



ESSAY-MAY 2018

Don't forget to:

- Come to the Planning Meeting on 6/9
- Help with Cruisin' for St. Jude on 7/14
- RSVP for Leadership on 8/17-18
- Send in your registration for the MARC Conference 10/12-14
- Have a fun summer!

President—Sandy Hongerholt

Hello Minnesota ESA!
 Thank you all for the honor of serving as your State President for the ESA year 2018-2019. I am looking forward to another great year! Thank you also to the Elected and Appointed Board for your service. Following is a list of the board members.

Elected:

- 1st Vice President/ President Elect - Dennis Marler
- 2nd Vice President- Sandy Dolence
- Secretary - Judy Searles
- Treasurer - Kerri Petty
- Parliamentarian - Diane Vanusek
- Jr Past President - Dana Terry

Appointed:

- Association of Arts - Jackie Swanson
- Chaplain - Marcie Haigh
- Disaster/Love Fund - Dana Terry
- Easter Seals - Kathy Rice
- Educational - Sandy Dolence
- Essay - Terri Olson
- Financial Planning - Dianne Ocel, Diane Vanusek, Kim Larsen,

- Kathie Wasson Foundation - Karla Kay Nicklaus
- Hats for Hope - Alpha Sigma
- Historian - Dana Terry
- Hope for Heroes - Shirley Laue
- Hope4Youth - Kelly Check
- MARC - Dana Terry, Diane Vanusek
- Medtox/Labcorp - Rhonda Krehl
- Philanthropic - Birdie Elkofska
- Photographer - Mark Petty
- Social - Dee Rotering
- State Convention Chair - Rose Bitter
- St Jude Jr - Joyce Cobb
- St Jude Sr - Betty Robinson
- Webmaster - Jen Davies
- Welcome Home Vets - Betty Marler, Lori Thorpe

Looking forward to working with each one of you this next year.

Mark this date for our **State Planning Meeting, June 9th at 10AM.** The location is the Brooklyn Park Library, Mississippi Room, 8500 West Broadway Ave, Brooklyn Park, 55445.

Bring dates for your events to get them on the calendar.

Our **State Leadership** this year will be in Albert Lea, Friday August 17 and Saturday August 18.



See the information in this newsletter.

If you can't attend both days come down for whichever day works for you. We have fun activities planned both days.

Have a Happy, Healthy, Fun-filled Summer! Hope to see many of you at the Planning Meeting as we fill up our calendars with all of the events that are being planned.



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1st Vice President—Dennis Marler

What a fun state convention! President Sandy, you did a great job moving us through the business and into the celebration. You kept us busy, but still gave us time to catch up with dear friends. The flag ceremony, the installation ceremony, the St. Jude and philanthropic reveals, all amazing! Chaplain Dorothy, the personal touch you brought to the memorial service made it truly memorable. Thank you for showing us how difficult it is to lose our best friends.

Gamma Omega, thank you for providing everything we needed. The registration desk was painless. The meal choices

were great. The work you did with the hotel staff, to flip the room several times, was smooth, quick and quiet. Your entertainment, Coda, was a great choice; it almost kept me up 'til 10:00. For all those things that went unnoticed, thank you. And thank you Alpha Sigma for hosting next year's convention. The fun is sure to continue.

One final thank you: Thank you Chris Davies, for being a great sport. Chris attended the full convention as Jen's guest. He allowed me to try my two-minute (OK, five-minute) elevator speech on him. Chris has been involved in ESA for several years, so

he knows it's only a matter of time until he signs on the dotted membership line. Jen, did you get that signature?

Speaking of membership (whoa, seamless transition), I've attached the ESA Scavenger Hunt flyer President Sandy presented at convention. It shows several ways and places to meet new people and share our love of ESA with them. Once you've completed the checklist, let Sandy or me know. We have a small gift to recognize your dedication.

And don't forget the ESA International website (www.epsilonsigmaalpha.org) and the "ESA Membership Ideas" group on Facebook.

Both sites have excellent ideas on recruiting and retaining new members.

Keep up the great work. You are AMAZING!



Association of Arts—Jackie Swanson

Firstly, Thanks to Gamma Omega for a fabulous and memorable 2018 MN ESA State Convention. You are wonderful hosts!

