

# MINNESOTA ESSAY

ISSUE 5 OF 9

JANUARY 2021



## Don't forget to:

- Save the date for the February 20th Membership Meeting; info coming soon
- Sign up ASAP for the International Leadership—open to everyone!
- Volunteer to help Wishes and More
- Volunteer to help Welcome Home Vets
- Participate in the Ways and Means project
- Share some Chapter News

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PRESIDENT—SANDY DOLENCE,  
FIRST VICE PRESIDENT—SANDY HONGERHOLT,  
SECOND VICE PRESIDENT—MARCIE HAIGH

**MISSING**  
HAVE YOU SEEN THESE PEOPLE?



**DESCRIPTION:** Ambitious young adults with shovels during a snow storm, who are looking to make money by shoveling sidewalks, driveways, etc.

**LAST SEEN:** Sometime before the invention of Microsoft's Xbox, SONY's Play Station, and Nintendo's Wii home video consoles.

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## PARLIAMENTARIAN—DIANE VANUSEK

There will be a Parliamentarian Meeting in **February 2021**. I expect all chapters to be represented as the proposed By-Law changes

to be voted upon next spring are **VERY** important to our organization. There is plenty of time for chapters to solidify opinions,

change opinions or add/subtract proposals. Leave a space for the meeting on your calendar. We may all need a time out of the house in

February anyway. I would appreciate knowing who will be coming or is thinking about coming, so I can have an appropriate venue.

Thanks to all for the special cards, prayers and messages I received when I tested positive for COVID-19.

I was very fortunate to have a light case which acted much like a cold and cleared up in a few days but had several days following of being very tired. I am back to normal (whatever that is) and again thank you so much for your love and concern!

Thank you all, Mary Tolle



## CHAPLAIN—SHIRLEY LAUE

This last month has been burdened with sadness--first of all COVID-19 hit. Judy Cummins and Mary Tolle both had the bad bug. They are recovering, Judy doing so in AZ. Gloria Iverson fell and a week later her

leg gave her excruciating pain, she also is on the mend. Marcie Haigh had a mastectomy and reconstruction. Joanne Buche's daughter passed away, which is hard at any time, especially during the holidays.

There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them. Dream what you want to dream; go where you want to go, because you have only one life

and one chance to do all the things you want to do. May you have enough happiness to make you sweet, enough trails to make you strong, enough sorrow to keep you human, enough hope to make you happy.

## ESA FOUNDATION—KARLA KAY NICKLAUS



Thanks to all who volunteered at MedTox during December for the Minnesota State Memorial Foundation Scholarship and brought delicious cookies.

Two important deadlines for 2021 -

- 1) Deadline for scholarships – February 1, 2021.
- 2) Deadline for Foundation dues \$15 - March 1, 2021.

Become a member of the ESA Foundation – \$25.00.

Please e-mail or call Karla (612-724-6712) if a form is needed.

Again, thanks for your generous support of the Foundation by your contributions and volunteering at MedTox.

## MARC REPS—DIANE VANUSEK AND SANDY HONGERHOLT

The December 2020 ReMARCS has been sent out to all members who are on the email chain. It is also on the MARC website at esa-marc.org. The password is needed to get to the newsletter. Email or call me if you need the password. I will be happy to forward it to anyone who can't get to it.

LINDA SCHMIDT, JR. PAST PRESIDENT, is looking for 2021-22 board members. She says:

*"While serving on the MARC Executive Board I had the opportunity to meet many people with exceptional talents across the regional states. We need those talents and leadership abilities to continue*

*MARC's good works. Please consider running for office on the Executive Board and serving with Kim Poling, incoming MARC President". .... I've included the Nomination Form for your convenience, and it is on the MARC website as well. Following completion of the form please send to me via email or US*

*Mail before June 15, 2021. It's not too early to make your decision to make a difference in MARC."*

A copy of the form is attached to this newsletter. Step on up MN ESA members.



## PHILANTHROPIC—BIRDIE ELKOFKA

Does it seem like your ESA Life has REALLY changed since the Covid19 shutdown? I am sure it has made all of our lives totally different. I am amazed at how many of your ESAers still have been doing for others. I think that is wonderful. I guess 'giving' is indeed in our hearts. Some of you may have not done that much for others but I know you all miss doing something.

I am happy to tell you that the MEDTOX Project is still going strong. On a typical Monday

morning you will find about 10 people working on putting together various kits. The early birds get there about 7:30 and most days we are done about 11:00ish. However, one Monday we were given a HUGE order and there were about 14 of us working and we left at 3:30pm. I know I went home and took a nice nap. That is too much like a job. But a normal day is much nicer. As you know, MEDTOX is the main FUND RAISER for our various charities like ESA Foundation, St.

Jude Hospital, Welcome Home Vets, Wishes and More and our own ESA MN General Fund.

