



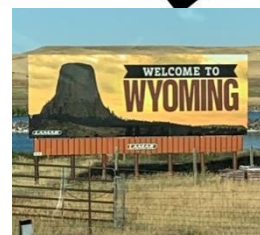
IC NEWSLETTER – OCTOBER 2019



2019-20 IC PRESIDENT TERRI'S MESSAGE



The IC Executive Board had a wonderful Retreat on September 13th – 15th in beautiful Cheyenne, Wyoming. Well, some may not think it's quite so beautiful since trees are not native to Wyoming. But we all decided that must have been where the song, "Oh Give Me a Home Where the Buffalo Roam..." came from. We saw a lot of prairie dogs and antelope which are native to Wyoming. But we also saw cattle and horses grazing on their respective ranches as well as bison, turkeys, chickens, horses, and camels at the Terry Bison Ranch. We ended our meeting on Saturday with "Terri's Tours" taking the crew in our rented 12-passenger van on a tour of downtown Cheyenne (with a quick stop at "Just Dandy", a clothing store where Charlotte convinced each of us there was a special item we definitely needed to purchase! Next, we headed off to the Terry Bison Ranch where the "gang" was "treated" with a train ride out in the pasture to feed the buffalo! You'll have to ask about that adventure!



We discussed many subjects and made some great plans for IC Convention in Grapevine; all with you in mind! I can guarantee this group along with the Texans have planned a very fun IC Convention for you, so start saving your dollars because you won't want to miss it!

We had our second Conference Call with the 2019-2020 State and Region Presidents; the call was recorded for those who were unable to attend so they can keep up with what was discussed. I created a Cheer Squad to help each state with ideas to grow our membership. Each member of the Cheer Squad has an assignment of approximately eight states and has been busy trying to reach your State President for a good contact (the Membership Director) to offer some assistance. And, chapters, don't forget to use that great "Chapter Guide" on the ESA International website. In case you didn't hear about the

competition, the state that gains the largest number of community members (percentagewise) will receive a special prize. That prize is a trip from Charlotte Carloni to your State Convention or Meeting. Charlotte says she'll do whatever you'd like, i.e., a workshop, or whatever you might have in mind (I'll say...within reason!). So, c'mon, show me what you got!!

I hope you had successful Fall meetings and Leadership events. Every month is a great month to plan a membership raising event. But October is our BIG month to really push for gaining new members so that they'll be able to fully enjoy a full year of ESA. We want to be able to have them enjoy our State Conventions and even think about attending the International Convention. Have you planned a Rushing Event in your state? Have you partnered with another organization so you can show them how hard we work and how much fun we have? It's a great opportunity to talk about ESA and share your contact information. Be sure to invite them to come to something FUN!! (HINT: Meetings are necessary, but not necessarily fun!)

"Do what you love, love what you do, and with all your heart give yourself to it."

— Roy T. Bennett, *The Light in the Heart*

Until next time –



Brenda Meyers, 2019-2020 Recording Secretary

Greetings everyone! I recently returned from retreat weekend and am super stoked about this year in ESA. As you can imagine there is much discussion about the 2020 IC Convention in Grapevine TX and we are excited about the information shared by our hosts at the convention planning meeting! The other hot topics were Membership and Leadership. Of course, increased Membership is always a critical item and will directly affect Leadership potential. Recruiting future leaders is my passion!

Some of us have held the same office so many times in our chapters it gets harder to keep the spirit going. New members remind us of why we are here and give us an opportunity to renew our energy! Not to mention we may not have to be chapter president "just one more time". I encourage each of you to serve in as many roles as possible – you can take this experience to the next level on your state board and you might find you love doing it!

Many of us never take that 1st step out of plain and simple "Fear". Do not let that fear define you and hinder you from the leader you are meant to be! I never dreamed 30 years ago that I would be on the IC Board. I was fortunate to have a mentor who believed in me and I just bet you do too.

To sum it up – RECRUIT! MENTOR! LEAD!!

An important part of our ESA program is also Education. In that vein I have been doing some reading on being an effective Recording Secretary and I love some of the great tips I have found on the internet. I'd

love to share one with you. ***Writing the dreaded minutes of the meeting*** (before, during and after meeting activities) is a great article that can be found on BusinessWriting.biz. Here is the link to the article.

[http://www.businesswriting.biz/articles/Writing the MINUTES of the meeting.pdf](http://www.businesswriting.biz/articles/Writing_the_MINUTES_of_the_meeting.pdf)

Whether we are novices or experts there is always room for some good advice! Please know that I am always an email or phone call away if you have any questions or challenges.

The most important thing is to have fun doing it!!!

Brenda

“There never was any heart truly great and generous, that was not also tender and compassionate.”

Robert Frost



Malinda Remington, 2019-2020 IC Parliamentarian

Hi Everyone,

I hope all who attended IC in Memphis had a great time like I did. I especially enjoyed the IC Challenge at the St. Jude Campus and visiting and touring ALSAC offices for the first time.

I am so honored to be serving as the 2019-2020 IC Parliamentarian. The Essential Edge was updated earlier this year. I have emailed a copy of it to the new IC Appointed Board Chairs. Please take the time to review it and take a special look at the information pertaining to your board position. The Essential Edge can also easily be found at the ESA Website...sign in and then type in Essential Edge under search.

malindajremington@gmail.com

Terri's Rambling Thoughts

I love to dance and have fun and dressing in costumes!



