



notes from the journey

ESA IC Newsletter 2020-2021

ESA INTERNATIONAL PRESIDENT LEANN WRAY

NOVEMBER 2020



A Note From LeAnn

Where has the time gone? It seems like yesterday that we were setting up my backyard for a Virtual installation...in 90-degree heat and humidity. Now, fall has settled in and I am sure the snow will be flying soon, at least in my part of the country! With fall comes a special time for ESA; November is our Hope for Heroes

month. There are so many special ways to honor and support our military men and women. I hope that you have something new and exciting planned for November and beyond.

What are some of the ways we can support our military men and women? How about Welcome Home Vets? Folds of Honor? Disabled American Veterans (DAV)? Wreaths Across America? All of these wonderful organizations are highlighted on our website at www.epsilonsigmaalpha.org/hopeforheroes.

I would like to share an idea that my chapter, Lambda Chi, did a few years back. We contacted the local Blue Star Mothers and asked if we could come to one of their meetings. We invited them to a lunch provided by Lambda Chi and an ornament exchange. Our goal was to thank them for all the sacrifices they made while their family members were deployed. We had a wonderful day and so did the Blue Star Moms!

If your chapter is on the smaller side like mine is, this is a great way to do something, have fun, meet new people, and make a difference! Masks and social distancing strongly encouraged!



As we continue through November, Thanksgiving will be the first major holiday for many of us during the continuing global pandemic. How are you celebrating this year? What are you thankful for? Take time to reflect on the good things in your life. We all could spend time saying things like, "so over this year", "no more Zoom, I want hugs", but instead, let's move forward with positive thoughts like "I social distance so my family is safe", "I am blessed that my family is healthy". This year has been difficult, especially in ESA, as we are doers and huggers. We have learned so many new things that have allowed us to still support the charities we love and help to make a difference in the lives of others. We are ESA – Epsilon Sigma Alpha. Each of us is Embracing the Journey with ESA in our own unique way

I look forward to hearing all the great things going on in your state. Join Tracy Swanson, ESA HQ Membership Director, and myself on the Coffee/Wine Chats going on the 2nd and 4th Monday of each month. We have a special, open time to share with all attendees called "YOU MIGHT LIKE THIS". Send me your suggestion to be a special guest on the Chat!

www.epsilonsigmaalpha.org/ESACoffeechat If you have a chapter event or activity you think other members might like to know about, please send me an email at lwrays2@comcast.net Tracy and I would love to have you be a guest speaker on one of the Coffee Chats!



My wish for all of you...Have a Blessed, Safe, Thanksgiving. Enjoy family and friends, stay safe and mask up! I am thankful for each of you. You all ROCK.

Hugs, LeAnn

Denise Holdaway, 2020-2021 2nd Vice President



Hello ESA Family,
I want you to know that I miss seeing you in person! I know one day hopefully very soon we will all be together. The IC Convention Planning Committee met October 31st, by Zoom. We want you to know that plans are in full

As we head into the season of Thanksgiving, I recently read a T-Shirt that made me stop and give pause to the world we are living in. It said "let THANKS & GIVING be more than just a SEASON". The gift I wish most for this year is, a world of Thanks & Giving and a little less all about ME! This is definitely something ESA knows about, now if the rest of the world would just Catch Up!!!!

Love,

Denise Holdaway, IC 2nd Vice President 2020-2021

swing to hold the 2021 IC Convention in Kentucky. The theme of the convention is "Talk Derby with ESA" you won't want to miss this convention. Lots of fun and fellowship is being planned for you. Make sure to mark your calendar for July 28-August 1, 2021. Be watching for more information that will be coming soon.



Celeste Webb, 2020-2021 Parliamentarian

Greetings friends! I hope you are all aware that the Bylaw Committee for the International Council has been working on revisions. On October 5th I sent the proposed revisions to Wray's Rockett's and Terri's Treasures and asked the presidents to distribute them to their members. There was also a link to the proposed revisions on the ESA website. This link has since been removed.



