

**ESA.....  
A Sweet  
Indulgence**

# Oklahoma Epsilon Sigma Alpha Petticoat Journal

**Volume 65, Issue 5**

**April/May 2017**

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Oklahoma ESA-

If you missed the March State Council meeting, you missed a great meeting! We learned how to pay forward a random act of kindness by making greeting cards to brighten someone's day!

**The deadline for convention, April 14, is right around the corner & will be here before we know it. So, it's not too late yet to join us!** We promise fun candidate introductions at our "Peppermint Twist" Family Feud, laughter, great workshops, meetings, awards & special recognitions, and meeting new friends from around the state. What could be better than that!! I can hardly wait to see my ESA sisters in Candy Land at the Hilton Garden Inn in Lawton on April 28-30. Let's show our IC Rep, Jr. Past IC President, Rickie Brown and our MARC Rep President, Angie Butenschoen a big Oklahoma welcome!

In this issue of the PJ you will find the registration form for "Candy's Canvas" painting class. Don't forget to sign up for this fun event during convention.

It's been quite a year for me, but overall I think it was a good year. As many of you know, I have always preferred to be in the background and not in the forefront, but I wouldn't trade this experience for anything. I love meeting ESA sisters from around the state and making new friends. It's been such a rewarding experience, full of many special memories. As I read about your happenings on our Facebook page, I'm very proud of our Oklahoma ESA and all of your chapter accomplishments. I've especially enjoyed our Educational Director, Margaret Kramer, posts about indulging in happiness. Thank you for your attendance at my meetings. Thank you to the Oklahoma State Council Officers and Chairs for your support, hard work and dedication. I hope you've enjoyed this year as much as I have!!

*Nancy*

Nancy Baucom, President  
138 SE Surrey Ln. Lawton, OK 73501  
Phone: 580.512.6047  
Email: Rnbaucom@aol.com

**Welcome to  
ESA in**



**2017**

**Oklahoma ESA State Convention**

**Welcome to ESA in**



**Who: All ESA members**

**What: 74<sup>th</sup> Annual State Convention**

**When: April 28-30, 2017**

**Where: Lawton Hilton Garden Inn**

**Registration due by April 14<sup>th</sup>**

74<sup>th</sup> Annual Oklahoma Epsilon Sigma Alpha State Convention

# “ESA in Candy Land”

Tentative Schedule

Friday, April 28, 2017

12:00p.m.–6:00p.m.

“Welcome to Candy Land” Registration

12:00p.m.–4:00p.m.

Association of the Arts–Check In  
Information & Sales  
Charms, Convention Sales, PJ, Credentials  
Directory, Foundation Credentials

1:00p.m.–4:00p.m.

Hospitality Room #–TBA

1:00p.m.–7:30p.m.

Auction Item–Check In

6:00p.m.–7:30p.m.

Executive & General Board Dinner

7:45p.m.–10:00p.m.

Skits, Mixer & Auction

## Skits, Mixer & Auction

Welcome

Cathy Holsted and Ramona Paine

Auction

Auction, Easter Seals, Foundation & St. Jude

Mistress of Ceremonies

Dr. Billye Peterson

Skit Performances

Peggie Sprinkle & Candidates

10:00p.m.–12:00a.m.

Hospitality Room #–TBA

*Flag ceremony rehearsal immediately following the mixer*

74<sup>th</sup> Annual Oklahoma Epsilon Sigma Alpha State Convention

# “ESA in Candy Land”

Tentative Schedule

Saturday, April 29 2017

7:00a.m.–7:30a.m.

Yoga Class with Kayla Powell & Debra Johnson

7:30a.m.–8:00a.m.

1<sup>st</sup> Time Convention Goers Workshop

7:45a.m.–8:15a.m.

Convention Registration

8:30a.m.–11:00a.m.

First General Assembly  
Flag Ceremony (Doors Close at 8:25a.m.)  
Non Smoking Convention Rooms  
Please silence you cell phone  
No pictures during the ceremony

11:15a.m.

## Workshop

Membership/Leadership Workshop  
Peggie Sprinkle & Rickie Brown

## Awards Luncheon

12:00p.m.–2:00p.m.

Luncheon

## Workshops

2:20p.m.–4:20p.m.

Painting Class “Candy’s Canvas” \$35.00

2:20p.m.–4:20p.m.

Healthy Living  
Kayla Powell & Debra Johnson



74<sup>th</sup> Annual Oklahoma Epsilon Sigma Alpha State Convention

# “ESA in Candy Land”

Tentative Schedule

## Installation Ceremony

Doors Close at 6:55p.m.

7:00p.m.–10:00p.m.

Installation Ceremony & Celebration

10:00p.m.–12:00a.m.

Hospitality Room #-TBA

Sunday, April 30, 2017

## Second General Assembly

8:00a.m.–1:00p.m.

Photo Display

9:00a.m.–9:30a.m.

Celebration of Life

9:45.am.–12:00p.m.

2<sup>nd</sup> General Assembly/Brunch

## Oklahoma State Council 74<sup>th</sup> Annual Convention

### *“ESA in Candy Land”*

**April 28, 29, & 30, 201**

Hilton Garden Inn, Lawton, OK

Phone: 1-580-280-2100 – **Hotel Registration Deadline, Tuesday, March 28, 2017**

**REQUEST THE GROUP RATE FOR “EPSILON SIGMA ALPHA”**

[www.lawton.hgi.com](http://www.lawton.hgi.com)



