

LEAVE A LITTLE  
**Sparkle**  
 WHEREVER  
 YOU GO

Minnesota

# ESSAY—October 2017



## Don't forget to:

- Contact Alpha Zeta to sign up for meals at Hope 4 Youth
- Bring friends to play Bunco on 10/7
- Bring friends to a Wine Tasting / Silent Auction on 10/28
- Attend the Membership Meeting on 11/11
- Make reservations for the annual St. Jude Style Show / Silent Auction
- Save the date for the MN State Convention

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We are amazing! Minnesota ESA members, their families and friends helped make the St. Jude Walk/Run to End Childhood Cancer at U.S. Bank Stadium and the Hope 4 Youth Darkest Night of Your Life 4K at the Bunker Hills Golf Club, huge successes.

## President—Sandy Hongerholt

### Happy Fall!

Or, maybe not. Can you believe the 90-degree days we have had in mid-September?

I guess it's nice to prolong the inevitable as long as possible.

Following is a message from Sandy Alexander, IC President:

As you know the states of Texas and Florida were hit hard by hurricanes Harvey and Irma. Please keep these ESA Families in your thoughts and prayers. I know there are many organizations that are requesting money to help these victims. The ESA Disaster Fund has had many requests for assistance. The IC Executive Board is asking for your donations to the fund now so that we can assist these ESA members in need directly. If your state has a fund raiser or donates, would you please consider sending your donations in now for some immediate relief. These donations are greatly appreciated and just to let you know the states of Texas and Florida have held some special events to raise funds also. Please help if you can. Thank you.

Minnesota Leadership is over by the time you read this and I hope those in attendance were

inspired and bring the ideas you learned back to your chapters. Membership is very important and we all need to do our part if we want ESA to be around for the next generations. ESA has not had net growth in the last 10 years. BUT, Minnesota ESA has had Net Growth. Yea us!

Part of our day was spent painting rocks. This has become a very popular activity. It's a fun way to spread kindness and in ESA we are going to paint rocks to let others know who we are and, hopefully, we will find a few new members. You take your painted rocks and leave them in places for others to find. I'm starting a Facebook group called

**#MinnesotaESARocks**. From what I've been told, if you put this name along with the hashtag on the rock, the person finding the rock should have no problem finding us on Facebook. You could also put the website and/or your initials. If they aren't on Facebook, hopefully they will know someone who is. The group will have information about ESA along with the website. Feel free to post about ESA, what it means to you and anything else you

think someone would need to see that might make them want to join us. You just need to make sure you use #MinnesotaESARocks on anything you post. I know some of you don't use Facebook. If you make sure you include your (3) initials on your rocks we can pass any contact information on to you. If this is confusing let me know and I will be happy to help you.

Thank you Sandy Dolence for planning the Family picnic in September and to the 30 members and family that braved the cool weather. The food was delicious and it was fun visiting with everyone. My store-bought dessert didn't even make it to the judging.

This month I am looking forward to attending MARC in Detroit. It sounds like Michigan ESA has a fun time planned for us. I believe we have around 9 members making the trip from Minnesota.

Check the calendar for all the state and chapter functions coming up. I will attend as many as I can and hope to see you all at one or more of these events.

## 2nd Vice President—Dennis Marler

At the St. Jude walk, the registration tables were staffed almost exclusively by ESA members. Well over a thousand runners and walkers were processed with only a few grumpy faces (on their side of the tables, not ours – we were all

smiles). Thank you, ESA volunteers, walkers and runners, (there may have been runners, but they were long gone by the time I finished), for helping the Kids of St. Jude.

The H4Y Darkest Night 4K

## 2nd Vice President—continued

walk was also wonderful. Alpha Zeta received a last-minute request to complete 500 luminaries and place them around the course to light the way. So, what was supposed to be a nice, leisurely walk for the AZ members turned into a crash-and-burn crisis. Of course, they came through. Thank you, Alpha Zeta. During the walk when the golf course sprinklers turned on, the shock of being soaked quickly turned to thoughts of being home-

less on a rainy night. A nice, unintended consequence.

