

LEAVE A LITTLE ESA Sparkle WHEREVER YOU GO

ESSAY—February 2018



Don't forget to:

- Contact Alpha Zeta to sign up for meals at Hope 4 Youth
- Sign up for St. Jude Events
- Make reservations for the Membership Meeting on 2/17
- Save the date for the MN State Convention on April 27-28
- Save the date for the IC Convention on July 18-22

President—Sandy Hongerholt

Hope you are all staying well this winter season.

Thank you Sandy Dolence and Gamma Omega for another fun Holiday Social. It was a nice day of socializing, sampling the 8 different chilis and other goodies that were brought. Then, of course, we had our white elephant dice game. Everyone went home with a new treasure. Thank you to all who participated.

Now that the holidays are over we must get back to work. Our next state membership meeting will be February

17th at Faith Lilac Way Church in Crystal. Gamma Omega is hosting and trying something new. Instead of serving lunch they will serve breakfast. Information will be in this newsletter so don't forget to send in your RSVP.

It is not too early to get your reservation in for Convention. Registration information is in this newsletter. Dates are Friday April 27th and Saturday April 28th. Come and celebrate all our accomplishments for the year. If you have any service awards in your chapter, please send me

the information,
shongerholt@yahoo.com.

It's also not too early to think about which position on the Board you would be interested in. While Sandy D is recovering from her illness, please feel free to let me know which position interests you.

Have a fantastic February!

1st Vice President—Sandy Dolence

It's time! Time for you to commit to serving on the elected and appointed boards for the 2018-2019 ESA year. Open positions on the elected board are Second Vice-President, Secretary and Parliamentarian. All positions on the Ap-

pointed Board are open at this time. I would truly appreciate you supporting MN ESA by serving this exceptional organization. Together, we can continue to leave a little ESA sparkle where ever we go. We can share our talents and

our energy with everyone we meet. We can 'Be the Change' in ESA. Please send me a note or give me a call (when I'm home from the hospital) to tell me, "Yes, I want to serve ESA. Sign me up!"

2nd Vice President—Dennis Marler

We had an amazing time at the state social last week! The eight chilis were great. Congratulations Lynne on your big win. As always there was way too much food, but we tried our best. The white elephant game was a hoot. It turns out the gift I won was the one Betty took to the social. I was telling her about the pretty winter coasters and she said,

"They look familiar, don't they?" (Julene, I have your little red sled, and Jackie, we found a couple of your puzzle pieces. I'll make sure you each get your treasures back.)

The state social gave me a couple homework ideas. I need your help. Terri Olson and her partner Bob were at

the social. Bob has been with Terri for several years and has attended many, many ESA events. But after all these years I don't know Bob's last name. He must have one; almost everyone does. I checked with a couple others and they didn't know either. So, your first homework assignment is to identify Bob. Please send

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2nd Vice President—continued

me your guesses. I'll let you know the top suggestions. (For those keeping score on how I'm fulfilling my officer responsibilities this year, I'm counting this one as an educational.)

Assignment #2: The number of people attending the social was small, about 20. Just like at our state meetings and other events, it was the same people who always attend everything. Where are the other 50-60 members? If you're one who has given up on state func-

tions – meetings, fundraisers, etc. – please let me know why. Not specifically about this social, but in general, what's keeping you away? Maybe something can change.

Assignment #3: To make assignments 1 and 2 even easier, just add your comments to the back of your state convention registration form. You still have time to be the first to register.

Assignment #4: Or add them to your February 17

state meeting RSVP.

Assignment #5: Or to your Gamma Omega/Heggies pizza order.

Assignment #6: I saved the most important work for last. Please let me know which elected or appointed office you'd like to hold this coming year. I believe Sandy Dolence's health will continue to improve and she will be able to fulfill her year as state president. But this coming year, more than most, will need to be a team

effort. We need to help Sandy have less stress and more free time, so she can focus on getting herself and her family to their new normal. If you've held an office a dozen times, make it a baker's dozen. If you've never held an office, now's your chance. Step out of your comfort zone. Make Minnesota ESA a priority. I'll pass your requests on to Sandy.

You're AMAZING! BE THE CHANGE!

Association of the Arts—Jackie Swanson

Let's have S'MORE FUN IN Association of the Arts!

Really enjoyed seeing everyone at the State Social on January 20th! We're well into 2018 now, but my **February Valentine** wish for everyone is to have a very loving, happy, prosperous, healthy and *creative* New Year!

This year brought with it some sad news for me though. My good friend, Dick Wagner, passed away on January 2nd due to Alzheimer's at the age of 70. Strange...I had been working on a layout for a collage involving a boat and water, unusual subject matter for me. I didn't realize there was a sub-conscious parallel until I attended Dick's funeral and Carol had included a poem called, "Blue Boat Home":



My Blue Boat Home

*...In loving memory
of Dick Wagner*

*I give thanks to the waves upholding me
Hail the great winds urging me on
Great the infinite sea before me
Sing the sky my sailor's song
I was born upon the fathoms
Many harbor and port have I known
The wide universe is the ocean I now travel
And the earth is my blue boat home*

WARNING SIGNS OF ALZHEIMER'S DISEASE compiled by the Alzheimer's Association

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to re-trace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities
10. Changes in mood and personality

Association of the Arts—continued



COASTERS and will take

Be adventurous in 2018! The last brown bag **AA ART SESSION** is **HAND-FELTED**

place on Saturday, February 10th (10 am until 1 pm) again at my Eagan town-home. There are two spots yet available and if you are new to hand felting or have some experience, I would love to see you try it out. And of course there will be S'mores!! This art session

will introduce you to an easy method of wet-felting, a way to merge and tangle wool fiber (roving) with itself using nothing more than a bit of soap and water and friction. Once you have this method of hand-felting under your belt, you can tap into your creative juices to

make a more unique and/or complex piece. Why not a *collage* of small, hand-felted bits and pieces...? Hmm...now, that sounds pretty cool. ***Affirm to yourself, "Creative ideas flow to me and from me freely and easily. I am truly creative!"***



cordion Greeting Cards Art Session/MACMH Fund-raiser in November. Attendees created uniquely wonderful accordion cards

Speaking of truly creative, we had a terrific time at the **Ac-**

that I hope will find their way into the Association of the Arts display at State Convention.

