



ESSAY-JANUARY 2019

President—Sandy Hongerholt

Don't forget to:

- Sign up for Hope4Youth Meals
- RSVP for Membership Meeting / Taco Event
- Invite someone to an ESA event

The weather outside may be frightful, but I hope you all had a very Merry Christmas!

As we get ready to ring in the new year stop and think about what you would like to see happen in ESA in 2019. I would love to have you share your thoughts.

We are a small but mighty Minnesota ESA. Just think what we could do if each and every one of us committed to sponsor just one new member?

If you need brochures and applications, contact Dennis Marler. Did you know that if you sponsor 4 new mem-

bers in an ESA year you will receive a free year with no dues? That's a \$49 savings. You could treat yourself to a spa day. And if you sponsor 10 new members in the ESA year you will receive a free lifetime membership. Just think, if you sponsor a chapter of 10 new members. That would mean 10 more people to do good works and to have good times with. It's a win-win for all of us.

Thank you, Alpha Sigma, for changing our state meeting to January 19th. Birdie, Diane Vanusek and I will be traveling to Cincinnati to attend the MARC Board Meeting on February 2nd.

Details about the new meeting date will be in this newsletter. Please plan to attend and bring a prospective member or two.

I look forward to seeing you all soon and I wish you a very Happy New Year full of good health and happiness!

And, your new word for January.....

godt nytt år!!

The first person to contact me with the meaning of these words will get a prize at the January 19th meeting.

Inside this issue:

Parliamentarian	2
Association of Arts	2-3
ESA Foundation Hats for Hope	3
Hope for Heroes	4
Chapter News	4-5
Membership Meeting	6
Breaking News	7

1st Vice President—Dennis Marler

I hope each of you had a wonderful Christmas. I hope you were able to give more than was necessary, and to receive more than you needed. Turns out I was not on the naughty list. I know, I was as surprised as you are!

As we turn the corner and start moving towards our next state convention, it's time to think about our next group of elected and ap-

pointed officers. If you've been toying with the idea of dipping your toe into the waters of state leadership, now is your chance to start. Or, if you've held elected or appointed offices several times before, now's your chance to continue making a difference. Please let me know what you'd like to do next year. I'll be forming the nominating committee in the

next couple weeks, so beat the rush and skip the dreaded phone call by letting me know how you'd like to help move Minnesota ESA forward.

And now for a soft scolding. One of the commitments we made to Hope 4 Youth was to serve a meal, once a month, at the drop-in center. We are meeting that obligation

1st Vice President —(continued)

and H4Y is thrilled with the meals we provide. But the effort isn't being shared very well within Minnesota ESA. When no one signs up to serve a meal, Kelly and Alpha Zeta jump in and take care of it. They don't mind, but it's not fair that they need to take up the slack so often. Please consider signing up to serve a meal. If

your chapter is short-handed, there are several other ESAers who are willing to help. Serving the meal and seeing how appreciative everyone is, makes the effort seem very worthwhile.

Let's TACO 'bout ESA. Please invite your prospective new members to the taco lunch after the state



meeting at the Hopkin's Elks Lodge on January 19th. We'll talk about ESA – what it is, what we do in Minnesota ESA and in our chapters, and what ESA

means to us. If you like, invite your new members and new prospects to the state meeting. That will make them hungry for tacos and more.

Keep up the great work. You are AMAZING! See you on the 19th.

Parliamentarian—Diane Vanusek

Even though 2018-19 is an odd numbered year and not a "by-law" year there has been a request from two members to revisit the question of the second vice president

office. Take this request back to your chapters. Please call (763-755-8354) or email (dvanusek@comcast.net) before Jan 15, if your chapter would participate

in a by-law meeting this year. I will schedule a meeting based on interest.

An organization that believes only the officers need to how to run it is like a

baseball team that believes only the coach, pitcher, catcher and star batter need to know the rules.

Association of the Arts—Jackie Swanson



UNLEASH YOUR CREATIVE SPIRIT with

ASSOCIATION OF THE ARTS!