Thank you to everyone who attended the Minnesota ESA State Social Picnic at Bassett Creek Park. Thirty hardy northerners braved 50-degree temperatures and gusty winds to enjoy our "Minnesota summer" picnic. We all enjoyed warm food and great conversation. Thank you, Sandy D and Gamma Omega, for being excellent hosts. And a special thank you to Shirley

and Herman. Thank you for spending part of your 57<sup>th</sup> wedding anniversary with us.

Thank you Birdie, for sharing your thoughts at the August state meeting, on making a winning chapter educational. We learned six reports are needed during the year to complete the educational requirement. The completed educational must be in paper form, in a binder no thicker than two inches, and each report must include a cover

sheet explaining the report. Jen has added the cover sheet to the Minnesota website. She has also added the IC judging form to our website. It shows what the judges are looking for in a great chapter educational. Please consider putting your chapter's amazing ideas into a chapter educational.

What a month! We are amazing!

## Association of Arts—Jackie Swanson



### **IN Association of the Arts!**

Hard to believe we're into October already! **This month I'd like to share** an excerpt from Melody Beattie's *Journey to the Heart* about 'creativity':

*"Allow your creativity to blossom. For too long you have held back. For too long you have limited your natural creative leanings and talents. Maybe someone told you you couldn't create or being creative wasn't worthwhile. Maybe you started telling yourself that.*

*You are creative. You have a creative self within that wants to play; wants to be let loose, wants to create. Set that part of you free! Let yourself play – with life, with work, with projects.*

*Make a list of all the negative things you believe about your creative abilities – what you think, what you've been told, and what you tell yourself. Then burn it. Now make a new list of all the things that are true, or that you believe could be true or that you want to be true. Let go of all the blocks. Write down that you are creative, that you can create, and that you're connected to the creative force of the universe.*

*When you find your connection to creativity, the entire universe will come alive for you. It will help you, guide you, and inspire you. You will find yourself imagining something, then being lead right down a path that will help you create it. When you don't know*

*what to do next, you can listen to your heart and let God and the universe guide you.*

*Creativity is the inherent nature of the world, the universe. The universe creates. And the universe needs your help in creating. Creating brings you into harmony with the universe, God, yourself, and the rhythm of life."*

### UPDATE on ART SESSIONS!

Sat OCT 21 **MIXED MEDIA COLLAGE - FULL**

Thu NOV 30 **ACCORDION GREETING CARDS - FULL**

Sat FEB 10 **HAND-FELTED COASTERS - TWO (2) SPOTS AVAILABLE**

Thank you to all who signed up for the Mixed Media Collage AND Accordion Greeting Cards Art Sessions/MACMH Fundraisers. **These 2 CLASSES are now FULL!**

### **TWO SPOTS AVAILABLE.**

There are still two spots available in the **HAND-FELTED COASTERS** class so if you have even the slightest inclination, be adventurous and sign up! Once you know how to felt, you can experiment, branch out and try a larger piece. Why stop

with coasters? I know we are going to have a great time finding our inner artist!

**REMEMBER THE WAITING LIST:** If you are still interested in the MMC or AGC classes, put your names on the waiting list.... *Life Happens and a person who originally signed up may not be able to attend!*

These classes are being offered for your enjoyment and creative pleasure (with the side bonus of supporting one of our state philanthropic projects). My hope is that those not participating in a class realize the universe (and your Association of the Arts chair ;-D) needs your help in creating and that you will continue to find your Inner Artist using the means, vehicle, channel, mode, method, way or form of your choice. Keep CALM and CREATE on!