MEMBER NAME			
ADDRESS:		CITY, STATE, ZIP:	
PHONE:	Best way to contact you: ___ phone; ___ text; ___ email		EMAIL:
CHAPTER NAME:	CHAPTER NUMBER:	CITY:	
<b>CHECK ALL THAT APPLY:</b>			
<input type="checkbox"/>	CHAPTER PRESIDENT	<input type="checkbox"/>	1ST TIME CONVENTION GOER
<input type="checkbox"/>	EXECUTIVE BOARD MEMBER	<input type="checkbox"/>	GENERAL BOARD MEMBER
<input type="checkbox"/>	CURRENT/PREVIOUS IC OFFICER	<input type="checkbox"/>	CURRENT/PREVIOUS ESAF BRD
<input type="checkbox"/>	SPECIAL DIET MENU/MEDICAL REASONS ONLY ** CONTACT: ** Gwynn Nell Swanson at <a href="mailto:gnswanson@pldi.net">gnswanson@pldi.net</a> or 405-485-2921		
<b><u>MEN'S REGISTRATION:</u></b>			
NAME:		HUSBAND/ESCORT OF:	
<b><u>DESA/ELAN REGISTRATION:</u></b>			
NAME:		ESA MEMBER/CHAPTER:	
<b><u>GUEST REGISTRATION:</u></b>			
NAME:		GUEST OF:	
<b>CHECK ALL THAT APPLY</b>			<b>HOW MANY</b>
<input type="checkbox"/>	MEMBER'S/DESA/ELAN FULL REGISTRATION FEE POSTMARKED BY Friday, April 14, 2017 includes Friday night mixer, general assemblies, workshops, Recognition Luncheon, Banquet & Sunday Brunch		\$110.00
<input type="checkbox"/>	GUEST'S REGISTRATION FEE includes Friday night mixer and Banquet		\$ 50.00
<input type="checkbox"/>	Sunday Morning Brunch Guest		\$20.00
<input type="checkbox"/>	LATE FEE of \$25 will be assessed after April 14, 2017. After April 14, 2017, you will need to call Gwynn Nell Swanson, 405-485-2921 and arrange to bring cash.		\$25.00
<b>Cancellations must be made 72 hours or more before the beginning of convention for a refund. Please make your request in writing to the Convention Treasurer, Lola Jaegers</b>			
Total			

**Enclose Check Payable to: 2017 ESA State Convention Fund**

Mail payment to:

Gwynn Nell Swanson  
2406 County Rd. 1280  
Blanchard, OK 73010

**Registration Deadline:** Registration deadline is Friday, April 14, 2017. Registrations postmarked after Friday, April 14, 2017 will be assigned seating where vacancies exist. Late registrants will NOT be seated with their chapters after Friday, April 14, 2017. **HOTEL REGISTRATION DEADLINE IS Tuesday, March 28, 2017. CALL NOW! Phone: 1-580-280-2100. Be sure to mention you are with ESA.**

# Come Paint with Us!

## Oklahoma State Convention Workshop

Saturday, April 29, 2017 2:20 ~ 4:20 pm



1. Flowers



2. Elephant

Please circle one

**Great Social Event**

Fun Recruiting Idea

How about a  
Rush Party!

**Deadline to Register is April 15, 2017**

**To Register mail check made to:  
2017 OK Convention c/o Lola Jaegers  
13 Northridge, Shawnee, OK 74804**

**I wish to participate in the Oklahoma ESA Workshop "Candy's Canvas"**

Name \_\_\_\_\_

Address \_\_\_\_\_

Chapter Name & City \_\_\_\_\_

Enclose check in the Amount of \$35 \_\_\_\_\_

EPSILON SIGMA ALPHA INTERNATIONAL  
OKLAHOMA STATE COUNCIL MEETING  
March 11, 2017  
Goodrich United Methodist Church  
Norman, OK

The Oklahoma State Council Meeting was called to order at 10:40 a.m. by President Nancy Baucom. She thanked everyone for coming to her last state council meeting for her year.

Members repeated the opening ritual followed by Chaplain Peggy Hughes giving the prayer and leading the Pledge of Allegiance.

Roll call was taken from registration. Lunch hostesses were Delta Kappa.

There were no guests, pledges, Elans, Desas, or Mesas. First-time attendee and pledge, Doylene Heaton, Delta Kappa, was introduced.

Senior Senioresses were asked to stand and each was presented a small gift from President Nancy and thanked for their guidance and dedication to ESA.

The committee to read the September Leadership minutes was Ramona Paine, chair, Lora Thompson, and Libby Zaage. In Ramona's absence, Lora reported the minutes were correct as printed. They will be placed on file.

The committee to read today's minutes is Billye Peterson, chair, Sandy Lackey, and Kay Brader.

1<sup>st</sup> Vice President/Nominating Chair Peggie Sprinkle thanked her nominating committee. She introduced the following 2017-18 slate of officers and each was given a big silver star: Petticoat Journal Editor, Linda Jones; State Project Director, Peggy Hughes; Parliamentarian, Sylvia Ochs; Treasurer, Mona Quaid; Recording Secretary, Elise Jimison; Corresponding Secretary, Leslie Farabee; 2<sup>nd</sup> Vice President, Linda Leveridge; 1<sup>st</sup> Vice President, Margaret Kramer; President, Peggie Sprinkle.

2<sup>nd</sup> Vice President/Educational Director Margaret Kramer asked each table to discuss what we have done to indulge in happiness during the year. A slide show was presented on "What is Happiness, Learn to be Happy." A discussion followed on the connection between music, health, happiness, and efficiency. We sang happy birthday to Gwynn Nell Swanson.

Treasurer Jenny Lizama was absent. President Nancy stated the report will be emailed and printed in the next Petticoat Journal.



1<sup>st</sup> Vice President/Nominating Chairman Peggie Sprinkle read Article VII-Section 1 from Oklahoma State Council bylaws which states that active members may submit nominations from the floor at First General Assembly at the convention.

State Project Director Linda Leveridge reported a beginning balance of \$5,325.01 with \$2,360.84 being distributed to OSB, and \$2,964.16 being given to OSD. Donations received to date are \$1,172.01. Linda mentioned the need for additional sponsors for students at OSB. She also told of students at OSD going to Washington, DC. OSD will be having an open house Wednesday, March 30, 2017, called "The Puzzle." All chapters are invited and encouraged to RSVP Marsha Cole at 580-622-4909.

Petticoat Journal Editor Lori Few moved upon recommendation of the Executive/General Board that the price of the PJ for first class mail remain at \$20 per subscription. Coming from a committee no second was required; motion carried.

Jr. Past President/Disaster Fund Chairman Billye Peterson said she has received \$2,050.87 so far. There have been 21 chapters submitting donations and one claim received today.

Peggie Sprinkle thanked everyone for allowing her to attend Leadership at Denver. She said she learned about new programs for ESA for St. Jude, the ESA Foundation, and membership. Handouts were given out challenging chapters to have community outreach projects. She also presented a new St. Jude program called "Kids Helping Kids." Vivian Gibson received an appreciation award as ESA Foundation State Counselor. Margaret Kramer who also attended Leadership encouraged everyone to add to the new ESA Inspiration Library by sharing their projects on the ESA website.

