



Minnesota ESSAY

Before You Forget....

- We'll be working **all summer** at Medtox/ LabCorp, so please come and join the fun on Mondays ; we've been so busy, we could use your help!
- Check out the Mini-Agenda for State Convention
- Consider helping Mark and Kerry with the 13th annual "Cruisin' for St. Jude" event
- Start making your plans to attend the MARC Conference on October 11-12 in St. Louis, Missouri

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President—Dana Terry

Happy May to you all,

It was great to see so many of you at the April meeting. Especially Kathy Rice of Alpha Chi and many Beta Sigma members that I haven't seen in a while! A big THANK YOU to Beta Sigma for all the hard work put in to host the meeting and provide such delicious food for lunch.

Our MN ESA year is drawing to an end. We have lots to celebrate so I hope to see all of you at our State Convention on May 17-18th. Our 2023-24 year has been great, but I think next year is going to be even better! I'm looking forward to all that Kim LeTendre-Olson and her board have planned for 2024-25. I can tell you that there are a lot of great things in store! And

with that, I want to pose a question to each and every one of you: Are you staying engaged in all levels of ESA?

The Importance of Staying Engaged in ESA

As members of Epsilon Sigma Alpha, we understand the value of our mission to create positive change and make a difference in our communities. Staying engaged within all levels of ESA is not only beneficial for its growth but also essential for our personal and collective impact. Here's why staying engaged matters:

Fosters Commitment and Passion

- Engagement is the fuel that drives commitment and passion for our organization and our cause. When we stay engaged, we remain connected to

the purpose and goals of ESA, reinforcing our dedication to making a difference. Our commitment inspires others and strengthens the collective spirit of our ESA community.

Builds a Stronger ESA Community –

Our organization thrives on collaboration, shared values, and mutual support. By staying engaged, we contribute to building a stronger, more cohesive community of leaders, members, and supporters. Active participation encourages networking, fosters friendships, and creates opportunities for collaboration that can amplify our impact.

Ensures ESA's Success –

Staying engaged is crucial for the success and sustainability of ESA. Active members bring a variety

President—(continued)

of perspectives, innovative ideas, and valuable skills to the table. By staying involved in meetings, projects, and initiatives, we contribute to organizational growth, effectiveness, and long-term success.

Personal Development – Engagement within all levels of ESA offers opportunities for personal growth. Through workshops, training sessions, leadership roles and network-

ing, we can develop new skills, expand our knowledge, and enhance our leadership capabilities. These experiences not only benefit us individually but also strengthen our ESA organization as a whole.

Advocacy and Awareness – ESA relies on advocacy and awareness to promote our cause and mobilize support. By staying engaged and informed, we can become ef-

fective advocates for our mission, raising awareness, and inspiring others to join our cause. Our voices become powerful tools for change, driving forward our initiatives and reaching a broader audience.

Our active participation and involvement in all levels of ESA make a significant difference in achieving our mission, creating positive change and ensuring our organization's success

now and into the future.

Let us continue to stay engaged, passionate, and committed to ESA and our goals. ESA is a community of members, and it's only TOGETHER that we can make a lasting impact on our communities and create a brighter future for our organization.



Vice President—Kim LeTendre Olson

Kudos to Beta Sigma for hosting the state meeting last month. It was great to see all who could attend, including special guest attendees from our state philanthropic projects *Welcome Home Vets* and *Interact Center for Visual & Performing Arts*. I don't think anyone went home hungry after enjoying the soup and salad luncheon; it was delicious! And another shout-out to Lori

Thorpe, Gamma Omega, for coordinating our social at the Lookout Bar & Grill on April 20th to enjoy lunch, some cocktails, and entertainment by Mike Derus. Thanks Lori!!

A big THANK YOU to those who said 'yes' to serving on next year's board! There are only four (4) positions to be filled. Can we count on you to raise your hand and help us out?

Open positions:

- ◆ Vice President
- ◆ Financial Committee (1)
- ◆ St Jude Coordinator
- ◆ State Convention 2025 Host

2024 IC Convention
Who's going to join me at IC Convention in Overland Park KS this summer? Better yet, who wants to be my roomie? ☐ I'd love to hear from you if you plan on attending. I'll

bring this up at the state convention to vote on, but we are expected to donate a state basket for the ESA Foundation's Fund Fest at IC Convention on July 9th. If anyone has ideas on what to put in the basket, please speak up at the state convention. Remember, most people fly to/from convention so the smaller the items, the better they will fit in a suitcase or carry on. I'll need a volunteer to bring it to IC

Continued on next page...