Members who opted to participate in the 2017-2018 ART Sessions, "Spread a little ESA Sparkle" for *the Association of the Arts (AA) display at this year's 2018 State Convention*. Class Fees for the Art Sessions/mini-fundraisers raised approximately \$200 for the Minnesota Association for Children's Mental Health (MACMH).

It was exciting to see the work entered by our fellow members and especially exciting for me to see some of the art displayed (and winning awards!) that originated in the Art Sessions I offered you all throughout the year. In

review, the three classes held during the 2017-18 year were:

- ◆ Mixed Media Collage. Using materials [I've] collected over the years, participants learned conceptual and construction processes along with gluing and sewing techniques that I apply when creating and constructing my collages by creating a beautiful piece to frame and hang in their own home.
- ◆ Accordion Greeting Cards. Participants learned how to create and construct an accordion book, with colorful covers, bead & string closure, and no stitching, using a continuous folded sheet of paper or hand-

made paper that can also stand up for viewing all the pages at once, making a great gift.

- ◆ Hand-felted Coasters. In this art session coasters project, participants were introduced to the wet-felting method that encourages wool fibers to interlock together using heat, agitation, and pressure with stunning results.

The ARTS are an important model for just about everything we do! In the words of Maya Angelou, "*You can't use up creativity. The more you use, the more you have.*" Whatever your creative process may be, it stimulates our brains plus makes us feel G O O D! So don't stop dreaming up arts and crafts projects simply because the ESA year is

over. Keep sparking and creating! *And* don't forget you can also enter your winning works from state convention at the IC Convention in July. IC entry forms can be found on the *Epsilon Sigma Alpha International* website in the membership section. If you aren't going to IC, find someone who is and ask if your work can hitch a ride with them.

I hope everyone got a chance to check out the fantastic works on display this year and I gratefully thank the members who participated! My humble and heartfelt thanks, too, for your contributions to the Alzheimer's Association at convention. The *My Blue Boat Home* collage accompanied my friend Carol Wagner home to

Association of Arts (continued)

permanently reside there. A hoot and a holler to you, for roughly \$130 were raised in the fight for Alzheimer's in honor of my friend Dick Wagner. Thank you!

The AA convention exhibit was judged by Mary Houglund, our MARC Rep. Here is a list of this year's wonderful, fabulous Association of the Arts exhibit winners! (Note: There were no entries for Divisions IV, VIII, and IX.)

Division I – Visual Arts

1st – Sandy Hongerholt, Gamma Omega. *Down by the Root River*, mixed media collage

2nd – Bonnie Olson, Beta Sigma. *Remembering Ed*,

mixed media collage

3rd – Liz Pitts, Alpha Zeta. *Sunflowers*, acrylic on canvas

Honorable Mention – Judy Searles, Beta Sigma. *Raven*, watercolor

Division II – Literature

1st – Julene Donnay, Delta Mu. *My Biggest Cheerleader*, short story

Division III – Photography

1st – Sharon Desarmeaux, Alpha Sigma. *Gooseberry Falls*, color photo

2nd – *Tahquamenon Falls*, color photo

Division V – Crafts (Wearable Art)

1st – Shirley Laue, Alpha Sigma. *Tailored Coat*

Division VI – Crafts (Mixed Media)

1st – Julene Donnay, Delta Mu. *The Big One Got Away*, hand-tied fishing flies

2nd – Jackie Swanson, Beta Sigma. *Jewelry: Necklaces, Bracelets, Earrings*, Felted wool, repurposed beads & findings

3rd – Rose Bitter, Alpha Sigma. *Garbage Can*, card game

Division VII – Needlework (Fiber Arts)

1st – Dianne Ocel, Gamma Zeta. *Granny's Stars*, quilted hanging

2nd – Jackie Swanson, Beta Sigma. *Wool Lattice Scarf*, wet felting

3rd – Kim Larsen, Beta Sigma. *Teal Green Cable Front Sweater*, knitting

Honorable Mention – Shirley Laue, Alpha Sigma. *Afghan in Shades of Brown*, crocheted

Division X – Presidential Division (Optional)

1st – Julene Donnay, Delta Mu. IC President's Theme "Inspire." *Time to Inspire; Love, Peace and Hope*, acrylic/mixed media

ESA Foundation—Karla Kay Nicklaus



Thanks to all who made contributions to the Foundation by paying your annual dues (6 chapters, 28 individual members and State Council), donating to the Fantasy Event plus using the Turn Around Funds. Thanks to the volunteers for volunteering your time at MedTox, which is our fund raiser for the Minnesota State Endowment Scholarship Fund.

