

MINNESOTA ESSAY

ISSUE 2 OF 9

SEPTEMBER 2020



Don't forget to:

- Pay your chapter and member State Dues
- Pay your chapter's IC Dues
- Review the proposed By-Law and Standing Rules changes
- Watch for the Zoom invitation for State Convention
- Save the date for the October 3rd meeting
- Save the date for the October 31st Rush Luncheon

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PRESIDENT—SANDY DOLENCE

We have to keep our heads up and keep moving forward- you can't go here, you can't go there, you can't do this or that. But we all can do little things to help each other out. Cook something for a friend, pick up something when you are at the store and leave it off at the food shelf. If you

have a little library near your home you could put in there little crafts from the dollar store for the kids, kids movies, or a little toy from there. Maybe put in

some school supplies for those who will be doing school from home. The little things we can do to help make someone's day. We could be taking a little bit of stress off of someone that needs help.

I have two craft rooms that need to be cleaned, my grandsons have been bringing me boxes to look through and you never know what I will find. Who needs 8 bottles of glue? I had another six bottles of colored glue. I have given away about 5 or 6 boxes

of crafts a week to different places. I have also thrown away a lot too. I have not even started in the second room yet!! If you need yarn, call me first.

The one thing we have to look forward to is the state meeting on Oct. 3rd. We will meet at my church or the Elks Club and will be at 10:00 a.m. and have box lunches. The cost will be \$12.00. Don't stop planning and thinking. We will make the little things we do into something big!!

1ST VICE PRESIDENT—SANDY HONGERHOLT

Happy Fall!

It's hard to believe that we are already into the ninth month of 2020. The holiday season will be here before we know it. It's a great time to start thinking about who

you know that would like to hear more about ESA.

On Saturday October 31st we are going to have a socially distanced Rush Luncheon. The theme will be Burgers, Bloodies

and Brews. The time is 11am-1pm and the location will be at the Hopkins Elks Lodge.



FIRST VICE PRESIDENT—continued

Cost for the burger and fries is \$6. If you bring a guest, the cost is \$0 for you and your guest. Bloodies and Brews will be available to purchase at the bar.

There might even be a

little trick or treat. More info to come. Start inviting now. This will be a great day to bring someone and share the ESA opportunity, socialize and have a little fun with each other.

If you have someone that still isn't comfortable going out please let me know. If we have interest maybe we can do something online also.



Stay happy and healthy!

PARLIAMENTARIAN—DIANE VANUSEK

Just a reminder -

Time is coming for the reconvening of the 2020 Minnesota State Convention. The proposed by-law changes were published in the

March Essay as were the minutes from the Parliamentarian meeting held in February. Please go back and refamiliarize with those proposed changes so each

chapter can cast their vote at the May annual meeting finished in September. Everyone should have a copy of the changes before them so an informed vote can take place.



JUNIOR PAST PRESIDENT—DENNIS MARLER

Just a few short days until our ESA Minnesota State Convention. We'll be using Zoom for our virtual meeting.

We'll start at **9:00 am on Saturday, September 12**, and hopefully wrap it up by 3:00 pm. We'll have lots of time to visit and still complete the work that needs to be done. I hope you will ALL join us in this "new-normal" experience. Please let me know how I can improve the agenda.



ESA – Amazing ESA – Now More Than Ever

ESA Minnesota State Convention 2020 Saturday, Sept. 12, 9:00 am CT Tentative Agenda

- ◆ Call to Order and Opening Ritual – Dennis Marler
- ◆ Flag Ceremony – Dennis Marler
- ◆ Memorial Service – Marcie Haigh
- ◆ Introductions – Dennis Marler
- ◆ MARC Report – Bonnie Templeton
- ◆ Roll Call by Delegates – Betty Marler
- ◆ MedTox Report – Rhonda Krehl
- ◆ Philanthropic Report – Jackie Swanson
- ◆ Delegate Voting on Number / Selection of State Project(s)
- ◆ Project Reports and Awards – Project Chairs
- ◆ Break – Zoom call will remain open for socializing
- ◆ IC Report – Denise Holdaway
- ◆ IC Workshop – Julene Donnay
- ◆ Parliamentarian's Report – Diane Vanusek
- ◆ Delegate Voting on
- ◆ By-Laws and Standing Rules
- ◆ Unfinished Business
- ◆ Presentation to IC Past President Terri Olson – Dennis Marler
- ◆ New Business
- ◆ Years of Service – Sandy Dolence
- ◆ Installation – Dianne Ocel
- ◆ Presentation of Full Crown Pin – Sandy Dolence
- ◆ Farewell Address – Dennis Marler
- ◆ Transfer of Gavel – Dennis Marler

