

# MINNESOTA ESSAY

ISSUE 9 OF 9

MAY 2021



Don't forget to:

- Consider running for a State or MARC office
- Volunteer to help Wishes and More
- Volunteer to help Welcome Home Vets
- Register for State Convention
- Register for the MARC Conference

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## PRESIDENT—SANDY DOLENCE



Where are you?  
Are you wearing  
Harry Potter's  
cloak  
of  
Invisibility?

## FIRST VICE PRESIDENT—SANDY HONGERHOLT

I am still looking for a 2nd Vice President for next year. Please contact Diane Vanusek, Dennis Marler, Marcie Haigh or me if you are interested in joining the Board this next ESA year.

Hope to see you all at our state convention next month as

we celebrate all we have accomplished this past year. Even though there were challenges with the pandemic we will still have a lot to celebrate.

I thought the following quote described this time of year perfectly.



## SECOND VICE PRESIDENT—MARCIE HAIGH



## PARLIAMENTARIAN—DIANE VANUSEK



Be prepared to vote in June.

Old Parliamentarians never die, they are just ruled out of order.

(It is cloudy outside and my mind is cloudy too.)



## JR. PAST PRESIDENT—DENNIS MARLER

Thank you, Leann Monahan, for setting up your Minnesota ESA Love Fund table at the April state meeting. Your kind and thoughtful effort raised \$46.00. Your contribution, plus

chapter donations of \$191.90, and \$1,000.00 from the estate of Carol Crepeau, brings the Minnesota ESA Love Fund balance on hand to \$8,334.14.

In addition, four chapters donated \$162.90 to the ESA IC Disaster Fund.

Thank you, members of ESA Minnesota, for continuing to support

our members in need.



## ESA FOUNDATION—KARLA KAY NICKLAUS



Minnesota membership voted to direct \$1000 to the Vocational Training Grant Program from the December 2020 income of MedTox-LabCorp and \$625 to the Minne-

sota State Endowment Scholarship. A letter of thanks was received and included in this ESSAY.

Thanks for all your support of the Grant and Scholarship Funds!

Also, thanks to the members participating in the Annual "Totally Rad 80 Gone Bad" virtual Murder Mystery Fun Fund Raiser and to all who made contributions!



## MARC—DIANE VANUSEK AND SANDY HONGERHOLT

The Fall Conference will be held in Wichita, Kansas, October 8-9<sup>th</sup>, 2021. It is being planned as an in-person meeting. The

registration form is included in the ESSAY and is on the MARC website. The MARC conference is always a fun time and is a driva-

ble distance from Minnesota. Put it on your agenda.

There will also be a MARC meet-

ing held at IC Convention in late July.





April 22, 2021

Karla Nicklaus  
3825 35<sup>th</sup> Avenue South  
Minneapolis, MN 55406

Dear Karla and Members of the State of Minnesota:

On behalf of the ESA Foundation Board of Directors we would like to thank you for your support of our Grant programs. As you know our grants are supported by a small percentage of our Life Active Membership fees and that doesn't always meet the need to support all of the applications we receive during the year.

Your generous donation will certainly help us with the demand of applicants we have, especially during these trying times of this pandemic when so many have lost their jobs and are trying to get back into the workforce or need to enhance their job skills in order to advance them into better positions to provide for their families livelihood.

We will be sure to recognize the State of Minnesota when awarding this grant. If you have a well deserved person in mind that you would like to recognize with this grant please let us know and send us their information. Please note that ESA members are not exempt from applying for our grants if they meet the criteria and qualifications and all of this information can be found on our website at [www.epsilonsigmaalpha.org/esaf](http://www.epsilonsigmaalpha.org/esaf).

Again, thank you so much!

Sincerely,

A handwritten signature in cursive script that reads 'Ann Southall'.

Ann Southall, ESA Foundation Chair

A handwritten signature in cursive script that reads 'Rosalie Griffith'.

Rosalie Griffith, Grants Chair

363 West Drake Road | Fort Collins, CO 80526  
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[www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org)

"Serving The World Community... Because We Care"

## PHILANTHROPIC—BIRDIE ELKOFKA

### MINNESOTA ESA PHILANTHROPIC CANDIDATES FOR 2021-2022

For the next ESA year, we are presenting three candidates to consider for Minnesota ESA State Philanthropic Project(s). Each chapter should come to the ESA State Convention prepared to select the number of projects you feel Minnesota ESA should support and then list your choices for First, Second and Third. A ballot will be provided for voting at the convention.