When you seek the presence of your creative Spirit and are filled with passion about virtually everything you undertake, you'll successfully remove the road-blocks from your life and enjoy the active presence of Spirit. ---Wayne Dyer

HAPPY NEW YEAR! My new saying is, "Minnesota Happens" and that's just what it did on December 1st when the Fluid Acrylic Pour Class was about to take place – A SNOW-

STORM! Yup...we were snowed out!

THE GOOD NEWS IS YOU NOW HAVE A 2ND CHANCE TO SIGN UP FOR THIS GREAT CLASS and CREATE SOMETHING AWESOME FOR THE 2019 ASSOCIATION OF THE ARTS EXHIBIT!

REGISTER NOW if you have not already done so for the Fluid Acrylic Pour Painting Class with Eagan Artist Alex Narva at Gallery 333 in St. Paul.

CLASS PRE-REGISTRATION IS REQUIRED. PLEASE REGISTER BY JANUARY 19TH USING THE FOLLOWING LINK:

<https://www.eventbrite.com/e/fluid-painting-class-at-gallery-333-tickets-53599638963>

NEW DATE: Sat JAN 26 Fluid Acrylic Pour Class w/ Eagan Artist Alex Narva

SAME PLACE: Gallery 333 in St. Paul

333 North Sibley Street, St. Paul, MN 55101

Wear old clothes. Plan to be messy!

ALL ARE WELCOME TO THIS CLASS -- friends, acquaintances, spouses, fellow artists or family. Use this as an occasion to share the fun learning opportunities we have in ESA with yourself and others! (NOTE: Please no children under 18.)

GLASS MOSAICS PICTURE FRAME OR DECORATIVE TRAY CLASS on JANUARY 12TH

You'll see WONDER-

Association of the Arts (continued)

FUL results generated out of this GLASS MOSAICS Mini-Fundraising ART SESSION in support of Welcome Home Vets at MN ESA State Convention this year! I'll be sure to tell you about all the creativity that takes place at this event in the next ESsAy!

MEANWHILE, be persistent with your creative spirit! Try making a felted vessel with this tutorial (<https://www.craftster.org/forum/index.php?topic=85194.0>) mostly from simple supplies you have at home. The only

thing you will need to buy is wool roving, which can be purchased online (*just Google it!*) or at the Textile Center of Minnesota, 3100 University Avenue SE, Minneapolis, MN 55414 (textilecentermn.org). **ALSO** – While you're there in the gift shop

purchasing supplies, check out the Textile Center Member Show: *A Common Thread* and pick up their Winter Workshops brochure. *A Common Thread* runs from January 10 – March 2, 2019.

ESA Foundation—Karla Kay Nicklaus



Two very important dates to remember in 2019.

February 2, 2019 – deadline for all scholarships

March 1, 2019 – deadline for renewing your ESA Foundation dues – \$15.00 for renewal and \$25.00 to join the Foundation.

\$500 for a lifetime membership/no deadline for payment; **BONUS:** can be made in two equal payments;

Send to:

ESA Foundation
363 West Drake Road
Ft Collins, CO 80526

Happy New Year...

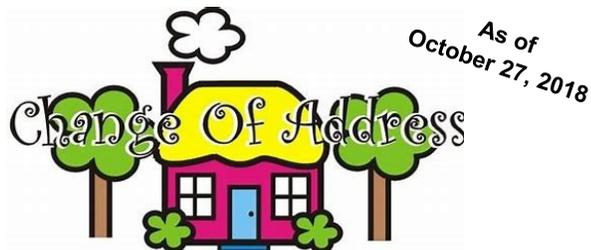
Hats for Hope—Alpha Sigma

Thank you all for the nice selection of socks donated at the November meeting. Most of the men's socks went to the veteran's home and shelters. The women and children's socks went to Joseph's Coat in St.

Paul. The lady who accepted them looked in the bag and said. "Oh, wow, just what we need." The toiletries were delivered to St. Anne's (Haven Housing) along with winter outerwear and some lovely baby things.