Scholarship Report:

This year international received 6393 paid scholarship applications. Total scholarship applications received from Minnesota - 170



- ◆ Minnesota State Memorial Endowment – 19 applicants – 1 awarded at \$2200 Balance in Endowment - \$47,318
- ◆ Parr Family Memorial Endowment – 9 applicants – 1 awarded at \$700 Balance in Endowment - \$13,845
- ◆ Sandy Weisenberger Endowment – 15 applicants – 1 awarded at \$500 Balance in Endowment - \$9,930

Awards

Thanks to Julene Donnay for all her time compiling the hours

and monies for the Foundation. nine chapters reported for a total: Hours - 361.5 and Money, Goods and Miles – \$5,519.25.

Hours

3 rd Place	Alpha Chi	67.25
2 nd Place	Gamma	69.5
1 st Place	Alpha Sigma	95

Money

3 rd Place	Alpha Chi	\$811.41
2 nd Place	Gamma	\$824.20
1 st Place	Alpha Sigma	\$1,382.82

Congratulations and thanks for all your contri-

butions of your time and money.

REQUEST:

At the International Convention, the Foundation Board hosts a "Fund Fest" fund raiser and is looking for items – small items for members who are attending IC and can pack in their suitcase such as gift cards that can be used in any state. Please call me if you would donate an item for the "Fund Fest."



Hope 4 Youth—Alpha Zeta

Meal Service:

Alpha Zeta will provide the meal on June 5th. We will discuss future dates at the planning meeting and I will provide a calendar of dates to all chapters to discuss at their next meeting(s) to see if a date fits their schedule.

The Darkest Night of Your Life 4K - Friday, May 4, at Bunker Hills



Golf Course.

We provided the luminaries for the event. It was a beautiful night! We lined the 4K path with over 300 luminary bags so the walkers/runners (over 600 of them!) could



find their way on a crisp, dark evening. Team MN



ESA raised \$510 for this event. Nice job!

Upcoming Events:

Inspiring HOPE Luncheon - June 12 - Leopold's Mississippi Gardens - Brooklyn Park, MN

We look forward to seeing you at the 2018 Inspiring HOPE Luncheon on Tuesday, June 12th at Leopold's Mississippi Gardens!

ESA has been chosen as this year's recipient of the Inspiring HOPE Award - Civic Group! With receiving the award, we have been given a table, seating 10, at this

year's event. Sandy Hongerholt, our State President, will accept the award. We still have seating available for 4 more people who wish to attend the luncheon on Tuesday, July 12th from 11:30am - 1:00pm. Please email me at



KelLizMNesa@gmail.com if you wish to attend or call me at 651.335.1168. The four remaining spots will be filled on first come,

Hats for Hope—Alpha Sigma

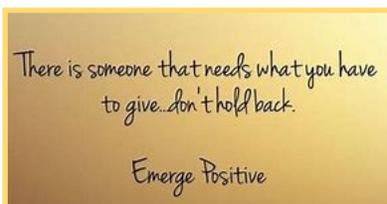
As most of you know, Hats for Hope is the State program that collects various things to be distributed to local organizations to help them fulfill their charitable purpose. The best thing about this program is it supports people in our community. Alpha Sigma is the chair of this program for the coming year and at our

planning meeting, it was decided to collect the following items during year. The dates are tentative based on what happens at the State planning meeting, Watch the EsSAy for updates.

- ◆ **September** meeting (first state meeting) - baby needs. Diapers,

bottles, pacifiers, etc

- ◆ **November** (second state meeting) - Socks for all.
- ◆ **February** (third state meeting) - Food drive (unexpired, unopened and not perishable)
- ◆ **March meeting** (fourth state meeting) - Pet food



MACMH—Eileen Spencer



Minnesota Association for
Children's Mental Health

Norwex Sales Update:

I want to let you know of the following info on the success of the MACMH Fundraiser held through Cay Chock with Norwex.

Final numbers are in for MACMH's Norwex, on-line fundraiser. There were nine

total sales made through MN ESA members and MACMA's mailing list. Sales totaled \$1,035.75 which provided a **TOTAL DONATION of \$306.64 to MACMH** by the Norwex Sales Consultant, Cay Chock. Cay wishes to thank all who par-

ticipated in this "give back" campaign.