Sandy Lackey, District 5 Coordinator, mentioned bylaw changes they recently made and suggested that perhaps district meetings could be held during state meetings in breakout sessions, on a rotation with other cities in the district, rotating the district project to include each city, or having meetings following OSD and OSB meetings. The idea to combine District 3 and District 5 was tabled so that these new ideas could be tried.

A convention skit enticing everyone to attend was presented by Linda Leveridge, Robbin Brown, Vivian Gibson, Lola Jaegers, Gwynn Nell Swanson, Lora Thompson, and Janice Shockley.

Meeting adjourned for lunch at 12 p.m. with Chaplain Peggy Hughes saying grace.

Meeting reconvened by President Nancy after lunch.

A "Random Act of Kindness Activity" was presented by Kayla Powell, Beta Mu member. Attendees were given supplies to assemble one of three choices of cards and were to write someone a random act of kindness.

Auditor Lola Jaegers reported preliminary audits were completed on books for State Project, Petticoat Journal, and the Directory.

Awards Chair Robyn Ryan requested years of services and Pallas Athene degrees need to be turned in by April 1. She encouraged everyone to write an essay on "What ESA Means to Me" for either 1 year or less or more than 1 year, also due April 1.

2017 Convention Co-Chair Cathy Holsted reported cinnamon rolls will be sold to raise money for the convention, hotel reservations need to be in by March 28, and program ads need to be turned in.

Directory Chair Gwynn Nell Swanson reported 90 directories were printed, 83 directories were sold at \$8 each, and 8 directories are available at half price. Gwynn Nell stated that upon recommendation from the Executive Board, the price for directories will remain at \$8 each. Coming from a committee no second was required; motion carried.

ESA Foundation Counselor Vivian Gibson reported scholarship winners will be notified in late May or early June. A new state contest will be implemented this year for donations to the Foundation; for example dollar amount of donated items for auction, or money bid on auction items can count as monetary value donation. It must be reported on the Service report and sent to Vivian. Hours and travel are not counted for this contest. She also requested assistance with the auction at convention. Auction items can be checked in at 1 p.m.

OK MARC Rep Deb Hughes reminded us of MARC convention October 13-15, 2017 in Detroit, Michigan.

Membership Chair Mona Quaid stated that letters were sent out to all chapters asking for names of new members so they can be recognized at State Convention.

Outstanding Chapter Chairman June Miller had no report.

Publicity Chairman Sylvia Ochs urged chapters to send her articles as only two had done so already.

President Nancy requested material for her scrapbook be sent to Peggy Campbell or Patty Heer by April 15<sup>th</sup>.

Web Master Aletha Bolt asked those members who it affected to please make a decision by State Convention whether to continue web email accounts.

Door prizes were given out.

### Announcements

Margaret Kramer reminded everyone deadline for educationals is April 1<sup>st</sup>.

Don't forget the State Council Fundraiser, raffle tickets for one week in Branson and a \$500 gift card.

Remaining directories are half price – see Gwynn Nell Swanson.

President/Convention charms are on sale for \$5 each.

Don't forget the convention fundraiser, the 50/50 jar.

Peggie Sprinkle stated the remaining position on her board is membership.

Liz King donated \$50 from the Pampered Chef fundraiser to the State Council.

Libby Zaage announced the District II meeting will be Saturday, March 18, 2017, in Guthrie at the Noble Avenue Baptist Church

The hotel registration deadline is March 28 and convention application deadline is April 14<sup>th</sup>.

Chapters are asked to donate baskets or gift cards for the auction at Convention.

President Nancy thanked everyone for coming and adjourned the meeting at 2 p.m.

Members repeated the closing ritual.

s/Liz King

Recording Secretary

**Treasurer  
Jenny Lizama**

Hello ESA Sisters!

It feels like this year has flown by! Thank you to everyone for their support throughout this year.

***BRANSON RAFFLE TICKETS***

There's still time to buy raffle tickets!

Thank you to everyone who has been out there selling the Branson trip and gas card raffle tickets! Please remember that only 500 tickets will be available. And they're only \$10 each! The drawing will be held at State Convention, and you do not need to be present to win.

If you've sold raffle tickets, please send a check payable to "ESA Oklahoma State Council" and the stubs to Jenny Lizama, 4829 S 71st East Avenue, Tulsa, OK 74145.

If you have any questions, please contact Jenny at [jennylizama@gmail.com](mailto:jennylizama@gmail.com) or 918-850-7219. If you've sold all your tickets and would like more, please contact Nancy Baucom, Oklahoma State Council President.

***DUES***

You can still pay your state dues, but you will not be eligible to vote at State Convention or enter any of the contests. Chapters who have not paid their dues for 3 consecutive years will be dropped from the Oklahoma State Council roster.

***EXPENSE REIMBURSEMENT***

If you have expenses for reimbursement, please email them to me at [jennylizama@gmail.com](mailto:jennylizama@gmail.com) or mail to me at 4829 S 71<sup>st</sup> East Avenue, Tulsa, OK 74145. Vouchers can be found on the website. I must receive all requests for reimbursement before State Convention.

**EPSILON SIGMA ALPHA INTERNATIONAL**  
**Oklahoma State Council**  
**Actual vs Budget as of March 31, 2017**

	2016-2017 Actual	2016-2017 Budget
<b>GENERAL FUND</b>		
Beginning Balance	2,992.93	2,992.93
<b>INCOME</b>		
Chapter Dues (\$30/chapter)	960.00	1,110.00
Chapter Members (\$5/member)	2,180.00	2,350.00
Convention Profit	639.80	639.80
Directories	602.00	720.00
ESA on the Mall	50.00	60.00
State Council Meals	612.00	1,500.00
Ways & Means (Consignment, Sale, Money Jar, etc.)	124.00	1,500.00
Raffle	780.00	
<b>Total Income</b>	<b>5,947.80</b>	<b>7,879.80</b>
<b>GRAND TOTAL INCOME AVAILABLE</b>	<b>8,940.73</b>	<b>10,872.73</b>
<b>EXPENSES</b>		
<b>President</b>		
IC Convention Registration (1st VP in April)		250.00
IC Convention Transportation	400.00	400.00
IC Convention Hotel (6 nights)	946.50	950.00
PICPA Lunch (1st VP in April)		40.00
State Convention Registration	110.00	110.00
State Convention Hotel		203.62
State Leadership Supplies		50.00
Gifts		15.00
President's Trophy (engraving)		30.00
Travel District Meetings (4)		200.00
Postage Paper Supplies		150.00
Copies/Printing	80.46	150.00
Miscellaneous	3.50	40.00
<i>Subtotal President Expenses</i>	<i>1,540.46</i>	<i>2,588.62</i>
<b>First Vice President</b>		
Travel District Meetings (4)		200.00
Postage, Supplies, Ballots		60.00
Convention Leadership		40.00
ESA Headquarters Leadership		
Registration	625.00	625.00
Transportation	300.00	300.00
<i>Subtotal First Vice President Expenses</i>	<i>925.00</i>	<i>1,225.00</i>