Below you will see a brief description of the charities. There is an email address provided should you want to look at their charities for more information.

#### Mano a Mano

Mano a Mano has been a 501C 3 charity for over 26 years. Their mission is to address the unjust distribution of medical supplies and equipment that are just cast aside by health care systems and residents. They work to collect the surplus of these items and redistribute them in Bolivia. In addition, they have found lightly used school supplies, dis-

carded in our Twin Cities' schools at year end, also desk, white boards, etc. which they used to train teachers and from there more students were educated.

The health and education of the Bolivian children is just one small part of their program. Since 2005, their counterpart organization Mano a Mano Nuevo Mundo has constructed 9 reservoirs, plus 458 farm ponds and 42 surface wells. Each project gives farmers access to water for household use, domestic animals, and crop/garden irrigation. They constructed 19 miles of solid gravel roads that would connect 67 towns to each other, reducing a several-hour donkey ride through difficult mountain terrain to a brief truck trip.

Bolivia is South America's poorest country. Two out of every **three** rural Bolivians live below the poverty line compared to two of every **five** in urban areas. One hundred of every 1,000 urban children die by age 5 compared to age 57 in urban areas. Bolivia has the second highest infant and maternal mor-

tality rates in the Western Hemisphere. Rural adults average 5 years of schooling compared to 10 years in urban areas; this is one of the largest gaps in Latin America.

Because of Mano a Mano 800,000 Bolivians have access to health care for the first time. 4,000,000 plus pounds of medical, school and construction supplies have been shipped. Over 1,200 miles of roads were built or improved.

This hardly scratches the surface of the many involvements of Mano a Mano International. This past year they also were asked to help other countries like Honduras, El Salvador and Cameroon. To learn more be sure to visit

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

#### WELCOME HOME VETS

WHV is a 501c3 non-profit whose mission is to help homeless veterans turn an empty apartment into a home by providing home starter kits (and often beds). WHV assists veterans with finding housing, basic furnishings, and household

items. The veterans they serve come from all military branches, ethnicities, women, men, and families---each with a different story on how they came to be homeless. WHV serves the greater Minneapolis/St. Paul area. They obtain referrals of veterans in need through the VA's Community Resource & Referral Center. They rely on 100% volunteer participation and have no paid staff. They are part of the ELK's program and work out of the Hopkin's Elks Lodge.

Volunteer Opportunities: Delivering Welcome Home Kits of bedroom, kitchen, bathroom, and miscellaneous items plus non-perishable groceries. Delivering queen or twin beds, chairs, lamp, and clock radio, etc. Serving hot meals/ Holiday meals. Making cookies and sweets for this event. Other items also like .. Red Wing shoes, boots, hygiene and paper products, thermal underwear, Christmas trees and presents, baby care items. Fundraising and cash donations. [www.mnwelcomhomevets.org](http://www.mnwelcomhomevets.org)

## PHILANTHROPIC–(continued)

### WISHES & MORE

Wishes & More enhances the life of a child fighting a terminal or life-threatening condition by providing extraordinary experiences .. and more. They are not only a wish granting organization, but it is also a local charity that proudly serves kids in Minnesota by granting wishes, providing educational scholarships through the "Scholarship of

Hope" program; and financial gifts that are granted to grieving parents who lose a child that has not experienced a wish. "More" is being homegrown and being unique and the only one of its kind. Outdoor wishes that are popular in the Midwest are granted and families are invited to remain involved with the organization for as long as they choose. The Foundation continues to present them

with tickets and opportunities to family activities. They are a small Minnesota based non-profit. They grant every wish and provision of Scholarship of Hope funds for kids battling a life threatening condition. They help financially helping parents of children who do not survive to experience a wish.

Volunteer Opportunities: Mailing Events throughout the year.

Writing monthly "Check-In" cards to Wish Kids waiting for their wish, making tie-blankets for Wish Children, etc. Fundraising events like Golf Classic, Winter Ball, Brewery Tabling activities at local breweries and fundraising and cash donations. They are located at 961 Hillwind Road NE, Minneapolis, MN 55432. [www.wishesandmore.org](http://www.wishesandmore.org).



