



# ESSAY-FEBRUARY 2019

## President—Sandy Hongerholt

### Don't forget to:

- Sign up for Hope4Youth Meals
- Order Heggies Pizza by 2/15
- RSVP for Membership Meeting by 3/9
- Invite someone to an ESA event

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### Winter Greetings!

This ESA year is rapidly coming to an end. Just a few short months will be State Convention and Dennis will step in to be your new leader.

I have enjoyed my 2 years as your State President. Thank you all for the opportunity. I will continue to stay busy in ESA as the MARC Ways and Means Chair and in July will become the IC Junior St Jude Chair. I am very excited for this opportunity.

I will also become our State Jr Past President. A huge thank you to Dana Terry for taking on the extra year as Jr Past President.

We have many exciting opportunities for you to attend events over the next months:

- ◆ March 10th, our Social Chair Dee is planning an event to continue our annual Chili Cook Off. Put together your best

Chili recipe for a friendly competition. Tasters are also needed

- ◆ Beta Sigma is hosting our final State Meeting for this ESA Year on March 16th. We all have a Little Luck of the Irish on this day.
- ◆ Minnesota's State Convention is the first weekend in May. Alpha Sigma is hosting a 3-day Convention this year. Come and join us as we are "Sportin ESA".
- ◆ Our very own Terri Olson will become the next IC President in Memphis Tennessee. This is a great opportunity to support Terri and visit St Jude Children's Research Hospital. If you have never visited, it is an amazing experience. If you have, there is sure to be many changes that will amaze you.
- ◆ The second weekend in

October we have our regional MARC Conference in Covington Kentucky which is right next to Cincinnati Ohio. This is always a fun time and the Ohio ESA members will have a fun time planned for us. Diane V, Birdie and I are all on the appointed MARC Board. I may have heard a rumor that we have a few members running on the Elected Board this year.

There is always something fun happening in ESA. Plan to attend what you can and maybe invite a non-ESA friend to join you. You really didn't think I could get through this without a little plug for Membership? It's critical that we continue to grow.

Happy Valentine's Day to all and big ESA hugs from me to you!



## 1st Vice President—Dennis Marler

Thank you, Alpha Sigma, for hosting the January state meeting and thank you President Sandy for working with the Hopkins Elks Lodge to arrange for an excellent meeting location. As always, you all are amazing!

The rush event was a disappointment. The taco lunch was great and the discussion afterwards was even

better. But, when we TACO'd 'bout ESA, we were talking to ourselves. We had no guests. The thought of another meeting must have scared them off. I'll work with next year's Membership Chair, to have another rush event during the summer, perhaps a picnic in the park.

By now you may have re-

ceived a call from the Nominating Committee, asking, begging, you to consider an elected or appointed office for next year. If you were a little interested but not totally ready, please consider co-chairing an appointed office. Find a buddy and work together to make your ideas happen. Please let me know how you'd

like to help move Minnesota ESA forward.

Finally, this past weekend I heard a music lyric that reminded me of ESA: "We don't know where we're going, but we sure are making good time."

Keep up the great work. You are AMAZING!

## Parliamentarian—Diane Vanusek

For members and chapters who were not represented at the January meeting. There was not chapter interest communicated to me for a by-law meeting so one will not be scheduled. This was

the second time a request was published in the Essay for such a meeting this year, 2018-19.

The Secretary of the Minnesota Senate is the chief

operating officer of the Senate under the jurisdiction of the Committee on Rules and Administration. One of the main duties of the Secretary is to serve as

parliamentarian during floor sessions. Currently, that position is held by Mr. Cal Ludeman.

## Association of the Arts—Jackie Swanson



We have **NEW** watch-words for Association of the Arts at State Con-

vention: **ART & PHILANTHROPY!**

**PLEASE START SAVING YOUR QUARTERS and BRING THEM TO STATE CONVENTION.**

There is going to be a new twist to judging AA entries this year. To clarify... Remember how we put quarters in containers to determine the winners at past

chili cook-offs? And then the monies raised were donated to a specified charity? **At 2019 State Convention we're going to have a Hope4Youth ART-Off. NO...you don't get to purchase the wonderful things on display, but VOTE FOR THEM by putting your quarter(s) in the designated container next to each entry.** This will determine our winners for Association of the Arts -AND- monies raised will go to Hope4Youth - **combining ART & PHILANTHROPY!** (An idea given to me last year by Dana Terry and I'm running with it!) I do ask

that you pick your favorite in each category represented so we clearly have winners in each. There are 10 Divisions in AA so you'd need a minimum of \$2.50, but HEY! It is a fundraiser, so be **big-hearted** and start collecting quarters TODAY!