Vice President—(continued)

Convention as I do not arrive until July 10th. Be sure to join us at the St. Jude Sock Hop on Friday, July 12th! Let Diane Vanusek know if you plan on attending so

she can mail in your registration form. The state approved paying your entry fee for this event (yay!). Participants will also receive a t-shirt at the convention. How

cool is that?

And finally, I cannot wait to see you all at our state convention at Running Aces later this month. Alpha Zeta and Dana Terry have been

busy making plans to make this a super FUN event for you all. Be sure to get your registration forms in by April 26th.

Treasurer—Diane Vanusek

The ESA year 2023-24 certainly flew by and here we are once again at the last Essay article for the year.

Please keep in mind that even though the State Convention coming up is the last State meeting of the year, the fiscal year

for 2023-24 expenses runs until July 31, 2024. To elected and appointed officers, please submit your expenses as soon as possible after the State convention.

PLEASE NOTE: It was approved at the April 13th State meeting that a portion of

the unspent Lab-Corp/Medtox money for St. Jude's, \$4,685.00, would be divided between all the members attending the St. Jude Challenge Sock Hop at IC Convention. Those attending the Sock Hop need to fill out a registration

form (available on the ESA website) and give it to me no later than the State Convention so I can mail them all in together with one check. The registration forms are due May 31 so time is critical.

Welcome Home Vets—Shirley Laue

\$34,269.50—that is a lot of money! Where did all that money come from? Where is it going? I am sure the recipients were very happy! That is how much we have earned at Medtox/LabCorp since Welcome Home Vets became a state philanthropic project, back in 2020. The money all

went to Welcome Home Vets.

Here is the breakdown, remembering this is for three months each year:

20-21 - \$4,277.00
 21-22 - \$8,635.00
 22-23 - \$9,310: and
 23-24 - \$12,047.50
 = **\$34,269.50.**

Notice how the numbers have increased - with 23-24 being almost three times what was earned in 20-21. That is because WE DO DOUBLE what we did in 2020-2021.

Thank you to those who volunteer every Monday but thank you really does not express how happy we have made many

homeless vets with the money we have earned. So, if you have an hour to spare, come to Medtox/LabCorp on Monday morning-so you can say you helped earn that money too!





Chapter

News



What's New!

Alpha Chi—Joane Buche

Time flies when you're having fun! I had so much fun that I forgot to send my article for the Essay.

Hope to see many of you at our State Convention! Sue Todd, Kathy Rice and I plan on attending. And, if we miss seeing you at the

Convention, hope to see you at MedTox; Sue and I are typically there working on the lab kits, chatting with ESA friends and

sharing a few tasty treats.

See you soon.

Alpha Sigma—Diane Vanusek

Birdie pipes up – Spring is here well if you like cold days and nights, but the grass is green, and the trees are budding.

Alpha Sigma has already planned a very busy summer of fundraising. We will sell hot dogs and brats at the Delano Coborn's Grocery Store with the proceeds going to various veteran groups. We will be there five times from July to August. We start the summer with a gar-

age sale at Shirley Laue's in Rockford. So, we will be getting our exercise for sure.

As I write this I am just staring into space. Our beloved International President, Brenda Meyers, has passed away and I personally feel a great loss. ESA has lost a wonderful leader, sister, and friend.

Diane pipes up – Don and I had a great Spring Break trip to Hawaii. Don did very well despite having a complete knee replacement two months before.

Good thing the hotels had working ice machines. My nephew's wedding was beautiful with all the flowers and not so gentle ocean breezes.

While I was there, I got an email from my grandson telling me he won the Wisconsin State Endowment scholarship for 2024. He was very happy and so was I. He did not think he would win, but after he did, he was inspired to look for other scholarships available.

At the Alpha Sigma March chapter meeting, we divvied up our philanthropic donations among our favorite charities, as well as a new one or two. It is so rewarding to see what three people can accomplish when they work together.

