



ESsAy

President—Dana Terry

Bright & Joyful greetings to you all. Tis the busy time of year filled with shopping, food, holiday parties, food, sending cards, food, struggling to find a parking spot, and did I mention food! To enjoy the holidays: slow down, simplify and prioritize what really needs to be done. What better time of year than now to let our light shine and share it with others.

A smile is the light in your window that tells others there is a caring, sharing person on the inside.

~Denis Waitley~

wish I had been able to attend. From the sounds of it, the food and friendship was great. And, there were several guests in attendance. Thank you, Sandy, for arranging this fun event!

“As we struggle with shopping lists and invitations, compounded by December’s bad weather, it is good to be reminded that there are people in our lives who are worth this



aggravation, and people to whom we are worth the same.” -- Donald Westlake

From my home to yours, many

wishes for a warm, cheer-filled and bright holiday season!

I'm looking forward to the next Art Session with Jackie Swanson, and hope to see several people attend. We had such fun at the first one - great time to learn something new and socialize!

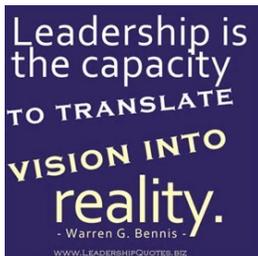


Sometimes the simplest acts of kindness can mean the world to others.

We had a wonderful membership meeting on November 12th down in Albert Lea. We had more than 30 people attend! Thank you to Jo Hanson and friends for being such great hosts. It was so nice to see the mingling and chatting after the meeting.

I heard lots of buzz about how great the Friend-raiser at Love that Olive was. I

The next big event on our calendar is Leadership on Saturday, January 21st at the Hilton Garden Inn in Shoreview. It is going to be great, and a leadership you will not want to miss!



Don't Forget To:

RSVP to Kelly for Hope 4 Youth Meals

RSVP ASAP for 12/3 at Jackie's for Calligraphy

Save 12/01 for a Friendraiser Opportunity at North Hennepin Community College

Submit requests for ESA Scholarships by 02/01

Save 01/07 for a Holiday Social Friendraiser Opportunity; chili and white elephants

Save 1/21 for Leadership at the Hilton Garden Inn

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1st Vice President—Sandy Hongerholt

Season's Greetings!

Following are some words of wisdom from IC Membership Director Tracy Swanson:



Please reflect on our ESA goose and your commitment to keeping ESA strong... we feed our ESA golden goose by welcoming new members. We can't starve the goose and expect to continue to produce all those golden eggs for St. Jude, Easter Seals, scholarship recipients, underprivileged families and everyone else we help. please reflect on our ESA goose and your commitment to keeping ESA strong... we feed our ESA golden goose by welcoming new members. We can't starve the goose and expect to continue to produce all those golden eggs for St. Jude, Easter Seals, scholarship recipients, underprivileged families and everyone else we help.

The end of November marks the halfway point in the ESA year, and we have 144 new community members since June 1st this year vs. 208 at this same time last year. The good news is we still have time to reverse the trend this year with your commitment and help. 21 of those 144 new members (nearly 15%)

have been brought to ESA through the efforts of just TWO community chapters. Thank you, Beta Nu / Alabama and Gamma Pi / Indiana. Imagine how exciting it would be if more chapters would consider swinging open wide the welcome door as these chapters have to welcome groups of new members this year... THINK BIG!

There are just two possible outcomes for us when we gather at IC convention again this July. We can either be celebrating having made this the year that we reinvigorated our organization with the talents and enthusiasm of many new members, or we will quietly murmur among ourselves (again...) how we regret having allowed another year to pass (again...) and promise (again...) that we will help "next year".

Minnesota ESA has been working hard to attract new members. This week, Terri Olson, Birdie, Betty Robinson, and I will head over to North Hennepin Community College and pass out cookies, talk to students



and staff about the ESA opportunity. We hope to start up a community chapter at NHCC very soon. We are also bringing holiday cards and they will be able to write a message to the kids at St Jude.



Then in a week or so we will go back with pizza and do an ESA presentation for those that are interested in joining.

Thank you to all that showed up for our November social/Friendraising event at Love that Olive. Our class limit was 20 and we had 22 attend. Everyone that came enjoyed learning about the olive oils and balsamic vinegars. Of course, all the food was delicious. We had time for shopping too. I'm anxious to hear what everyone is doing with all their new oils and vinegars.

Thank you so much to everyone that participates in these monthly events.

Our next social Friendraising event will be Saturday January 7th, 2017. We will gather once again at Arlene

Besemann's party room for an afternoon of food, fun and fellowship. Arlene's address is 7500 York Ave S in Edina. The party starts at Noon. We will also have the 2nd annual Chili Cook Off on this day. Bring your favorite pot of chili or a dish to go with the chili.