**AA Glass Mosaics Class on January 12th.** A lot of creative spirit it was present at this class as people were laying out their trays with a myri-

ad of glass and other embellishments and gluing into place; then grouting. As you know, this was a **mini-fundraiser for Welcome Home Vets and \$90 was raised** and a check presented to Betty Marler, WHV Co-chair, at the January state meeting to pass on to Rick and Gretch-



## Association of the Arts (continued)

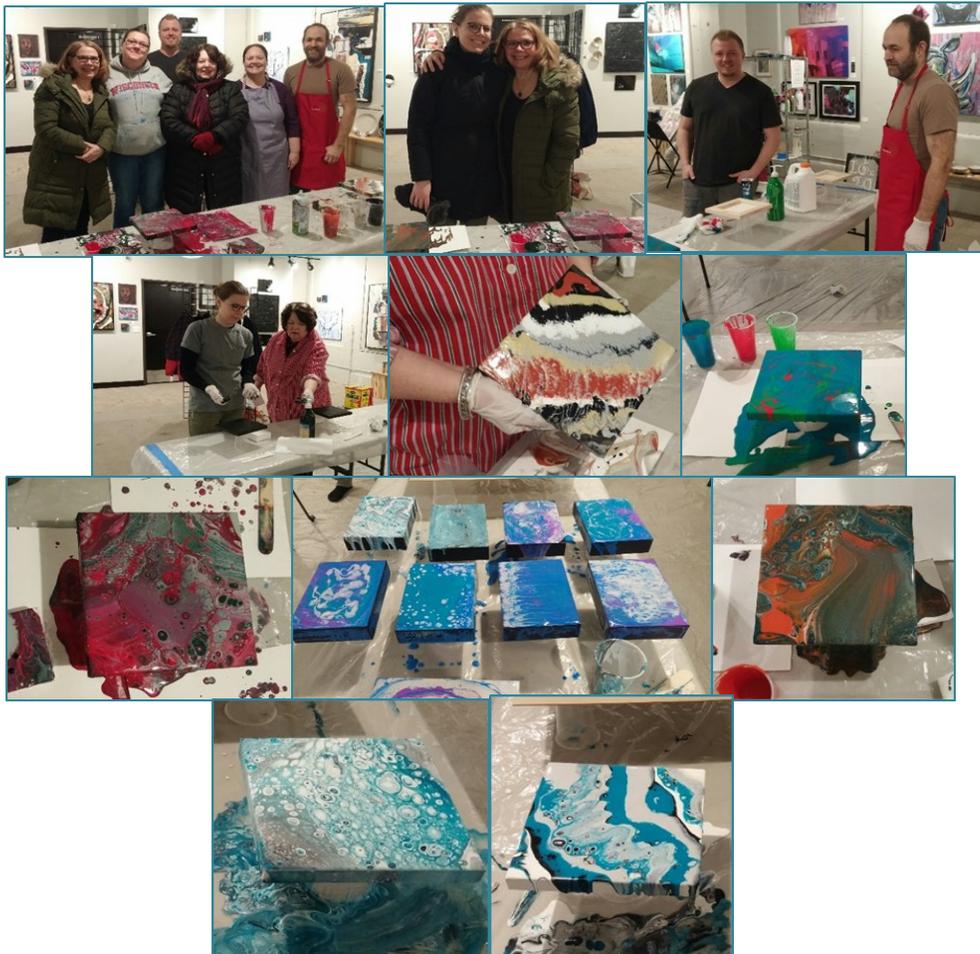


en. Here's a selection of photos from the class. You'll have to agree some beautiful pieces emanated from the session and hopefully end up in our AA exhibit!