To echo Birdie, I was stunned to learn of Brenda Meyers passing. Brenda was a very nice lady and my heart is heavy for her family and for our ESA family.

Continued on next page...

Alpha Sigma—(continued)

Shirley pipes up –

At our last meeting we decided on the dates for working at the Brat shack in Coborn's. We are at Coborn's from 10:30am to about 5:30pm. We will be at Coborn's in Delano on:

- ◆ May 24 and 25
- ◆ May 31 and June 1

- ◆ July 19 and 20
- ◆ July 26 and 27
- ◆ August 2 and 3

We would love it if you came out for a visit. We donate all the money we earn to the vets.

It looks like the three gals of Alpha Sigma will be busy this summer.

There was a good turnout at the Look-out on Saturday the 20th. I believe everyone there had a good time with good food and good music. Speaking of good food - Beta Sigma served a very good lunch at the last state meeting - and Karla even



brought the extras on Monday, so we had ham and turkey sandwiches for lunch at Medtox/Labcorp, which we really appreciated, as some of us get there at 7:30 and work until 1:00 or 1:30.

Beta Sigma—Eileen Spencer

"Bee the best you can be!"



BETA SIGMA met on April 6, once again in the home of **Edee & Hartley Erickson**.

President Edee had two quotes for the day:

"Age is something that doesn't matter unless you are cheese." by Luis Bunuel.

And this expressed by Lucille Ball, *"The secret of staying young is to live honestly, eat slowly and LIE about your age!"*



MEETING HIGHLIGHTS

PLEDGE ANNIVERSARIES
(in years)

MAY
Dina Strachota, 24
Jen Davies, 18

JUNE
Bruce Strachota, 8

BETA SIGMA 2024-25

ELECTED OFFICERS

Pres: Marcie Haigh
V.P.: Eileen Spencer
Co-Treasurers:
Bonnie Olson
Edee Erickson
Secretary/ Recorder:
Jen Davies
Parliamentarian:
Kim Larsen
Jr. Past President:
Edee Erickson

CHAIRS:

Education: *Open*

ESsAy Reporter:
Eileen Spencer

Historian:
Bonnie Olson

Goodwill Ambassador:
Betty Brown

Love & Disaster:
Edee Erickson

Philanthropic:
Judy Searles

Philanthropic Reporting:
Kim Larsen

Co-Photographers:
Kim Larsen
Karla Nicklaus

Publicity: *Open*
Scrapbook:
Karla Nicklaus

Secret Pals:
Kim Larsen

Social Committee:
Everyone
Ways & Means:
Bruce Strachota

BETA SIGMA President **Edee** wishes to thank all who have volunteered to guide us through another year; your efforts are greatly appreciated!



Sunday, May 12

PHILANTROPIC:

There was a good turnout for the **ESA State Meeting** held by **BETA SIGMA** on April 13. After the meeting, all enjoyed a smorgasbord luncheon.

Continued on next page...

Beta Sigma—(continued)



Join **BETA SIGMA** for their scheduled volunteer time at the **Feed My Starving Children** warehouse in Eagan at **noon** on **May 4**.

If you would like to join us, please contact **Kim Larsen** via email Kimlarsen356@comcast.net or call: 651-334-4317 to register with Kim as space is limited.

**BETA SIGMA
MEMBER UP-
DATES:**

Last month we reported that *Bonnie Olson* had fallen and fractured her elbow. *Bonnie* now has a **NEW** elbow and is working hard at physical therapy in hopes of being ready to bowl in the fall!

On April 20 **Bruce & Dina Strachota** set sail on the Valiant Lady out of Miami for a week-long get away.

After rotator cuff surgery this winter, **Hartley Erickson** is on the mend and going to physical therapy.



Hartley & Edee will be heading to Florida in May for a week.

Marcie Haigh would like to let everyone know she is recovering very well from back surgery. **Marcie** wishes to convey her gratitude to all those who sent cards and provided encouragement during this time.

In July, **Marcie** will undergo knee replacement surgery and asks that we keep her and

all those facing challenges of any kind in our prayers over the summer.



Judy Searles will head to Chicago to visit her daughter and family for Mother's Day weekend.

Eileen Spencer will travel to St. Louis in June for a family visit.



Summer is short in Minnesota, so let's get **OUT** and enjoy it as best we can.