*All proceeds for AA Art Sessions this year will go to MACMH, the Minnesota Association for Children's Mental Health. LET YOUR CREATIVITY BLOSSOM FOR MACMH!*

**Please RSVP to Jackie Swanson no later than 1 week prior at [jacqueof-hearts@comcast.net](mailto:jacqueof-hearts@comcast.net) or 952-220-4836.**

## Chaplain—Dorothy Wangen

Greetings - Keep Calm - Stay Healthy - Our thoughts and prayers go out to Shirley Norton's family and her Alpha Lambda Chapter on passing September 18, 2017. Also, prayers for Sandy Dolence who was admitted to North

Memorial Hospital on Saturday evening.

Thoughts for all of us: Don't wait too long to make amends, might be too late, and what a tragedy to live one's life and lose one's soul - make amends

today. These little acts of kindness can cheer someone.

Stay Healthy everyone.



## ESA Foundation—Karla Kay Nicklaus



**FOUNDATION**  
EPSILON SIGMA ALPHA

Beginning October 1, 2017, students can begin applying for the ESA scholarships for the 2018-2019 year. Go to [www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org).

Click on scholarships/grants and select state – Minnesota. The student will view all scholarships available for

Minnesota residents. Questions call me at [612-724-6712](tel:612-724-6712). Minnesota will be awarding two \$1000 scholarships and the Parr Family will award one at \$700.

Winners of the Minnesota State Foundation Scholarships (\$1,000 each) were

Najaha Musse from Minneapolis and Danielle Tran from Plymouth and the Parr Family Scholarship – Ashley Raminex from Hammond, IN.

Just a reminder, annual dues are due March 1, 2018. Dues may be paid on-line or by mailing in the form with your check to ESA Foundation Headquarters, [363 West Drake Road, Fort Collins CO 80526](http://363 West Drake Road, Fort Collins CO 80526) or you can send to me

and I will forward. If you are not a member of the Foundation, now is the time to join – \$25.00.

Thanks for your support of the ESA Foundation and the Minnesota State Foundation Scholarship.

## Hope 4 Youth—Alpha Zeta

### **Meal Service:**

Oct 3 will be served by a committee of members from various chapters. We still have Nov 7, Dec 5, Jan 2, Feb 6, and Mar 6 all open. Please keep in mind if your chapter isn't able to provide a meal, but you would like to, a committee of members from other chapters can come together to serve. We do not have to keep it within a chapter. So far it has worked out well with H4Y being contacted a few days before our date to inquire on the number of youth we should plan to serve. I will also inform the chapters what is being served that week, as long as others serving meals provide their information, so that the chapters can try to plan something different.

SURPRISE, SURPRISE, SURPRISE! I was contacted by HOPE 4 Youth a little over 1 week before their 4K event to see what time we were all showing up to light the pathway with the luminaries. To say I was SHOCKED by this question is an understatement! Turns out, when H4Y contacted me months ago with questions regarding how we did the luminaries last year, because they "had a group to do them this year" meant they had someone to decorate the bags ONLY. Yikes!!! Given such short notice, we managed to pool a group together to get the job done. ESA members are awesome!

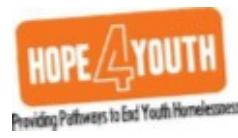
Thank you to all who partici-

pated in The Darkest Night of Your Life 4K - Saturday, Sept 23rd at Bunker Hills Golf Club, Coon Rapids. Team ESA MN, consisting of 12 team members almost reached their goal of \$500 by raising \$455. Nice job, team!!!

### **Upcoming events:**

**Carnival of HOPE Gala -** Saturday, Oct 7 at 5:30p Social, Dinner 7p - Minneapolis Marriott NW, Brooklyn Park. We will be sponsoring a table at this event with some of our Labcorp/Medtox funds. This is a great way to get ESA exposure. I will be attending as the State philanthropic chair and Sandy Hongerholt will be joining me as our State President. If anyone wishes to attend, please contact me via

phone 651-335-1168 or email [KellizMNe-sa@gmail.com](mailto:KellizMNe-sa@gmail.com) If we have more than 6 others wanting to attend, we will draw names. Country music singer/songwriter Jimmy Wayne will be the guest speaker/performer. He has an inspiring story to tell as he was a homeless child growing up who aged out of the foster system. Please visit [JimmyWayne.com](http://JimmyWayne.com) for his story. For more information about Carnival 4 Hope visit



[HOPE4YouthMN.org/Gala](http://HOPE4YouthMN.org/Gala).