REMEMBER: Sky's the limit when choosing what you would like to enter in Association of the Arts at Convention this year. Finish up those projects you've started; then enter them in AA.

Let's have a wide variety of visual delights in our display this year! I've included an entry form in this Essay. If you have questions about which category your creation falls into, just shoot me a text or email and I'll be happy to assist.

Note:
Please RSVP to Jackie

Swanson for the **HAND-FELTED COASTERS ART SESSION** as soon as you can via email, jacqueofhearts@comcast.net or phone, 952-220-4836.

♥Thank you for your participation in Association of the Arts mini-fundraisers!

Chaplain—Dorothy Wangen

Greetings - Keep Calm - Stay Healthy. Please keep Joan Laskey (Gamma Zeta) and husband Steve in your thoughts and prayers on the passing of Steve's father.

Everyone who has been sick, with flu or other things, please get better. All our thoughts and prayers are with you. Don't let this snow and cold weather get you down, soon it

will be nice again. Let us live each day with blessings of good health, not gifts of glory, wealth or fame - Just love to warm our Hearts.



ESA Foundation—Karla Kay Nicklaus

Two important deadlines -

- **February 1, 2018** – Deadline to submit scholarships!

Go to www.epsilonsigmaalpha.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, 2018.

- **March 1, 2018** – Deadline for ESA Foundation Membership Dues to be eligible to vote in 2018

Note: Due to the ongoing ESA website updates, the on-line donation form is not yet operational. Please mail your form with a check of \$15 to ESA Foundation, 363 West Drake Road, Fort Collins, CO 80626. Need a form – call me at 612-724-6712.

Thanks for your generous support of the Foundation this past year supporting the scholarship program and paying dues! Always looking for new members – first year \$25.00.



Hope 4 Youth—Alpha Zeta



Meal Service:

Alpha Sigma has agreed to provide the meal on Feb 6. A committee will serve the meal on Tuesday, Mar 6. April 3 and May 1 is open. Future dates pending State Convention vote.



Pathways 4 Youth will open

in February:

A new youth center in St. Cloud will focus on helping 16 to 23-year-olds who are experiencing homelessness. The center, called Pathways 4 Youth, will be located in the Youth for Christ building at 203 Cooper Avenue North. The center will serve as an entry point for youth to access resources such as social services, medical professionals, clothing, showers, food and more. The Rotary Clubs of the greater St. Cloud area and **HOPE 4 Youth** are partnering to sponsor the launch of

the center. Rotary member Tim Wensman, one of the lead volunteers on the project, says it's estimated that there are between 125 to 150 youth between the ages of 16 and 23 who are homeless on any given night in the St. Cloud area.

"Through thorough research and feedback from area social service agencies, law enforcement, and school systems, we learned that there is an unmet and growing need for this type of resource center." He says after researching and touring other homeless youth-serving organizations around Minnesota, Rotary leadership decided that **HOPE 4 Youth**, a non-profit providing pathways to end youth homelessness headquartered in the Twin Cities, was the model that would best fit the St. Cloud area. "Our main goal is to help these young people navigate a path to grow and become contributing members in our communities,"

Wensman added.

hope's closet is a resale boutique that will open soon! The shop will be located off Hwy. 169 in the South Pond Shopping



Center in Champlin. Although the shop isn't open yet, the nonprofit is beginning to stock up on inventory, including handpicked and on-trend men's and women's clothing, accessories, small household decor and gifts. The items will come from gently-used community donations, and public donation drop-off times and details can be found through social media updates on [face-book.com/hopesclosetmn](https://www.facebook.com/hopesclosetmn).

One hundred percent of the profits will be going back to support Hope 4 Youth's mission to provide pathways to

end youth homelessness.

Upcoming Events:

- **5 Year Celebration and Spaghetti Dinner** - Sunday, March 4, 3-6 p.m. at Coon Rapids VFW. It is amazing what this organization has accomplished in just 5 years! Join us if you can. Tickets are on sale for \$10 Adult / \$5 Children 10 and under at <https://www.hope4youthmn.org/sdinner/> You can also purchase tickets at the door for \$12.
- **The Darkest Night of Your Life 4K** - Friday, May 4, 8 p.m. Family Wave with Additional Waves to Follow, at Bunker Hills Golf Course. This event, usually held in September has been moved to a new date.

Hope for Heroes—Shirley Laue

Thank you, Gamma Omega, for using the money gathered from the chili cook-off for Homeless veterans, a very good cause.

Not only do we have homeless veterans, but many veterans are being scammed. Veterans answered the call to serve. Now scammers are calling. AARP and the U.S. Postal Inspection Service have launched Operation Protect

Veterans to help raise awareness of common scams targeting veterans. Some of the scams are: Benefit scams, such as, Benefit buy outs, investment/pension, Veterans Choice Program, and charging for records scams. Identity Theft Scams, such as VA phishing and Employment scams. There are also Pension scams, Rental scams, GI Bill education marketing scam and phone

scams. To learn more about these scams go to: aarp.org/protectveterans or aarp.org/fraud watch network.