Lynda Edwards, 2019-2020 IC Workshop Coordinator

Commitments have been obtained from three different sources for some different and interesting presentations for 2020 IC Convention in Grapevine, Texas. I'm not sharing all my secrets just yet but I do want your input for any hands on crafty ideas that you would enjoy as a Workshop in Texas. This is your convention and I want to cater to your interest plus I really value your input. We know that everyone does not enjoy the same thing. I love all crafts but what do you like? Fill my inbox. Mark your calendar July 15-19, 2020 because you don't want to miss "Texas...Where It All Began."

Lynda Edwards

lyndabaine@bellsouth.net



Tammy Gregg, Philanthropic Chair

It is hard to believe that October is already here, the leaves are starting to turn, the mornings are cool & crisp with the feel of Fall in the air – well, if you live in the Southeast like SC, it is in the 90's, we are fighting mosquitos, fire ants and gnats and still rocking the flip flops, but a girl can dream!

Thank you to those State Presidents who have connected me with your Philanthropic Chairman, lots of great questions are coming my way! If you haven't touch base with me yet, please do. I want the opportunity to support your Philanthropic Chairman and hear all of the great things your state is doing.

As many of you heard at the IC Convention, IC President Terri is focusing on diversity in our communities and supporting those local projects where we live. So as we come into the most "giving" time of the year, I encourage you to find those nonprofit projects that are serving the diverse population in your backyard. Try something new, step out of the comfort zone or "business as usual" and let the power of our membership make an impact on those that need us most.

Here are a few things to checkout on our website under "Member Center":

- The IRS document that states the \$.58 mileage rate for 2019

- The 2019-2020 Philanthropic Form that provides information on where to mail and the reporting period.
- A great place to learn more about our National Service Projects and the Tool Kits to help you pull the project together.

Please don't hesitate to reach out if I can help you with anything or if you just want to share good news.

Thank you!

Tammy Gregg

864-483-1538 • tammyjo21@yahoo.com

"Never doubt that a small group of thoughtful, committed citizens can change the world; it's the only thing that ever has" – **Margaret Mead**



MEMBERSHIP NEWS

(By Alysha Wagley, IC Membership Chair)

Putting our Members First

Often when we talk about Membership, we think only of recruiting and expanding. However, the priority of membership should be focused on the members we already have. We must take care of ourselves and our own chapters first. After all, if we worked so hard to recruit a new member, shouldn't we work hard to ensure that they stay long enough to truly appreciate the miracles and love of ESA. A healthy and happy chapter has a greater chance of recruiting which is the next priority of membership.

Executive Director Charlotte Carloni has developed a chapter assessment that allows a chapter to reevaluate the needs, wants and groove of the chapter. It is meant to help chapters get out of their ruts and keep what members are most passionate about, making the most of members' valuable time. Many of you have already purchased or received the hard copy, but if you would like to access it electronically you may do so at <https://www.epsilonsigmaalpha.org/ChapterGuide>. It's time to revamp, try something new, celebrate our own good works and make ESA itself a priority.

As our membership ages, make sure you are adapting your meetings and activities to help accommodate their physical needs. Find ways to keep them involved and make sure they have a ride to attend. Every member matters. New members need to be taught our history and culture to help create that lasting appreciation for us as an organization. Young members need to feel valued and appreciated.

Having events that embrace all ages or hosting different types of fundraisers and socials makes ESA fun for all. Share this chapter fun by using **#becauseofESA** on social media.

May your chapter be happy, your good works be celebrated, and your efforts be fruitful. Your IC membership team is here to help you. Thank you for all you do in the name of ESA to help protect the *Heart* of ESA.

Alysha Wagley (NM), IC Sr. Membership Chair, alyshawagley@gmail.com

Anna Lifsey (LA), IC Jr. Membership Chair, lmhtb@cox.net

Tracy Swanson, ESA HQ Membership Director, tracyswanson@epsilonsigmaalpha.org



October is Recruitment Month!

(By Tracy Swanson, ESA HQ Membership Director)

As is tradition in ESA, October is Recruitment Month and the busy autumn calendars of ESA chapters are the perfect time to invite someone new to help you volunteer, fundraise, or just socialize the ESA way.

On the Recruitment Page ready for you: www.epsilonsigmaalpha.org/recruitment

- Party planners (check the calendar of parties for something seasonal or try our new Instapot Party which doubles as a fundraiser)
- Membership Hosts – train and equip chapter members to serve as effective connectors when your chapters are involved with public events
- “50 in 5” brainstorming guide to easily identify all the people you and your members may know who’d be interested in attending or helping with one of your events
- Video links to share

Recommend-a-Friend via the ESA Website

Know someone who’d make a terrific member but doesn’t live near you? Use our new online recommend-a-friend tool, www.epsilonsigmaalpha.org/recommend. Please share this URL with other members and encourage them to do the same. Let’s get our ESA network up and humming everywhere.

New Chapter Targets:

If anyone in your state is working on (or ready to begin actively working) on a new chapter, please add it to our New Chapter Targets list. We’ll publish the targets list here in our national newsletters to get the word out and help spark connections. Members in other places who see your target may think, “Hey, I DO know someone awesome in that place, I’m going to recommend them!” It’s already working in Austin, Texas where recommendations from 3 states are becoming the core of a new chapter there, all because we made that target city known.