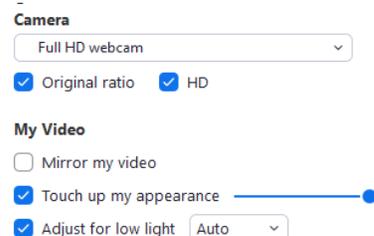
There has been much discussion concerning the proposed revisions. The bylaw committee has listened to all comments and taken them into consideration. We are currently revisiting the proposed revisions. I appreciate everyone who contacted me and shared their reasoning.

I ask you to please read the current bylaws. If you have a proposed change, send it to me by January 1, 2021. All proposed revisions will be presented at the International Council Convention in Louisville KY in July 2021.

It's hard to believe it is November. My chapter, as well as many others throughout ESA, is planning to celebrate our Veterans. Omega Nu will be taking desserts to the VFW and to the American Legion on Veteran's Day. We are collecting items for Christmas Stockings which we deliver to the local nursing homes. We have volunteered to provide household items for the Salvation Army to provide veterans in their new homes as there is no Welcome Home Vets program near us. We are doing what all of you are doing across the land, honoring our veterans. My wish is that we continue to work together in the months ahead for the good of our organization. Honor each other as well as we honor our vets.

Zoom Tip of the Month

Busy day—no time to get Zoom-Ready? Go to the your Zoom settings to check the box next to "Touch up my appearance" under My Video, which provides a subtle and delightful airbrush effect to your skin.



Jaycee M. Peak, 2020-2021 Workshop Coordinator



Welcome Fall Season to Everyone!

Just a reminder, to drop me an email, text or phone call if you have an ideas and/or interest that you would like for a Workshop at the 2021 IC Convention in Louisville, KY.

With the upcoming Halloween and Thanksgiving holidays rapidly approaching, listed below are some DIY projects for everyone to try.

#1 – Pumpkins made with canning lids, as shown below

These adorable pumpkins are the perfect addition to your porch — they're made using the metal rings from canning jars, so you can leave them outside without worrying about rain or rust. Leave them unfinished, or add in a few stripes of color to bring out the tones of your front door or siding. A simple twist of twine makes the perfect rustic finishing touch.



#2 – 4x4 Wood Post Blocks – as shown below

If you love pumpkins for fall, but you are after a more modern take, these wooden post pumpkins do the trick. They are made from a simple square post, so you have total freedom over the height. Break out a few containers of weather-resistant paint, and you have a fun afternoon craft project to do alone or with your little ones. A rough wooden “stem” adds an organic touch.



#3 Fall Bandana Wreath, as shown below

When it comes to fast, simple projects, this bandana wreath is hard to beat. The classic paisley print is an unexpected addition to your casual country theme. The best part? The color options are endless so that you can customize this beauty completely. For additional fall flair, break out your hot glue gun and attach some faux flowers or leaves.



I hope you will try one of the above DIY projects to enjoy during your Fall season!

If cooking is one of your favorites, how about a few Biscuit Butters to Make Your Life Better during the holidays!

Whipped Honey Butter

Ingredients:

- ½ cup softened butter
- ½ teaspoon vanilla
- ½ cup honey

Directions:

- Whip softened butter with an electric mixer until light and fluffy.
- Drizzle in vanilla and honey gradually.
- Beat again until mixture is light and fluffy. Store in the refrigerator in a little jar with a lid.

Strawberry Honey Butter

Ingredients:

- 1 pint strawberries
- 1-1/2 sticks butter
- 3 tablespoons honey
- 2 teaspoons lemon juice

Directions:

- Puree strawberries in a food processor. Then strain strawberry puree through a strainer and into a medium-sized pot.
- Add honey and lemon juice while bringing mixture to a boil. Continue boiling for three minutes, stirring constantly until mixture thickens slightly.
- Cool to room temperature.
- Once cooled, mix with a hand mixer, cooled strawberry mixture and the softened butter. Store in refrigerator in a little jar with a lid. Serves 12.