- ◆ January 19, 2019 membership meeting - food drive (unexpired, unopened and not perishable)
- ◆ 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 meetings.



Jo Hanson
903 Clausen Avenue
Albert Lea, MN 56007

Phone and email have NOT changed.

Hope for Heroes—Shirley Laue

Some members from Alpha Sigma were at Ft. Snelling in December and helped put wreaths on the graves. We were not there to 'decorate graves.' We were there

to remember not their deaths, but to remember their lives. "Alone we can do so little; together we can do so much." Helen Keller.

There were 5 or 6 semi-trucks that had delivered wreaths. We were told each truck carried 2,250 wreaths. What a beautiful site when all the wreaths are laid!



CHAPTER NEWS



Alpha Chi—Joanne Buche

If at first you don't succeed, try, try again. *(Editor's Note: I missed getting Alpha Chi's article in for the November issue and sent it out to everyone via email and postal mail in mid-November.)*

Alpha Chi is alive and still meeting, but we are having communication melt down. Thanks, Terri, for sending our chapter news to each individual A.C. member.

We met in November at Sue Todd's lovely town-home. Everything was dec-

orated for fall and a tasty coffee party, with treats, welcomed us. Nine members were present, and all gave up-to-date reports on their appointed jobs. We voted to donate monies to the Love and Disaster Funds. We also decided to help the Red

Cross with all the hurricane destructions.

Nora, our Education Director, gave a very interesting report on her trip to Lincoln, Nebraska. Did you know they made "quilts" from wood that survived the Sandy

Alpha Chi—(continued)

Hook Hurricane? 2948 miles took her also the mountains in Hemmet, New Mexico and Las Alamos. Great trip; great report!

Hopefully, some one will be able to attend the State Membership Meeting. Those who attended the St. Jude Style Show had a good time and won some prizes.

Our annual Christmas luncheon was on Thurs-

day, December 13th at the Outback in Maplewood. We each made a \$20.00 donation to the North St. Paul toy shop in place of Secret Pal gifts.

I hear three of our members are planning a musical bus trip; sure sounds like fun!

Blessed holiday season to all!

December

It is now Christmas time

and Sue tells me I have an article to submit. Sure helps if you are computer savvy.

We had a lovely party with lots of fun, but noisy. All ten of us were there and Gloria delivered our little gifts to Phyllis' home.

Kathy, Kathy, and Sue enjoyed their trip in spite of some bus troubles. It takes more than that to keep those girls down!

Our donations this month

included blankets, hats, toys – some of which were made by Colleen. The two Kathy's and Nora delivered all the gifts.

We take January through March off because of weather and vacations, so plan on hearing more from your Alpha Chi news reporter after that date.

Alpha Sigma—Birdie Elkofska

2019 is a clean slate and we are all ready to fill that slate with many volunteer opportunities and many hours of shared ESA friendships. We are getting busy and working on the upcoming 3-day ESA Minnesota State Convention. The next ESSAY will have the start of details. MAY 3,4 and 5 at the Sheraton West Minneapolis (off 394 and Ridgedale Blvd) ... mark your calendars NOWno one wants to miss the State Convention ... so much fun and sharing.

Only one Alpha Sigma member contributed information for this ESSAY Sharon Desarmeaux told about how

much fun it was to celebrate Christmas with family and friends, and to watch Andrew (grandson) enjoy all the activities around him at all times. I imagine there are many many grandmothers reading this who know exactly what she means.

Alpha Sigma turned out in force for the Wreaths Across America. It was a beautiful warm day and it seemed many thousands of other people came to lay wreaths also. The traffic was awful and trying to find each other almost impossible. But we: Don and Diane Vanusek, Shirley and Herman Laue, Sharon and Larry Desarmeaux, and Birdie all showed up at the 5 - 8's for an adult bever-

age and a burger. That place was packed also. Larry treated us to deep fried pickle slices. Ya know ... not bad!! Who would have thought that, right?