Please bring your food ready to serve. I'm not sure what we will have for plug ins. There will be a trophy for the winning chili.



Also, bring a white elephant gift for a game (not the dice game this year). We will also have a service project to work on. This would be a great time to bring a friend or two and introduce them to ESA. More information to come in an email blast.

May your home be filled with the joy of the season. Wishing you a blessed Christmas and Happy New Year!



Association of Arts—Jackie Swanson

The **CALLIGRAPHY ART Session on Italic Handwriting** will be held on Saturday, December 3rd 10:00AM, at my town-home. We will begin by practicing the basics of the italic calligraphy alphabet, which is based on the elliptical shape and by holding

your pen at a 45 degree angle, creates the thick and thin letter.

We will work LARGE at first using a double-pencil so



we easily see the correct angle. Then we will practice normal-size using a calligraphy marker. Cost for this class is the price of a dual-tipped calligraphy marker – about \$8. Donations to Alzheimer's are encouraged. Location: 4476 Woodgate Point, Ea-

gan, MN 55122.

Hope to see you at this Saturday class. I think you will fall in love with the beauty of the Italic calligraphy alphabet and with practice you will successfully begin using it as an everyday hand! Please **RSVP ASAP...thank you!**

Chaplain—Dianne Ocel

Not much new this month which is probably good news. Cards were sent to Colleen Riley of Alpha Chi who has been bed ridden for several weeks with back problems, and to Arlene Besemann on her 90th birthday. Congratulations to Arlene. A little Bird told me that Pat Staffanson had been in the hospital, and is back home. I do not have any details, but hoping that Pat is feeling much better.

May the blessing of life be with you
light outside and light within.
May the sun shine upon you and warm your heart until it glows like a great peat fire so that the stranger may come and be warmed by it.
May a blessed light shine out of your two eyes like a candle set in two windows of a house, bidding the wanderer to come in out of the rain.
May you ever give a kindly greeting to those whom you pass as you go along the roads.

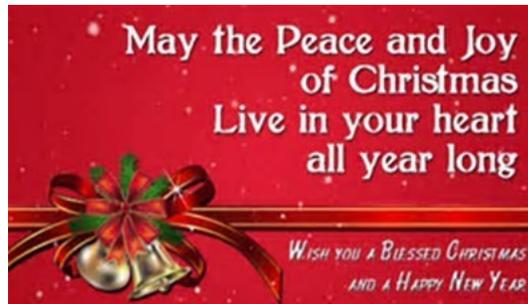
May the blessing of rain--the sweet, soft rain--fall upon; you so that little flowers may spring up to shed their sweetness in the air.
May the blessings of the earth--the good rich, earth--be with you.
May the earth be soft under you when you rest upon it, tired at the end of the day.
May the earth rest easy over you when at last you lie under it.

May earth rest so lightly over you that your spirit may be out from under it quickly, and up, and off, and on its way to God.

Wishing all a fulfilling and blessed Christmas season.



This month I would like to share with you my favorite Irish Blessing:



ESA Foundation—Karla Kay Nicklaus



During this Holiday Season, visiting and seeing relatives and friends, share the news of ESA scholarships/grants available for High School Seniors and college age students.

The Minnesota State Endowment will award (2) scholarships in the amount of \$1000 each for the 2017-2018 year.

Go to www.epsilonalpha.org, click on scholarships/grants and select state – Minnesota.

The student will view all scholarships available for Minnesota residents. Remember the applications are submitted online only, with a \$5.00 fee for each application, and must be

completed before February 1, 2017. Any completed application submitted by December 15, 2016 and approved for judging will be eligible for a drawing.

Thanks for sharing and supporting the ESA Foundation with your gifts.

Also, a reminder to pay your annual dues by March 1, 2017....send to ESA Foundation, 363 West Drake Road, Fort Collins, CO 80626.

Have a Merry Christmas and Happy New Year.



Hope for Heroes—Shirley Laue

"Success should not be measured by grades or dollar signs, but by how often you laugh or by how many people you can make smile in a day."

The last time you saw someone in a service uniform did you say "Thank You"? That little gesture means a lot to the men and

women that are risking their lives for our freedom!

A way to honor those that have given their life fighting for our country is by attend-



ing the "Wreaths across America" event at Ft. Snelling Cemetery on



Dec. 17 at 11:00 A.M. Any questions, please call me.



Words of Wisdom—Miss Tilly



Miss Tilly gave the members a personality quiz at the State Membership Meeting in Albert Lea and was

asked to put in the Essay. I will pick out the highlights.

What kind of an animal are you? Are you a lion, an otter, a golden retriever or a beaver?