You might want to take some time as you open up a new 2021 calendar to look at your 2020 calendar and make particular notice of days you did do Philanthropic work. Perhaps couponing for our troops, delivering a kit to a veteran for Welcome Home Vets, stuffing envelopes for Wishes and More, doing calling or cards for shut-ins, making cookies for

veterans, and so much more I know you do. Mark all that down and start preparing your chapters Philanthropic report ...start from April 2020 and the year will end on March 31, 2021. Keep track of your hours, mileage, and financial donations. They all count up to those amazing totals we all are surprised to see at state convention.

Keep yourself healthy in 2021, do for others, and be kind to yourself.

**BE KIND TO YOURSELF**

## WAYS AND MEANS—BETTY MARLER

Happy New Year Everyone! May you continue to strive to live a joy-filled life, and may your light shine brightly for others to follow.

Thank you to seven ESA members who do-

notated to the Non-Event Ways and Means project in November. These members donated a total of \$240 to our Ways and Means funds. They represent Alpha Chi, Beta Sigma,

Gamma Zeta, and Gamma Omega Chapters.

Thanks to your generosity, our State Council will be able to continue to stay financially strong and support our educa-

tional and leadership events. YOU are striving to keep ESA Minnesota strong. I'm sending my most sincere thank you to each of you.

## WISHES AND MORE—SANDY HONGERHOLT

I did not receive anything new from Wishes and More that I haven't already sent by email. Hopefully, things will

get better in the coming months and we will be able to become more involved and volunteer for the wish granting.

I will keep you updated as I receive information. Thank you to all that have already reached out to Wishes and More



to volunteer.



WELCOME HOME  
VETERANS

## WELCOME HOME VETS—BETTY MARLER

It takes a village . . . but without a leader, it's disorganized and uncertain. Thank you, Sandy Hongerholt, for being our strong leader and chef for the ESA Minnesota/Hopkins Elks Lodge holiday dinner for the veterans at Veterans East in Minneapolis. You are extremely organized, you see the big picture completely, and you 'get 'r done'.

Thank you to all the ESA members and friends of ESA for donating treats or money for the dessert trays, and for donating money or food for the food gift boxes. Thank you to

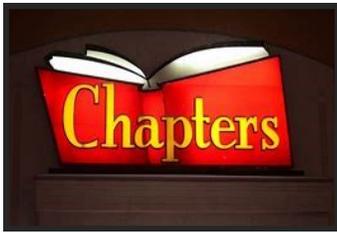
our chef and assistant chefs (Sandy Hongerholt, Shirley Laue and Birdie Elkofska) for making the delicious meat loaf, cheesy potatoes, corn, and buns for the meal. Thank you to everyone who picked up the food from the Plymouth Hy-Vee, hauled food into the Elks Lodge, sorted it into boxes, hauled the boxes back to the trailer, and finally, hauled the boxes to the Veterans East apartments. Thank you to everyone who created the

treat plates, wrapped them, and bagged them into individual bags. What hard-working, dedicated volunteers showed up to get the work done! our work and your support did not go un-noticed.

I suggested to the ESA Membership during our last state meeting Zoom call we make or purchase polar fleece or warm throws for the veterans moving into their apartments. If this is of interest to you, now may be the perfect time to watch for good deals on the throws at

Kohl's, Costco and other stores. JoAnn's Fabrics has had some good deals on pre-cut, packaged polar fleece too. If you decide to make or purchase blankets, Dennis and I will happily arrange to pick them up from you, or get them from you on Mondays at Medtox. I truly think these warm blankets will be greatly appreciated by our veterans, and their families as well. Thank you for your consideration.

Happy, Healthy, Wonderful New Year to all of you.



## ALPHA CHI—KATHY RICE

Happy New Year Minnesota ESA. This has been quite a year and, hopefully, 2021 will be

a better one.

Our chapter has not met since COVID appeared and thank

goodness we have kept in touch with telephones and copies of ESA news sent to our ladies. Right now, we are mourning

with Joane on the death of her daughter. Please keep our chapter in your prayers. We appreciate it.

## ALPHA SIGMA—DIANE VANUSEK

With masks and an eye to safe distances, Shirley, Birdie, and Diane have been doing the Medtox thing on Monday morning. They do it for the designated charity, the good cookies and the social interaction which is good for mental health. We could have used some extra help when we had 3,000 kits to make.

Alpha Sigma was unable to have lunch at the 5-8 Club in south Minneapolis or to participate in the Wreaths Across America program at Fort Snelling Cemetery. Our wreaths were placed by a small group of volunteers because of COVID. Also, the tavern was closed to in-door dining. We will have to make a

new date for the tavern.

Alpha Sigma members ended the year with a MASKED outing at Bachman's main store. It was a self guided tour with 19 stations for you to stop and look at the various decorations for that area of a home or cabin. Anything used to decorate was for sale at the various counters around that display. Each display was filled with holiday cheer and remembrances. Fun to look and, of course, the conversations were fun and funny. If you were not in the holiday spirit when you walked in that huge business, you were when you exited. After all that, there is an area with plants to purchase. Never seen so many and so many colors. Truly beautiful!