# St. Jude—Kelly Check and Betty Robinson

Thank you to those who volunteered at the St Jude Fall Festival of Hope on Tuesday, September 19th. The event

\$7,500.00...we actually raised \$7,535.00. Nice job everyone!

to show potential new ESA member the fun that we have while support great causes.



raised over \$290,000 of which ESA MN will get credit for a portion due to members volunteering.

Thank you to those who attended the St Jude Walk to End Childhood Cancer on Saturday, September 23rd. The event raised over \$185,000.00 of which ESA MN will get full credit for due to our involvement. Team ESA MN was able to reach their fundraising goal of

## Upcoming events:

- ◆ **Bunco for St Jude** (hosted by Alpha Zeta) - Saturday, Oct 7 at 1p-4p Cedric's Landing Community Room 5680 Hadley Ave N, Oakdale. For more information see the flyer in the October Essay or the MN ESA Facebook page. This is a fundraiser/friend-raiser. This will be fun afternoon and a great opportunity
- ◆ **St Jude Red Carpet for Hope** - Sunday, Jan 7, 2018 at 5:30p Social, Dinner 7p - The Depot Minneapolis for more information visit [StJude.org/RedCarpetforHope](https://www.stjude.org/get-involved/at-play/fitness-for-st-jude/memphis-marathon.html)
- ◆ **St Jude Legends for Charity** - Feb 1, 2018 - Hyatt Regency - Minne-

apolis this event is in conjunction with the Super Bowl. Bringing together sports legends, celebrities and business leaders to support St Jude and to present the Pat Summerall Award. More information to follow, or visit <https://www.stjude.org/get-involved/find-an-event/dinners-and-galas/legends-for-charity-benefit-dinner.html>



I was looking over some old paperwork I have and thought it would be good for a review. How's our etiquette?

The number one thing we should do is put a smile on our face. Number two is to choose our attitude. If you want happiness, be happy and spread the joy. Be friendly. Be respectful. When asked a question, be gracious and answer in a pleasant manner. This also applies when we talk with another person. How are we acting – what are new members seeing. Do they want to join or are they becoming turned off?

Listening is important. In chapter meetings – everyone should voice an opinion. How about disagreements – do you talk it out or shout it out (that's for your use in your laundry). Can you agree to disagree?

When members are looking for an answer regarding an issue and leave a message on your phone, do you have the courtesy to return the call.

Emotions are part of communication. When they are blocked, repressed, or misunderstood, they lead to miscommunication. When they are expressed and understood, they can lead to effective communication. Encourage one another. Count your blessings every day and thank the Lord for them.

## CHAPTER NEWS

### Alpha Chi—Kathy Rice

Alpha Chi had their first meeting on Saturday, September 9th, at the home of Kathleen Konrad and, of course, she served lots of goodies for us to enjoy. Our new officers are Joane Buche – President, Sue Todd-Vice President and Treasurer, Kathy Lamphere – Secretary, Phyllis Frascone and Gloria Iverson – Philan-

thropic, Nora Meyers - Educational, Kathleen Konrad – Parliamentarian and Coupon Coordinator, Jo Palmer – Jonquil, Pat Peterson – Social, Colleen Riley – Communications, Kathy Rice – Essay and Ways and Means.

Phyllis had requested that we bring school supplies and



towels to be given away to where they are needed the most. Gloria did an outstanding job putting together the Philanthropic worksheets in file folders for each of us. This will be much easier for us to keep track of everything we have to report.