MACMH Invitation:

The **MACMH** staff sends their sincere THANKS to ALL of our members who: volunteered to assemble materials for events, work at Medtox, and for all the fundraisers

held throughout this year providing much-needed funds.

The MACMH staff would like to meet and thank our folks for all the help and monetary funds that have been donated. Please see the Invitation which is in the ESsAy.

MARC Reps—Diane Vanusek and Dana Terry

Time to do a little Fall planning along with the Spring cleaning. Attached to the EsSAy is information for the 2018 MARC Conference. It

is in Sioux Falls, SD; only a short drive down the freeway. The plans are for a great conference.

If you are going to the IC

annual meeting in Phoenix, please plan on attending the interim MARC meeting.

You are encouraged to visit the MARC web site, <http://www.esamarc.org>, to read the ReMARC's, and other good information.



St. Jude—Kelly Check and Betty Robinson



Comedy for a Cause - This event was so much fun! The comedian, Gary Owen, was wonderful! So funny!!! It was a fun crowd and we raised \$705 for St Jude, so I call that a success! Thanks to all who participated.

As I turn the St Jude responsibilities over to Betty Robinson, who will do a wonderful job, no doubt, I'd like to thank everyone for their support. I thoroughly enjoyed planning and raising money for St Jude! I know Betty and Joyce will plan more fun events and MN ESA will continue their wonderful support for St Jude.

At State Convention we revealed the gift ESA Minnesota received from AL-SAC for being the top fundraising state of all ESA states during the

2017 St Jude Walk/Run to End Childhood Cancer, our very own St Jude banner to display at our St Jude fundraisers!!! Congratulations to all!

Upcoming Events:

St Jude Theatre of Dreams - June 28, 2018 Hopkins, MN – More information to follow.

St Jude Heroes Warrior Dash - June 30, 2018 - Le Sueur, MN – More information to follow.

8th Annual Minnesota Cruisin' for St Jude - July 14, 2018 - Ramsey, MN – More information to follow.

St Jude Ride & 5K Run featuring Ryan Dungey & Friends - July 28, 2018 - Hastings, MN – More information to follow.

St Jude Walk to End Childhood Cancer - September 22, 2018 - Mpls, MN – More information to follow.

St Jude Style Show Luncheon & Silent Auction - Oct 27, 2018 - Minnetonka, MN – More information to follow.





Welcome Home Vets—Lori Thorpe and Betty Marler

We are looking forward to co-chairing our new state philanthropic project, **Help for the Homeless/ Welcome Home Vets**, during 2018-19. Gretchen and Rick Peterson are excited to work with MN ESA on their project.

We had an informative visit with Gretchen and Rick and want to share some of the information with you. If you want to learn more about this organization, go to www.mnwelcomehomevets.org. You'll be impressed and motivated to help them achieve their goals.

Gretchen and Rick are planning a summer picnic for the Vets around the 4th of July. The picnic gets the Vets out for some fun.

Many of the Vets are lonely and want someone to visit with for a few minutes; we'll have the opportunity to listen to their stories and they'll know we care. It will surely be an emotional, rewarding experience. As soon as we have more information, we'll blast it out to you.

Last year the organization hosted a Christmas dinner for the Vets. Besides a delicious meal, each veteran received a gift box of food (produce and protein). ESA can help plan the meal, purchase food for the gift boxes, visit with the Vets, and assist where we can.

Welcome Home Vets would also like assistance with deliveries when the homeless veterans move into their new homes. Initially, ESA members would go along

with experienced volunteers to deliver the welcome home kits when they move into their new, permanent housing. These items would be linens, kitchen items, bathroom items and miscellaneous items, as well as non-perishable groceries. After we 'learn the ropes', we could go out to make the deliveries and visit with the veterans at their new home.

Gretchen and Rick will add our names into their volunteer email blasts so we can sign up for working various projects. If you would like to be included in their blasts, please let Lori or Betty know by sending us an email or giving us a call. We will also blast information out to you as we receive updates too.

They will also be sending us a list of kit items, so we may begin purchasing items. Dish-

es and silverware can be gently used, but most other items should be new. They don't generally provide furniture, so we won't be delivering beds, dressers, couches, etc. We will also receive a list of where to purchase items for the kits – at a reduced rate. Yes, they have a wealth of information to share with us.