JUNIOR PAST PRESIDENT—DENNIS MARLER

- ◆ Initiation into Cavaliers – Sandy Hongerholt
- ◆ Closing Ritual – Sandy Dolence

Terri Olson will send an invitation (using the MN

ESA Google Groups email list) to all members on Thursday, September 10th, so you can all attend the Zoom State Convention on September 12th.

If you are not familiar with how to use Zoom, Charlotte Carloni has created a video and instructions on how to use Zoom. Click here to view this material which is located on the right

side of the page after you click the link.

[https://
www.epsilonsigmaalpha.org/ESALife](https://www.epsilonsigmaalpha.org/ESALife)

CHAPLAIN—SHIRLEY LAUE

Where does the time go--I cannot believe it is September! We should be looking forward to an exciting year, but instead we don't know what will happen. We have learned to be flexible, as plans can change in an instant, because we

are resilient.

Pause and remember that every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not good, remember that it will not last forever and better days are on the way.

I have sent cards to Geri Johnson who took a bad tumble and is temporarily in a facility; very anxious to return home. Cards can be sent to her home. at: 9200 Quantrelle Ave. Apt. 376, Elk River, MN 55330.

And a card was sent to Ed Krehl. Ed was in a terrible auto accident. Someone ran a red light, so he is banged up and has a very sore back. Cards can be sent to him at: 141 Olive Street, Hastings, MN 55033

MARC—SHARON DESARMEAUX & DIANE VANUSEK

ESA MARC is learning to adjust to the new reality just like everyone else. The Annual Conference will be a virtual meeting on October 10, 2020, more details to follow. The minutes of the August 4, 2020 interim meeting are attached to this Essay and on the MARC website.

All members are encouraged to participate in the Ways and Means fundraiser for the 2020 MARC conference. It is the Mysterious and Remarkable Container (flyer attached) holding wonderful mystery gifts

donated by the MARC Board and valued at least \$100.00. For every \$10.00 donation, the donor will receive one entry into the drawing held during the October 10, 2020 conference. Make checks payable to MARC and send to Jill Schull, 1611 Westgate Lane, Mattoon, IL 61938. The board is trying to make electronic donations available. The box will be shipped to the winner. Remember there will be no travel expenses to the MARC conference this year and no one will be losing in

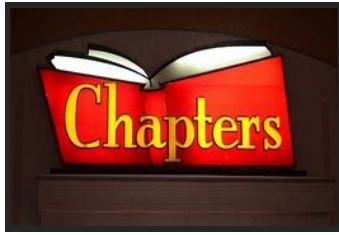
the casino so everyone should have extra money in their budget for an entry or two.

There are numerous by-law and standing rule proposed changes published on the MARC website. Please read these changes and communicate any comments or changes to the MARC reps or State President. If you can't get to the information, please contact the MARC reps and we will get it to you. The MARC reps and State President want to vote the way the Minnesota MEM-

BERSHIP wants.

Please visit the ESA MARC: MN ESA.com. Click on the MARC tab. The password is ESA-MARC1985. Please add this password to your list as it will not be in future Essays.





ALPHA SIGMA-DIANE VANUSEK

Diane – Alpha Sigma FINALLY elected its officers for 2020-21. Birdie is the Prez. Shirley, Diane, and Birdie met in person with Sharon and Pat via the cell phone. It worked! We had our planning meeting and are ready (maybe) for the new year. The postponement of the Style Show means we will have a less busy October. Don and I enjoyed the annual visit with our grandson and his computers. With all the restrictions, it was a pretty laid-back visit. It is a bit sad the flowers in the yards are fading into early fall mode and the summer is warning. I am not ready for fall.