WELCOME HOME  
VETERANS

## WELCOME HOME VETS–BETTY MARLER

Happy Spring Everyone! Dennis and I have been enjoying walks around Rice Lake and watching the area slowly turn green. We've seen turtles basking in the sun, Bald Eagles soaring above the lake or perched in the trees, and glorious spring flowers. This is the best time of the year (in my opinion)!

The Welcome Home Vets program is also growing. Over 600 veterans have moved into homes and received their WHV kits since the program began. The VA asked WHV to distribute 100 queen sized beds and frames

for the veterans so WHV has begun the Bed Brigade. Volunteers are delivering the beds to recently housed and/or low-income veterans. Finally, WHV has a partnership with Every Third Saturday, a non-profit organization which provides services to homeless and low-income veterans. They are located at 4303 E. 54<sup>th</sup> St., Minneapolis (952.356.5116). Every Third Saturday now has a six-bedroom home to provide transitional housing for homeless veterans or veterans moving out of a treatment program and could become homeless. They may

reside in the house 3-4 months until permanent housing is found.

Here's where WHV comes in – they are providing twin beds for each bedroom, all bedding, a bedside table for each bedroom, kitchen items (pots, dishes, silverware, glassware, microwave, toaster oven, coffee maker, etc.) towels, hygiene items, cleaning supplies and groceries.

As you can tell, our continued support is needed and extremely appreciated. I will include a list of the most needed items for WHV. Maybe when you are out getting groceries or items from Target/

Walmart/Dollar Tree/ etc., you'll pick up a few items for our veterans. Give me a call (763.494.8452) or send me an email ([dmarler@comcast.net](mailto:dmarler@comcast.net)) and we will make arrangements to pick up your donations.

Thank you for your ongoing support, commitment and passion for our Veterans. Thank you for caring and sharing. May your support and generosity make a huge, positive influence in their lives. Blessings to you all.



## WELCOME HOME VETS-(continued)

### Welcome Home Veterans List of Items Needed the Most:

#### Hygiene Items:

- ◆ Toothbrushes, toothpaste
- ◆ Deodorant (men's and women's)
- ◆ Shampoo and conditioner and Men's

- 3 in 1 shampoo/conditioner
- ◆ Laundry detergent
- ◆ Bar and hand soap
- ◆ Razors
- ◆ Toilet paper

#### Cleaning Supplies:

- ◆ Paper towels

- ◆ Kitchen trash bags
- ◆ Dish soap
- ◆ All-purpose cleaner
- ◆ Glass cleaner
- ◆ Mops
- ◆ Brooms
- ◆ Sponges

#### Kitchen Supplies:

- ◆ Aluminum foil
- ◆ Plastic wrap
- ◆ Plastic food storage bags (gallon and sandwich sized)
- ◆ Paper plates
- ◆ Paper napkins



## THANK YOU ESA Minnesota Members and Friends!

Your support for the Welcome Home Veterans Program has been unbelievably wonderful this year. Even in the pandemic, your support, concern, and generosity remained strong. As you can see in the WHV \$\$ Tree pictured above, we made a huge difference in the lives of our formerly homeless veterans! We're helping more and more Veterans each day and they are blessed because of you. You make my heart happy! Hugs to you all, Betty Marler, WHV Chair

## WISHES & MORE-SANDY HONGERHOLT



Wishes and More is getting ready for their Gala on May 22. The venue has changed. The Gala is now being held at the Doubletree by Hilton, Bloomington. They need help. Fol-

lowing is the help needed for the setup, day of and take down. Thank you all for your support this year. They would still like donations for the silent auction. You can drop off or call

them for pick up.

**The 2021 Wishes & More Winter Ball – Saturday, May 22<sup>nd</sup> at the DoubleTree by Hilton Bloomington**

The Annual Winter Ball is the primary fundraiser

for Wishes & More. This year we will have a limited number of attendees (approx. 450). The weekend of activities requires a lot of volunteer support. We welcome groups to sign

## WISHES & MORE—(continued)

up and help us raise money for our programming. We appreciate your support!