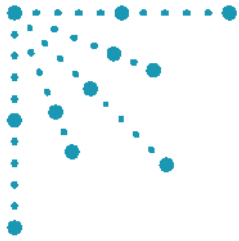
Holidays, birthdays, and **ANY DAY** in summer is a time to

celebrate!



from
BETA SIGMA
&
BEE safe!





Minnesota ESA State Convention
May 17 18, 2024

Mini Agenda

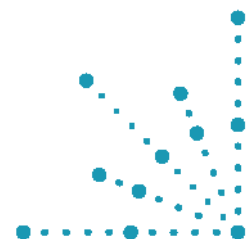
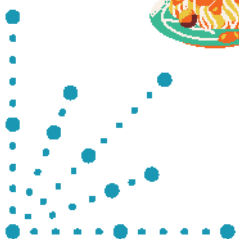
Friday May 17th

- 5pm Registration Open
- 5 6pm Social Hour
- 6 10pm Pizza & Ponies Mixer



Saturday May 18th

- 8am Registration Open
- 9:15am First General Assembly
- 11am Guest Speaker
- Noon Taco Bar Lunch
- 12:45pm Awards
- 1:15pm Second General Assembly
- 4pm Adjourn Convention
- 5pm Happy Hour
- 6pm Installation & Pasta Dinner followed by BINGO!



“Cruisin’ for St. Jude

Mark your Calendars!!! The St. Jude Crusin' for the Kids is happening once again on **Saturday July 13, 2024, at Riversbend in Ramsey!!!** It's the same weekend as IC so for those not trekking south to Kansas come join us!!! Call Kerri 612-388-9969 or email pettyker@gmail.com if you have auction items or can volunteer.

Auction Items: We are in need of auction items--if you want to drop off during convention or at my house great; if you need me to come get stuff from you or meet you some place to pick up I can do that also!

If you or your chapter is going to just put together a basket please let me know what type/ contents, so we don't have 10 baskets of bath stuff etc.

Deadline to get me items is **June 30!** I have to get everything finalized and delivered to Riversbend by July 6th.

Volunteers: Here is the breakdown of the shifts for the day of the ride on **July 15th**. Please let me know if you can make it to help out the whole day or just one of the "shifts". Even if you have already told me you can help out please respond and let me know for sure if it is all day or just part of the day.

8am-11a: Help with registration which includes taking money; having them sign the waiver; encouraging them to purchase raffle tickets; handing out their shirts and goodie bags; letting them know they can purchase breakfast inside and cheering the bikes on as they leave Riversbend for the start of the ride (scheduled to leave approx., 10a)

11a-1p: (approx) Setting up the tables and getting the auction baskets set up; putting together the boxes used for the tickets to be dropped into etc. Also start to sell both the silent auction tickets and raffle tickets to the bar patrons and those coming in for bar bingo-

-Bingo starts at **12:30p** so you can also play a few games of that while waiting for new people to come in and sell out tickets too =)

1p-5p ish: Riders will start to return close to 3:30p, which is when the rush really begins of selling tickets and making sure they know about going out to get their meal (that's part of the ride cost) and encouraging them to purchase tickets etc. Once auction is closed (usually around **4:30p** or so) then will help draw the winners of each and clean up our area (doesn't take much for cleanup)

Thanks again and even if you can't help, feel free to come out and participate in the auction! You won't have to be present to win as Debbie and Ed let us have the winners come pick up their prize at the bar so it's a big win-win!

Kerri Petty
612-388-9969

“Cruisin for St. Jude”

13th Annual Minnesota

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



When: Saturday – July 13, 2024 (Rain or Shine)

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

Price: \$30 per Rider & \$20 per passenger

Time: Registration/Check-In 8:30 am – 9:30 am (Free T-shirt & Prize)
Ride leaves at 10:00 am

Breakfast available for purchase

Large Raffle Prizes, Food, Beverages, Silent Auction

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

Terry (612) 803-6288 John (763) 412-5193 Emily (763) 349-0270

Melissa (651)428-1039



Blaine, MN



EPSILON SIGMA ALPHA

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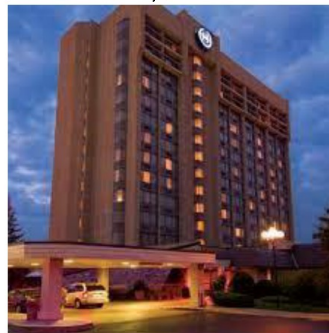


