



ESsAy

President—Dana Terry



Happy New Year everyone! I hope your holidays were filled with much fun and laughter...friends and family.

As I reflect on 2016, I'm taking note of those things that brightened my light as well as the things that may be dimmed it a little.

I ask myself, "What do I want to carry over into 2017 and what needs to be revamped, reimagined or discarded?"



The new year is a time for a fresh start. Maybe we should all ask ourselves these questions. Take time to reflect on what in our lives (possessions, feelings, people, activities, etc.) makes us happy and in turn makes our light

shine brighter. Whatever brings out the best in you should be kept and that which does not, do a little further evaluation. Being happy is being our best self and when we are our best self, our light shines bright.

Also, make sure to mark your calendars



As the hustle and bustle of the holidays comes to an end, we can ease back into our normal daily routines. But, we can't slow down in ESA! We still have the second half of the year ahead of us. And, there is LOTS to do!

Start out the New Year with attending Leadership on Saturday, January 21st.

It will be a leadership that you won't want to miss.

We have an amazing keynote speaker and great workshops planned. It will be held at the Hilton Garden Inn in Shoreview (the same place we had State Convention last May). See the enclosed flyer for details.

Please be sure to RSVP to Kate Sala by January 16th.

As always, you are encouraged to bring friends to attend as well.



for the next Art Session with Jackie Swanson on February 18th and our next State Membership Meeting on February 11th.

2017 a BRIGHT year!



Remember to shine your light bright for all to see. Together we can make



Don't Forget To:

RSVP to Kelly for Hope 4 Youth Meals

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

RSVP ASAP (1/16) to Kate for Leadership on 1/21 at the Hilton Garden Inn

Submit requests for ESA Scholarships by 02/01

RSVP by 2/8 to Shirley L for Membership Meeting on 2/11

RSVP by 2/10 to Jackie for Mixed Media Art on 2/18

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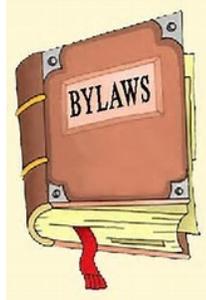
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Parliamentarian—Rose Bitter



Happy New Year! It's hard to believe it's been several years since some major overhauls to our by-laws and standing rules. If you recall, Dennis Marler and

the change committee worked all of 2014 thru 2015 to streamline and redefine the guidelines we use to help us run our or-



ganization. Many of those changes were adopted by our members. Well, it's that time of the year again. If there is any interest, I'll schedule a by-laws forum in February to discuss what's on your mind. Please send me your thoughts within the next few weeks if there is any interest. My email is rosebitter@msn.com or mail me at 7438 Hames Way, Eden Prairie MN 55346.

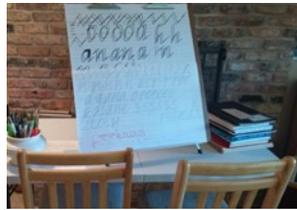


Association of Arts—Jackie Swanson

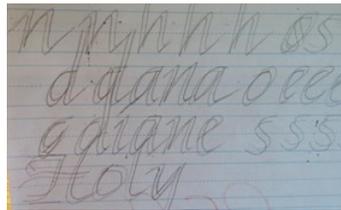
Happy New Year!



CALLIGRAPHY ART Session. Have you all been practicing since your lesson in Italic Handwriting on Saturday, December 3rd? By the end of



Based on the elliptical shape and holding the pen at a 45 degree angle we began the class by practicing the basics of the Italic calligraphy alphabet to create a thick and thin letter. We started LARGE



using double-pencils to make sure we were creating the correct angle for our letters. Then we practiced small using a dual-tipped calligraphy marker. There was lots of concentration

going on in this class! Cost for the class and materials **raised \$46 for the Alzheimer's Association.** Thank you everyone!

CHANGE in Mixed Media Collage Class (MMC) DATE!