### **Volunteers Needed:**

#### **Friday, May 21<sup>st</sup> - BEFORE EVENT:**

- ◆ We need roughly 10-15 able bodied people per time slot

#### **When:**

- ◆ 10:00am –12:00pm (WAM Office)
- ◆ 12:30pm – 2:30pm (DoubleTree)
- ◆ 4:00pm- 5:00pm (Storage Unit)

#### **Where:**

- ◆ WAM Office – 961 Hillwind RD NE Minneapolis
- ◆ DoubleTree – 7800 Normandale Blvd, Bloomington
- ◆ Storage spaces - Moon Plaza (University Service Rd, Fridley, MN 55432)

#### **What:**

- ◆ Help with loading from our office and storage spaces and unloading at the event space

#### **Saturday, May 22 PRE-EVENT**

- ◆ 8:00AM—12:00pm We need 20-30 people in the morning ;
- ◆ 12:00pm –2:30pm We need 15-20 people in the afternoon

#### **When and What:**

- ◆ 8:00am-noon – Unloading trucks
- ◆ Noon – 2:30pm – Collating Gift Bags

#### **Where:**

- ◆ DoubleTree – 7800 Normandale Blvd., Bloomington

#### **POST-EVENT:**

#### **When:**

- ◆ 10:30pm-12:30am We need roughly 25 people

#### **Where:**

- ◆ DoubleTree

#### **What:**

- ◆ Event cleanup and teardown
- ◆ Putting away décor
- ◆ Box up winning auction items
- ◆ Throw away trash and boxes

#### **Sunday, May 23 DAY AFTER EVENT**

- ◆ We need 20 able bodied people

#### **When:**

- ◆ 10:00am - 1:00pm

#### **Where:**

- ◆ DoubleTree (Bloomington) **AND**
- ◆ WAM Office and storage spaces (Fridley, MN)

#### **What:**

- ◆ 10am—11:30am Help with the loading from the event space and
- ◆ 11:30am—1:00pm Unloading at our office and storage spaces

If you are Interested in assisting with any of the listed opportunities, please contact: [kathleenh@wishesandmore.org](mailto:kathleenh@wishesandmore.org)

or 763-502-1500 with any questions or to get you / your group lined up on our schedule.

Thank you!!!



Volunteers are  
love in motion.





## Welcome Home Veterans

Spring 2021 Update

Happy Spring! It has been a busy few months to kick off 2021 despite the continued presence of COVID and its many restrictions. We are seeing higher than normal activity for homeless veterans finding permanent housing. We will be reaching a new milestone by the end of April – delivery to our 600<sup>th</sup> veteran! Woohoo!

### Events

**Giving Tree:** Our fearless program leader Betty Marler and her husband Dennis came up with a creative new fundraiser called the Giving Tree. It's growing \$\$ leaves! There have been a number of donations thus far – both cash and gift cards. Betty says "It's fun to run out to pick up the mail and find a note with a donation. It's true . . . ESA members have generous hearts."



If you'd like to make a donation and add a leaf to the Giving Tree, send a check (made out to Welcome Home Vets), cash or gift cards to Betty Marler.

**Veterans Holiday Dinner:** We once again hosted the holiday dinner for low income veterans in early December under the tutelage of Sandy Hongerholt. ESA Members and Elks members from the Hopkins Lodge and Minneapolis Lodge came together to bake and donate some amazing holiday sweet treats; pack a box of non-perishable groceries for each resident; and cook, package and deliver a hot meal of meat loaf, cheesy potatoes and more to residents the day of the event. Thank you Med Tox volunteers – your weekly volunteer efforts and donation of Med Tox money helped pay for the box of non-perishable groceries provided. These veterans truly appreciated it all – particularly the homemade treats!



### Deliveries

**Welcome Home Kit Deliveries:** ESA Members delivered 11 kits over the past 4 months to veterans living in Minneapolis, St. Paul, Coon Rapids, Shoreview and several places in between. Deliveries are one of the more difficult aspects of the program given the physical requirements to deliver the kit and ongoing concerns with Covid. We appreciate each and every one of you that made a delivery to these grateful veterans.