Welcome Home Vets
PO Box 5653
Hopkins, MN 55343
ph. 612-615-8387
www.mnwelcomehomevets.org

December 27, 2017

Minnesota State Council of ESA
Attn: Kerri Petty, Treasurer
1285 Euclid Street
St. Paul, MN 55106

Dear Members of Epsilon Sigma Alpha:

Thank you so much for your generous contribution of \$300.00 in support of our Welcome Home Vets program – a program of Help for the Homeless. Your donation will help us support the needs of the homeless veterans throughout the greater Minneapolis / St Paul area. We wouldn't be able to exist without supporters such as you!

Our mission is to provide home starter kits to homeless veterans moving into permanent housing. The vets come from all military branches, ethnicities, women, men and families each with a different story on how they came to be homeless. The most humbling and heartbreaking sight has been walking into a veterans new apartment and he/she has nothing - literally nothing other than the clothes on his/her back. We've learned it's the basic things in life that mean the most: a bed, a chair, a lamp, a clock radio to break up the silence and some food.

Your tax deductible donation was used to provide the veterans at Veterans East – a low income housing development supporting veterans located in Minneapolis – with a hot holiday meal, a holiday gift and groceries for several meals. We served dinner to and provided fresh food packs to over 70 veterans that reside at Veterans East. Your donation helped us achieve our vision of a wonderful holiday event for these veterans.

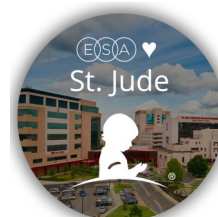
We are a 100% volunteer organization so every dollar donated goes to the needs of our veterans. As a non-profit organization, we rely on the generosity of individual donors and sponsors to provide the financial means necessary to support our programs and meet the needs of homeless vets in the greater Minneapolis/St. Paul area. If you have any questions regarding the program, please don't hesitate to contact us at 612-615-8387 or via email at info@helpforthehomelessmn.org.

Sincerely,

Rick Peterson
President, Help For The Homeless, Inc.

You may use this letter as a receipt of your donation for tax purposes. Help for the Homeless is a 501c3 tax-exempt non-profit organization. Our federal tax ID is # 47 – 2224421. No goods or services were provided in exchange for this donation.

St. Jude—Kelly Check and Betty Robinson



St Jude Red Carpet for Hope was held Sunday, Jan 7, 2018 at The Depot in Minneapolis. The event raised almost \$300,000.00 of which MN ESA will get partial credit as we had a few volunteers at the event.

Upcoming events:

St Jude Legends for Charity - Feb 1, 2018 - Hyatt Regency - Minneapolis. This event is held in the host city in conjunction with the Super Bowl.

Bringing together sports legends, celebrities and business leaders to support St Jude and to present the Pat Summerall Award. The 2018 award recipient is former University of Minnesota quarter-

back and legendary coach, Tony Dungy! We have some volunteers scheduled for this event so MN ESA will get partial credit.

Minnesota ESA Convention—Gamma Omega

CELEBRATE!

We hope you are getting excited to attend the Minnesota State Convention 2018! It will be on April 27 – 28 at the Garden Inn, Shoreview. We have the menu for the

weekend planned. President Sandy Hongerholt has the tentative agenda planned, Registration Chair Dennis Marler has the registration form distributed, and now he

is patiently awaiting the registration forms to fill his mailbox.

The Garden Inn has a block of rooms reserved for ESA. When you call to make your

reservation, please mention ESA. There will be a band on Friday night so bring your dancing shoes and be ready to Party.

2018 International Convention—Sherry Day



We have a brand new year and in most places in the country it is cold – very cold in fact, but in Arizona and California, it is sunny and warm and we are ready to celebrate! We are working hard to make the 2018 IC Convention very special for all of you.

The convention officially begins on Wednesday, July

18 with great workshops and a fiesta. There is a band for the welcome mixer on Wednesday night and it is a wonderful way to begin our celebration. You won't want to miss it.

Want to come early? There are great tours planned. You will find the tour list in this newsletter. There is a trip just a little north of Phoenix to Jerome or perhaps you would like to ride the Verde railroad. There are beautiful sites to see. Interested in a casino? Well we have those as well. There are lots of things to do before we get started and you won't want to miss a one of them!

The IC Council Executive Board will have their Trivia event on Thursday night. It is so much fun. Put together your team now or join one that night. Everyone can play and you have a chance to buy a "Be A Gem" ticket as well to support the Council.

Friday will be St. Jude Day and we will hear all the latest news from the hospital and on Friday afternoon we will have the St. Jude Challenge.

Friday is also special because that night there are two exciting events for you. First, the Arizona Diamondbacks and the Colorado Rockies are playing base-

ball just two blocks from the hotel. You will want to get you money in quickly and join the fun as we attend the game! We have great seats that come with food and it will be a great evening.

Not into baseball, well there will also be a bus going to one of the local casinos for dinner and to try your luck. Who knows, you might really be lucky!

Come join us July 18-22 at the Sheraton Grand Hotel in Phoenix and join us for "Sunshine and Celebrations."

Sherry Day
2018 Local Convention

Thank You—Birdie Elkofsky

THANK YOU all for the showering of Get Well Cards I received since I was hospitalized for 5 plus days. What an adventure ... not like a vacation in the least. I had gone for a regular doctor appointment at 10:00 am. And by noon I was in a hospital 'gown' (who named that thing a gown) and in a

hospital bed. Seems breathing was not good, and hemoglobin was very, very low. Tests and more tests. Apple juice and chicken broth YUK !! and more tests. 4 units of blood transfusions and 10 days of recovering and I feel 100% better.

My wonderful Alpha Sigma Sisters brought me home from the hospital, started my car from the hospital lot and got it home, gave me a HUGE basket of fruit, avocados, soup mixes, cheeses and crackers and white chocolate/ macadamia nut cookies. Wonderful to snack on all of that.