Kathy brought up Ways and Means projects. We do not do craft shows anymore so in October we will have a bogus boutique when each of us donates \$25 each to our chapter treasury.

### Alpha Sigma—Birdie Elkofksa

Diane and Donald Vanusek have been back a week from taking their annual fishing trip to northern Minnesota. Rainy and cool, but ok. It was good to be where silence is broken by the rustling trees, and loved the lovely, haunting call of the loons on Crooked Lake (Finland, Mn.) as the very early dawn is breaking. Beautiful! Been loving the fall garden produce for suppers.

Shirley Laue says it is hard to believe yet another summer is gone. It was very busy with working-more than I wanted. In between working, mowing the lawn more often because of all the rain, and taking care of the gardens, I have been trying to get my house painted. I can only do as far up as the ladder reaches. We will rent a 'cherry picker' to do the top. Sorry I was not able, due

to some leg issues, to participate in the Hope for Youth and St. Jude walks. I am sure they were lots of fun.

Rose Bitter sure enjoyed the state social picnic. It was a blast, and a nice opportunity to visit with friends old and new. Thanks to Sandy Dolence for hosting the event! We've been steadily working on the St. Jude auction that's coming up on Saturday, November 18. Hoping to have lots of nice items for auction.

Shirley McGowan got back from a Lovely 1-week Carnival Eastern Caribbean Cruise. So Very Happy to have gotten back safely before all the hurricanes hit. Spent the day in Duluth yesterday. Took the train from the Depot to Two Harbors and back. A week too early for seeing the colorful fall leaves.

Birdie Elkofksa has loved the warm ending of summer. But I love it at 80 and then here it is Sept. 25, and down 20 degrees and weather in the 60's. We take what we get but I have pulled the sweaters and sweat shirts out now.

I have been collecting St. Jude Style Show and Silent Auction donations. If you have some new or almost new items that are just sitting on a shelf, if you are trying the thin those type of items out of your life..... CALL Birdie [\(952\) 938-3020](tel:(952)938-3020) and we can arrange a pickup or delivery. Alpha Sigma loves to put together items and we want to thank ALL of YOU who have contributed to the Silent Auction for the last 34 years.

The MARC Conference in Dearborn, Michigan is coming up real soon ... always the

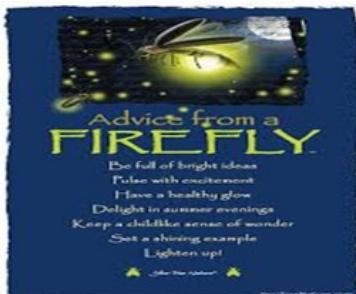
2nd weekend of October. Sure hope Minnesota has a lot of attendees. They are educational and fun. It is nice to be with a group of likeminded people from ESA who you have time and opportunity to get to know and to renew those you have met at past Conferences. This is a big part of ESA.... take it all in.

Minnesota ESA is sure starting out with a bang (the Family Picnic), and then end of this month a well-planned out Leadership. Oh yah, wine tasting and a Bunco event are coming in also. Please support these events and bring guests so Minnesota ESA can grow and continue to be the great organization we all LOVE!



## Beta Sigma—Linda Schultz

Be full of bright ideas  
 Pulse with excitement  
 Have a healthy glow  
 Delight in summer evenings  
 Keep a childlike sense of wonder  
 Set a shining example  
 Lighten up!



[schultz.lj@gmail.com](mailto:schultz.lj@gmail.com); or, call me at 612-227-2183.

After calling the Beta Sigma Saturday September 8th meeting to order at 10:00 a.m., the above “call to arms” was given to all of us by our new president, Marcie Haigh. She asked each of us to tell one bright idea or thing which “made us glow.” That was harder than it sounds; but, it was fun to hear how everyone responded. How would you respond? I would love to hear from you with your answer to such a provocative question.