**Fluid Acrylic Pour Painting Class with Egan Artist Alex Narva at Gallery 333 on January 26th.**  
WOW! Stunning works were created in this class and I

hope to see them all at the AA Exhibit at convention. We had a couple of non-ESA-ers who joined us – Jen Davies' husband Chris and my daughter

Cara. A few stayed away due to travel conditions. But all-in-all it was a great time!



## Association of Arts—(continued)

***Creativity is intelligence having FUN.*** ---Albert Einstein. Let's create a horde of wonderful arts and crafts to showcase for Association of the Arts at the 2019 State Convention as AA raises money for charity with the Hope4Youth ART-Off! I offer special encouragement to those of you who haven't explored their inner creativity as of YET – **Get Ac-**

**quainted. Get Crafting. Have FUN and CRE-ATE!!** I've included the 2019 AA ENTRY FORM IN THIS ESSAY. **SOME-THING**



**THAT MIGHT INSPIRE YOU:**  
**Art Exhibit Opening Reception**  
**Wed, February 10, 5:30 PM – 7 PM CST**  
**“Mirrored Mosaics: Artists’**

***Reflections on Being Muslim in Minnesota”*** hosted by Art Works, 3795 Pilot Knob Rd, Eagan, Minnesota 55122.

## Hats for Hope—Alpha Sigma

Thank you for the food donations collected at the January meeting. The food will go to the Salvation Army food shelf

which took over the Community Emergency Assistance Programs in Anoka County.

March 16, 2019 membership meeting - pet food .

Throughout the year, any toiletries collected will be

distributed to local shelters for their use. Only unopened bottles or soaps please. Just bring them to the state meeting.

## Philanthropic—Birdie Elkofska

Are you counting all the philanthropic activities that you can? Do you add in your driving time? Do you know you can count donating blood? If you put \$\$\$\$\$ in the Disaster and Love Fund buckets at state meetings, do you count that too?

At many chapter meetings they do little games to collect for one of the many charities we support. Yes, it might only be a few dollars, but if each of you donate a few dollars each meeting that all adds up. Review the guidelines and look back at

your calendar and count all the things you should.

I just got an email from the International Philanthropic Chairman telling me that this year your mileage should be calculated as **53 CENTS per mile.**

Chapter Philanthropic Chairman .... the deadline to submit your chapter's report is APRIL 15, 2019. Please send them to me ASAP.

If you have any questions, please call me at

## Welcome Home Vets—Laurie Thorpe and Betty Marler

Thank you! Thank you! Thank you . . . for supporting the Welcome Home Veterans project. The partnership we have between our two organizations has been a heart-warming, rewarding one. We can't thank you enough for your support and for your generosity.

To all the ESA members and spouses who volunteered to serve the meal and brought baked goods and candies to the Veterans Holiday Dinner at Veterans East on December 6<sup>th</sup> – **THANK YOU!** The meal, prepared by Sandy Hongerholt and her assistants, was

delicious, and many of the veterans returned for seconds. It was especially nice to eat our meals with the veterans and share their experiences. It was a joyful, truly memorable evening. The Veterans were delighted with the meal, the visiting, and the

food packs, plus many signed up for new Redwing shoes/boots, and new warm socks!

Thank you, Jackie Swanson, our Association for the Arts Chair, for the generous donation of \$90.00 from the

## Welcome Home Vets—(continued)

last art class you held. What a fun way to raise money! Your dedication to our Veterans is wonderful and so appreciated. The bonus is the participants of your class take home beautiful art,

which we know will be displayed at our state convention. □

There is a thank you letter in this issue of the Essay from Gretchen and Rick Peterson

for the \$1,739.40 we earned at Medtox. Their 4<sup>th</sup> quarter Welcome Home Veterans newsletter is also included in this issue of the Essay. We do make a positive difference in the lives of our Veter-

ans. Thank you for your dedication and compassion.

Have a sweet Valentine's Day!

### CHAPTER NEWS



## Alpha Sigma—Birdie Elkofska

Just cold .... that is all we are talking about these past few days and the rest of the week. Hope that when you receive this ESSAY - wind chill factor is gone!!!