Saturday, February 18th at 10:00 a.m.

I am sorry to do a switcheroo, but Beta Sigma volunteers at *Feed My Starving Children* on February 4th (the original date) and the following Saturday, February 11th is the state membership meeting, **so the original date set for the MMC class will need to be changed to Saturday, February 18th at 10:00 a.m.** In this class, you will begin your own mixed

media collage utilizing the multitude of found objects, papers, yarns/string, chalk, paint, inks, colored pencils, wire, etc. that I have collected along with gluing and sewing techniques.

AND I will share the conceptual process I use in creating my own collages. **Please RSVP to me no later than February 10th** if you are interested in learning this art and creating a



mixed media collage of your own! Thank you!

The fee for the MMC class is \$8 and will again go to

Alzheimer's. The New Year is a great time for everyone to get started on their art or craft for the Association of the Arts display at 2017 State Convention! It's going to come up faster than you think. **Be proactive and start now with a mixed media collage...See you in February!**



class that day, the six people in attendance seemed eager to try out their new skill with a project at home -- maybe addressing their holiday cards!?

Chaplain—Dianne Ocel

Not much news from your state Chaplain this month. Hoping you all had good holidays and recovered from all the celebrating.

We are all wishing Lori Thorpe a speedy recovery from Hip Replacement surgery.



They may have dirty hands
And tired eyes.
Let us consider
The entire realm of angels,
Even as they may exist on
Earth.
by Corrine DeWinter from
the Christmas Blessings
book.

Of Angels

We consider that angels
May be lit from within,
Possess snow-white wings
And speech gleaned from
the stars.

But let us also consider
That angels may have
Clothes that need mending,
They may stand at bus
stops
Waiting for a ride.

Til next month



ESA Foundation—Karla Kay Nicklaus



of \$1000 each
for the 2017-
2018 year.

Don't forget to share the news of ESA scholarships/grants available for High School Seniors and college age students.

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

The Minnesota State Endowment will award (2) scholarships in the amount

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.

Membership Meeting—Shirley Laue

The February Membership Meeting will be held:

Feb. 11, 2017 at 10:00A.M.

Hopkins Public Library
22 11th Ave. No., Hopkins,
55343
Cost: \$5.00

Register by **February 8th**;
please call Shirley Laue,
763-477-5974 or 612-669-
3304



*State Holiday Social
& Chili Cook-off*
Hosted by Gamma Omega

Sat. January 7, 2017 Noon to 3:00 PM

Arlene Besemann's Party Room
7500 York Ave S, Edina, MN 55435

Bring your favorite chili hot and ready to serve! Or bring a side dish/appetizer/dessert to go with the chili.

There will also be a white elephant gift exchange (please bring it wrapped)

RSVP requested to Sandy Hongerholt at (612) 267-3916 or shongerholt@yahoo.com





State Leadership

Saturday January 21, 2017

9:30am social
10am to 2:30pm Workshop/lunch

Cost: \$15.00
(includes workshops & lunch!)

Hilton Garden Inn
1050 Gramsie Road
Shoreview, MN 55126

Keynote Speaker

Jan McDonough



- What's your gift?
- Empowering others...and ourselves
- Building Confidence

RSVP to Kate Sala by Monday, January 16th

Phone: 763-229-5257 or e-mail: esa.ksala3@gmail.com

CHAPTER NEWS



Alpha Chi—Kathy Rice

Alpha Chi had their Christmas lunch on Thursday, December 8th, at the Lowell Inn in Stillwater. What a beautiful place and the service was outstanding. We brought toys and/or \$20.00 for the North St. Paul Food Shelf as well as activity books to be given to God's Closet in St. Paul. Along with that, the ladies brought items to be put at the dinner places and it was a mound of items such as candy, handmade items, knickknacks, socks, ornaments, etc. We all went home with a load of goodies. We did find time to eat their delicious food. We did miss three of our sisters, Colleen Riley, Kathleen

Konrad and Jo Palmer.