E-mail me at:



The meeting was at the Community Room where I currently reside. It worked out so well and was so easily accessible that Beta Sigma may have future meetings here.

Kay Fogarty brought wonderful offerings of food, juice, and coffee and as usual made us all happy with good Saturday morning eats.



Then down to business: Marcie had a full agenda for us for this first meeting. We are going to be a very busy community of Fireflies this ESA year.

All of us were pleased to learn the amount of money we held in our treasury and the things accomplished this past year. We continue to support the MN Love Fund and the IC Disaster Fund each month by our contributions, as well as a successful offering of raffle items donated by our own Fireflies. In November, we will participate once again in the Bake & Craft Sale at Mary Mother of the Church, the proceeds of which will go to MACMH. Also, Jackie Swanson is offering three art sessions, which proceeds will go to the same organization.

As I listened to a listing from each Beta Sigma Firefly of the organizations and ways he or she contributes to the well-being of our greater world, it was amazing...30+! Experiences!

Our Fireflies will once again give time and energy, fueled by love, to go to Feed My Starving Children in February. Further information will be forthcoming and if you want to join us, the website for FMSC will register you.

I just realized that I could go on for some time about the busy Firefly schedule, but I am going to save some things for the next EsSAY.

As I write this, Eileen Spencer and Judy Searles are traveling abroad; more to follow about that (I am promised).



## Gamma Omega—MCMHA Fundraiser

Gamma Omega is hosting an all occasion greeting card stamping event for MACMH (Minnesota Association for Children's Mental

Health) on **Saturday, December 2, 2017** at the Hopkins Elks Lodge, 30 8th Ave S, Hopkins, MN 55343. Time is 10:00am-2:00pm.

No experience required. Keep for yourself or give as a gift. Space will be limited. Registration information to follow.



## Gamma Zeta—Dorothy Wangen

Gamma Zeta had our monthly meeting on Monday September 11, 2017; all members attended. Diane, Judy, Dorothy and Joyce worked at the St. Jude Walk on Saturday 9/23/17. Joyce as a guest. It was rise and shine early and

be ready to work at 7AM. Some of our members will attend the Leadership Conference; Judy, June and Dorothy will be attending.

What else is going on - Judy has been busy going to Vol-

ley Ball games for her granddaughter, Lexi. June has been busy with her granddaughters when they come to visit here in Minnesota. Joan finished all the dresses and vests for her son's wedding on September 23rd. Mary is

still busy unpacking boxes and making Doctor appointments. Dianne is still enjoying her quilting and grandchildren. Dorothy has just been busy. Enjoy the fall weather; it will get colder. Have a great fall.



**"Up Your Game for St. Jude"**



**Register Now to Play !!!!**

**Saturday, October 7, 2017  
1:00 PM — 4:00 PM**

**5680 Hadley Avenue North  
Oakdale, MN**

**Let's Roll!! \$10/person \$5/guest  
Please bring a friend and your favorite drink!**

**Prizes, Snacks, Fun!**

**R.S.V.P. By 10-5 to  
Kelly Check 651-335-1168**



**Event Sponsored by Alpha Zeta**



## **Wine Tasting and Silent Auction**

### **Benefiting 133rd National Air Guard and Family Readiness Program**

**DATE:** Saturday, October 28, 2017

**TIME:** 1:00 pm - 3:00 pm

**LOCATION:** Minneapolis Elks Lodge #44,  
2875 Brookdale Drive, Brooklyn Park MN 55444

Ticket price \$20.00 includes wine tasting and appetizers.