<https://www.facebook.com/MNCruiseforStJude/>



The Torchbearers, Missouri State Council Past Presidents
Formally invite you to
The 39th Annual
Midwest Area Regional Council Conference
October 11-12, 2024

Sheraton Westport Plaza Hotel
900 West Port Plaza Drive
St. Louis, MO 63146



Registration - \$175.00
Room Rate: \$159.00 + Tax (No limit for quests per room)
Group rate available 3 days prior and post Conference
Free WIFI
Complimentary Parking
Free Airport Shuttle runs every 30 minutes





Midwest Area Regional Council
39th Annual Conference
Sheraton Westport Plaza,
St. Louis, Missouri
October 11-12, 2024
Hosted by Missouri State Past
Presidents (Torchbearers)



Name _____ State _____
 Address _____
 City, State, Zip _____
 Email Address _____ Phone _____
 Emergency Contact _____ Phone _____
 Travel Plans: Driving: _____ Flying: Airline _____ Flight # _____ Date _____
 Names of Roommates: _____
 Name Tags Yes ___ No ___ (I will bring my own) Program Book Yes _____ PDF Only _____

Registration Fees (includes meeting fees, food, A/V, tax and service charges)

Postmarked By 9/13/2024

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

Partial Registration

- Saturday Lunch only \$ 50.00
- Saturday Banquet only \$ 65.00

Postmarked After 9/13/2024

- Registration for Conference and Leadership \$190.00
- Registration excluding Friday Leadership \$175.00

Partial Registration

- Saturday Lunch only \$ 65.00
- Saturday Banquet only \$ 80.00

Walk-in Registration After 10/1/2024

- Walk-In Cash or Money Order Only \$205.00

Youth Meals (Under 12 years old) *

- Friday Lunch \$18.00
- Saturday Breakfast \$16.00
- Saturday Lunch \$18.00
- Banquet \$22.00

Total Enclosed \$ _____

Medical Dietary Restrictions (additional charges may apply) _____

Please make checks payable to Torchbearers 2024 MARC Conference.

Mail to: Torchbearers, 717 Galveston Court, Moscow Mills, MO 63362

Questions regarding registration can be directed to MSCTorchbearers@gmail.com or Phone: (636) 485-8694

Current Officer / Offices Held

(Check all that apply)

- MARC Exec Board
- MARC Appt Board
- MARCette
- IC Exec Board
- IC Appt Board
- ESA Foundation
- ESA Headquarters
- 1st Time Attendee
- Guest
- Youth Attendee

No Refunds after 9/1/2024

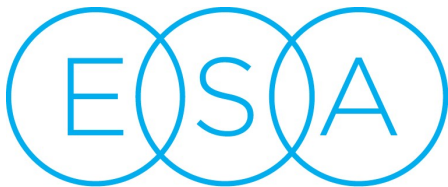
Hotel Information: Sheraton Westport Plaza, 900 Westport Plaza Drive, St. Louis, MO 63146
 Group Code: **Midwest Area Regional Council Conference**
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1687554624013&key=GRP&app=resvlink>
Room Block honored until September 19, 2024
 Room Rate: \$159 Single/Double (No Limit to number of guests in the room)
 *Room rates honored two days prior/ one day after conference based upon availability
 Complimentary self-park, in room Wi-Fi

All cancellation requests must be made in writing, postmarked by 9/1/2024, if approved, a \$15 cancellation fee applies; one-time only member to member transfer registration is allowed by 9/1/2024 with a \$15 processing fee. \$45 processing fee applies for returned checks.

*Registration Chair will contact you with youth meal choices.

Epsilon Sigma Alpha
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Fort Collins, CO 80528

Phone: 970-223-2854
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.

MINNESOTA ESSAY

All issues of the **ESSAY** are published here:
www.mnesa.com

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

The deadline for submission of articles is the 25th of each month. The monthly issue is emailed approximately the first of the month.

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



Terri Olson
ESSAY Editor
terri.mnesa@gmail.com



~ Brenda Meyers
International Council President
2023-2024