Then we found they have a wonderful gift shop which is also very big and full of delightful items ready to purchase. Each of us had a shopping cart the entire time and that ensured other people would keep their six feet distance between us AND it was a wonderful place to put all those great bargains we found for ourselves or as gifts for others. We, of course, had many laughs and enjoyed ourselves totally. We ended the afternoon in their deli style restaurant. We selected our lunch and .... now what. The laws of the land do not allow you to eat in any of those types of establishments. So, we climbed into Shirley's van and ate our lunch, chatted and laughed. A wonderful December

social with masks and COVID-19 protection.

Shirley says she has been REALLY busy. Bachman's had so many beautiful things. Both times "went out to lunch" meant we ended up eating in the car. She baked 22 kinds of cookies around Christmas, giving most of them away to grandchildren in Florida, Duluth, and Robbinsdale. She also brought them to MEDTOX every Monday. The house was over decorated so now she has to take it all down. She sewed lots of cozies and started a hard puzzle. In December she delivered two kits to homeless Vets, plus has five blankets ready to tie.

## ALPHA SIGMA–(continued)

Herman and Shirley are leaving for Florida about January 19, when the doctor appointments are done. Shirley hopes all of you have a Happy New AND hopes and prays for a better year.

WE HAVE COZIES LEFT TO SELL. Call or Email Diane. \$6.00 each.

Sharon and Larry spent Christmas with their family and are still helping grandson, Andrew, with his remote learning, which is going well.

Daughter, Deb (and Carl), are working remotely and spending time at their future retirement home in Hayward WI.

Karen, Pat and Ann have been keeping a low profile and staying safe.

Alpha Sigma is to host the February State 2021 State meeting so all we can say is:

“A new year ... a clean slate ... Let’s fill it with hope, love, prosperity and ESA fun!”

## BETA SIGMA–BRUCE STRACHOTA

Our November meeting was held at Spirit of Christ Church in St. Louis Park. Bruce was presented with the gavel guard and became the first male president of Beta Sigma. Edee Erickson received her 15- year pin.

President Bruce presented his thought for the day as the following

from “Little Book of Prayers”  
by Dag Hammarskold:

“Give us a pure heart that we may see thee”

“A humble heart that we may hear thee”

“A heart of love that we may serve thee”

“A heart of faith that we may love thee”

We are continuing with

our shoe project and we have received 600 shoes as of November 7. Another project we have started is the “Reverse Advent Calendar Project”. Each day in December members were asked to put a non-perishable item in a box to hopefully fill it by December 24 or later. Then each member is to bring their boxes to their

local food shelf in January.

We also had a Zoom meeting in December and had Bruce as our featured Santa Claus who brought Christmas cheer to everyone.

Here is a picture taken at our November Halloween Party (“Super Heroes to ESA”).



## GAMMA ZETA–DOROTHY WANGEN

Happy New Year - Let us all say a prayer so it will BE a HAPPY YEAR.

Gamma Zeta has still been doing a few things:

- ◆ Mary Tolle has been the busy bee. She has a new great grandson, Warren. She also

went to view beautiful fall leaves at Lake Pepin. Also stopped at the Eagle Center, the Bakery, and the apple orchard, all in one day.

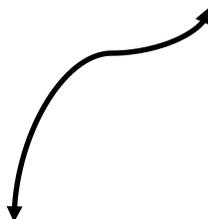
- ◆ Dianne has been ZOOMING around the country and with family.

- ◆ Judy is feeling better, so Judy and Jim and granddaughter, Lexi are visiting Jim's brother's family in AZ. Judy also wants to thank everyone for the cards she received. Thank You.

- ◆ June has been very careful about this

coronavirus. Trying not to get sick, staying home and doing some take out. Like the rest of us we get tired of cooking.

- ◆ Me, I do go out - very little. I work at Medtox every Monday and stop for groceries once in a while.



## FIRST VICE PRESIDENT–SANDY HONGERHOLT

Happy 2021!

Hindsight really is 2020. Who would have thought at this time last year that we would be where we are and where we have been?

Hopefully, you all were able to connect with family and friends ei-

ther in person, using Zoom or another platform over the Holiday Season. Isn't it amazing how we have all learned how to connect with each other in new and different ways?

Now that we are into the new year, we all know how fast time can

fly. And you all know what time of year it is. Please start thinking about joining the Appointed or Elected board. Let me know what interests you.

Stay safe and healthy. Hopefully, we can gather together in person real soon.



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EPSILON SIGMA ALPHA

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

**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.**



—LeAnn Wray  
International Council President  
2020-2021

**MINNESOTA ESSAY**

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

The ESSAY is published on a monthly basis 9x/year from August—May (except December) at the beginning of each month.

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

Chapter Presidents, please share the newsletter with chapter members who many not have email.

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

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



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