Brown Sugar Cinnamon Honey Butter

Ingredients:

- 1 tablespoon honey
- ½ cup salted butter (one stick)
- ¼ cup dark brown sugar
- 1 teaspoon ground cinnamon

Directions:

- Mix all ingredients together.
- Store in refrigerator in a little jar with a lid.

Wishing all of you a blessed and wonderful Fall Season, I leave you with a “Faith Check” *Remember, you have to pull an arrow backwards on the bowstring in order to launch it forward. When circumstances seem to be pulling you backwards, get ready. God is fixing to launch you!*

Membership Updates

Tracy Swanson, ESA HQ Membership Director

LeAnn and I are very excited to play Family Feud with all the members of chapters and MALs who welcomed a new member this fall, see you on November 13!

If you've not yet welcomed a new member, ESA needs YOU! Please help our organization stay strong by planning activities to keep our current members connected and enjoying our friendships, and then invite some guests to join you. Many great ideas and activities have been held this fall, and these unusual times are actually leading to some new opportunities and ideas. In addition to some terrific safer in-person parties, chapters have also held successful virtual recruitment parties. In fact, some smaller chapters have even partnered with one another for these parties, and in some cases, entire councils have found success together.

Ways to Get Started for Activities to keep your current and prospective members enjoying ESA:

Sign up for the ESA Coffee Chats via Zoom. Every 2nd and 4th Monday (morning and evening sessions available), IC President LeAnn and I host a 30 minute Zoom chat open to any member where we showcase great happenings in ESA featuring the members who created them. More info at www.epsilonsigmaalpha.org/ESACoffeeChat

Check out the ESA Life page for safe events for November and December in-person or online chapter activities, currently featuring the Reverse Advent donations for the Food Bank, Friendsgiving, and the Ornament exchange www.epsilonsigmaalpha.org/ESALife

Join the ESA Membership Ideas Facebook group <https://www.facebook.com/groups/ESAmembershipIdeas>

Contact me! We can brainstorm ideas to fit your particular circumstances, and I even have a list of member volunteers ready to speak with you about everything from a successful taco party to getting started with an online Bingo party. Email me at tracyswanson@epsilonalpha.org

Headquarters Updates

Charlotte Carloni, ESA Executive Director

The 2021 ESA Leadership Conference will be hosted *virtually* this year. While we would much rather be together in person, the health, safety, and comfort of your members is of the utmost importance.

But don't worry, we have a great event planned – and we hope to see YOU there! Harness your leadership skills and make new friends in this year's Virtual National Leadership Conference. Improve your personal and professional leadership skills through the interactive presentations and fun activities!

The conference is open to all ESA members who are interested in learning communication and leadership skills within ESA and anywhere else you consider yourself a leader. Join us for breakout groups, guest speakers, and virtual fun with ESA members across the country.

Registration Fee: \$145 (registration fee includes a “virtual conference kit” mailed to each attendee. Kit includes exclusive ESA swag, snacks, all printed conference materials and a flash drive of all presentations.)

Join us! Visit www.epsilonsigmaalpha.org/leadership for the online or paper registration form. Contact Mackeigan at mackeiganw@epsilonalpha.org for questions.



Sandy Hongerholt & Lauren Ryan, ESA for St. Jude

Have you registered for the Virtual Memphis Marathon? We have 34 registered team members. Our fundraising goal is \$75,000. So far we have raised just over \$23,000.

Please go to this link to register and join Team ESA. <https://heroes.stjude.org/TeamESA>.

We may not be able to get together in Memphis this year but we are still committed to help the kids. Don't forget all funds raised will count towards your IC Challenge at IC Convention.

Headquarters has a limited supply of Team ESA shirts available. The price is \$25 shipped. Please contact Mackeigan with your size. If there is enough interest she can place another order.