#### Welcome Home Veterans

A Program of Help For The Homeless and Hopkins Elks Lodge #2221  
P.O. Box 5653, Hopkins, MN 55343  
info@helpforthehomelessmn.org : 612-615-8387



WELCOME HOME  
VETERANS

## Welcome Home Veterans Spring 2021 Update

By the end of April, we will reach another milestone - we will have delivered our **600<sup>th</sup>** Welcome Home Kit to a permanently housed homeless veteran. And, on June 1<sup>st</sup> we will be celebrating our 5 year anniversary as a program.

**Bed Brigade:** The VA asked us to deliver 100 queen size beds (mattress & box spring) to recently housed and/or low income veterans throughout the year. We kicked off the "Bed Brigade" project in early March and in the past 5 weeks we have delivered over 30 beds to veterans across the metropolitan area. Julene and Tim Donnay and their friend Scott were part of the Bed Brigade on March 6. Three teams delivered 9 beds that day and we continue to work through the back log of bed requests.



### How You Can Help

As with most non-profits, fundraising and product donations are always appreciated. We have seen a noticeable uptick in the number of veterans with families that have been homeless and are moving into permanent housing. When we serve a family, we expand the kit to include bedding, towels, hygiene items and more to ensure the children are taken care of as well. We've included a short list of the items needed most.

And, continue making those wonderful homemade treats for the Holiday dinner in December. The veterans love, love, love them!

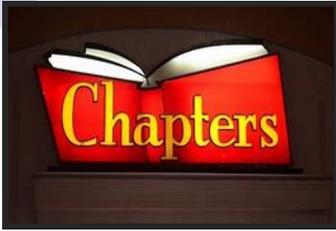
### Thank You

Thank you ESA members for your time, energy, financial support and compassion!

We remain an entirely volunteer organization so rest assured 110% of what you donate goes directly to support our veterans.

#### Welcome Home Veterans

A Program of Help For The Homeless and Hopkins Elks Lodge #2221  
P.O. Box 5653, Hopkins, MN 55343  
info@helpforthehomelessmn.org : 612-615-8387



## ALPHA CHI—JOANE BUCHE

Alpha Chi is still in business. From the very little I hear from the group, we are still paying our dues and reporting our philanthropic hours.

Kathy is doing her best to keep us updated on the State and International news. Hopefully we will gather soon and get down to business. She fell and is now doing therapy for her hand.

The Doctors are getting more attention this year, more than any

fun social occasion. Gloria, Sue, and Nora are on their list. Pat and Pete are walking and trying to stay healthy. We have gotten our shots, but still wearing masks and watching too much TV.

Kathie Wasson has been very thoughtful with her beautiful handmade cards. We appreciate being remembered.

Thanks also goes to Bonnie Wakefield and her friends who have been steady helpers at

MedTox. Every time I think we can go back to work something else happens!

What a surprise I had when I found many ESA friends on Facebook. Thanks to Dennis, I can now see many of your smiling faces. I also saw a post on some group page talking about ESA. That really was a shocker!!

I am very grateful that I have a contact with Mono – a – Mono, one of our philanthropic candidates. I plan to donate

much medical equipment to them in the near future. My daughter acquired lots of equipment never used, in packages and will be shipped. They take deliveries Wednesday from 9am – 2:00pm and do not take beds, clothes or drugs.

Looking outside today I see green grass, flowers blooming, people walking their dogs, trial over, and the sun is shining. Hopefully we will be seeing all of you soon.

## ALPHA SIGMA—DIANE VANUSEK

At the April Chapter meeting at Shirley's, the attendees were treated to fresh apple pie. It was so good. The election of officers was on the agenda as it was April. It was proposed to keep the 2020-21 officers. The motion carried but there wasn't a quorum present. The work around was to poll the others chapter members electronically

for their vote. Not ideal, but we have to learn to be flexible. It allows the Chapter to move forward.

The educationals on Woman's Suffrage were wrapped up. We sure have to be thankful to those plucky women of the late 19<sup>th</sup> and 20<sup>th</sup> century for what we can do now.

The Chapter would like to thank the members who bought craft items at the State meeting and over the past year. There are still bowl or plate cozies available and scissor holders.

The Chapter is going to have a garage sale at Shirley Laue's place in May and would welcome shoppers or any good used items to sell.

**Sharon D** is finally fully vaccinated and able to hug grandson, Andrew. She and Larry have gone out to eat a few times, but she is still uneasy about going to where there is a large group of people.