Current Active New Chapter Targets:

- Austin, TX (community chapter)
- Charlotte, NC (community chapter)
- Chicago, IL (community chapter)
- Clemson University, SC (collegiate chapter)
- New Mexico State University (collegiate chapter)

To add your expansion target chapter to the list, contact Tracy at ESA HQ
tracyswanson@epsilonsigmaalpha.org

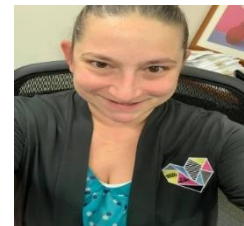
CHEER TEAM!!!



Appointed Board Cheer Team - Lauren Ryan

The RACE is ON! Have you found a new member yet? The time has come my dear friends to dust off those membership applications, refresh your application website link and GROW YOUR STATE. The Cheer Team received their States yesterday and we will soon be reaching out to the State Presidents to offer our support, advice and cheer you on!

I have shared the following Tips on the Presidents Facebook Group so far and want to share them with EVERYONE!



Tip 1: Wear Your ESA Gear!!! We all have it, WEAR IT EVERYWHERE!!!

Tip 2: Get that Membership form, fill out an envelope, put a stamp on it and carry it in your planner! That way you have one on hand and ready to go. Plus you won't want to waste that stamp!!!



Tip 2.5: Make ESA business cards with your contact info on them!



Tip 3: Tag Your Bag & Carry Your Cards



Use an ESA luggage tag on your bags/briefcases and keep your business cards in it!

Tip 4: Keep your 'Ask Me About ESA' pin in your car so you can wear it running errands!



Tip 5: Display your ESA achievements in your office! Frame and Hang that Leadership Certificate, Membership Award, St Jude Total, Etc.!



Tip 6: Make our partnerships public! People will ask and you have a great segway into ESA!



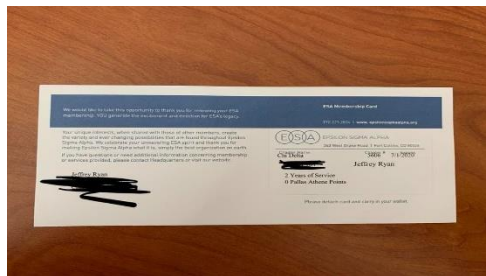
Tip 7: Put your kids in ESA Gear! Picked these up at St Jude in Memphis. **We now have 43 licensed Vendors to buy BRANDED ESA gear from!**



Tip 8: Use Branded Stationary FOR ALL Communications. Birthdays, Sympathies, Thank You's, Touching base, Etc!



Tip 9: Sign Up Your Spouse or Partner
They are supporting you already!!!



Tip 10: Sign up your children, whatever age they are!

These are my Elan Babies and the future of ESA! They were on our first President's Call with me! Is your Child 40+? Sign them up, they can help bridge our age gap and bring THEIR children into ESA too.



Tip 11: Give the GIFT of ESA, LITERALLY! As a birthday gift sign up someone you know will add positively to our organization. Once they are in, they will be hooked for life. You can also do this for children, give them the gift of ESA for their birthday with an Elan membership.





Association of Arts

CRAFTERS !!!!! I want to update you on a couple of recent changes to the Association of the Arts Form. Under Division IV, we have added a floral arrangement category and under Division V, we added a category for Sewing. It is my hope you will embrace these changes by entering the new categories. Remember we have a People's Choice award for those attending convention. In order to vote, you have to view the entries and place your vote on your favorite entry in our ballot box provided in the Association of the Arts room. The judges will choose a Best of Show award. Let's get busy so we can prepare for lots of entries at Grapevine, TX. Watch for the updated form on the IC website. It is attached in this edition.

Jacquie Cantrel and Donna Carter, Co-Chairs



Easterseals

Hello, I am Tywanda Atkinson, your Easterseals chairperson for the 2019-2020 year. I am excited about this year and our plans to help serve Easterseals this year. Let's show them how much heart ESA has and contribute our best amount this year. I will be reaching out to the state Easterseals persons to see the plans that every state has this year. I will also send out my list of ideas of ways to contribute each month. I look forward to serving and I also look forward to what each state will do to show how much heart we have for Easterseals.

Tywanda Atkinson
tywanda026@yahoo.com



Educational

Hi Everyone!

Many thanks to our IC President Terri Olson for asking me to chair the Educational Committee, which I have to admit is a favorite of mine! My very first introduction into an appointed board position beyond the family unit of my cozy chapter was being the Educational Chair for the Louisiana State Council, and I absolutely loved the position! I was thrilled to read every report from every chapter and when the time came for me to give my report at our state convention, I probably gave the longest Educational report in the history of ESA because I commented on just about every report I read! Made a memo to self not to do that again! It held up getting to our delicious chicken salad and a fabulous dessert. But, I did learn that just a few words are needed, give the awards, eat! Being brief has merits!

That being said, to obtain Education Information and Forms log onto the ESA website www.epsilonsigmaalpha.org then click chapter/council mgt. From that drop down click Forms, then click International Council Forms. You will have a choice of Word or PDF. Also, don't forget to use the IC report format.