- **Type A** personality represents a lion. You are bold, persistent, determined, assertive, self-reliant, likes to take charge, problem-solving, confidence, decisiveness, let's do this now, and loves challenges.

- **Type B** personality represents an otter. Energetic, fun-loving, spontaneous, optimistic, loves to take risks, has a knack for communication, outgoing, ability to inspire and motivate others and cheer them on.
- **Type C** represents a golden retriever. Loyal, sensitive, nurturing, values rela-

tionships, has a sense of humor and has a sympathetic nature. Friends and family turn to you in times of need.

- **Type D** represents a beaver. Consistent, practical, inquisitive, conscientious, focused on details, self-disciplined, industrious, sacrificing, excellent listener, easily communicates details to others.



Miss Tilly read a scam alert and wants to pass it unto you.

If you get an unexpected package from an unknown sender and you need to pay a "verification fee" or confirm your ID by swiping your credit card on a handheld scanner to claim it, send the delivery person packing.

Thieves are using this ruse to steal your money or info.



You Have Been JOY-ed!

Acts of kindness are on the sly.
In fact, this came from friends close by!
The treats you have with this short note
Are yours to keep. Enjoy them both!

JOY has been left on your front door.
Pass it on for delights galore.
Neighbors will have smiling faces.
Who can guess who's "JOY-ed" which places?

Give a gift but keep it quiet.
Treats welcome; forget the diet.
It's official, the season's here.
So spread the JOY and share the cheer!

Please keep JOY spreading by following these directions:

- Cut out and place the JOY sign on your front door or in a visible window.
- Make two copies of this note and the JOY sign.
- Make two treat bags or JOY baskets.
- Secretly deliver the gift, directions, and JOY sign to two neighbors who haven't been JOY-ed yet. Keep an eye on your neighbors' front doors to see how far the JOY is spreading.

CHAPTER NEWS



Alpha Chi—Kathy Rice

Alpha Chi had their meeting on Saturday, November 5th, at Joane Buche's. She served donuts, rolls, nuts, candy, coffee and tea. After we ate, we had a Silent Auction. I was happy with what I got, a beautiful necklace. We missed the following sisters due to illnesses. Kathleen Lamphere, Kathleen Konrad and Coleen Riley. We were glad to have Gloria Severson at the meeting as she had not been feeling well and did not make it to the St. Jude Style Show. We thank Alpha Sigma sisters for an outstanding job on the Style Show. You had a good attendance.

Pat Peterson was glad she

went to the Style Show and won puzzles and is working on them.

Phyllis Frascione suggested that our chapter buys activity books to be given to God's Closet in St. Paul. We will do so.

At our December luncheon, we will bring either a toy or \$20.00 for the North St. Paul Food and Toy Shelf.

Jo Palmer went out of town and was not able to be with us.

Sue Todd and her husband will be leaving for Riviera Maya Playa Del Carmen in Mexico for one week.

Nora Meyers gave a most interesting Educational on

the St. Francis Hotel in downtown St. Paul which opened December, 1916. The cost for building was \$800,000. She described the furnishings and color schemes. It must have been beautiful and had 250 rooms with rates starting at two dollars a night.

Alpha Chi sisters wishes all of you a very Merry Christmas and a Blessed New Year.



Alpha Sigma—Shirley McGowan

The Holiday Season is upon us. The giggles of children as they run around and the ringing of the cash registers as we shop. Remember the meaning of the season, and as Ellen D. says on her TV show each day, "Be Kind To Each Other". A simple smile and a friendly "hello" to a stranger, thanking a military person for his service, helping a stranger, holding an elevator, parking further from the door so someone else can have the close up spot, donating to a new charity, thanking our postal carriers and newspaper delivery people.... simple ways to make a difference.

Alpha Sigma's Educational theme this year is Why was that town, river or lake named that. It is a lot of fun to hear the stories. Sometimes it takes a little hunting to find the information, but feels good when we have completed the project.

The five Alpha Sigma members again want to thank all our ESA family for supporting the St. Jude Style Show, Luncheon and Silent Auction again this past year. Your donations for the auction make our tables full and pretty. All the models donating their time made the event more fun and bringing all your friends and family has again been a delight. We could not do it without you, and we thank you so much. We all do this for one reason the St. Jude child. Feel very good about what you have done and please continue to support this project. We are already starting to accept donations for next year. Just in case that Christmas gift you received does not fit the bill.

Merry Christmas from this Santa Helper named **Birdie**

Diane Vanusek read an article today that talked about the physics of a three-legged stool. Proper-

ly constructed, it sits more stably on an uneven surface than other stools. It made me think of Education, Service and Association for and among members of varied experiences and backgrounds that form the base of our wonderful organization.