Alpha Sigma had a really good time with hosting the TALKIN BOUT ESA state meeting and rush. We all hunted for anything Mexican and between Shirley, Pat and Diane they made it look festive. Thank you for a good turnout. We saw a lot of smiles and hugging so that ole ESA feeling was at work. Do some of you remember when we used to sing that song about "I've got that ESA feeling down in my heart, down in my heart .... etc., etc., etc."? I think Terri Olson was the lead sing-

er .... she will probably have us doing that song at her IC installation as president. She is using a heart for her logo .... one never knows.

Each chapter member was asked to submit something ... here are a few...the others are frozen in time somewhere.

Pat Staffanson says .... Happy winter everyone! Sure wish it was the 4th of July instead of January. Gary and I enjoyed having all our family together this month. Our granddaughters are in college, Megan at Concordia in St. Paul and Caitlin at U of New Hampshire. Both grandsons are in high school and driving. Makes me feel old! I'm still part of the church quilting group and enjoy the fun group of

women very much. Last month we sewed and donated 93 quilts to a homeless shelter. It's comforting to know they have a warm quilt during this cold. Stay warm and stay away from the nasty flu bug.

Shirley Laue says ... I couldn't come up with anything earthshaking. Just enjoyed hosting the State January Membership meeting. Fun to dress up the tables, etc. I purchased 30 pairs of sandals that Sharon from the Hopkins Elks recommended to us for the boxes being sent to the military. They have arrived; glad they will be used in some warmer place than Minnesota.

Sharon Desarmeaux says ... Keeping quiet as Larry is up north ice fishing. Don't plan on leaving the house. Looking at my calendar, all I see

are doctor appointments and physical therapy. PT for my back to get rid of pain. We have celebrated Andrew's 6th birthday several times. One with kids was pretty hectic, but fun. He is reading and learning math. I am impressed with all he is learning. Doing very well at swimming lessons too (Larry takes him); we enjoy him a lot!

And I say ..... HAPPY VALENTINES DAY to all our ESA sisters and brothers from Alpha Sigma.

## Gamma Omega—Betty Marler

Wasn't it a treat to have Sandy Dolence, and her son Jimmy, attend the January 19<sup>th</sup> membership meeting! She was so happy to get hugs, good wishes, and positive vibes. She was all smiles, and her outlook is positive and upbeat. You GO, Sandy!

Thank you, Alpha Sigma members, for hosting a fun membership meeting. Everything ran perfectly and the taco lunch was plentiful and yummy. We also enjoyed the 'Let's Taco 'bout ESA' after lunch. The discussion

about how to attract new members and how do we change to meet their needs was excellent. It's a great start!

GO Chapter thanks all of you who helped in any way to make the Wine, Beer and More tasting event for Welcome Home Vets a success. Whether you donated auction items, purchased tickets, won an auction prize, or brought guests to the event, we appreciate you immensely. We were able to donate over \$5,000 to the Welcome Home Vets program, and we know Gretchen

and Rick Peterson were thrilled with the donation. Yup, it takes a village and you are all just that to us. Thank you!

We are selling Heggies pizzas through February 15<sup>th</sup>. If you would like to order pizzas, please order from any of the GO members. The pizzas will be delivered February 28-30 to you. We'll make arrangements for delivery with you at that time. Prices did not go up – YEAH! Proceeds from the sale will go to St. Jude Children's Research Hospital.

Our educational program

this year is ethnic dining and what fun we've had learning and exploring new restaurants! We're going to El Paraso in Brooklyn Park at the end of January. Other places we've dined are Lemon Grass in Brooklyn Park, St. Petersburg Restaurant and Vodka Bar in Robbinsdale, and PinkU in Minneapolis.

Have an extra sweet Valentine's Day and KEEP SPARKLING!

### Wanted: Used Mascara Wands

When you have used up your mascara and are ready to pitch it, would you please save the wands for me? The Appalachian Wildlife Refuge, in Skyland, NC, is collecting used, clean wands to save injured and orphaned wildlife. The wands are used to remove fly eggs and larva from the animals' fur. The bristles are perfect because they are so close together. Please don't buy new wands, just save your old ones for me. I'll clean the wands and send them off to the Refuge. Thank you for helping the injured/orphaned wild animals, giving them a second chance at life in the wild. If you'd like to learn more about the refuge, go to [www.appalachianwild.org](http://www.appalachianwild.org).