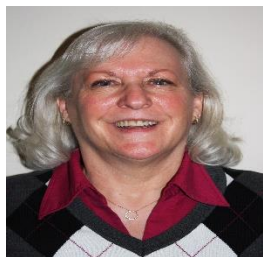
I ask that every state Education Chair contact me at tsayre@cox.net and let me know which state you cover.

So, with that I will say that I am honored to be in this position, and please feel free to contact me with any questions you have regarding IC Education Awards.

And, since this is an Educational position, I will always sign off with a quote:

"Unless you try to do something beyond what you have already mastered, you will never grow." Ronald E. Osborn

Terri Sayre
Education Chair 2019-2020
ESA – All Heart



Newsletter

Thanks so much for all the articles! It is so interesting to see what all the States are doing. So many great ideas! At the end of this edition is the form to let me know if you are wanting your Newsletters judged at IC and the new judging guidelines. Please keep the news coming!

Bonnie Templeton
Newsletter Editor



SERC

“Greetings from Southeastern Regional Council! “Happy Fall, You’All”

We are all busy getting ready for our big conference.. “ESA TREASURES” in Raleigh, NC October 25-26. Our NC Members, our Host, have found lots of exciting treasures for us at our convention this year! We are all preparing to get together and laugh about all of our treasured past memories and add many new ones! We in the South like to have lots of FUN, FUN, FUN!

We are hosted at the Doubletree Hilton/Brownstone-University ...right on the edge of NC State University campus.....and what better time for excitement than cooler Fall weather during college football Season...our hotel is surrounded by restaurants with any type of food your heart can imagine! And of course, walking distance or shuttle to shopping! We in ESA like to eat and shop, in addition to having fun! The State Fair coincides with our convention, which boasts lots of unique State Fair food. Being the State Capitol, Raleigh has many historic buildings to visit....museums, arts, state and county parks, a speakeasy.....so you might want to come early to do some “educationals”! Our Hosts have some nice tours available too.

The Executive Board has lots of surprises in store too...no boring agendas and no snooze reports....come prepared to network and share new ideas to take home to share with your State Councils and chapters, and make new friends.

We cordially invite our entire ESA Membership to come and join in the fun with us!
After all we are all "Stars in the Crown of ESA"
Hugs and Love from SERC!

Pinky Barbour
President 2018-2019



RMRC

RMRC gathered at the Sky Ranch Lutheran Camp just west of Fort Collins, Colorado for our annual Roundup. There were 25 attending from five states. We were greeted by the Camp Director Ally Puchek and her assistant Halley who would be our hosts for the weekend. They provided wonderful meals for us and the weather was perfect with our Colorado Cobalt blue skies. Some of us took a hike up to Beaver Falls and enjoyed some great exercise while getting to know each other better. It was a time to relax and socialize with our ESA sisters from other states.

Friday night was just for getting settled in and having dinner. Several people played Bunco while others just spent the evening sharing fund raising ideas and also how they were attracting new members. On Saturday we had our meeting and shared information on IC Convention for those who could not attend. We amended our bylaws and discussed the possibility of hosting a future IC Convention.

Saturday afternoon we had a guest speaker, Dixie Daly, a member of Sigma Rho Chapter in Loveland. After the death of her husband she found she had a gift for poetry. She has written eight books and shared her spiritual journey with the group. Dixie has a positive attitude about life and what it can bring to you when you know what you want. Saturday night after a tasty meal the group split into two groups and had a killer game of Pictionary! On Sunday morning after breakfast we said our goodbyes and went on our separate ways but with all the wonderful memories that we made this weekend.



Kathy Garrison, Rocky Mountain Regional Council President, 2018-2020



NORTH CAROLINA

From the Desk of the North Carolina State President Lauren Ryan "Go Emerald Green for the Environment"

We had our first Council Meeting in the wake of Hurricane Dorian. Several of our dedicated members were unable to attend but fortunately everyone survived the hurricane with minimal damage. We did a very appropriate philanthropic project of making "Storm Bags" of food for elderly "shut-ins". We collected the supplies and packed over 70 bags! What a great first project to start off our year. We spent most of our time planning for SERC! We will be hosting in just a few months. We would like to welcome everyone to attend.



Storm Bag



Head Table (Left to Right) Eve Greene (Recording Secretary), Lauren Ryan (President), Brandy Whittaker (VP), Mary Smith (Jr past pres)



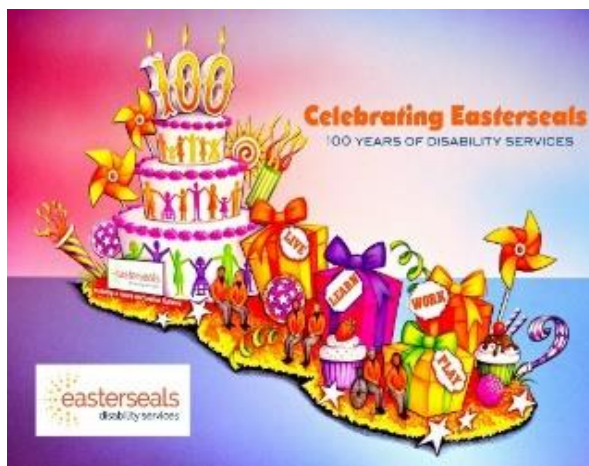
GEORGIA

Georgia is gearing up for our Fall Leadership Weekend, September 28-29. We are about to have a whirlwind weekend of fun, family and fellowship. We're starting out our weekend with a "Believe in Yourself" day. Our members are going to have a fun filled day of team building and togetherness. The fun doesn't stop there, Beans and Bingo are the evening's social event. We will have prizes galore and plenty of beans for all to eat, drink and B-I-N-G-OOOOOOOOO.