Plus, about 6 meals of homemade chicken and wild rice soup and a beautiful plant. I am blessed and spoiled.

Thanks also for the many, many prayers I know they worked !!!

THANK YOU
VERY MUCH



2018 MN ASSOCIATION OF THE ARTS ENTRY FORM

"Leave a Little ESA Sparkle Wherever You Go" ~ April 27-28, 2018

Hilton Garden Inn Minneapolis St. Paul, 1050 Gramsie Road ~ Shoreview, MN 55126

Artist's Name:	_____
Address:	_____
Chapter Name/No.:	_____
State Council:	_____
Phone:	_____
E-Mail:	_____
Check Convention Schedule for check-in time & pick-up.	

Division I – Visual Arts

- _____ Oil Paintings or Acrylics
 _____ Drawings, Pastel or Charcoal
 _____ Watercolors
 _____ Sculptures
 _____ Pottery (hand-formed or wheel-thrown)
 _____ # of entries in category

Division II – Literature

- _____ Poetry
 _____ Short Story or Essay (500 words or less)
 _____ # of entries in category

Division III - Photography

- _____ Black & White or Color Photo
 _____ Graphic Design
 _____ Computer-Assisted Design
 _____ # of entries in category

Division IV – Crafts (Painted Art)

- _____ Tole Painting
 _____ Painted Pottery
 _____ China Painting
 _____ Porcelain
 _____ Calligraphy (matted for display)
 _____ Fabric Painting
 _____ # of entries in category

Division V – Crafts (Wearable Art)

- _____ Smocking
 _____ # of entries in category

Division VI – Crafts (Misc. Media)

- _____ Jewelry
 _____ Rubber Stamping
 _____ Decoupage
 _____ Glass
 _____ Wood
 _____ # of entries in category

Division VII – Needlework (Fibers)

- _____ Crewel
 _____ Embroidery
 _____ Counted Cross Stitch
 _____ Needlepoint
 _____ Quilting
 _____ Knitting/Crochet
 _____ Hardanger Embroidery
 _____ Silk Ribbon Embroidery
 _____ Cloth Weaving
 _____ Latch Hooking
 _____ Stuffed Animals
 _____ # of entries in category

Division VIII – Holiday (Ornaments/Decorations)

- _____ Please Describe _____

 _____ # of entries in category

Division IX – Music

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

Division X – Presidential (Optional)

"Inspire" Bring any art form dealing with ESA International President's Theme

- _____ Presidential Division
 _____ # of entries in category

Please Note: The Presidential Division is optional.

Please send completed entry form by April 20, 2018:

TO: Jackie Swanson
 MN Association of Arts Chair

Questions: Call or text 952-220-4836

E-Mail: jacqueofhearts@comcast.net

Address: 4476 Woodgate Point, Eagan, MN 55122

CHAPTER NEWS



Alpha Chi—Kathy Rice

First, a correction to January Essay. The \$20.00 from each of our chapter member was donated to the North St. Paul Toy Shelf rather than the North St. Paul Food Shelf. They are a combination, but separate. Joane Buche was kind enough to bring our donated items to the following:

1. A box of toys to the North St. Paul Toy Shelf.
2. Baby items to Blessed Sacrament Church to be given to Options For Women East.
3. Toiletries and knitted outfits to the Jeremiah House.
4. Socks and caps to Listening House.

Joane had Christmas events with family and also is working at Medtox.

Phyllis Frascione had a busy Christmas season with the death of her brother-in-law, family had that coughing bug that went around, doctor appointments and still had family time.

Gloria Iverson had family time during the holidays and working at Medtox.

Kathleen Konrad had family time during the holidays along with a house guest from Russia who had gone to school with her kids, years ago. Kathleen and her husband will be in Las Vegas for a couple of months and their guest will be taking

care of the house and animals.

Nora Meyers fell before Christmas and sprained her ankle but is doing good. She also had Christmas get-togethers with her family.

Jo Palmer celebrated her 96th birthday on January 3rd with friends and received many nice gifts.

Pat Peterson and her husband, Pete, were taken out to dinner at the Lexington by their kids to celebrate Pete's 90th birthday.

Colleen Riley went to Christmas and New Year parties and saw her large family and especially the grandchildren, which she had not

seen in a while.

Sue Todd is trying to stay warm, working at Medtox, and planning a trip in February with her husband to Fort Myers, Florida.

Myself – On December 5th, I tripped and fell in my condo unit and was taken to the hospital for x-rays. Praise the Lord, no broken bones, but pulled muscles in right arm and wearing a sling and going to therapy. My doctor congratulated me on having the most bruises that day. I did have many get-togethers with friends and my niece and her family.

Alpha Chi wishes all of you Happy Valentine's Day!

Alpha Sigma—Birdie Elkofska

Rose and Jim Bitter are just finishing a trip to Detroit, Atlanta and Tampa visiting family. They are looking forward to one next month to Virginia and Texas. Rose says it is good to have family all over the country. She has missed the Medtox crew and hopes to be in full swing in February. Rose says they are driving a lot and enjoyed 84 degrees in Florida. They did not bring warm weather clothes, but still enjoyed it and survived. Since they are driving a lot they got a book on tap to listen to ... not too good, but

better than nothing. Jim's son works for the airlines and they get good deals on flights. They hope to catch a flight back today so are hoping weather is good across the country.

Sharon Desarmeaux wanted all of you to know that she is back home with Alpha Sigma and getting more active with ESA. Grandson Andrew had his 5th Birthday. She says she can't believe how fast 5 years can go. Sharon and Larry will be in Ohio for the wedding of their great nephew. Hope

the roads are good. Sharon and Larry enjoyed the Alpha Sigma Holiday Party in January at the Old Log Theatre. Fun event!