**Second Vice President**

Transportation & Miscellaneous		200.00
Postage for Educationals		40.00
Miscellaneous (Copies & Postage)		30.00
<i>Subtotal Second Vice President Expenses</i>	<i>0.00</i>	<i>270.00</i>

**Corresponding Secretary**

Meetings Notices & Postage		75.00
Chapter President's Packets		75.00
Supplies		200.00
<i>Subtotal Corresponding Secretary Expenses</i>	<i>0.00</i>	<i>350.00</i>

**Elected Officers**

Parliamentarian		25.00
Recording Secretary		25.00
Treasurer		50.00
Petticoat Journal Editor		5.00
Project Director		75.00
Jr. Past President/Disaster Fund		25.00
Sr. Past President/Workshops		10.00
<i>Subtotal Elected Officer Expenses</i>	<i>0.00</i>	<i>215.00</i>

**Total All Elected Officer Expenses      2,465.46      4,648.62**

**Appointed Chair Expenses**

Association of the Arts		5.00
Auditor		5.00
Awards		5.00
Chaplain	47.00	150.00
ESA for St. Jude		25.00
Contest		5.00
Credentials		5.00
DAA (Plaque & Charity Donation)		225.00
Directory	300.00	380.00
Easter Seals		5.00
ESA Foundations Counselor		25.00
Hope for Heroes		5.00
Membership		75.00
Outstanding Chapter		5.00
Outstanding Sr. Youth (Cashier's Check)		400.00
Outstanding Jr. Youth (Cashier's Check)		200.00
Philanthropic		25.00
Publicity		20.00
Scrapbook		200.00
Secret Sister		5.00

**Total Appointed Chair Expenses      347.00      1,770.00**

**State Convention**

Convention City (37 chapters @ \$2.50/chapter)		92.50
Convention Awards		100.00
DAA (1), Outstanding Youth (2), & St. Jude (3) Meals		200.00
Installation of Officers		75.00
Retiring President's Gift		55.00
Flowers (arm bouquet for incoming President)		50.00
Miscellaneous		50.00
Convention IC Rep Gift		35.00
Convention MARC Rep Gift		35.00
IC/HQ Rep Registration	110.00	110.00
IC/HQ Rep Hotel (2 nights)		203.62
MARC Rep Registration	110.00	110.00
MARC Rep Hotel (2 nights)		203.62
Incoming State President's Gavel Pin		20.00

**IC Convention**

Convention Ad		100.00
Caucus		40.00

**Total Convention Expenses      220.00      1,479.74**

**Other Expenses**

Bond Insurance	181.00	181.00
IC Dues	45.00	45.00
State Council Meeting Meals	696.00	1,500.00
Revising Blue Book (copy revised pages only)		50.00
State Council Meeting Rooms	100.00	200.00
State of Oklahoma Registration	65.00	130.00
Webmaster	167.40	200.00
Purchase of Bank Checks	25.00	25.00
Contingency Fund (MARC flag)	91.78	643.37

**Total Other Expenses      1,371.18      2,974.37**

**GRAND TOTAL EXPENSES      4,403.64      10,872.73**

**ENDING GENERAL FUND BALANCE      4,537.09      0.00**

**OTHER ACCOUNTS**

Speakers Fund	792.04	792.04
IC Campaign Fund	219.36	219.36
2012 IC Convention	5,415.14	5,415.14
Total Funds (Bank Balance)	10,963.63	6,426.54
CD (renews 2/3)	4,000.00	4,000.00

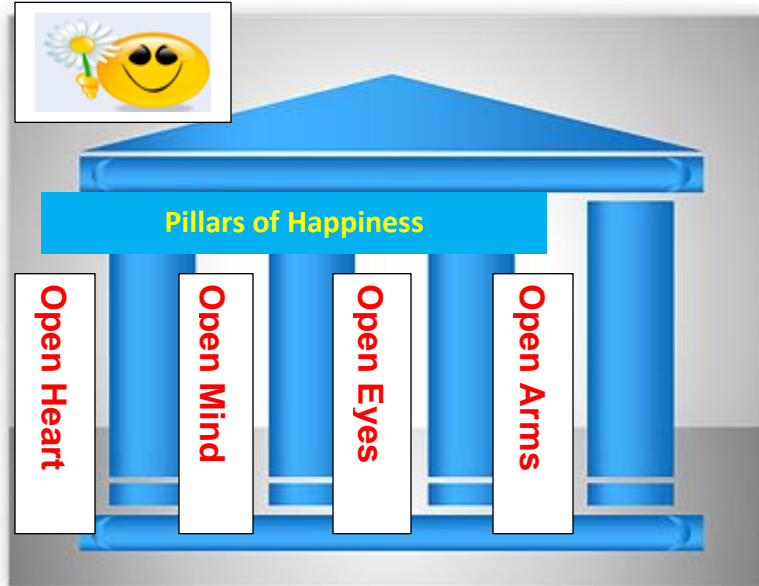
Thank you!

Jenny Lizama  
2016-2017 ESA Oklahoma State Treasurer

## From the desk of Margaret Kramer, Second VP, Educational Director

I have been talking about happiness for almost a year now, and I have found that everyone has their own ideas about what will bring us more of it. Have you thought about what brings you happiness? Marcia Sirota, Author, speaker, coach and MD states: there are four key principles that together, can create significantly more happiness for ourselves, as well as for those around us.

Marcia calls these principles the "four pillars of happiness," and they're really quite simple. They all involve being open in some way; open to the truth, to love, to ourselves and to others.