We will wrap things up with business as usual on Sunday. We will be celebrating ESA turning 90 years old and Easterseals turning 100 with 100 pennies (or a dollar). We are looking forward to seeing each other and playing in Bremen, GA thanks to our Alpha Delta family. Once, Fall Board is over, Georgia will be planning on invading Raleigh, NC for SERC Conference in October. It will be great to see our extended fam and "ESA Treasures". See you guys soon.

Kim New

Georgia State President





MINNESOTA

The Minnesota State Council had its first meeting of the new year on Saturday, September 14, 2019. Midway through the meeting it was time for some fun. Our Social Co-Chairs, Dina and Bruce Strachota stood up, with rolls of toilet paper in their hands. Well, I had no idea where this was headed.

Their instructions were to take as much toilet paper as you would use when you use toilet paper. Some of us took only a single square (like, who are we kidding). Some of us took four or five squares, and some of us spun that roll like it was a roulette wheel.

A brief group discussion followed. It was pointed out the amount of toilet paper needed, is really dependent on the job at hand. OK, I had lost control of my meeting.

Dina and Bruce regained a sense of decorum when they instructed us to share an interesting fact about ourselves with the people at our table, one fact for each square of toilet paper. What a fun icebreaker! Thank you, Dina and Bruce.

In Minnesota, the Junior Past President is responsible for the ESA Disaster Fund and the Minnesota Love Fund. Our Junior Past President, Sandy Hongerholt, brought an easy fundraising idea to the meeting. Sandy asked three chapters to bring bake goods and she had a bake sale. Sandy's chapter was the host of the meeting. Normally, the host chapter would provide pastries before the morning meeting and desserts after the noon meal. Not this time. If you wanted a roll before, or a cookie after, they were for sale. Sandy raised nearly \$200 for our disaster and love funds. Way to go, Sandy!

But the highlight of the meeting, at least for me, was the result of a miscommunication. Our finance committee was scheduled to present its annual budget forecast to the membership for approval. The problem was the paper copies had gone missing.

I had the proposed budget in an email on my laptop, but no Wi-Fi in the meeting room. Kim Larsen, the financial presenter, had a hotspot on her phone. Kim figured out how to connect my laptop to the internet, using her hotspot. I emailed the proposed budget to our Educational Chair, Second VP Dana Terry, who had earlier setup her projector for an educational. Dana projected the budget and Kim completed her presentation. Motion made, seconded and approved. Nice problem-solving Kim and Dana.

That was our Saturday. I herded the cats. We did a little business. We had some fun. We raised a few dollars. ESA Minnesota is AMAZING!!!



VIRGINIA

Lou Ann Wyer – State President

Our Virginia members have been recharging and getting ready for another busy year. Several members have spent time at the beaches where the sun and the surf will always calm the heart.

- Several chapters have participated in packing backpacks for children to ensure they start the school year prepared.
- Beta Kappa helps with the Beach Bag program to provide food for children that are food insecure. It is sad to hear this is most prevalent in the schools with military families.
- We will be participating in the upcoming St. Jude Walk/Runs over the next couple weeks in Hampton Roads and Richmond.

Our Leadership meeting is October 5th and our VSC Fall meeting is October 6th. It will be good to be together again



*Beta Sigma ladies enjoy
Gwynn's Island*



Getting ready for St. Jude Walk/Run



*Beta Kappa members enjoy
Cape Charles*



TENNESSEE

Hi Y'all, my theme this year is "It's 5:00 Somewhere in ESA!" So I took the "It's" and planned the Tennessee Leadership around "IT". Everyone was told to bring an Internet Tool whether it be a laptop, phone, or whatever. We met at Susannah's House, which is one of our philanthropic projects in Knoxville, and spent the day online and shopping for books as Delta Rho ran a book sale for our finance project.

Jody Wright, First Vice President, started us off with a fun and somewhat challenging spaghetti tower activity. Congratulations to Alpha Beta who won the challenge! We had six members of our Upper East TN Council attend IC. Marion Ruuge-Aronson was a 1st time attendee and shared her photos and memories of the trip. It was delightful and informative. Next up on the agenda was the St. Jude Volunteer Web site. We all registered and now we are ready to have our events posted so we can use this tool to keep up with our volunteer hours. Jennifer Gailey, Second Vice President, shared how her Zeta Nu chapter uses a Facebook group to keep everyone informed of what is going on in their chapter.

Our host chapter, Alpha Beta provided a cool lunch of chicken salad, pasta salad, grape salad, and key lime pie. The pasta salad had everyone asking for the recipe. After lunch, Pam Brown, our state's Web Master, shared the TN ESA web site and the progress that she has made on creating it. We conducted a little business and then had chapter reports as they played Family Feud online. Zeta Nu won the close competition and was awarded a basket of Russel Stover chocolates!



Celebrate each day and remember, it's 5:00 somewhere!