Birdie Elkofska is home from her 5 plus days in the hospital. It was not a trip to a spa that is for sure. Because of the various tests they kept food away and substituted it with apple juice and chicken broth... good way to lose 10 pounds. She received 4 units of blood and what a difference that makes in breathing. Now to watch

and be aware of what the ole body is saying. Worst part of the hospital adventure missing the Alpha Sigma Old Log Theatre outing. But, FYI, the Old Log Theatre gave Alpha Sigma two tickets for Birdie to go at a later date for no extra charge. What a wonderful gesture and they will indeed get used.

Shirley Laue says that the holidays of 2017 are just a memory and what a good memory they made. It is always great to have family around. Alpha Sigma mem-

Alpha Sigma—(continued)

bers also made memories when attending their Christmas Party at the Old Log. Delicious lunch and saw "Life is a Dream". There was a gift exchange. It consisted of each person bring wrapped items ten \$1.00 items from a Dollar Store. There were eight at the party which means 80-dollar items and very few duplicates. Such fun, and fun to see what we each purchased. Lots of laughs as well as a few oohs and aahs. In February we look forward to serving dinner for the homeless youth at Hope

4 Youth. To all the football fans, enjoy the Super Bowl !!....

Shirley McGowan shared that her youngest granddaughter started cheerleading this year in high school. So, we wonder if Shirley will go see her perform. Perhaps Shirley will teach us all those movements that young ladies perform. Shirley will be doing some volunteering at the Empty Bowl again this year in Eden Prairie which will be in February.

Diane Vanusek wanted to tell you that Rose Bitter, Shirley Laue, Sharon Desarmeaux and Diane along with their spouses enjoyed the afternoon at the Old Log Theater with lunch and show. We missed Birdie Elkofska and Shirley McGowan who unfortunately could not join the chapter event. Back in the middle of December, Diane and Don V, Rose and Jim B, Shirley and Herman L and Nicki Weller joined together with Birdie Elkofska after they put wreaths on Fort Snelling graves. We had some great

juicy Lucy burgers and toasted to a job well done and lots of fun. It was so great having Nicki join us. The seven came in to the restaurant with pink cheeks from a morning in the cold... Birdie was holding down a table. Wonderful Hope For Heroes project.

So Alpha Sigma also enjoyed the state Holiday Party and Chili Cook Off at Arlene Besemann's apartment. Fun day and fun games plus great time to mingle.

Beta Sigma—Linda Schultz

On Saturday, January 6, 2018, Beta Sigma kicked off the New Year of 2018 with a great turn-out when we all met at the Community Room at the residence of Linda Schultz. Refreshments were provided including coffee and many sweet treats. :) Twelve of our sisters were present.

We were also privileged to welcome our guest speaker, Ilze Mueller, who came to us to speak about her life in Latvia as a child during War World II and her ultimate journey from there as a child through many, many experiences on her journey through her life from there to here in Minnesota. There is not room to report all that she shared with us, and hopefully she can return at some point to share what would be Part 2. It has been a privilege to learn about her life and learn much about gardening and mushrooming along with many other useful things.

Had it not been for her this summer, my community garden would have gone to waste while I have been totally unable to even get into a car, much less to harvest my garden. From my own raised beds, she harvested, then came one-two times per week to bring me many things that kept me in fresh organic produce. It was a pleasure since I missed the entire summer and have been housebound for more than six months. Ilze, thank you so very much for sharing your fascinating life history with us. It might be interesting, another time, to learn about your family's experience as refugees.

Eileen shared with us that MACMH had sent a thank you note to her and all the Beta Sigma sisters who helped with the big event. This was, apparently, their most successful gala so far. On February 28th, they are having an online fundraiser to sell cleaners and health

care supplies. Watch for further information coming soon.

What a fabulous thing to happen! A number of our chapter members converged at Betty's apartment and literally helped her move SO many of her things from storage to her apartment as it is too much of a big job for one person. I am proud of all my sisters who took Saturday morning, January 13th, to help Betty move, unpack, help situate her things and help her get settled. Thank you all for your support and help for Betty.

The first Saturday in February, Beta Sigma will be serving at Feed My Starving Children. By the time you read this, the date may have already passed; but if not, please join us. You can register at www.feedmystarvingchildren.org

Last month, I promised to continue in my column, the

saga of several traveling sisters, those who have been out and about; and, I still plan to do that. I know you are probably tired of hearing this from me. But, I do have serious health challenges that I am unable to overcome yet and prevent me from doing as simple things as using my new computer. Perhaps two more months of physical and occupational therapy with a minimum of 2-4 times per week and I can do a better "job."

I have pages of materials to consolidate, edit, and present. Please be patient a little longer and forgive me if any one feels slighted. Bonnie, Eileen, Judy, Kim, Betty, and perhaps an upcoming trip to Sweden by Pat and her husband, Gary, are all on this forthcoming feature.

Thank you who took the time to send me condolences on the death of my sweet youngest brother.

Gamma Omega—Betty Marler

Thank you to all of you who attended the MN State Social and Chili Cook-off on Saturday, January 20th. We had a lovely time visiting, sampling delicious chili dishes, nibbling appetizers and desserts and, yup, sharing some laughs. On behalf of our 1st Vice President Sandy Dolence, thank you for gathering for this enjoyable state event. We were pleasantly surprised to have eight scrumptious chili dishes to sample. All of them were award winning. The first-place ribbon went to the chef whose chili received the most votes (raised the most money). Congratulations Lynne Thiebault, GO Chapter, on the win! The money raised from the chili cook-off, \$100.00, has been sent to Help for Homeless, Inc, a non-profit organization that helps homeless veterans transition to self-sufficient living. Thank you

for your generous support!