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### **Pillar #1: Open heart**

In order to be happy, we must have an open heart. We need to love and accept ourselves, just as we are, and we need to give love to those around us, and let in love from others as well.

Self-love and self-compassion create inner peace, which directly leads to happiness. Having an open heart makes us feel the attachments that exist between all living beings; it gives us a deep sense of belonging. Instead of the pain of alienation, we feel the comfort and reassurance of connection.

### **Pillar #2: Open Mind**

For true happiness, we need to let go of our unnecessary mental baggage, including hurtful prejudices, false beliefs, incorrect attitudes, inappropriate expectations and unrealistic fears.

If we want to be happy, we need mental flexibility; the capacity to learn, change our minds and to see things from a different perspective. Mental rigidity creates suffering, but an open mind allows us to truly be in the flow.

### **Pillar #3: Open Eyes**

We need to face the truth about our past and also see what's in front of us, right now. We must let go of our counterproductive habits of denial, rewriting history and wishful thinking and instead, be fully present and engaged in our lives.

Being able to face the truth of our past and present enables us to live our lives to the fullest. Instead of creating an unhappy future based on hopeful fantasy, habitual thinking patterns or avoidance, we can create a happier life based on realistic, meaningful choices.

### **Pillar #4: Open Arms**

Selfishness has become far too popular these days, and it's a big reason why we're unhappy and feel so empty and frustrated. The answer to happiness isn't in accumulating more money or stuff, nor in becoming more famous or exerting more influence.

The answer to happiness is in sharing what we have with others; recognizing the truth of our interdependence and being generous and altruistic with our fellow human beings.



Studies have shown that we experience much more happiness from giving to others than from taking. When we open our arms, it satisfies one of our deepest needs: the need to give of ourselves.

Aside from being good for others, being generous feeds our soul and inspires those around us to be more altruistic. In that way, it creates happiness for everyone.

Try practicing these four pillars of happiness. Dr. Sirota guarantees that your life will dramatically change for the better, and at the same time, you'll be making others happy too.

However, I personally believe that we must take time to be good to ourselves in order to recharge and retain the health and energy necessary to continue to give of ourselves to others and maintain the high standards that we set for doing the good works we as ESA Sisters do. So my farewell advise to you as your Second Vice President, Educational Director is to “Indulge in Happiness” as often as you can.

If you have not submitted your Educational Reports, please do so, they need to be post marked by April 1, 2017. Chapter Presidents don't forget to send me you nominations for Distinguished Athenian. **If you have any questions please feel free to call, e-mail or text me, 918-617-3130 or [mghnurseok@aol.com](mailto:mghnurseok@aol.com).**



FOUNDATION  
EPSILON SIGMA ALPHA

"Serving The World Community... Because We Care"

Hi everyone,

This is my last PJ article as your ESA Foundation Counselor. I have been your foundation counselor for four years and it is now coming to an end. I really appreciate your support over this time. It has been a wonderful four years. I think ESA Foundation Counselor has been my most favorite board position.

Thanks to all of you who helped get the word out about the scholarships. The scholarship applicants will be notified in late May or early June about whether they got a scholarship or not.

Remember we have a new Foundation state contest this year? As I explained at Leadership, this includes all contributions you make to the Foundation that you were not getting credit for. Example: if you paid for an item you bid on at the auction; if you donated money to buy items for your basket; or you donated money to another chapter for a foundation project you can count that under donations. If you donated items for the basket or donated anything that was not sent directly to the foundation can be counted. In order for it to be counted you must put it on your Service Report. Send a copy of the service report to me by April 1: [tigervip60@aol.com](mailto:tigervip60@aol.com); or 2535 Boxwood Avenue, Norman, 73072. Hours and travel are not counted for this contest. Please contact me if you have questions [\(405\) 229-4731](tel:4052294731).

A reminder about the auction at convention: you may check in your action items beginning at 1:00 PM on Friday, April 28. Remember the auction proceeds will be divided between St Jude, Easter seals and the Foundation.

If you would like to assist with the auction please let the Easter Seals Chairman, Debra Johnson; the ESA for St. Jude Chairman, Darlene Cushenberry or me know or just show up that day where ever we are setting up. We will not turn away any help. There are all types of jobs that we need you for, such as checking in items in; filling out bid sheets, etc.

I appreciate each one of you. I wish you the best!

Thanks,

Vivian Gibson

ESA Foundation Counselor



ESA Sisters,

Hasn't Nancy done a wonderful job this year? I am so very proud to be part of her local chapter! We are quite lucky to have her.

As Easter Seals Chairman, I want to thank all of you for your support and donations to Easter Seals. The process of Reports and Auditing is upon us, so please make sure to send your service report if your chapter is one of the 17 to have sent in an Easter Seals donation.

Yes, 17....so far! There's still time if you haven't sent yours, but don't delay! Can't wait to help host you all here in Lawton soon. Safe travels and we will see you soon!

Correspondence:

Debra Johnson

[\(918\)839-3530](tel:9188393530)

4206 SE Lee Blvd.

Lawton, OK 73501



The 2016 St. Jude Walk/Run to End Childhood Cancer raised a total of \$9 million dollars according to the *Jonquil*. ESA members across the country participated at their local walks and fundraised in areas without live walks. In 2016, ESA was a Silver Level National Team Partner with a fundraising goal of \$75,000. ESA not only met the goal, but far exceeded it. ESA's proudly committed to raising \$85,000 during the 2017 Walk which will take place September 23, 2017. Mark your calendars!

2017 is off to a great start with ESA fundraising events. Several fundraisers took place in February. Delta Kappa hosted a "St. Jude Closet Sale" and both Oklahoma City and Tulsa participated in St. Jude Radio-thons. On February 2<sup>nd</sup> and 3<sup>rd</sup>, Twister 101.9 sponsored their event raising over \$106,000 and Tulsa's K95.5 hosted their event February 9th and 10th, raising over \$146,000.

On March 14<sup>th</sup> KOTV Channel 6 announced that the ST. Jude Affiliate Clinic at St. Francis in Tulsa is now open. Children will be able to get access to some of the groundbreaking new treatments developed at St. Jude Hospital. So if a child in Tulsa is diagnosed with cancer or a blood disease, they will have access to the clinical trials that are very unique to St. Jude, but get it in a way that is convenient for the family in Tulsa, according to Dr. Carolyn Russot with the St. Jude Affiliate Program. The St. Jude Affiliate Clinic at St. Francis is one of only eight affiliates nationwide.