Shirley - It seems that all I get done is mow

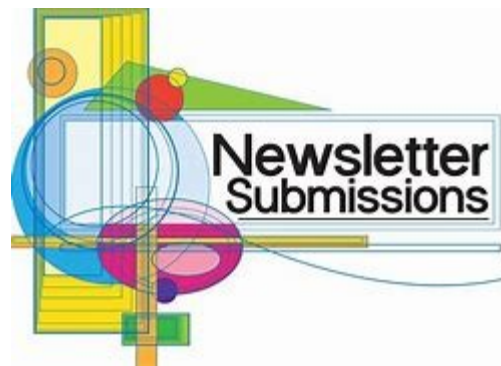
the lawn, pull some weeds, mow the lawn, pull some weeds-you get the picture. I did can 34 quarts of tomatoes--24 of those are for my daughter--she loves them. I have gone back to work a couple of nights a week, so that keeps me on my toes. We (My husband and I) are looking forward to our 60th wedding anniversary September 17. It is hard for me to believe, as the years just flew by. We were going to have an open house--but-----You know the end of that story!

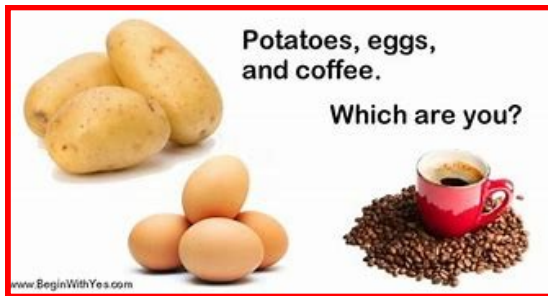
Pat - This has been quite the spring and summer! In spite of staying home and sheltering in place, I spent

several days in the hospital with pneumonia - thankful for some really nice and caring nurses. Fortunately, we have a deck in back so we can at least sit outside and get some fresh air or talk to our neighbors from 6-ft. away. Our oldest granddaughter got married in June, but of course we could not attend - that made us all very sad! Our youngest granddaughter went back to college which worries us - we know she's careful, but not everyone seems to understand that this is serious. Our youngest grandson joined the National Guard and is now in basic training - another situation to worry about!.

Birdie - I thought back in March when we were asked to ISOLATE and STAY HOME it would be over by August. Well, I am still home and go out seldom. But skills have been developed. I read a lot faster, I enjoy all types of books, I can view and talk on a Zoom meeting, I know what a Zoom meeting is, I can open the door of the refrigerator several times an hour and it is NOT an arm exercise, napping is fun, and why dust and vacuum today when tomorrow or the next day is just as good.

Yes, we have learned a lot .. but mostly I have learned.. I MISS BEING WITH PEOPLE!!





The Struggles of Life

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter.

The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked, ***“Daughter, what do you see?”***

“Potatoes, eggs and coffee” she hastily replied.

“Look closer” he said, ***“and touch the potatoes.”*** She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

“Father, what does this mean?” she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity - the boiling water. However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

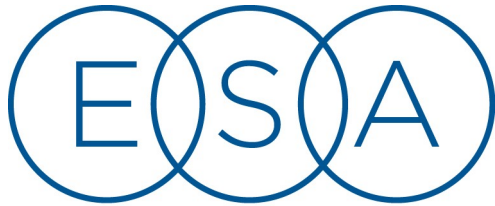
“Which one are you?” he asked his daughter.

“When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?”

Moral of the Story: In life, things happen around us, things happen to us, but the only thing that truly matters is how you choose to react to it and what you make out of it. Life is all about leaning, adopting, and converting all the struggles that we experience into something positive.



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EPSILON SIGMA ALPHA

www.epsilonsigmaalpha.org

Epsilon Sigma Alpha (ESA) International is a special organization—an organization that is truly defined by the hearts of its members.

An international leadership and service organization, ESA is a place where members develop meaningful friendships, find their passion for community service, and continue on the path of lifelong learning.

MISSION STATEMENT:

ESA is Good Friends, Good Works, and Good Times ... We create activities and support causes that let us surround ourselves with welcoming, positive people who enjoy making a difference and having fun together.



—LeAnn Wray
International Council President
2020-2021

MINNESOTA ESSAY

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

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

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

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

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

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



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