If you need any help finding creative ways to fundraise during these trying times please contact Sandy Hongerholt at [shongerholt@yahoo.com/\(612\)267-3926](mailto:shongerholt@yahoo.com/(612)267-3926) or Lauren Ryan at [laurengeryan@gmail.com/\(607\)351-5470](mailto:laurengeryan@gmail.com/(607)351-5470).

COPING THROUGH A PANDEMIC

Submission from Bonnie Templeton

I know many of you, after cooking at home since March, may find this hard to believe but did you know that cooking can boost your resilience? It's true, making meals helps to reduce stress, balance emotions and focus on the present moment. I know that sounds strange but, there are other benefits to cooking besides that we can eat healthier meals. Read on:

"Cooking is a great de-stresser because it serves as a creative outlet," says Debbie Mandel, author of "Addicted to Stress." "And while stress can numb your senses, cooking activates them. It's a sensory experience with aroma, taste, touch, visual delight and even sizzling sound."

Psychiatrist Carole Lieberman says cooking makes people feel good because it's a way for them to nurture others. "If you're cooking for people you care about, you get nurtured by their appreciation," she says.

Mandel explains that cooking ensures such an intense involvement with an activity that it's possible to forget, at least for a little while, about less than pleasant aspects of life. "You are in the moment," Mandel says. "And this shifts your attention from a brain locked into worries to a recipe for living."

Try experimenting with unfamiliar ingredients. There is still time to check out your local farmer's market for ideas, and be brave and try new recipes. Even though we are not able to share a meal in person, you could find an online cooking class, start a virtual cooking club and continue to share a meal virtually with family and friends. Better yet, leave a dish on your neighbor's doorstep. Everyone likes a tasty surprise. Keep your options open and bon appetite!

Table topics:

- Can you remember the day you got your first bicycle?
- Tell your favorite funny story of when you were a kid.
- What was the nicest thing that was said to you this week?
- If you were stranded on a deserted island, what one food would you want to have with you?



WELCOME HOME
VETERANS

Welcome Home Veterans

A Partnership of Hopkins Elks Lodge #2221
and Epsilon Sigma Alpha



How to Support Welcome Home Veterans

Welcome Home Veterans provides a home starter kit to homeless veterans moving into permanent housing. The kit provides items for the kitchen, bathroom and bedroom such as pots/pans, dishes, groceries, paper products, cleaning supplies, bath towels, pillows, bedding and much more. The Welcome Home Kit averages approximately \$400/kit to purchase. If the veteran has a spouse and/or children living at home, additional bath towels, bedding, paper products, hygiene and more are added to the kit to provide for the entire family.

Financial Donations

Financial donations are accepted through a variety of means including mailing a check or donating via the website.

Mail A Check

You can mail a check made out to "Welcome Home Veterans" to the following address:

Welcome Home Veterans
PO Box 5653
Hopkins, MN 55343

Web Site Donation

There is a link to donate via online check, debit card or credit card via PayPal through the web site at www.mnwelcomhomevets.org. From the Home Page, click on "How You Can Help" link at the top of the page and follow the instructions for donating via PayPal. You do NOT need a PayPal account to donate using PayPal – you can simply checkout as a guest.

Product Donations

Product donations are accepted as well. See Product Donation flyer for more information.

Adopt A Vet

In making a financial donation, you have the option of adopting one or more veterans with your donation. We will use the funds for the designated veteran, send you a photo and a bit of information about the veteran.

Thank you for your support!

To volunteer for, donate to or find out more information,
contact us at 612-615-VETS (8387) or welcomhomevets@hopkinselks.org

www.mnwelcomhomevets.org / P.O. Box 5653, Hopkins, MN 55343



WELCOME HOME
VETERANS

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How to Donate Product

A majority of the kit items can be purchased online and shipped to our location. The primary source of kit items is Walmart.

Below is a link to the shopping list on Walmart.com:

<https://www.walmart.com/lists/shared/WL/fcb1b122-19f7-4748-b3e0-dd9eef068d48>

The list contains the items available from Walmart. If an item is denoted as out of stock, you can select the item and pick a different color or select a comparable item. Colors and specific models are simply a guideline.