Barbara and I would once again like to thank you so much for all your support of us as Ok St. Jude representatives these past two years. It has been an awesome privilege for us, and we will forever cherish this experience.

Thank you.

# WHY BE GOOD WHEN YOU CAN BE OUTSTANDING?

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OKAY LADIES, IT'S CRUNCH TIME! I will be looking in my email, mailbox, and text messages for reports from: ESAF Counselor, Scrapbook Chair, DAA Chair, Outstanding Youth Chair, Assn of Arts Chair, Awards Chair, 2<sup>nd</sup> VP, Philanthropic Chair, Project Director, ESA for St. Jude Chair, Easter Seals Chair, Jr. Past President (Disaster Fund), Hope for Heroes Chair, PJ Editor, Publicity Chair, Membership Chair, District II and IV Coordinators, Corresponding Secretary. Please send me lists of chapters who have PARTICIPATED in all things ESA this year.

Please use my regular e-mail: [rmiller91@sbcglobal.net](mailto:rmiller91@sbcglobal.net) .

See you at convention!

# *positively* PHILANTHROPIC

Hello Sisters!!!

Well, we are about to wrap up another outstanding year. I'm looking forward to Convention and handing out awards!! We have a lot to give.

I will be signing off as Philanthropic Chair, though this is my favorite ESA "job". I get to see all the chapter's amazing work, in and for our state. Keep up the good work!!!

Summer may be around the corner, but that doesn't mean we must slow down. Keep up the ESA work and if you have questions about anything, please ask.

Blessings to Everyone!!!

Darla Barton  
Philanthropic Chair  
135 Rawlings  
Clinton, OK 73601  
580-309-0167  
Dbarto0903@gmail.com



## **GREETINGS FROM YOUR STATE PROJECT DIRECTOR**

I hope this finds you all doing well and enjoying the beautiful weather. By the time this is printed my books will be closed. I want to thank all who donated to the state project fund and sponsored students this year. We had a lovely time in Muskogee at the school for the blind and districts iii and v installation and meeting.

Entertainment was provided by a very talented saxophone player and another student talked about the impact girl scouts has made in her life. Sorry most of you missed this wonderful opportunity to see and hear the impact the school is having on their lives. Jane Thomas announced that she is retiring the end of July and possibly be relocating to the OKC area. We wish her the best of luck in retired life.

Don't forget your sponsored children. Easter is fast approaching.

Hugs & Kisses to you all

Linda leveridge



### **Beta Iota, McAlester**

On Saturday, March 25, 2017 Beta Iota McAlester hosted its 3<sup>rd</sup> Annual Beta Iota Hot Rod Car Show in McAlester. This annual event has been one of the most successful fundraisers that Beta Iota hosts. We had over 50 hot rod, muscle and antique cars entered into the show. Beta Iota was able to raise over \$3,000 to help support our philanthropic projects. In addition to the car show Beta Iota recently did a Rustic Cuff bracelet fundraiser. We are also in the planning stages for our annual installation banquet and celebration in May. We are excited to announce that two of our chapter members will be serving on the 2017-2018 Oklahoma ESA State Council Executive Board. Beta Iota's very own Margaret Kramer will serve as 1<sup>st</sup> Vice President and Mona Quaid will serve as State Council Treasurer. Help us in congratulating these outstanding women!







## **Delta Kappa, Norman**

Delta Kappa is celebrating the completion of working 34 OU basketball games and 6 OU football games. That equals a lot of hours and a lot of money for our chapter to spend for philanthropic projects. We are grateful for the dedicated members who made this W & M project a success!!! A big thank you goes to Georgia Smith, W & M chair, for keeping us organized. It's a huge job and a big responsibility and she does an amazing job of keeping everything in order.

Our Closet Sale in Feb. was a huge success. It is a lot of work but it comes with a big reward when we send a check for over a thousand dollars to St Jude's. We experienced a double reward this year. A homeless woman had come into the church for assistance. The church secretary called the police to help her. Officer Jaffery with the Norman police saw that we were having a clothing sale and brought her to the sale to ask if he could buy some clothes for her.

She explained she had nothing except what she was wearing. She did not have a car or a place to stay no money and her clothes had been stolen. She instantly had 5 personal shoppers bringing her clothes to try on. She left with a huge travel bag full of sweaters, jackets, shoes, pants, blouses, boots and socks. We refused the officer's money explaining that's what we do. We help anyone in need of assistance. She gave us a small angel she had been carrying with her. I told her she needed to keep her angel to help her get home to her family in Tenn. She said no she had found her angel in us with all the help we had given her. Officer Jaffery took her to the bus station and bought her a ticket with his own money so she could go home. He also came back to us and insisted on making a \$20.00 donation to St. Jude's. We were very happy and proud to be a part of helping this lady during such a challenging time in her life. We were blessed that day by being able to raise funds for St Jude's and also by supplying much needed clothing to a woman who needed help. It was a win win situation for everyone involved.

We are excited about gaining 4 new members. Vice president, Vivian Gibson, held a transfer ceremony in Feb. for Gloria Torres and Katie Wamser. Vivian also performed a pledge ceremony for Doyleene Heaton pledged by Nancy Buck. We will be having another pledge ceremony this month for Shirley Bosscawen. Welcome ladies!!! We are so glad to have you in Delta Kappa!!!

Our next educational/social will be an "Everything Green" evening on March 20. We will wear green and all the food we bring has to be green. This could get interesting. Have you ever had green macaroni and cheese????

The District IV meeting in Shawnee was attended by Nancy, Gwynn Nell, Linda, Jeanne, Janice and Vivian. It was a very good meeting with Linda Voss presiding. Vivian was installed as recording secretary. Janice was installed as parliamentarian. Nancy will serve as ways & means chair and Gwynn Nell will serve as chaplain again. Congratulations ladies and to all the new officers and a special congratulations to Gwen Beasley as she serves as the District IV coordinator for the coming year. I can tell it's going to be a fun year with Gwen.

Delta Kappa hosted the State Council meeting in Norman on March 11 with 61 ESA members in attendance. Nancy Baucom conducted a great meeting with something to offer for everyone in the way of fun, good food, fellowship and an upbeat musical educational by Margaret Kramer. Linda Leveridge's 2017 convention skit was pretty entertaining too.