Until next time, happy shopping and thank you for your support.

Lori Thorpe – candlthorpe@hotmail.com; 763.241.1950

Betty Marler – dmарler@comcast.net; 763.494.8452

<p>Bedroom Items</p> <ul style="list-style-type: none"> Pillows Sheets / Blanket Comforter Clock Radio / Alarm Hangers <p>Bathroom Items</p> <ul style="list-style-type: none"> Towels Wash Clothes Show Curtain Curtain Rod / Rings <p>Miscellaneous Items</p> <ul style="list-style-type: none"> Cleaning Supplies Toiletries 	<p>Kitchen Items</p> <ul style="list-style-type: none"> Dishes Silverware Glassware Pots / Pans Kitchen Utensils Paper Products Microwave Trash Can <p>Light Furniture</p> <ul style="list-style-type: none"> Two casual chairs Floor / Reading Lamp <p>Groceries</p> <ul style="list-style-type: none"> Three bags of non-perishable items
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We serve families in which we will provide bedding, towels and more for each member of the family. Thus, the Welcome Home Kit contents will vary but our typical kit contains over 50 items including the following listed items.



CHAPTER NEWS



Alpha Chi—Kathy Rice

Congratulations Gamma Omega Chapter for a great convention. The food was very good, but the fellowship was wonderful. I went Friday and enjoyed Rose's presentation on Genealogy

for Beginners. Thank you Rose.

On Saturday, Sue Todd, Gloria Iverson, Pat Peterson and myself attended the Saturday sessions and lunch. They both received

auction items as well as myself which I received four containers of Shirley's delicious cookies which I will bring to Bingo on Thursday evening for our residents.

The installation was very

meaningful and fun. Thank you Birdie; you always do an outstanding job. Alpha Chi sends their congratulations to the elected and appointed boards.

Happy Summer Everyone.

Alpha Sigma—Birdie Elkofska

New Alpha Sigma President **Shirley Laue** says: Thanks Gamma Omega for a fantastic convention. I want to thank all those that participated in the flag ceremony. Also, a big thanks to Dennis Marler who very graciously installed the Alpha Sigma officers on Tuesday. After the installation and lunch served by the outgoing/incoming chapter president, we had a short meeting only 5 and 1/2 hours long. We had much to discuss, with planning for the convention in 2019, and planning the Hats for Hope project. Of course, we also had to plan our chapter events, etc. for the coming year. It is hoping to be a busy, fun packed year. Also, thanks to my chapter sisters who did a little birthday celebration for my big birthday at our

April meeting. We have the ESA ENTHUSIASM !!

New Alpha Sigma Vice President **Sharon Desarmeaux** says: Had a great time at our State Convention. Thank you, Sandy Hongerholt, and GO. So nice seeing members I had not seem in a long time.

I had the second procedure done for my back. I had the right side done last week and now the left side done Wednesday where they cauterized the nerve endings at the lumbar medial branch nerves. So far, the right side seems to be feeling better and hopefully the left side will follow suit. I had to go through so many diagnostic injections before they could do this procedure. I know this will only last so long but at least I will know

that another procedure would help if I need it.

Our Andrew will start Kindergarten in September. Those years have gone by so fast. I am so excited for him to start school. But I will miss our two days a week with him.

We had our chapter planning meeting this week. WHEW!!! We are going to have a very busy year. Feels good to get back into ESA gear.

New Alpha Sigma Secretary **Rose Bitter** says: Busy time of the year for everyone here. Convention was a blast. It seems like the whole week has been geared to ESA. I'm heading out of town for the week to work on a book my sister and I are working on. Hope

to talk with a publisher mid-week. It's finally going to happen.

New Alpha Sigma Treasurer **Diane Vanusek** says: Don and I were gearing up for a rather quiet summer for a change. Then I attended the Alpha Sigma planning meeting. Quiet has morphed into active. Our planning meeting was long, but the food was good. Thanks Shirley

Essay Chairman **Birdie Elkofska** says: Ditto to all comments about convention, planning meeting and chapter lunch. Dennis, we are so glad that Alpha Sigma was your first chapter installation. First of many to come.

To all of our ESA Minnesota family enjoy the summer it never lasts long enough.

Delta Mu—Terri Olson

Dee, Julene, and Terri really enjoyed our time at state Convention this year; thanks Gamma Omega for a great time!

