

## January ESA News

ESA News &lt;info@esaintl.com&gt;

To: cmvasko@gmail.com

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# ESA News

January, 2010

### Digging Deeper - Warm Welcome - [B.J. Clark](#), Executive Director

Some warm ideas for a cold winter:

It seems like everyone, all across the country, is experiencing the joy of an unusually cold winter. As a result, it might be a good time to reference a couple of ideas from the past that still have merit for our Epsilon Sigma Alpha work today, especially during these cold winter months.

I still remember helping to introduce a new program Hats for Hope to our International Council Convention that was held in Scottsdale, AZ years ago. The program had been created to help homeless people gain access to warm clothing and especially something to keep their heads warm at a time when being homeless was a relatively new public issue. So, in the very hot heat of the summer of 1993, IC President Mary Frost presided over a general assembly where everyone created hats of polar fleece during the presentation. It was a sight to behold, but the program took off. We still have chapters creating hats and working to help the homeless to this day.

One of the charms of this program is that people can participate either as individuals or as chapters. Members-at-large can make hats, provide other clothing and items to donate to local agencies, etc. It also can become a community event. So take a minute to review Hats for Hope in the Member Center of the ESA website ([www.esaintl.com](http://www.esaintl.com) > Member Center > Special Programs > Hats for Hopes). All sorts of materials are provided for making hats, expanding the idea, etc. and the program comes complete with press releases, and other tools.

In addition, there's another great program in the Member Center called the Warm Welcome program that was inspired by IC President Linda Bomar in the mid 1990's. Linda had read an article where newborn babies were being wrapped in newspaper to be sent home from some hospitals because the parents and the hospital lacked the resources to send the children home in blankets. As a result, our program came to life with instructions for blankets and also Instructions for new parents to consider in beginning to provide a good home for their children. Within a year, these instructions

### Things You Need to Know



- Are you crafty? Do you like to take pictures? Then you need to get in touch with [Jan Billias](#), Association of the Arts Chairman.

Jan would love to have your submissions for the International Council Convention Arts Display and Judging.

- 2010 IC Convention in Bloomington, MN

July 11-18, 2010

"Playin' in the Land Of Lakes"

Sheraton Bloomington Hotel South

were translated into Spanish by another IC President, Barbara Campbell, at the request of hospitals who were working with ESA chapters to provide the blankets to their newborns

Minneapolis

\$119 Single/Double -  
\$129 Triple - \$139  
Quad

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## From Our International Council President - [Jamie Atchison](#)

Full Registration -  
\$210 (postmarked  
before 4/30/10)

Here's to 2010! With the holidays behind us, let's take it up a notch, and recapture the excitement for all the great programs and projects we do in the name of Epsilon Sigma Alpha! Whether you've been a member for 50 days or 50 years, you feel empowered by making a difference in the lives of others. ESA has so many opportunities that enrich our lives - from helping our troops to fundraising for St. Jude Children's Research Hospital and Camp Hope for Easter Seals, or even closer to home, with the countless community projects. We have something for everyone. Take time this winter to reflect on the positive changes that ESA has made in you. Grab on to that feeling and share it with some former classmates, Facebook friends, your hairdresser, your dental hygienist, your neighbor, your co-worker - the list goes on and on. If you're reading this, then I'm asking you to commit to the bright future of ESA, and ask someone to join us.

Can we do it?

Yes, We CAN!

I believe in YOU!

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## From International Headquarters - [Janna Firestone](#), Communications Director

### **ESA's More than Hope for Heroes**

Visit Epsilon Sigma Alpha's new blog... [ESA doing something cool](#)  
We started with amazing stories of the Hope for Heroes projects and have branched out to what fellow members are doing for St. Jude Children's Research Hospital, local charities, neighbors, and friends. Read and comment on stories of ESA... your ESA. [Submit ideas](#) and follow the blog.

### **ESA is on Facebook**

In the midst of playful Mafia Wars and Farmville, check out what's new with ESA on [Facebook](#). Post pictures, update your status, and share the news of ESA with friends on Facebook.

### **Spring 2010 Jonquil**

See you and your chapter in the next issue of the Jonquil! Epsilon Sigma Alpha Headquarters loves hearing what members are doing. How have you shared ESA with others? What has your chapter done to serve the local community? Please send high-resolution photos and details of what you and your chapters are working on. [Submit your news by January 15.](#)

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## Membership Matters

Good Friends Are Forever....

When a Membership Application is filled out there is a section titled Reason for Joining (please pick all that apply). The reasons are Philanthropic; Friendship; Education Opportunity; Self-Improvement; Other. Every person who has joined this wonderful organization did so for at least one of those reasons. ESA still offers these opportunities and it is our responsibility to share them.

State Membership Directors (SMD) will be receiving a list of Members-at-Large (MALs) for their respective states. Are they to contact everyone on their list? NO. We want you to help them. If your chapter/council/region has not heard from your SMD by March 15 please contact her/him to see if there are any MALs in your area that you can get in touch with.

Your Membership Team wishes you a very happy 2010 and remember: ***When hands reach out in friendship, hearts are touched with joy.***

ESA Hugs...

[Rickie Brown](#), IC Membership-Senior Chair

[Sherry Day](#), IC Membership-Junior Chair

[Tracy Swanson](#), ESA Headquarters, Membership Director

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## International Council Executive Board News - Susan Winters, Workshop Coordinator

Making a mark that's hard To erase!

- Hear the secrets of motivation & how to inspire people.
- Discover the energy of your mood and your unconscious impact on others.
- Realize the vital connection between vision and inspiration.
- Help others to reach their full potential.
- Learn how to get where you want to go and take others with you.

**Epsilon Sigma Alpha International is proud to present:**

KARL MULLE "The EnterTrainer" as our Keynote speaker for the International Council Convention

July 17, 2010

Minneapolis, Minnesota

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## St. Jude Patient of the Month

When she was 6 months old, little Rayna began throwing up. At first, her mom thought it was acid reflux, but she realized it must be something more serious when the episodes became more frequent and Rayna would turn red and had trouble swallowing. [Read the rest of Rayna's story.](#)

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## Circle of Life - [Janna Firestone](#)

### ESA for St. Jude

Want to hear new event ideas? Thinking of ways to grow your existing Circle of Life events? Ever wonder what other chapters are trying? [Sign up](#) for the monthly ESA for St. Jude e-mail.

### ESA's Mall Madness

Grab your racing shoes and join us in Bloomington, MN, for Epsilon Sigma Alpha's Mall Madness! This year ESA is taking over the Mall of America for the 2010 International Council Challenge. Enjoy a photo scavenger hunt as we raise money for St. Jude Children's Research Hospital. [Details](#)

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