Thank you, Betty Marler, Gamma Omega Chapter





# HEGGIES PIZZA FUNDRAISING

*Gamma Omega Chapter – Minnesota Epsilon Sigma Alpha*

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

*To order, email or call Dennis Marler*

*[dmarler@comcast.net](mailto:dmarler@comcast.net) or 763-494-8452*

*Orders and Payment (Checks payable to Gamma Omega)*

*Due by February 15. Delivery Dates: Feb 28 - March 3*

# ERINN GO BRACH

"Ireland To the End of Time" - HOSTED BY BETA SIGMA CHAPTER

## MN *ESA* STATE MEMBERSHIP MEETING



LUNCH FOLLOWING THE MEETING

**\$12 Baked Potato Bar & Toppings  
Salad - Dessert - Beverage**

**SATURDAY, MARCH 16, 2019**

**9:30 AM Coffee/Social**

**10:00 AM Meeting**

SPIRIT OF CHRIST COMMUNITY LUTHERAN CHURCH  
5801 Minnetonka Boulevard, St. Louis Park, MN 55416

**GUESTS are Always WELCOME!**

**RSVPs/Market Table Requests (By March 9th):**

Marcie Haigh – 612-267-0919 or  
marciejoe@gmail.com



**BETA SIGMA will COLLECT SUPPLIES for  
WELCOME HOME VETS**

**HATS for HOPE: Bring Pet Food**

***Wearin' O' the Green is Definitely Encouraged!***





**2018 MN ASSOCIATION OF THE ARTS ENTRY FORM**

*"Sportin' ESA"* ☞ May 3-5, 2019

Sheraton Minneapolis West Hotel, 12201 Ridgedale Dr. ☞ Minnetonka, MN 55305

Artist's Name:	_____
Address:	_____
Chapter Name/No.:	_____
State Council:	<b>MN</b>
Phone:	_____
E-Mail:	_____
<i>Check the Convention Schedule for check-in time &amp; pick-up.</i>	

**Division I – Visual Arts**

- \_\_\_\_\_ Oil Paintings or Acrylics
  - \_\_\_\_\_ Drawings, Pastel or Charcoal
  - \_\_\_\_\_ Watercolors
  - \_\_\_\_\_ Sculptures      **Mixed Media Collage**
  - \_\_\_\_\_ 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)**

- "ESA - A Gift"** 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 25, 2019:**  
**TO: Jackie Swanson**  
**MN Association of the Arts Chair**

**Questions: Call or text 952-220-4836**  
**E-Mail: [jacqueofhearts@comcast.net](mailto:jacqueofhearts@comcast.net)**  
**Address: 4476 Woodgate Point, Eagan, MN 55122**



WELCOME HOME  
**VETERANS**

December 30, 2018

Lori Thorpe  
19182 Yale St NW  
Elk River, MN 55330

Dear Lori and Members of Gamma Omega:

Thank you very much for your generous donation of \$5,031.00 from the wine tasting event in support of our Welcome Home Veterans program – a program of Help for the Homeless and the Hopkins Elks Lodge #2221. 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!

The wine tasting event was a great success and it was a real team effort to make it happen. Thank you to the members of Gamma Omega who dedicated their day to setting up, hosting and cleaning up after the event. We believe those who attended the event enjoyed the festivities.

As you know, 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 donate items and/or provide the financial means necessary to purchase, package and deliver our Welcome Home Kits and meet the needs of homeless vets in the greater Minneapolis/St. Paul area. Your tax deductible donation ensures a homeless vet has the basic items to live in a new apartment but more importantly turn that empty apartment into a home.

We look forward to partnering with Gamma Omega and ESA on future activities. If you have any questions or concerns, please don't hesitate to contact us at 612-615-8387 or via email at [info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org).

Sincerely,

Rick Peterson  
Co-Founder

Gretchen Peterson  
Co-Founder

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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.