**Birdie** says - Yesterday, April 24, I enjoyed my time spent as the Missouri ESA MARC Rep. during their state

## ALPHA SIGMA-(continued)

convention. Everything was on Zoom. Makes one really appreciate being in person for a convention. I was all prepared for my little talk and my computer went down. Got it back up and running but no sound. So, I had to call in and do my report as MARC Rep via a phone feed. Not the same at all, but I got through it.

I have four little pansy plants to put into pots and that darn ole weather just does not want me to be outside potting things. I am hoping to see bright sunshine and warmer temps in the next few days. I hope the happy faced little pansy plants make it and smile at me all summer.

**Shirley** continues to clean out stuff. While doing this, she has been finding treasures and long-lost stuff. It pays to look in the old boxes and bins. She is planning some local tours for the Chapter to enjoy.

**Diane** is so ready for the sun to shine and to get her flowers planted. Her thumb is pretty

green when it come to flowerpots, not so much for in ground planting. She has been told dried, broken up horse manure is the best fertilizer for rhu-barb so is going to try it. Her spindly little plant could use help. She has a planting date with Isabelle Mother's Day weekend.

## BETA SIGMA-EILEEN SPENCER

Beta Sigma hosted the April 10 State ESA Meeting at Spirit of

Christ Lutheran Church in St. Louis Park. The meeting was well at-

tended with attendees practicing social distancing and face mask

precautions.



Marcie Haigh gave her presentation as part of Beta Sigma's "The Joy of Flora Education Series" to state leaders. The topic: [Bombay](#)

[Sapphire Distilled London Dry Gin, Vapor Infused with Exotic Botanicals, an Herbal Lesson in Healthy Benefits.](#) Marcie graduated from

the American Academy of Oriental Medicine (AAOM) in 2000 with a Master's Degree in TCM. About that time, she was introduced to

Bombay Sapphire Gin which has many botanical ingredients, some of which have roots in Chinese medicine.



Marcie explained many health benefits associated with those botanical ingredients infused into [Bombay Sapphire](#). Some of the botanicals

include Grains of Paradise, Cassia Bark or Chines Cinammon, Cubeb Berries, Almonds from Spain, Liquorice from China, Coriander

Seeds from Morocco, Angelical Root from Saxony, and Orris (Iris Root) from Italy.

## BETA SIGMA—(continued)

Beta Sigma held its chapter meeting following the state meeting. President Bruce Strachota provided the following “Thoughts for the Day.”

- ◆ Don’t tell people your plans, show results.
- ◆ Be strong enough to let go, wise enough to wait for what you deserve.
- ◆ Go into the world and do well, but more importantly, go into the world and do good.
- ◆ Be a fountain not a drain.
- ◆ Be the energy you want to attract.
- ◆ Inhale courage, exhale fear.
- ◆ Dream big, work hard.
- ◆ Be a pineapple, stand tall, wear a crown and be sweet on the inside.
- ◆ Do the stuff that only you can do, the urge starting out is to copy, and that is not a bad thing, most of only find our own voices after we sounded like a lot of other people, but the one thing that you have, that nobody else

has is you, your voice, your mind, your story, your vision. Amen (*excerpt from Motivational Quotes*)

### Beta Sigma Happenings:

Members voted to keep the current chapter elected and appointed officers, with their approval, in place for next year. Ideas for philanthropic events were discussed while the **Shoe Drive** continues (*see the included flyer*).

**Bonnie Olson** emailed chapter member her *The Joy of Flora Educational Presentation* entitled, **Good Soil Matters**. Bonnie chose this subject while working in her garden and considered how the foundation for flora is good soil.



Bonnie explained how earth worms are a major part of good soil and how these hard-working critters process organic materials and recycle the contents into nutrients, help improve soil structure and create tunnels for air,

water, and plant roots. Earthworms in the outdoor garden soil are a very good thing to find there.



Indoor plants weren’t forgotten as Bonnie included a section on, **How to Choose the Right Soil for Your Houseplants**.

Speaking of plants, **Jen Davies** seedlings are growing up fast! Pictured are zinnias in the left flat and the right flat contains large pom marigolds and red/pink morning glories. Jen hopes to plant outside mid-to late-May. Jen’s husband Chris is on state active duty in Minneapolis. Last Jen heard from him, all was well.