Margaret Horten - 2019-20 Tennessee State President



CALIFORNIA *Believe*

Greetings from California!

*The California State Leadership was held in August. Photos below are of some of our California Past State Presidents, the Keys; also pictured are our California members who attended. We had a great time gaining knowledge, learning, and having fun! One fun favorite was painting rocks; hide them to be found and put a smile on the face of the one who might find it.



*At the same time our Leadership was happening, our California State Chaplain, my daughter, Shannon Phillips, was in Orlando, Florida, with her family. Shannon's 8 year old daughter, Jordyn had her wish granted by Make-A-Wish. That wish was to go to Universal Studios in Orlando to see Gringotts Dragon. Visiting with the pilots after each flight was definite highlight for Jordyn and her sisters, 10 year old Joie and 5 year old Katelynn. They stayed at Give Kids the World, such a magical place where having ice cream for breakfast was encouraged. They also visited Walt Disney World Magic Kingdom and Epcot where they were able to visit with all of their favorite princesses. Their last day was spent at Cape Canaveral at the Kennedy Space Center. Jordyn was born with Chronic Kidney Disease and will eventually need a kidney transplant. Remember soup cozies that Dorothy Morey made? The proceeds from those sales were donated to Jordyn's Journey; so if you bought some, thank you so much from our family.



*California Vice President from Redwood Regional Council did an educational at the Ferndale County Fair. They attended the Surf and Turf BBQ put on by the famous chef, Guy Fieri, who is a native of Ferndale. They tried about ten different BBQ recipes from chicken to fish and some of the best ribs ever!



Here is Marcella and Guy!
Jackie's



Marcella, her brother Mark, Jack Reback, Jackie Still,
Friend, and Bonnie Reback.

*Bakersfield has a new chapter! Alpha Omicron #5611 has five members who transferred from Theta Mu. We will be planning a chartering ceremony soon so look for pictures in a future edition.

This is a chapter that will be reaching out to young mothers; our meetings will be flexible and be held mostly at my house where there will be a bounce house for the kids while we take care of business. We'll be able to watch them play and sometimes we plan on having park play dates too. Our first project is be the Bakersfield Ronald McDonald House. We toured the house and have already begun saving pull tabs for them. We'll be supplying items on their "Wish List" and making Meals of Love. We also plan on supporting Make-A-Wish, and Give Kids the World, as well as our State and International projects. Pictured below are Scarlett Sabin, House Director, Margo Bjork, Jessy Bjork holding David Bjork, Shannon Phillips, and Aria Bjork. We were missing our members, Kacey Gonzales and David W. Bjork.



Aria found a painted rock, look at that smile! She also found a library where she could take a book and we'll be supplying books for the children there. I'm sure Aria will become an ELAN soon!

*Many walks to support the Alzheimer's Association, our California State Project, will be held in October; here in Bakersfield it will be on October 19th, in Santa Barbara it will be on November 2nd with various other dates across the state.

*Shasta Cascade meeting will be on Saturday, October 5th at 9:00 A.M. in Redding California. Their speaker will be Carol Starnes who will be sharing the tour she took with her husband, David, to South Africa.

We're looking forward to cooler temperatures as we bid summer good-bye and welcome autumn; that's all from California for now!

Margo Bjork
2019-2020 CSC President



Washington

Greetings From Washington State! We are gearing up for our year here in the Evergreen State with lots of planned activities. Eight of us went to Memphis for IC Convention and came back raring to go to raise our membership this year. We loved our tour of St. Jude Children's Hospital

and all of the other activities that we enjoyed by traveling up and down Main Street on the trolley. Thank you to all who planned and worked on this convention. You did a wonderful job!

At the end of July we held our annual Summer Board Meeting in my daughter's portable classroom. Nothing like school desks and hard chairs to move a meeting right along. Thank you to all those who were able to attend. It was great to share treats, lunch and visit with each other, but we also got down to business and planned our year ahead.

Our Fall is scheduled with many social, educational, and philanthropic events. We have already enjoyed Omicorn's summer picnic and a birthday party for our WSRC President, Jerie. This weekend we completed our St. Jude Walk/Run at the Seattle Center. Next up is Beta Rho's St. Jude Horse Ride event, then celebrating 70 years of ESA with Alpha Kappa, welcoming home veterans that we have sponsored on an Honor Flight, two Salvation Army doll teas, a St. Jude Cyclo-Cross Race, plus lunch and dinner get togethers and much, much more.

Our Fall State Meeting is being held on Friday, October 11th through Sunday, October 13th in Moses Lake, WA at the Wyngate by Wyndham Hotel. We will be learning and growing together as we work on getting new members in ESA.

Take care!



Washington State President: Kathy Wallace



Kansas

Life is Good in Kansas

Kansas held its first council meeting the weekend of August 24th and 25th in Ulysses where our state president began her journey in ESA almost forty years ago. Pam Mitchell, Cyndie Ewy, and Bonnie Templeton planned an informative and entertaining Saturday for us. Our state president is focusing on literacy this year. Pam arranged for a tour of the Grant County Library for the members. We were privileged to see how this community thrives from the resources provided by the library to its residents. Following our tour we then had a unique fundraiser for the ESA Disaster Fund and the KS Care & Share Fund in downtown Ulysses searching for titles of books with clues from the local stores. There was definitely some shopping going on as well. That evening our 2019 Outstanding Senior High Youth Award Winner, Slater Heglin, entertained us.