Nine members of Delta Kappa are looking forward to "ESA In Candy Land" in Lawton in April. We are one of the 4 chapters to host this year's convention. We look forward to doing our part to help make this event another great convention. Even though we will be working we will have loads of fun. Our state convention is a great way for all of the chapters from around our state to celebrate all of the outstanding accomplishments we have achieved during the past sorority year. I hope all of you will be attending to see just what a great experience our state convention will be.

Until next time -----Enjoy the arrival of spring with all of the beautiful colors of the spring flowers and may each of you be blessed with a wonderful Easter celebration.



**Gamma Zeta, Edmond**



Pictured left to right: Jeanette Smith, Logan Gantz, Tonna Lovette, Paul Robinson, Kelly Wasso, Russ Jennings and Jim Wasso

Edmond's Epsilon Sigma Alpha Gamma Zeta chapter hosted a bunco fundraiser for St. Jude Children's Research Hospital, which is leading the way the world understands, leads, and defeats childhood cancer and other deadly diseases. St. Jude has the highest survival rate for most aggressive cancers. Treatments invented at St. Jude have helped raise the overall childhood cancer survival rate from 20 percent to 80- percent since they opened more than 50 years ago. Everyone enjoyed a fast-paced afternoon with snacks, games, and fellowship.



### **Zeta Gamma, Shawnee**

Zeta Gamma members have been really busy, but you know what? - that is what keeps our chapter so active. We began our year with a "Chocolate Bar" social/business meeting at Robbins. Besides the great social and productive business meeting, you would be really surprised at the fun and conversation that takes place in the car from Shawnee to Choctaw and back.

Joe and Lola were great hosts for the Super Bowl party. The Hors-d'Oeuvre and chili were fantastic. (Maybe a few pounds were gained) but that is norm.

Our Awards Banquet was beautiful. The food was very good but nothing compared to the Distinguished Achievement Award Recipient and Outstanding Youth award winner. No one was more surprised than Mary Ann Jones when she received her 45 year service award.

Givoanna opened her beautiful home for the educational and planning meeting for District IV meeting/Installation. Plans were also discussed for the State Council meeting and Convention planning meeting, reminding each of the members their responsibilities at the convention due to being one of the convention hostess chapters.

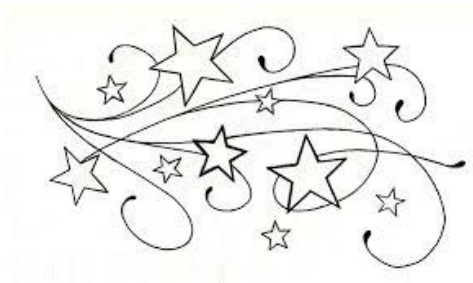
Those plans were carried out at the beautiful installation for our own Gwen Beasley as Coordinator and Patty Heer as Vice Coordinator for District IV. Robbin Brown conducted the installation. Job well done, Robbin.

Linda Voss, as District IV Coordinator, you were excellent! You will never know how proud your chapter members are of you and so happy to call you "our own."

Zeta Gamma Social Committee, Patty & Peggy have been great this year and at this time can't wait to see what they have in store for us at their "surprise" St. Patrick's Day party.

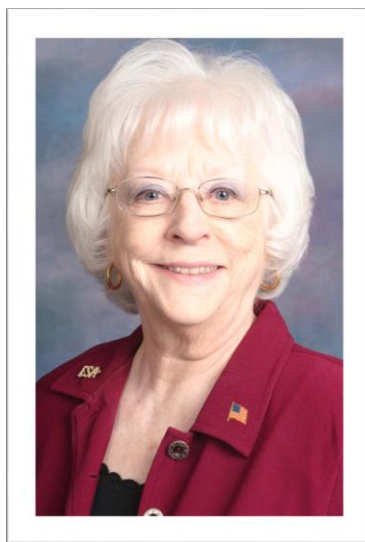
We are looking forward to a great Convention.

# 2017-2018 Oklahoma State Council Executive Board Candidates



**PRESIDENT 2017-2018**

*Peggie Sprinkle*



**CORRESPONDING SECRETARY**

*Leslie Farabee*



## Oklahoma State Council 2017-2018 - Margaret Kramer

It is with great honor and privilege that I accept the nomination for the office of First Vice President of the Oklahoma State council of Epsilon Sigma Alpha. I look forward to being able to serve Oklahoma ESA on a state level and the opportunity to work along with so many "SPECIAL" ladies giving back to those less fortunate than ourselves on local, state and international ESA projects.

### Qualifications:

<b>ESA Membership</b>	16 Years
<b>Chapter/ City Area Council Offices - Beta Iota #4018</b>	President (3), treasurer (3), Parliamentarian (3), Educational Director (3), Ways & Means (4)
<b>District Offices - District V</b>	Coordinator, Vice Coordinator (4), Parliamentarian, Secretary (3)
<b>State Elected Offices</b>	State Project Director (2), Treasurer, Recording Secretary
<b>State Appointed Offices</b>	Outstanding Youth, Auditor, Awards
<b>State Conventions Attended</b>	11
<b>International Conventions Attended</b>	3
<b>Other Accomplishments</b>	First Pearl, 5th Degree Pallas Athene, 1st Place "What ESA Means to Me", ESA Foundation member, St Jude Dream Home (6), St Jude Give Thanks/Walk (7). Retired from nursing after 43 years of rendering holistic & compassionate care in both private & Veteran sector. Have been married 46 yrs (George) with 2 daughters. Chair of my church Worship committee, team leader for Friendship Kitchen Outreach.

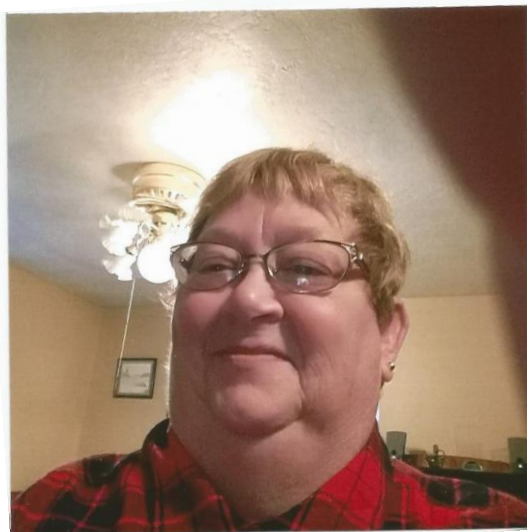


## Oklahoma State Council - Second Vice President 2017-2018 - Linda Leveridge

I appreciate all the support and encouragement from my ESA family. I look forward to the chance of becoming Oklahoma's Second Vice President. If you are watching from above Joyce I finally did it!