## Welcome Home Veterans 4<sup>th</sup> Quarter Update

It's been a busy few months as we wind up 2018 and look ahead to 2019. The members of Epsilon Sigma Alpha and its local chapters have shown a tremendous amount of support for our Welcome Home Veterans program be it through donations of items, monies, time and effort. We are truly grateful for your partnership! There were several events in November and December that have demonstrated the heartfelt commitment of ESA to serving these veterans in need.

### Events

#### **Wine Tasting / Pie Auction / Silent Auction**

November 10, 2018

The members of the Gamma Omega chapter hosted a wine tasting / pie auction / silent auction as a fundraiser for our program. It was a huge success raising over \$5,000 for the program. There were over 40 different wines, liquors, beer and cider to taste as well as a many tasty appetizers and treats.

Thank you, thank you to everyone that volunteered, donated items and attended the event. A good time was had by all!

We hope to do another wine tasting event again in 2019.



#### **Holiday Dinner / Food Pack Distribution at Veterans East Housing Development**

December 6, 2018

Members of Epsilon Sigma Alpha and the Hopkins Elks Lodge partnered to host a holiday dinner to residents of Veterans East – a low income housing development for veterans on the VA Campus. We served a hot meal of roast beef and turkey sandwiches, mashed potatoes, slaw and lots of tasty dessert treats provided by ESA members. ESA sponsored the purchase and distribution of food packs containing 15 lbs of fresh produce and 10 lbs of meat products to 70+ residents– a huge hit

among the veterans. And, we sized up and delivered over 50 pairs of Red Wing shoes and boots that were donated to the program earlier this year. ESA members donated socks that we paired with the shoes and boots.

#### **Welcome Home Veterans**

A Program of Help For the Homeless and the Hopkins Elks Lodge  
P.O. Box 5653, Hopkins, MN 55343  
info@helpforthehomelessmn.org : 612-615-8387



## Welcome Home Veterans 4<sup>th</sup> Quarter Update

### Deliveries

In the past three months, we've delivered 37 home starter kits and 15 beds to veterans throughout the metropolitan area. Several ESA members have made the journey to do a delivery or two and learned first-hand some of the challenges facing these veterans.



When the program started in June, 2016 we didn't know how many kits we would be delivering. As we close out 2018, we are quickly approaching our 300<sup>th</sup> veteran served. While we hope that the need will decrease over time, we fully expect to continue to deliver to approximately 100 veterans every year.

### Donations

Where to begin? The members of ESA have been very generous in their donations to the program. We've received goods and products including: crockpots, toasters, kitchen utensils, hygiene items, microwaves and more for the home starter kit. The group has also donated roughly 100 pairs of socks that we paired with our Red Wing shoe and boot giveaway as well as men's and women's clothing.



We've also received monetary donations the biggest being the \$5,000 raised from the wine tasting event but also \$1,700+ from the MedTox project that was used to purchase the 25 lbs of fresh produce and meat distributed during the Veterans Holiday Dinner.

Thank you everyone for your time and efforts in serving these veterans in need.

Rick Peterson, Co-Founder

Gretchen Peterson, Co-Founder

### Welcome Home Veterans

A Program of Help For the Homeless and the Hopkins Elks Lodge  
P.O. Box 5653, Hopkins, MN 55343  
info@helpforthehomelessmn.org : 612-615-8387



**WELCOME HOME  
VETERANS**

# Item List

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

### Kitchen Items

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

### Cleaning Supplies

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

### Bedroom Items

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

### Bathroom Items

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

### Personal Hygiene Items

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

### Miscellaneous Items

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

#### **How to reach us:**

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

T: 612-615-8387

E: [info@helpforthehomelessmn.org](mailto:info@helpforthehomelessmn.org)

W: <http://www.mnwelcomehomevets.org>

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

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

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

Phone: 970-223-2824

Email:

[esainfo@epsilonsigmaalpha.org](mailto:esainfo@epsilonsigmaalpha.org)



EPSILON SIGMA ALPHA

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

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

MISSION STATEMENT:

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

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

## MINNESOTA ESSAY

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

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

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

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

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

Terri Olson  
ESSAY Editor  
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—Kim Kummer,  
International Council President 2018-2019