Sunday morning we had our official board meeting attended by approximately 70 members from across the state. The president, a retired elementary teacher, had asked members to bring books for the two elementary libraries in Ulysses for this meeting. There were around 100 books donated and another \$100 in cash to be used by the elementary schools. A total of \$1570 was raised for the ESA Disaster Fund and the KS Care & Share Fund. The monies will be split equally between the two funds. Many of you are familiar with the Disaster Fund which is for an ESA member who has fallen on hard times. The KS Care & Share Fund is similar but only for Kansas members. We are excited to make life good for others this year in ESA!



Cheryl Pucket, Kansas State President



IDAHO

Margi

Marie

Idaho State Council met for our annual State Board 'n Leadership (SB'nL) meeting on 22 September in Twin Falls. Chapters are located on the western side of the State (Boise, Meridian, Nampa, and Mountain Home) and on the eastern side of the State (Idaho Falls, Pocatello, Rigby, and St. Anthony) so we travel about an hour each to meet in the middle of Idaho in Twin Falls!

"Believe in Dreams", our theme this year, will be fun and challenging. Attendance at SB'nL was low this year but we had frank conversations about the future of ESA Idaho. Co-Presidents Marie Miller and Margi Riggs brought our agenda back to what State Board 'n Leadership used to be. In 'round table discussions' it became apparent we need to focus on "fellowship, leadership and learning". Fellowship brings us together and is perhaps why joined ESA; State "board" is planning and conducting business and is important to ensure our future; and "leadership" must include learning about ESA, our State, our Chapters and our Community so we can continue to be excited about all facets of ESA. Members shared their frustration with boring, routine business meetings citing our dull, routine and unimportant reports of our offices and accomplishments. Attendees voiced their concerns, challenges and even solutions. ESA Idaho will return to the "JOY" of being an ESA member as we "Believe in Dreams" in 2019-20.



"Believe in Dreams"

Margi 'n Marie



SERC CONFERENCE 2019
"ESA TREASURES"
Double Tree by Hilton
1707 Hillsborough St.
Raleigh, NC 27605
OCTOBER 25, 26, 2019

ESA MEMBER REGISTRATION:

Last Name _____ First Name _____
 Address _____ City _____ State _____
 E-mail _____ Phone _____
 State Council _____

Mark all that apply:

_____ Full Member Registration (thru 10/03/19)	\$125.00	_____
_____ Full Member Registration (after 10/03/19)	\$140.00	_____
_____ Full Guest Registration (thru 10/03/19)	\$ 95.00	_____
_____ Full Guest Registration (after 10/03/19)	\$110.00	_____
TOTAL ENCLOSED		_____

Payment Information:

- A \$25 fee will be assessed for any returned checks.
- Registration after 10/10/2019 must be cash or cashier's check.
- Registration cancellation must be in writing & received by 10/10/2019
- A \$5 processing fee will be retained on all cancellations.

Special dietary needs: _____

Check all that apply:

___ SERC Elected Board ___ SERC Appointed Board ___ SERCHETTE
 ___ State President ___ IC Elected Board ___ IC Appointed Board ___ PICPA
 ___ ESA Foundation Board ___ New Member (pledge) ___ 1st Time Attendee
 _____ Other (please specify)

Make checks payable to: SERC Conference 2019

Mail to: Sharon Frost
 5512 Tangelo Dr
 Wilmington, NC 28412
e-mail: sharonc.frost@gmail.com



*****See Hotel Information on Second page**

**DOUBLETREE
BY HILTON
Brownstone – University
1707 Hillsborough St. Raleigh, NC 27605**

**ROOM RATES: \$119.00 PER ROOM (Plus Tax)
(Rate includes Breakfast (2) per room per day)**

Junior Suites available for an additional Charge

RESERVATION METHOD:

Local: (919) 828-0811

Toll Free: 800-331-7919

(We do not have an online group page)

**Please indicate when calling you are with:
Epsilon Sigma Alpha – SERC**

**North Carolina is excited to host SERC – 2019 in Raleigh our State Capital
and home of:**

NC State University

NC Museum of Art

NC Museum of Natural Sciences

NC State Capital Building, built in 1840

**NC State Fair will be going on....claiming Peachy's Baking Company Large
homemade doughnuts and Flamin' Hot Cheetos Roasted Corn a unique NC
State Fair food!**

**So come to Raleigh see the Arts, Shopping nearby, State Fair and all that the
Triangle Area has to offer.**

***More information coming on tours etc.**



EPSILON SIGMA ALPHA



2020 ASSOCIATION OF THE ARTS ENTRY FORM

"....Where It All Began" July 15-19, 2020

Embassy Suites by Hilton – DFW Airport North - Grapevine, Texas

Artists Name: (please Print) _____

City, State and Zip: _____

Chapter Name, Number, State Council: _____

Phone and E-mail: _____

ONLY ONE ENTRY PER DIVISION PER MEMBER IS ALLOWED.