I interviewed our members at lunch and found out Joane Buche will be spending two weeks in Texas during Christmas. Pat Peterson will be celebrating birthdays and Christmas with family. Gloria Iverson is expecting family from Wisconsin and attending Christmas parties. Kathy Lamphere will be taking care of her mother who is in a nursing home as well as hosting Christmas dinner for family. Sue Todd will celebrate Christmas at home, but she and her husband are planning to go on a cruise in late January.

Phyllis Frascone is going to the production of White Christmas. Nora Meyer is expecting family from Seattle and hosting Christmas dinner with forty people. YIKES!!!!

Yours truly took my niece to Branson in November as a thank you for all the help she gave me during and after Stan's passing. Saw some great shows.

Alpha Chi wishes you and yours a Blessed New Year. Because my chapter elected me to write articles for the Essay, this is how I get even. I bug them to give me information at every meeting.

Beta Sigma—Linda Schultz

HAPPY NEW YEAR TO EACH OF YOU.

January 2017!!! Can you believe 2016 is gone and we are on the threshold of another brand new year?!

What are your hopes and dreams for the weeks and months ahead of us? Yes, it is traditionally and historically the time to set some new goals and resolutions. But. Let's look at that from a bit different perspective.

"You have to dream before your dreams can come true."
A.P.J Abdul Kalam

How does this quotation speak to you? It inspired me to research the author and learn what else he had to say. Having become the 11th president of India (and in view of Beta Sigma's educational focus this year) I found it both enlightening, inspiring and motivating. I was given a calendar by a neighbor who felt it would be meaningful in response to my telling her about Beta Sigma, ESA, and our chapter's goals and purposes. This calendar is published

by St. Joseph's Indian School in Chamberlain, SD and some of you may have it. It features photographs of "Dream Catchers" along with a quotation for each.

Do a little, or a lot, of just dreaming before putting pen to paper with New Year's resolutions. You may be surprised what you find! :)

On Saturday, December 10th, our sisters gathered for our annual Christmas party lunch at the home of Kay & Joe Fogarty. As usual, their home was fabulously decorated and there was an abundant feast laid out with wonderful holiday foods. Gifts from Secret Sisters were opened, thereby revealing all the names of Secret Sisters; and, names for the New Year were drawn.

Just for fun, here is a Christmas Blessing, submitted by Betty Kickert!

A Christmas Blessing

T'was the week before Christmas and with each passing day, we could all barely wait - to go over to Kay's!

Her house was decked out from bottom to top -

such beautiful decorations, without any doubt.

So we gathered together giving bountiful thanks; to enjoy each other's company (and not pull any pranks)!

Oh yes we are sisters in more ways than we know. We look after each other and boy does it show.

So as we get ready to partake in a feast, let us not forget, there might even be quiche.

We'll enjoy every morsel, but oh my oh my; let's try to make sure it doesn't end up on our thighs!

Welcome to our new member, received at this same event. Her name is Kathy Marxer and has been introduced to us by Kay Fogarty. Kathy's information has already been sent to all of you through the "broadcast."

REMINDER:

Beta Sigma will do a repeat performance in February 2017 at "Feed My Starving Chil-

dren." Please plan to join us. You would be welcome. Information for registration is below.

Date/Time:
Sat. February 4, 2017
11:30AM—1:30PM
(arrive at 11:15AM)

Location:
FMSC—Eagan, MN
990 Lone Oak Road
Suite 136
Eagan, MN 55121

[CLICK HERE TO REGISTER](#)
(click on the word "here")

HOPE YOU HAD A BLESSED CHRISTMAS!

Do remember to do some dreaming.....

"You have to dream before your dreams can come true."
A.P.J. Abdul Kalam



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."



EPSILON SIGMA ALPHA

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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.

Terri Olson
ESSAY Editor
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