Gamma Omega is hosting the February 17 State Meeting at Faith-Lilac Way Lutheran Church (flyer in this Essay). We'll begin socializing at 8:30, breakfast will be served at 8:45 and the meeting will start at 9:30. If your chapter needs a table to sell items, please contact Betty or Dennis. We are excited to host and we look forward to seeing everyone. Please RSVP to Betty or Dennis by February 14th - 763.494.8452 or dmarler@comcast.net.

Do you have a hankerin' for some Heggies Pizza? GO will be taking orders for Heggies Pizzas from now through February 28th. You will be able to order at the state meeting on February 17, or order via email or phone any of the GO members. Payment for the pizzas is due with your order.

The order form is included in this Essay. This fundraiser is for the various non-profit organizations we support. Thank you in advance for your orders and for your support.

Updates on GO Members:

Carol Crepeau has begun chemo treatments again. She had her first chemo round on her birthday (1/12) and she will have the second round on 1/26 ... if her white count has improved. She'll have a week off, and then she'll have the first chemo round, a week off, and then the second round. Repeat. Repeat. She said she is feeling fine; however, she was a little queasy after the first round. She is hoping she'll feel as well with these chemo treatments as she did three years ago when she went through chemo treatment for her cancer. Cards may be sent

to Carol at 8008 Camden Ave., N., Brooklyn Park, MN 55444-2036. Carol **does not** have an active email account any longer.

Sandy's journey: Sandy Dolence, our State1st VP, is still recovering from surgery at North Memorial Hospital in Robbinsdale. Sandy was admitted into North Memorial on Sunday, January 7. She had surgery to remove a cyst in her lower back on January 14. She was in ICU since that time. Her breathing tube was removed on January 23. Today, January 24, she is out of ICU and in a normal room and she's beginning to eat real food. She is still a little out of it due to the medication she has been administered. Hopefully by this weekend or even next week, she will be up for visitors. She is getting her voice back and a little bit of her spunk. Cards may be sent to Sandy at 6118 39th Ave., N., Crystal, MN 55422.





Minnesota ESA State Membership Meeting

Saturday, February 17, 2018

**Faith-Lilac Way Lutheran Church, 5530 42nd Ave. N.
Robbinsdale, MN 55422**

**Hwy. 100 to 42nd Ave. West on 42nd about 0.1 mile.
The church is on the North side of 42nd.**

Socializing: 8:30 A.M.

Breakfast: 8:45 A.M.

Meeting: 9:30 A.M.

Cost: \$10.00

RSVP by February 14th – Thank you!

**Tables for selling chapter goodies will be available.
Please let us know if you would like a table.**

**RSVP to Betty and Dennis Marler,
dmarler@comcast.net or 763.494.8452**



HEGGIES PIZZA FUNDRAISING

Gamma Omega Chapter – Minnesota Epsilon Sigma Alpha

Description	Large Pizza (12" approx)
Double Cheese Mozzarella & Cheddar Cheeses	\$7.50 20 oz.
Sausage	\$8.00 24 oz.
Pepperoni	\$8.00 21 oz.
Sausage & Pepperoni	\$9.00 26 oz.
Sausage & Mushroom	\$9.00 28 oz.
Inferno Sausage, Pepperoni, Jalapeno Peppers	\$9.50 28 oz.
Deluxe Combo Sausage, Pepperoni, Onions, Mushrooms & Green Pepper	\$10.50 32 oz.
Six Pack Sausage, Pepperoni, Canadian Bacon, Bacon, Cheddar & Mozzarella Cheeses	\$10.50 30 oz.
Chicken Alfredo Garlic Chicken, Alfredo Sauce, Mozzarella Cheese on a Thick Flavored Crust	\$10.50 29 oz.
Breakfast Pizza Country Sausage, Bacon, Scrambled Eggs, Green Onions, Cheddar & Mozzarella Cheeses with Country Gravy	\$10.50 27 oz.
BCB - Bacon Cheeseburger Beef, Cheese & Bacon	\$10.50 28 oz.
El Jefe Chorizo, Roasted Jalapenos, Black Olives, Green Onions, Mozzarella & Cheddar Cheeses	\$10.50 24 oz.
Sloppy Joe Ground Beef, Seasoned Sauce, Green Peppers & Mozzarella Cheese	\$10.50 25 oz.

To order, email or call Dennis Marler

dmarler@comcast.net or 763-494-8452

Orders and Payment (Checks payable to Gamma Omega)

Due by February 28. Delivery Dates: March 15-17



2018 MN ESA STATE CONVENTION
Friday-Saturday, April 27-28, 2018

Hilton Garden Inn Minneapolis St. Paul
1050 Gramsie Road, Shoreview, MN 55126
651-415-1956

REGISTRATION DEADLINE: <u>Monday, April 23, 2018</u>					
Late Registration after April 23rd: \$25 Cash Only					
NAME:		CHAPTER:		DELEGATE:	YES NO
ADDRESS:		PHONE:		1 ST 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 Breakfast, Saturday Lunch and Saturday Evening Banquet)		\$110		
PARTIAL REGISTRATION (Check all that apply.)		COST	MEMBER	GUEST
REGISTRATION FEE (REQUIRED for ALL except "BANQUET ONLY" GUESTS)		\$15		
	FRIDAY EVENING (Baked Potato Buffet)	\$19		
	SATURDAY BREAKFAST (Sunrise Continental Breakfast)	\$12		
	SATURDAY LUNCHEON (Garden Deli Buffet)	\$22		
	SATURDAY BANQUET (Grilled Herb Chicken)	\$42		
	SATURDAY BANQUET (Roasted Rosemary Pork Loin)	\$42		
PARTIAL REGISTRATION TOTAL			\$	\$
ATTENDING MEETINGS ONLY		COST	MEMBER	GUEST
	MEETING ONLY (No meals/ no room)	\$25		
	Medical Dietary Needs			
REGISTRATION TOTAL			\$	\$

ROOM RESERVATIONS: \$109 per night + tax. Reservations can be made under the "Epsilon Sigma Alpha" room block by calling Hilton Garden Inn-Shoreview at 651-415-1956.