Division I – Visual Arts

- ___ Oil Paintings or Acrylics
- ___ Drawings, Pastel, Pencil or Charcoal
- ___ Watercolors
- ___ Sculpture
- ___ Pottery (hand formed or wheel thrown)

___ # of Entries in Division

Division II – Photography

- ___ Black & White or Color Photos
- ___ Graphic Design
- ___ Computer Assisted Design

___ # of Entries in Division

Division III – Crafts (Painted Art)

- ___ Tole Painting
- ___ Painted Pottery
- ___ China Painting
- ___ Porcelain
- ___ Calligraphy (matted for display)
- ___ Fabric Painting

___ # of Entries in Division

Division IV – Crafts (Mixed Media)

- ___ Jewelry
- ___ Rubber Stamping
- ___ Decoupage
- ___ Glass
- ___ Wood
- ___ Floral arrangements
- ___ Other (soap, candle, paper making, baskets, etc)

___ # of Entries in Division

Division V – Needlework (fibers)

- ___ Crewel
- ___ Embroidery/Hardanger/Silk Ribbon
- ___ Counted Cross Stitch
- ___ Needlepoint
- ___ Knitting
- ___ Crochet
- ___ Cloth Weaving
- ___ Latch Hooking
- ___ Stuffed Animals
- ___ Sewing

___ # of Entries in Division

Division VI – Quilting

___ # of Entries in Division

Division VII – Holiday (Ornaments or Decorations)

Please Describe Entry _____

___ # of Entries in Division

Division VIII – Presidential Division

Bring any art showing ESA Love dealing with her theme



___ # of Entries in Division

PLEASE SEND COMPLETED FORM BY JUNE 15, 2020 TO: **

JACQUE CANTREL
425126 E. 1168 RD
EUFAULA, OK 74432

You are responsible for getting your entries to IC in Grapevine, TX. Please check if you will be bringing your entry or sending it with someone else. Please identify who you are sending it with.

___ I WILL BE BRINGING MY ENTRY

___ I WILL BE SENDING MY ENTRY

**** Review schedule for check in and pickup times.**

___ **TOTAL # OF ENTRIES SUBMITTED**

State: _____
 Category: _____
 Placing: _____

EPSILON SIGMA ALPHA INTERNATIONAL COUNCIL JUDGING GUIDELINES STATE & REGIONAL COUNCIL NEWS BULLETINS

1. **TWO DIVISIONS** (First three (3) in each category receive certificates from ESA Headquarters)

CATEGORY I Publications with four (4) or less issues per year
 CATEGORY II Publications with five (5) or more issues per year

2. <u>JUDGING GUIDELINES</u>	<u>Possible</u>	<u>Earned</u>
A. <u>APPEARANCE</u> 1) Epsilon Sigma Alpha or ESA logo included in Masthead 2) State/Regional Council Name included in Masthead 3) Volume #/Issue #/Date 4) Table of Contents with page numbers indicated and pages numbered throughout newsletter	20 points	_____
B. <u>USEFULNESS TO READER</u> 1) Helpful or important information included (i.e. Officer Listing, forms for ongoing or upcoming events, deadlines) 2) Personal communications (officer reports or articles) 3) Chapter Contributions 4) Completeness of coverage at ALL levels of ESA	20 points	_____
C. <u>MOTIVATIONAL FEATURES</u> 1) Special features or feature articles that help build a better ESA and inspire a more dedicated membership 2) Overall effectiveness as a State or Regional Council Publication	20 points	_____
D. <u>ORIGINALITY</u> 1) Incorporate President's theme 2) Quality photos are included with captions, consistent photo format 3) Organization of articles (IC/State/Regions or Districts/Chapter) 4) Effective and interesting layouts	20 points	_____
E. <u>QUALITY</u> 1) Relatively free of spelling errors 2) Typeface or font used is consistent (headlines vs body text, consistent text size, consistent space between lines and paragraphs) 3) Artwork is clear and maintains proper proportion 4) Effective use of white space	20 points	_____
TOTAL POINTS ACHIEVABLE	100 points	_____

(Revised June 2019)



NEWS BULLETIN ENTRY FORM

TO: STATE AND REGIONAL COUNCIL NEWS BULLETIN EDITORS
FROM: Terri Olson President ESA International Council

Please complete this form and return it by Feb 1, 2020, if you wish to have your state or regional news bulletin judged for International Council Awards.

STATE: _____ NEWS BULLETIN TITLE: _____

EDITOR'S NAME(S): _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: # HOME: _____ WORK: _____

E-MAIL ADDRESS: _____

NUMBER OF ISSUES PER YEAR: _____

MONTHS PUBLISHED: _____

Please return this form by Feb 1, 2020 and submit your News Bulletins by June 1st via US Postal Service/package service. If you have any questions or problems, please do not hesitate to contact Bonnie.

Bonnie Templeton
3020 Honeydew Ln
Manhattan, KS 66503
Cell: 785-770-2741
Email: bonniet56@gmail.com

Please send articles to bonniet56@gmail.com and make sure you put ESA in the subject. Suspense date is the 15th and be watching your inbox for the first week in the next month. I ask that you do NOT imbed pictures in your articles but send them as a separate attachment. Please make sure you caption your pictures. I would prefer your articles be submitted in a word document, not .pdf, as I may need to edit for space.

ESA IC Newsletter

Editor-
Bonnie Templeton
3020 Honeydew Ln
Manhattan, KS 66503
785-770-2741
Bonniet56@gmail.com



Thank you!