Terri is busy traveling now to Alabama, Virginia, and Arizona for their state Conventions. In between, being busy cleaning and purging her house to put it up for sale. The planned move is to an apartment in the Twin Cities to be closer to the grandkids (and the kids, too). It's also more convenient for those

trips to Cheyenne, WY and Mpls, MN for Bob and Terri.

Julene and Dee are constantly planning their next volunteer opportunity so it's hard to keep them down. They both know how to work hard and take time for themselves, too.

Kathy is recuperating from a meniscus repair by enjoying a trip out west and to Florida. She won't know how to go to work once she gets back from all that "rest".

Delta Mu had their initial planning meeting and, although the restaurant choice was a bit loud, we made quite a few plans for the upcoming year.

We're planning on trying several new fundraising events that involve the community so, of course, we all hope they're successful.

We've decided to meet this year on the first Thursday of every month and we're also meeting all year long — whomever can attend.

We decided that we needed to meet in the summer so that we could work hard on getting a fall event planned.

We're planning on attending the state Planning Meeting and then Terri, Dee, and Julene are heading to Phoenix in July for the International Convention.

We're all looking forward to getting together each month for some fun social times, too, while trying to grow our chapter.

Gamma Omega—Betty Marler

We enjoyed hosting the Epsilon Sigma Alpha Minnesota State Convention on April 27 and 28. President Sandy Hongerholt, thank you for the smoothly run meeting, interesting educationals/speakers, and recommending the delightful, easy-listening to Coda band. We enjoyed visiting with Robin Bussey, IC Workshop Coordinator and Mary Hougland, MARC Co-Communicator. Thank you to all the members and guests for attend-

ing convention and CeLe-BrAtInG with us. We will continue to 'Leave a Little ESA Sparkle Wherever We Go'.

Newly elected officers for GO this year are: President – Lori Thorpe, Treasurer – Dennis Marler, and Secretary – Betty Marler. Our planning meeting will be on Tuesday, May 15. We're excited to begin planning fundraisers, educationals and socials, as well as

hopefully pledging members into our chapter.

You've probably heard, GO member Lynne Theibault is moving to South Carolina this spring. She and Robin Bussey are living just a few miles apart. We foresee a new member in Robin's chapter soon. Congratulations Lynne on your new adventure. Please keep in touch with us – calls, email, FB, US Mail, visits in person

we're going to miss you dearly.

Many of our members are gearing up for an awesome summer. There will be high school and college graduations, vacation get-aways, visits to family back home, working on philanthropic projects, hiking, theatre shows, gardening, river cruises, and relaxing as often as we can.

Happy Summer Everyone!





AN ESA SCAVENGER HUNT

As part of ES Awareness, members are encouraged to take part in a fun and exciting way to meet new people in your community – with a twist! See how many of these challenges you can mark off your list as you go about your days:

Approach and share the love with...



Someone taking a selfie.



A mom or dad.



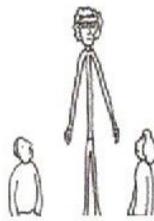
A person you meet at a local shopping center.



Someone of the opposite gender (Everyone loves to be noticed!)



A millennial (No need to check IDs. Give it your best guess.)



The tallest person in your view.



Someone with a pet.



A person carrying a tote/shopping bag.



Someone who looks like they could be your new BFF.



Someone in a coffee shop.



Congrats—
you did it!

ES Aware!



Minnesota Association for
Children's Mental Health



Join the Minnesota Association for Children's Mental Health as we celebrate the launch of our [Nevin Husted Training Center](#). Stop by to check out our space, explore rental options, meet our staff and board of directors, and learn more about our programs and services. Appetizers and light refreshments will be provided.

Tuesday, May 22
2:00 to 6:00 p.m.

Minnesota Association for Children's Mental Health
23 Empire Drive, Suite 1000
Saint Paul, MN 55103

RSVP by May 15
Visit www.macmh.org/TrainingCenter or call 651-644-7333.



MACMH | 651-644-7333 | info@macmh.org | www.macmh.org



**MINNESOTA ESA STATE LEADERSHIP
AUGUST 17-18, 2018, ALBERT LEA MN**



Registration – \$15 includes morning coffee, lunch and a five-minute massage on Saturday 8/18, at First Lutheran Church of Albert Lea 301 E. Clark Street. Registration to Jo Hanson by August 10th, 2018. 763-257-9018.