Shirley Laue was wondering, where does the time go? It seems like just yesterday I wrote the Nov. article. Maybe because I have been very busy, painting, plus the usual fall work. Now it is baking season. Our chapter is looking forward to serving a meal for the homeless youth. I am looking forward to a mini-vacation over Thanksgiving. Hopefully your Thanksgiving was a good day.

Rose and Jim Bitter are spending Thanksgiving with oldest son Greg and family. They're planning a "between the holidays" trip to Virginia to see their youngest son Andy and family. And in the meantime, they've been visiting with middle son Derek and family. Tis the season for family and

friends!

Shirley McGowan moved into her new apartment the beginning of October with her 2 cats. Still living in St Louis Park. Perfect timing to move before the cold weather. She is working at Costco as one of the food/sample ladies. She has been doing this since the end of February, and is really enjoying it.

There is always something that we can find in our lives to be thankful for. Hope Everybody had a very safe and enjoyable Thanksgiving.



Beta Sigma—Linda Schultz

Here we are! At the end of yet another year ~ 2016 has come, moved along at a leisurely pace and then, WOW! ~ it began speeding up, and now we are at the closure of months of dedication, deliberate intention, determination, diligence, and time to set some new goals for 2017. We have just passed the Thanksgiving celebration with expressions of gratitude, the gift of sharing with others: family, friends neighbors, and in so many cases even completely unknown guests.

In November, at its meeting at Mary Mother of the Church in Burnsville, and then participation in the bake and craft sale, Beta Sigma flew ESA colors once more and earned a significant amount of money for the benefit of others. What generous hearts are demonstrated in this wonderful group of members! :) Maybe for next year, all of you out there in Minnesota ESA land, could mark your calendars and save the date for next No-

vember so you could come to the event to do some early holiday shopping! Why not? !! It is a really fun way to spend part of a Saturday as you begin thinking and planning for next year's holiday preparation. Here is an offering and description of this event from Judy Searles, chair of our Educational program this year:

"On November 5, Beta Sigma members baked sweets and snacks for a bake sale at the annual craft fair at Mary, Mother of the Church in Burnsville. During the day, the chapter convened for a monthly business meeting. Marcie Haigh brought a special guest Faisa Mohammed Ahmed. Marcie became acquainted with this Somali mom of four at the elementary school where Marcie works. Faisa educated the group about her life in Somalia, Kenya and eventually the United States. She shared stories about the difficulties coming to this country and how her community blends two cul-

tures by maintaining their own traditions as well as adopting American ways."

Reason for Celebration in December in addition to traditional ones, will be the birthday of Karen Voegele on December 8. Happy Birthday, Karen, and many happy days ahead. For so very many of you who I neglected to share significant dates in all the months past, please forgive me...I will do my best now to keep things current.

SAVE THE DATE FOR THE FOLLOWING EVENTS:

- Feed My Starving Children ~ Please join us! ESA Beta Sigma is registered to volunteer on Saturday, February 4, 2017 ~ 11:30 a.m. until 1:30 p.m. Details will be in the next issue of the ESSAY with a link for direct registration. Plan also to bring a guest or two.
- Our MN ESA State Convention will be

held Friday, May 6 through Saturday, May 7, 2017.

Details for registration will be repeated in the January issue of this publication. They were also detailed in the November issue.

By the time you are reading this, I will be observing Advent and preparations for the celebration of the birth of Jesus, then the Twelve Days of Christmas, ending at Epiphany. This will be a very special period of multiple celebrations this year: the addition of a new grandson-in-law (my oldest granddaughter, Lexie, was married to Josh) on May 4th; and, then our family (Peter & Kelsey, daughter Abby age 17, et al), adopted three additional babies in August, Leticia (age 3 at the time), Isaac (age 2 at the time), and Noah (age almost 1 at the time). WOW!

May each of you out there have a spectacular and blessed holiday season.



God bless you all!

Gamma Zeta—Dorothy Wangen

Four members, Dianne, Judy, June and Dorothy attended the State Board meeting in Albert Lea, a great time was had by all. Also, Dianne, Judy and

Dorothy attended the "Love That Olive". We sure did learn a lot about all that good stuff we need to use to keep us healthy. And, all the different uses for the

flavored olive oil.

Looks like we all got a week off from Medtox - I guess it's Thanksgiving Vacation. Mary Tolle and family are headed to North

Dakota for the Thanksgiving feast.

Hope everyone had a wonderful Thanksgiving Day and a very Merry Christmas to all.

www.epsilonsigmaalpha.org

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

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

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

—Sherry Day,
International Council President 2016-2017



Epsilon Sigma Alpha

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



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MINNESOTA ESSAY

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

The ESSAY is published on a monthly basis (August—May) 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.

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