe and Where Do I Send It?**

- Individual Member dues are sent to ESA Headquarters. Each member will receive a bill in the mail. These are paid yearly during the month you pledged. Dues are \$49 (unless you are a senior or a Life-Active Member).
- IC Council dues are due at the beginning of the ESA Year (August 1<sup>st</sup>) and must be paid before May 1<sup>st</sup> to be considered in "good standing" and receive voting privileges at IC Convention.  
These dues are mailed to the current IC Treasurer. DO NOT SEND TO ESA HEADQUARTERS.

**2020-2021 International Council Dues are Due Upon Receipt**

Please check one:

- Chapters: \$40.00  
 Name \_\_\_\_\_ Number \_\_\_\_\_ State Affiliation \_\_\_\_\_
- Other Councils/Districts/Zones/Auxiliary (within a state) \$40.00  
 Name \_\_\_\_\_ Number \_\_\_\_\_ State Affiliation \_\_\_\_\_
- State Council/Multi-State Council \$45.00  
 Name \_\_\_\_\_ Number \_\_\_\_\_

Treasurer's Name \_\_\_\_\_

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

Send Payment to: IC Treasurer  
 Brenda Meyers  
 242 Oxford Drive  
 Fairborn, OH 45324  
 brendasmeyers@gmail.com

**FOR IC TREASURER'S USE ONLY**

DEPOSIT #	_____
CHECK #	_____
ACCOUNT #	_____
DATE REC'D	_____

Make Checks Payable to: **ESA International Council**  
*Please include chapter name & number on check*

**NOTE: Individual membership dues of \$49.00 should be sent directly to ESA Headquarters**

Epsilon Sigma Alhpa  
363 W. Drake Road  
Fort Collins, CO 80526  
Phone: 970-223-2854  
Email: esainfo@epsilonsigmaalpha.org



EPSILON SIGMA ALPHA

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



—LeAnn Wray  
International Council President  
2020-2021

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

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

**MISSION STATEMENT:**

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

**MINNESOTA ESSAY**

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

The ESSAY is published on a monthly basis 9x/year from 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 chapter members who many not have email.

**Please share the ESSAY with prospective members who may want to learn more about Epsilon Sigma Alpha—Minnesota.**

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)