Hotel – Best Western, 821 E Plaza St, Albert Lea, 507-373-4000, Double queen \$99.99. Ask for ESA Group. Block of 10 rooms available until 7/17. Indoor pool, hot breakfast included.

FRIDAY

- 10:00 am – Spam Museum, Austin MN – Free guided tour and shopping
The SPAM® Museum is stuffed with interactive exhibits that bring the iconic history of the SPAM® Brand to life like you’ve never seen it before! Go behind the scenes and behind the can for an experience adults and kids will savor.
- Noon – Lunch at Trumble's Restaurant, 1811 E Main St, Albert Lea. Order from the menu. Serves all day breakfast.
The Trumble’s Family Restaurant has been a staple of the Albert Lea community since 1985. Luke & Mary Trumble moved from Willmar to Albert Lea in 1965 to make Albert Lea their home. In 1984, they built Trumble’s Family Restaurant which opened in 1985. In November of 2015 Dinah Osman became the owner of Trumble’s to bring a taste of the Twin Cities to the south.
- 1:30 pm – Daisy Blue Naturals Tour – Skincare, cosmetics, home care, soaps, lotion. Free product sample and time to shop.
We believe in doing things a little differently. Our products are made fresh by hand in small batches. We’ve created our own way of preserving Daisy Blue products naturally and effectively. We believe in making a difference in every life we touch – customers, employees, and community members. And, when we print “Natural” on the label, we mean it. We use certified organic ingredients, cosmetic-grade essential oils, and pure plant extracts – all safe enough to eat.
- 4:00-8:00 pm – Social, happy hour and dinner in the hotel conference room – \$13.
Catered pasta bar from HyVee. includes two pastas, two sauces, chicken, salad, garlic bread, fruit topped cheesecake. Bring your own adult beverages or non-alcoholic beverages.
- 7:30 pm – Marion Ross Theatre - Fabulous Vegas Guys – \$15. Tickets need to be purchased in advance ASAP. Theatre fills up early. If interested please send your check to Jo Hanson, payable to “Albert Lea Community Theatre” by July 1.
Plucked straight off of a Las Vegas stage, the Fabulous Vegas Guys are a musical, comedy and impressions duo with two of the Midwest’s finest entertainers, Donny “Sands” Tersigni and Jonny “Mirage” Bird. Each show highlights the Fabulous Vegas Guys humor and wit impersonating some of the biggest names in entertainment from Robert De Niro, Arnold Schwarzenegger and Johnny Depp to Tom Jones, Neil Diamond and Elvis Presley, with special appearances by Dean Martin and Frank Sinatra! This is the final show of the Fabulous Vegas Guys Farewell Tour.
- Alternate evening option – Diamond Jo Worth Casino, Northwood IA.
On your own. Can help with connecting for carpooling.

SATURDAY - Hot breakfast at hotel

- 9:30 – Coffee and sweet breads at church
- 10:00 – Leadership Workshops
- 11:30 – How massage can help manage your health and stress
- Noon – Salad lunch
- 12:30-2:00 – Philanthropic project, adult coloring, stress ball, fun

If you are heading home, don't forget to stop and get your chocolate fix at the Russel Stover Store in Owatonna.



8th Annual Minnesota "Cruisin for St. Jude"

A MOTORCYCLE RIDE benefiting St. Jude Children's Research Hospital



MY ST. JUDE WHEELS



When: Saturday – July 14, 2018 (Rain or Shine)

Where: Riversbend Bar & Grill – 14077 St. Francis Blvd. N.W.
Ramsey, MN 55303

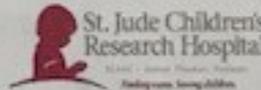
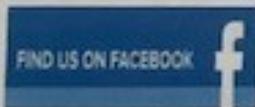
Price: \$25 per Rider & \$15 per Passenger

Time: Registration/Check-In 8:30 am – 9:30 am (Free T-shirt & Prize)
Ride leaves at 10am

Food, Beverages, Door Prizes, Games, Silent Auction – an all-day event for the whole family!

For additional information, advanced tickets, or to become an official sponsor, please contact:

Terry Dehkes 612-803-6288 terrydehkes@gmail.com or
Kelly Check 651-335-1168 kellizmnesa@gmail.com



www. Minnesota Cruisin for St. Jude



THE SOUTH DAKOTA
STATE COUNCIL
INVITES YOU TO
JOIN US FOR A
PARTY ON THE PLAINS!