When checking out, please do the following:

1. Click on the "This order is a gift" option. This will allow you to enter a message and we would appreciate a note letting us know the source of the donation.
2. Use the following information for the Delivery Information:

Rick Peterson
612-615-8387
6649 Harlan Dr
Eden Prairie, MN 55346
3. Under the Gift Message section,
 - a. Use welcomehomevets@hopkinselks.org as the recipient's email address
 - b. Your name as the "From"
 - c. Your email address.
 - d. Uncheck "Email me..." unless you want to be included on their marketing email list.
 - e. Include your chapter name and location under the Gift Message section
4. Enter the payment information and you are good to go!

If you have any questions, concerns or need additional information, please don't hesitate to contact us at the phone number or email address below.

Thank you for your support!

**To volunteer for, donate to or find out more information,
contact us at 612-615-VETS (8387) or welcomehomevets@hopkinselks.org**

www.mnwelcomehomevets.org / P.O. Box 5653, Hopkins, MN 55343

notes from the journey

News from States & Regions

California



"DE COLORES EN ESA"

Wishing everybody a **HAPPY HALLOWEEN**, shelter in place and stay safe. We have been busy throughout the state volunteering in the "Walk to End Alzheimer's" walks and have been collecting donations from various organizations and private citizens. Alzheimer's is our state project. Margo Bjork, CSC Jr. Past President, is walking to End Alzheimer's in Bakersfield, CA community. Beta Zeta and Redwood Regional Council along with members from the Fortuna Garden Club walked in Fortuna, CA on Monday, October 5, 2020 for the "Walk to End Alzheimer's" and we collected a total of \$792.00 from Business Owners in Fortuna and from community members. Joining us in the Walk were, Bonnie Reback, Marcella Gauna, Karen Hall, Jackie Still, Wincel Nicholas, and several members from the Fortuna Garden Club, we all enjoyed the day and Karen supplied us all with bottled water, and a small candy bar for the walk. More good news, we are welcoming a new chapter into the California State Council and they will be members of the Mid Valley Regional Council as well.

Our new chapter is "Alpha Tau" in Stockton/Turlock and will be chartered on November 7, 2020. Officers for the new Chapter are Betty Tatro, President, Cliffette Flaherty, Vice President, Kileen Otis, Treasurer, Virginia Leabo, Recording Secretary, and Diana Flynn, Corresponding Secretary. Motto: We are honored for the opportunity to be of Service to others: supporting ESA's Services and Educational Programs. Welcome to CSC ladies so happy to see a new chapter join our organization.

Markie Theriot of Alpha Gamma Chapter/Mira Costa Regional Council was honored recently as the 2019-2020 "CSC Outstanding Member of the Year".

CSC Past

President and CSC Key member, Maggie Hanson, presented Markie with this honor in a Ceremony on Face Book. Markie always has a smile and a very positive attitude.

We are proud of Markie, of her Service to E.S.A. and we love her.

Congrat Cards: Markie Theriot 2240 S. Beverly Glen Blvd. - Unit 103 L.A., CA 90064

Pandemic Humor



Michigan



Michigan

This year is passing by so quickly. The leaves here in Michigan are starting to fall and turning a beautiful array of gold, orange, yellow and the brightest red ever! Soon the snow will come and oh boy! Snowman will appear on everyone's snow covered front yard.

October is recruitment month and all our chapters have been working on recruiting new members. We have had "cocktails parties" and a mystery walk through a cemetery! We have also tried to bring awareness of ESA through on-line craft shows.

Thanks to Brittany Hillard, our St. Jude Walk/Run Team Captain, over \$2600 was raised. We're helping Easterseals, not only sending in items which are needed, we also give them our time putting together and stuffing envelopes.

In November, which is all about our veterans, we all contributed to and purchased Wreaths Across America. As we give thanks at our Thanksgiving table this year, we must also remember to give thanks to those who gave up everything for us to sit at that table.

Gail Basile
Michigan State President