Tickets available by calling 612-267-3926 or at

[www.brownpapertickets.com](http://www.brownpapertickets.com)

Wine Tasting by Up North Liquor  
9570 Noble Pkwy, Brooklyn Park, MN 55443

Food provided by local chefs

Silent Auction by Gamma Omega Chapter, Minnesota State Council  
of Epsilon Sigma Alpha International

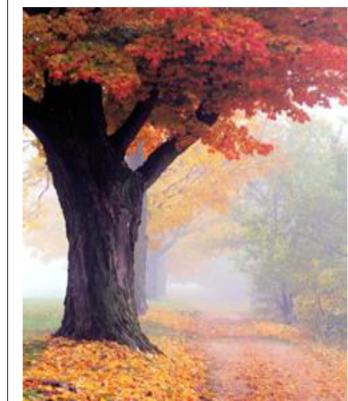
## THETA RHO WELCOMES YOU BACK TO ALBERT LEA STATE MEMBERSHIP MEETING

**Lasagna, Salad and Dessert Luncheon will be served following our meeting.**

**WHEN:** Saturday, November 11, 2017  
Coffee Served at 9:30 a.m.  
Meeting Starts at 10:00 a.m.  
Philanthropic Speaker – Easter Seals

**WHERE:** First Lutheran Church of Albert Lea  
301 E. Clark Street  
Albert Lea, MN 56007

**COST:** \$15.00, including morning coffee and breads  
Lasagna, Salads and Dessert



Tables can be made available if any chapter has items they would like to sell.  
Just let Jo know that you need a table.

**RSVP to Jo Hanson on or before November 4th**, if you will be attending the meeting – Jo Hanson 763-257-9018 or [jobunny19@gmail.com](mailto:jobunny19@gmail.com) .

**Remember to bring disposable diapers for Hats for Hope.**

**Driving Directions:** Take Highway 35W south to Albert Lea. After you pass the I90 Highway exits, you will take the first Albert Lea exit (65) or better known here as Main Street. Stay to the right and follow Main Street through town. You will see a McDonalds on your right. Pass it and take the second right, which is William Street. (If you turn at the first, Clark Street, it will also get you where you need to go.) Follow William Street approximately 4 blocks straight ahead. You will see First Lutheran Church on your right and Morin Park on your left. Turn right at the stop sign and left at the second entrance into the parking lot. There is parking in front of the church as well, but the back lot will allow direct entrance into the church basement. Enter and turn right into Bethany Hall. If you park in front, come in the door and take the elevator to the basement and go to your left to get to Bethany Hall.



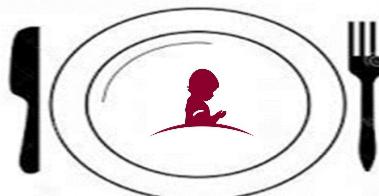
## 34TH ANNUAL LUNCHEON, STYLE SHOW & SILENT AUCTION

**Saturday, November 18, 2017**



*Benefit for:*

**"St. Jude Children's  
Research Hospital"**



**At the Sheraton Minneapolis West Hotel  
12201 Ridgedale Drive, Minnetonka MN 55305**

### Fashions by DRESS BARN

Auction 10:00 am

Program 11:40 am

Luncheon 12:15 pm

Style Show 1:00 pm

- Adult ticket \$27, Chicken Cobb Salad Luncheon
- Child ticket \$15, Chicken Fingers Luncheon (ages 3-10)
- Tables of 8-10 available
- Please note dietary restrictions when reservation is made

Name:	Chapter or Guest:	Child or Adult

**\*\*Reserve tickets by October 30, 2017 at  
[www.mnesa.com](http://www.mnesa.com)\*\* or**

Make Checks payable to Alpha Zeta; send to:  
Julie Siekkinen 5660 Sumter Ave N Crystal MN 55428

Have Questions? Call Kelly Check at 651-335-1168  
or email at [kellizmnesa@gmail.com](mailto:kellizmnesa@gmail.com)





# SPARKLE

ESA STATE CONVENTION

SAVE THE DATE  
APRIL 27-28TH 2018

HILTON SHOREVIEW MN

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](http://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](mailto:terri.mnesa@gmail.com)



"Live by Inspiring Others to Fly"

—Sandy Alexander,  
International Council President 2017-2018