2018 MARC CONFERENCE
OCTOBER 12TH-14TH

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Party on the Plains

OCTOBER 12TH -14TH

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AT THE WONDERFUL
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party on the plains

33rd Midwest Area Regional Council Conference
Sioux Falls, South Dakota
October 12-14, 2018

Name _____	State _____	Current Officer/Offices Held (check all that apply)
Address _____		MARC Board _____
City, State, Zip _____		MARCettes _____
Email Address _____	Phone _____	ESA Fdn Board _____
		State President _____
		Headquarters _____
		IC Appointed Board _____
		1 st Timer _____
		Guest _____

Registration Options

Postmarked no later than 9/11/18

Registration for Conference and Leadership	\$125.00	_____
Registration excluding Friday Leadership	\$110.00	_____

Postmarked after 9/11/18

Full Registration	\$150.00	_____
Registration excluding Friday Leadership	\$145.00	_____

Walk-in Registration (cash/check/money order only) \$175.00 _____

Saturday Banquet only \$ 50.00 _____

Total Enclosed (make check payable to MARC Conference 2018) \$ _____

Special Medical Dietary Needs _____

Mail check and form to:

Barbara Campbell
 Registration Chair
 1919 Old Bridge Road
 Vermillion, SD 57069
 605.624.4626
 bcampbel41@msn.com

Registration for the banquet "Cheers to 33 Years!"
 includes a personalized glass.
 What name or word would you like on yours?

Hotel Info:

Hilton Garden Inn Downtown
 201 East 8th Street
 Sioux Falls, SD 57101
 605.444.4700

Group Code: ESA

BLOCK honored until September 11, 2018

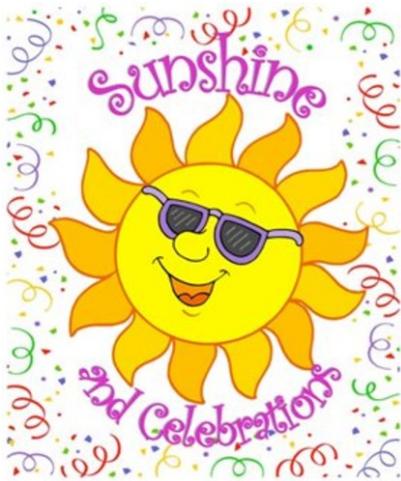
Block Room Rates (excluding tax)

King \$139.00 (1-2 in room)

Double Queen \$144.00 (1-4 in room)

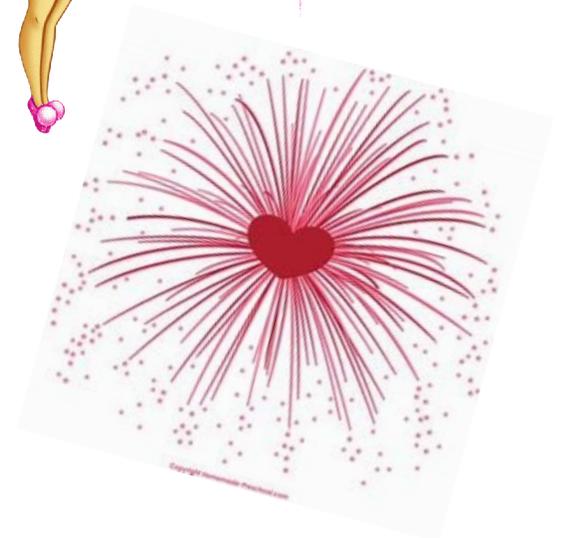
Hotel Reservation Link

<http://hiltongardeninn.hilton.com/en/gi/groups/personalized/F/FSDDWGI-ESA-20181011/index.jhtml>



2018 IC Convention Registration Form and Tour Information, Be a Gem tickets, and Trivia Info has been included in previous issues of the ESSAy. If you would like this information, please either refer to previous issues or contact me!

IC Convention Registration is now \$275.
Registration deadline for Tours is June 1, 2018.
Association of the Arts submission form is due no later than June 15, 2018.
Years of Service Form is due no later than June 15, 2018.



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.

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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 (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



“Live by Inspiring Others to Fly”

—Sandy Alexander,
International Council President 2017-2018