MAIL FORM & CHECK (Payable to Gamma Omega) to Dennis Marler, 9145 Kingsview Lane N, Maple Grove MN 55369. **QUESTIONS:** Sandy Dolence 763-533-3792 or Sharon Stegora 763-537-3450.



**2018 INTERNATIONAL CONVENTION
"SUNSHINE AND CELEBRATIONS"
JULY 18-22, 2018
SHERATON GRAND HOTEL
340 N. 3RD STREET • PHOENIX, AZ 85004
602-262-2500 (local) • 866-837-4213 (reservations)**



MEMBER NAME _____ MEMBER NUMBER/STATE _____ /
ADDRESS _____
CITY, STATE, ZIP _____
PHONE _____ CELL _____ EMAIL _____
CHAPTER NAME _____ CHAPTER # _____ STATE COUNCIL _____
DATE OF ARRIVAL _____ TIME OF ARRIVAL _____ FLY/DRIVE USING SCOOTER Y/N
ROOMMATE(S) _____

CHECK ALL THAT APPLY

- ☐ First IC Convention ☐ Pledge ☐ Collegiate Member – Campus _____ ☐ HQ Staff
- ☐ ESA Foundation Board ☐ IC Elected/Appointed Board ☐ Past IC President (year) _____
- ☐ 2017-2018 State President – State _____ ☐ 2018-2019 State President – State _____
- ☐ Previous State President – State(s)/Year(s) _____ Served with: _____
- ☐ I will be recognized at convention for my years of ESA Service: 25 30 35 40 45 50 55 60 65 70
- ☐ Medical Food Allergy: The hotel will do its best to accommodate **MEDICAL Food Allergy requests only.**
- Allergy alert for _____ (Additional costs may apply.)

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

CONVENTION HOTEL ROOM RATES

Room rates: Single/Double - \$139, plus tax. Triple/Quad - \$149, plus tax

Rates are available for July 12, 2018 thru July 25, 2018 –

To receive the group rate, you **MUST** make reservations by **June 29, 2018**. Call for reservations and reference the **Epsilon Sigma Alpha International 2018 Convention rate** or click on the following: [hotel link](#)

Member Name and Number as listed on first page _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

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

☐ INCOMING IC PRESIDENT ☐ OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE	<input type="checkbox"/> Postmarked by May 1, 2018 \$250
Includes general assemblies, workshops,	<input type="checkbox"/> Postmarked May 2 – June 1, 2018 \$275
welcome party, recognition luncheon and banquet	<input type="checkbox"/> After June 1, 2018 (see payment note below) \$275
NON-MEMBER attending WELCOME PARTY	<input type="checkbox"/> Postmarked by June 1, 2018 \$ 65
	<input type="checkbox"/> After June 1, 2018 (see payment note below) \$ 70
NON-MEMBER attending RECOGNITION LUNCHEON	<input type="checkbox"/> Postmarked by June 1, 2018 \$ 50
	<input type="checkbox"/> After June 1, 2018 (see payment note below) \$ 55
NON-MEMBER attending BANQUET	<input type="checkbox"/> Postmarked by June 1, 2018 \$ 80
	<input type="checkbox"/> After June 1, 2018 (see payment note below) \$ 85
YOUTH REGISTRATION FEE	<input type="checkbox"/> Postmarked May 1, 2018 \$250
Includes general assemblies, welcome party	<input type="checkbox"/> Postmarked May 2 – June 1, 2018 \$275
recognition luncheon and banquet	<input type="checkbox"/> After June 1, 2018 (see payment note below) \$275

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

SUBTOTAL NON-MEMBER REGISTRATION: _____

ENTER TOTAL FROM FIRST PAGE: _____

TOTAL REGISTRATION: _____

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

I wish to golf: ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

SELECT ONE PAYMENT TYPE

REGISTRATION IS NON-TRANSFERABLE

****PAYMENT NOTE:** Payment after June 1, 2018 must be paid by **MONEY ORDER, CERTIFIED CHECK, CASH OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 18, 2018.** After June 18, 2018, mail registration form only – **DO NOT SEND PAYMENT.** Email the registration chair that the form has been mailed and bring copy of registration form with money order, certified check, cash or credit card to the IC Convention.

☐ Check ☐ Money Order Make payable to: **ESA 2018 IC Convention**

A \$45 fee will be assessed for any returned check.

☐ Credit card** ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

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

Credit Card # Exp. date _____ security code _____

Name EXACTLY as it appears on credit card _____

Billing address of credit card holder _____

Cardholder Signature (required) _____

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$15 processing fee will be refunded when **WRITTEN** cancellation is postmarked **NO LATER THAN JUNE 15, 2018.** **NO REFUNDS AFTER JUNE 15.**

Mail registration form and payment to: Marilee Dunn, 2018 ESA IC Registration Chair
3575-1 Lehigh Drive; Santa Clara, CA 95051
408-838-5254 email: Eureka5255@aol.com



Tours for 2018 IC Convention



Mark the appropriate space(s) and indicate the number of tickets you want to order.

Please include tour registration with convention registration and payment.