Shirley has been in overdrive with all the work duties and her catering business as well as family things. Diane also has been cradling that new born baby girl and smiling a lot plus all the other holiday things to do. Sharon just smiles when she thinks of her beautiful family. Pat is probably finishing some quilting project and our two new members, Billie Jane and Karen, both put a lot of miles on their travels and activities. Birdie ... just trying to find things because she is getting a new furnace after 20 people in her complex

were involved in the furnace scam. Costing a few extra thousand dollars to stay warm. And on a sad note we are missing our Rose Bitter very much. She is venturing into many new projects and activities and to do that she decided to go MAL. She will attend some state things and we know we will see her occasionally, but she is leaving a HUGE hole. We will miss her great humor and laughter, her organizational skills and her many, many talents. Sad, but we hope she attends things so we see her often.

Happy, Happy 2019 to EACH of YOU !!!!!

“TACO BOUT ESA”



Minnesota ESA State Meeting and Rush Event

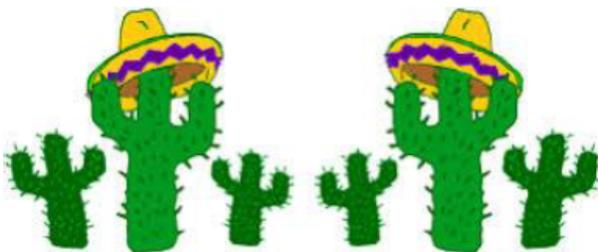
Lunch following the meeting
\$9.00 all-you-can-eat tacos
GUESTS FREE

SATURDAY, JANUARY 19, 2019

9:30 AM Social
10:00 AM Meeting

HOPKINS ELKS
30 – 8th Avenue South, Hopkins

BRING GUESTS
R.S.V.P. Birdie – 952-938-3020 or
birdieelkofska@comcast.net



HATS FOR HOPE
Bring food items



Terri Olson—ESSAY Editor / ESA IC First Vice President

I have several pieces of news to let you know about and decided to use this venue so everyone gets the word. So, here goes:

ESSAY

If you wish to submit an article for the February issue of the ESSAY, please send it to me by **January 29th**.

If you plan to send me something via postal mail, I will be in Florida for the months of February and March. My address there is:

Terri Olson
8405 Placida Rd, #203
Cape Haze, FL 33946

ESA LEADERSHIP

ESA Leadership is open to anyone who would like to attend; although this year the focus will be more toward the incoming President's role. There will be information on Credentials, Presidential expectations, planning the year, etc.

However, there will be other information included that can apply to anyone.

Julene has planned a fun-filled event for Friday night for all of the State Presidents and others to get to know each other better. If you are planning to go to Leadership and are not aware of this event, please let Julene or me know ASAP.

REGIONAL LEADERSHIP

ESA Headquarters is going to test the waters with a first-ever Regional Leadership that focuses on leadership for everyone. If this event is successful, it will be held once per year around the US. This year, it will be held on March 23, 2019 in St. Louis, MO.

Registration is open now and is on the ESA International website at:

<https://epsilonsigmaalpha.org/Events>

IC CONVENTION

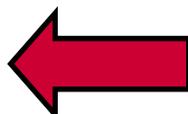
Collegiate Registration

To encourage collegiate members, a new Registration Form is being created this year. The collegiate track will be on Friday and Saturday.

Association of Arts

Changes are being made to the Association of Arts as follows:

- ◆ Eliminate Divisions: Literature, Music, and Wearable Art
- ◆ **One** entry per member per Division
- ◆ 1st place winners announced at Recognition Luncheon; listing of all to be posted on the website
- ◆ Add a Viewer's Choice Award for those who view the Association of Arts exhibit at IC Convention

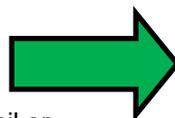


GOT QUESTIONS:

If you would like more information or have a question.

GET ANSWERS:

Contact Terri via email or phone; I'm happy to help.



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



—Kim Kummer,
International Council President 2018-2019