**Jackie Swanson** is happy to say she very much enjoys babysitting her granddaughter, Ivy, two days a week. Run-

ning concurrently, Jackie has two exhibits of her art displayed at Bruegger’s in Eagan and at the Outlet Mall.



On a lovely day in April, **Kay Fogerty, Marcie Haigh, Judy Searles, Eileen Spencer, and Jackie Swanson** (photographer and their friend **Carol Kelly** toured Bachman’s summer-themed *Idea House*. Due to the pandemic, this year’s *Idea House* was held inside the store rather than in the old Bachman home as in the past. The ladies lunched at Patrick’s restaurant prior to viewing the exhibits. They’re pictured here at “**Half MASK**” while dining.



## BETA SIGMA-(continued)

**Social Chair Jackie Swanson** arranged an outing at the Minneapolis Institute of Art (MIA) on April 18. Attendees included **Kim Larsen** with her niece **Milana**, **Leanne Monahan**, **Eileen Spencer** and **Jackie Swanson**. All were captivated by the artwork of old-world masters to twenty-first century artists. It was agreed that many more

hours could be spend there.

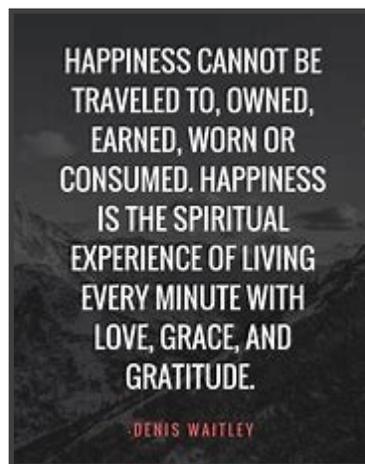
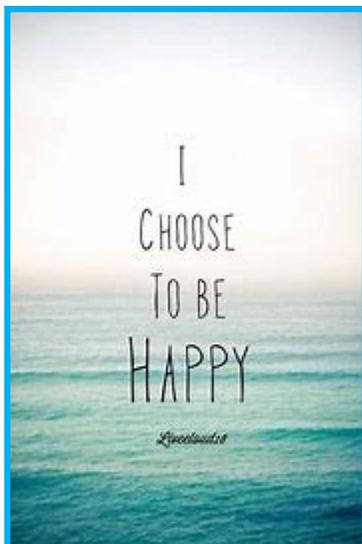
have received the vaccine and came through with moderate side effects.



### Health Update:

Please continue to keep Diane Rowe and Kim Larsen's husband Jim in your thoughts and prayers ... cards are always welcome.

Most of our members



**BETA SIGMA CHAPTER  
EPSILON SIGMA ALPHA INTERNATIONAL 501(C)(3)**

**SHOE DRIVE CONTINUES**

DUE TO COVID-19

**BENEFIT 3<sup>RD</sup> WORLD COUNTRIES**

**THROUGH FUNDS2orgs 501(c)(3)**

**GENTLY-USED OR NEW SHOES**

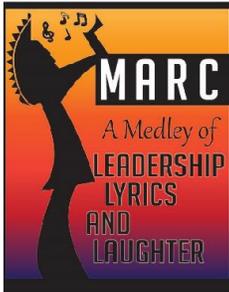


**ALL TYPES - ALL SIZES  
CHILDREN--TEEN—ADULT—MALE--FEMALE**

**CONTACT MARCIE HAIGH**

PHONE: **612-267-0919**

EMAIL: **MARCIEJOH@GMAIL.COM**



## 36<sup>th</sup> MIDWEST AREA REGIONAL COUNCIL CONFERENCE

WICHITA, KS

OCTOBER 8-9, 2021

Name \_\_\_\_\_ State \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Travel Plans: Driving: \_\_\_\_\_ Flying: Airline \_\_\_\_\_ Flight # \_\_\_\_\_ Date \_\_\_\_\_

Names of Roommates: \_\_\_\_\_

**CURRENT OFFICER/  
OFFICES HELD**

(Check all that apply)