All tours include round-trip transportation

Sunday July 15, 8:00 am – 4:00 pm - Registration deadline – June 1, 2018

Jerome and Lunch at the Asylum

Depart the Sheraton at 8am and travel to the Verde Valley. Experience a destination rich in history, beauty, and the production of exquisite Arizona wines. Stop in Cottonwood for shopping on your own in the historical downtown and a wine-tasting at Fire Mountain. Continue to Jerome. Recently voted as one of "America's Coolest Small Towns" by BudgetTravel.com. Jerome is a historic mining town built in the side of Mingus Mountain that was abandon but has come back to life. Lunch is included at the Asylum. Return to the Sheraton around 4pm.

_____ Tickets at \$110.00 per person = \$_____

Sunday July 15, 9:30 am – 3:30 pm - Registration deadline – June 1, 2018

Butterfly Museum and Talking Stick Casino

Depart the Sheraton at 9:30am and travel to the Butterfly Museum where over 3,000 friendly butterflies await your arrival. It the largest indoor butterfly pavilion in America. Around 12:30pm continue to Be Talking Stick Resort and Casino for lunch on your own. The culinary experts at Talking Stick Resort have created six unique restaurants for you to enjoy throughout the hotel and resort. Then there will be time to flirt with lady luck before returning to the Sheraton around 3:30pm.

_____ Tickets at \$89.00 per person = \$_____

Monday July 16, 8:30 am – 8:00 pm - Registration deadline – June 1, 2018

Verde Canyon Railroad

Depart the Sheraton at 8:30am and travel to Clarksdale where you will board the Verde Canyon Railroad for a four hour diesel train journey to places only accessible by rail. See crimson cliffs, eagle nests, white water rapids, and abandoned gold mines. Return to the Sheraton around 8pm.

_____ Tickets at \$129.00 per person - coach class = \$_____

_____ Tickets at \$179.00 per person - first class = \$_____

Monday July 16, 10:00 am – 3:00 pm - Registration deadline – June 1, 2018

Classic (Historic) Homes

Go back in time for a day and discover Arizona's rich history. Tour The Rossen House, a fully-restored 1895 Queen Anne Victorian house museum which interprets the history of Phoenix. Tours of the house include all living areas and offer visitors a glimpse into the lifestyles of early Phoenix families. Spend time at Heritage Square before driving by other historical Phoenix homes. These homes are striking reminders of the Valley's vibrant past Lunch is included at the Spicery in Glendale.

_____ Tickets at \$75.00 per person = \$ _____

Tuesday July 17, 8:00 am – 5:00 pm - Registration deadline – June 1, 2018

Sedona and Montezuma Castle

Depart the Sheraton at 8am and travel to Montezuma Castle National Monument. Gaze through the windows of the past into one of the best preserved cliff dwellings in North America. This 20 room high-rise apartment, nestled into a towering limestone cliff, tells a story of ingenuity, survival and ultimately, prosperity in an unforgiving desert landscape. Continue to Sedona for lunch and sightseeing on your own. Sedona is home to over 300 artists that draw from the quiet, colorful, and spectacular physical environment. The red rocks, drifting clouds, towering pinnacles, and sheer canyon walls lend incredible beauty to this area. Return to the Sheraton at about 5pm.

_____ Tickets at \$105.00 per person = \$ _____

Tuesday July 17, 9:00 am – 2:00 pm - Registration deadline – June 1, 2018

Musical Instrument Museum (MIM)

Depart the Sheraton at 9am. A guided tour of MIM features more than 6,000 instruments collected from around 200 of the world's countries and territories. Most displays are enhanced by state-of-the-art audio and video technologies that allow guests to see the instruments, hear their sounds, and observe them being played in their original contexts. Lunch is on your own in the MIM Café. Return to the Sheraton around 2pm.

_____ Tickets at \$65.00 per person = \$ _____

Friday July 20, 6:00 – 10:00 - Registration deadline – June 1, 2018

Diamondbacks Baseball

The Arizona Diamondbacks are at home and playing the Colorado Rockies. Ticket price includes all you can eat ball park food (hot dogs, popcorn, sodas and more). In sections with easy access and close to the bar and a little more leg room. Don't forget – Chase Field is air conditioned and just 3 blocks from the Sheraton Grand Hotel.

_____ Tickets at \$38.00 per person = \$ _____

Friday July 20, 6:00 – 10:30 - Registration deadline – June 1, 2018

Wildhorse Pass Casino

Take the bus to Wildhorse Pass Hotel and Casino for a night of fun. There a slots and table games and great places to eat. See just how lucky you are! The bus will leave the hotel at 6:00 PM and return to the hotel about 10:30 PM.

_____ Tickets at \$24.00 per person = \$ _____

Sunday July 22, 9:00 – 5:00 - Registration deadline – June 1, 2018

Tucson – San Xavier del Bac Mission and the Presidio

Depart the Sheraton at 9am and travel to Tucson. Upon arriving, tour the San Xavier del Bac Mission. A National Historic Landmark, San Xavier Mission was founded as a Catholic mission by Father Eusebio Kino in 1692. It is the oldest intact European structure in Arizona and is filled with marvelous original statuary and mural paintings. After lunch on your own, visit the Presidio San Agustín del Tucson Museum, a re-creation of the Tucson Presidio built in 1775. Travel back in time to learn about life as early Tucsonans would have lived it. Docent tours discuss life in the Santa Cruz Valley for early Native Americans, Presidio residents and Territorial Period settlers. See the archaeological remains of a pit house, walk along the original Presidio wall and experience a 150 year old classic Sonoran Row house. Return to the Sheraton around 5pm.

_____ Tickets at \$99.00 per person = \$ _____

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

Registration deadline – June 1, 2018

Name _____

State _____

Tour Total _____

If using debit/credit card, add 4.5% _____

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

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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

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



“Live by Inspiring Others to Fly”

—Sandy Alexander,
International Council President 2017-2018