### Qualifications:

ESA Membership	36
Chapter/City Area Council Offices - Eta Epsilon & Delta Kappa #3538	President, Vice President, Treasurer, Parliamentarian, Educational Chair, DIANA chair, Outstanding Youth chair, Secretary, Philanthropic, Awards, Ways & Means, DAA chair
District Offices - District IV	Coordinator x 2, Vice Coordinator, Treasurer, Philanthropic chair, Educational chair, Ways & means, current Junior Past coordinator
State Elected Offices	State Project Director, District IV Coordinator
State Appointed Offices	Chaplain, Association of the Arts, Easter Seals
State Conventions Attended	22
International Conventions Attended	2
Other Accomplishments	5 <sup>th</sup> Degree Pallas Athene - working on 6 <sup>th</sup> , served on 5 State Conventions as host chapters, Skiatook Little Miss/Mister Pageant, Miss Skiatook Pageant Stage Director, Valentine for Vets Coordinator, literacy Chair



## Oklahoma State Council Treasurer 2017-2018 - Mona Quaid

I am accepting the Nomination for the office of ESA State Council Treasurer for the 2017- 2018.

It is a dream of mine to serve ESA in any capacity that will help Oklahoma ESA grow to be the great organization we all know we can be .

### Qualifications:

ESA Membership	34 years
Chapter/City Area Council Offices - Beta Iota #4283 McAlester	President Vice President , Secretary , Treasurer a, Philanthropic Chairman , Ways and Means Chairman , Outstanding Youth Chairman , Distinguished Achievement Chairman , Historian
District Offices - District V	Nominating Committee, Vice Coordinator, Coordinator
State Elected Offices	District V Coordinator, State Recording Secretary
State Appointed Offices	Nominating Committee member, Diana Chairman, Membership Chair
State Conventions Attended	20
International Conventions Attended	
Other Accomplishments	5 <sup>th</sup> Degree Pallas Athene



## Oklahoma State Council Recording Secretary 2017-2018 - Elise Jimison

I accept the nomination for Oklahoma State Council Recording Secretary 2017-2018. ESA has been a big part of my life and I hope it will be for many more years. Being of service is one of the primary purposes of ESA. I feel very privileged to be nominated for a State Board position and I am ready to fulfill my obligation as a member of this wonderful organization.

### Qualifications:

<b>ESA Membership</b>	35 Years
<b>Chapter/ City Area Council Offices - Alpha Theta #1038</b>	President (4), Vice President (4) Treasurer (6), Parliamentarian (4), Educational Director (4), Secretary,
<b>District Offices - District V</b>	Coordinator, Vice Coordinator (4), Parliamentarian, Secretary (3)
<b>State Elected Offices</b>	
<b>State Appointed Offices</b>	
<b>State Conventions Attended</b>	20
<b>International Conventions Attended</b>	1
<b>Other Accomplishments</b>	4th Degree Pallas Athene,





## Oklahoma State Council - Parliamentarian 2017-2018 - Sylvia Ochs

I accept the position of 201-2018 Parliamentarian for the Oklahoma State Council ESA.

### Qualifications:

ESA Membership	48
Chapter/City Area Council Offices - Kappa Theta #5414	President x4, Treasurer x2, Secretary x2, Educational Director x2
District Offices -District II	Secretary, Vice-Coordinator and Coordinator x2, Parliamentarian x2, Chaplain
State Elected Offices	
State Appointed Offices	Publicity, Outstanding Youth, DAA Chair. Outstanding Chapter
State Conventions Attended	32
International Conventions Attended	1
Other Accomplishments	5 <sup>th</sup> Degree Pallas Athene, helped organized 5 chapters, Real Estate Agent x 30 yrs, own Real Estate office x 23 yrs, 1st woman President of Guthrie Lions Club, President of Business & Professional Women x 3



## PROJECT DIRECTOR - Peggy Hughes

Project Director  
Beta Gamma #0391 \* Tulsa, OK

I feel humility and honor to accept the nomination of State Project Director of the Oklahoma State Council. I'm excited about the opportunity to serve the children at OSD and OSB. I understand it's a big and important job but I think I'm up for the challenge. Thank you for trusting me

### Qualifications:

ESA Membership	42 - Life Active
Chapter/City Area Council Offices	All Chapter Offices and Chair positions Tulsa Area Council Secretary, Vice President(2) And President (2)
District Offices	District III Secretary, Vice-Coordinator and Coordinator
State Elected Offices	
State Appointed Offices	Credentials, Directory Chair and Chaplain (2)
State Conventions Attended	32
International Conventions Attended	1
Other Accomplishments	4 <sup>th</sup> Degree Pallas Athene -Sweetheart Pledge 1975, Emergency Infant Service Executive Board of Directors x 5 years, Retired after 25 years as Computer Programmer with United State Department of Agriculture.



**Oklahoma State Council - PETTICOAT JOURNAL EDITOR 2017-2018 - LINDA JONES**

I accept the position and responsibilities of Oklahoma State council ESA, Petticoat Journal Editor for 2017-2018.

**Qualifications:**

<b>ESA Membership</b>	8 Years
<b>Chapter/ City Area Council Offices - Alpha Rho # 4350</b>	President, Secretary, Secret Sister, Yearbook
<b>District Offices - District III</b>	Coordinator, Vice Coordinator, Parliamentarian
<b>State Elected Offices</b>	District III Coordinator
<b>State Appointed Offices</b>	Secret Sister, Membership
<b>State Conventions Attended</b>	4
<b>International Conventions Attended</b>	None
<b>Other Accomplishments</b>	Taught public school for 33 years, working with pre-k-5th grade special education students, later working with pregnant & parenting teens. Currently working as an instructional technology coordinator/instructor with The Eight Floor, a technology & learning center for educators.