MARC Board \_\_\_\_\_

MARCettes \_\_\_\_\_

ESA Foundation Board \_\_\_\_\_

State President \_\_\_\_\_

Headquarters \_\_\_\_\_

IC Exec. Board \_\_\_\_\_

IC Appt. Board \_\_\_\_\_

1<sup>st</sup> Timer \_\_\_\_\_

Guest \_\_\_\_\_

**REGISTRATION OPTIONS**

Postmarked no later than 9/10/2021

Registration for Conference and Leadership	\$150.00	_____
Registration excluding Friday Leadership	\$125.00	_____

Postmarked after 9/10/2021

Registration for Conference and Leadership	\$175.00	_____
Registration excluding Friday Leadership	\$150.00	_____

Walk-in Registration after 10/1/2021

(cash/money order only)	\$200.00	_____
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**PARTIAL REGISTRATIONS**

Saturday Luncheon only	\$ 50.00	_____
Saturday Banquet only	\$ 65.00	_____

**Total Enclosed (make check payable to ESA MARC 2021 Conference) \$ \_\_\_\_\_**

Special Medical Dietary Needs \_\_\_\_\_

**MAIL CHECK AND FORM TO:**

Maureen Wells  
Registration Chair  
3009 Tumbleweed Terrace  
Manhattan, KS 66502-8968  
1-785-537-4461  
maureenw53@yahoo.com

**HOTEL INFO**

Hyatt Regency Wichita	Group Code: MARC-ESA
400 W. Waterman Street	ROOM BLOCK HONORED until
Wichita, KS 67202	September 16, 2021
316-293-1234	Rate: \$109 per night, plus tax
	Complimentary self-parking and Wi-Fi
Reservation link: <a href="https://www.hyatt.com/en-US/group-booking/WICRW/G-EPSG">https://www.hyatt.com/en-US/group-booking/WICRW/G-EPSG</a>	



**MINNESOTA ESA STATE CONVENTION**

Bunker Hills Park Activities Center  
Coon Rapids, MN

**Saturday, June 5, 2021**  
**9:00AM – 8:00PM**

**COST: \$50.00**

(covers beverages and refreshments including snacks, a full lunch and dinner)  
**[we're unable to break down the cost]**

NAME		CHAPTER	
PHONE		EMAIL	
STATE OFFICE		CHAPTER OFFICE	
YEARS OF SERVICE (IF TO BE RECOGNIZED AT CONVENTION)			
CONVENTION PARTICIPATION (CHECK THE APPLICABLE BOX IF YOU PLAN TO PARTICIPATE)			
MARKETPLACE	<input type="checkbox"/>	ASSOCIATION OF ARTS	<input type="checkbox"/> LOVE FUND

MN ESA STATE CONVENTION AGENDA	
<b>8:00 – 9:00AM</b>	Arrival at Bunker Park Activity Center (tables are available for a Marketplace display if your chapter would like one – check box above)
	Drop-off for Love Fund Auction and Association of Arts
<b>9:00AM</b>	Opening Flag Ceremony and Remarks
<b>9:15AM</b>	Meeting Agenda (Sandy Dolence)
<b>11:00AM</b>	Meeting Break – ‘IT IS GOOD FOR YOU” Workshop and Association of Arts Judging
<b>12:00PM</b>	Luncheon – Catered Meal Service
<b>12:45PM</b>	Awards Service, Philanthropic Projects, ESA Foundation, Others
<b>1:15PM</b>	Break – Marketplace and Love Fund Auction Open
<b>1:30PM</b>	IC Workshop – IC Rep, LeAnn Wray, IC President
<b>2:30PM</b>	“IT’S REALLAY ALL ABOUT YOU” Workshop – Telling Your Own Story
<b>3:30PM</b>	Break – Marketplace and Love Fund Auction Open
<b>4:00PM</b>	Marketplace and Love Fund Auction Close
<b>4:30PM</b>	Jewel Pinning Ceremony and Cocktail Hour
<b>5:00PM</b>	Installation of Officers
<b>6:00PM</b>	Dinner – Catered Meal Service
<b>7:00PM</b>	Entertainment

Epsilon Sigma Alpha  
363 W. Drake Road  
Fort Collins, CO 80526  
Phone: 970-223-2854  
Email: [esainfo@epsilonsigmaalpha.org](mailto:esainfo@epsilonsigmaalpha.org)



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.



Terri Olson  
ESSAY Editor  
[terri.mnesa@gmail.com](mailto:terri.mnesa@gmail.com)