

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

Oklahoma Epsilon Sigma Alpha Petticoat Journal

Volume 65, Issue 3

Dec 16/Jan 17

INSIDE THIS ISSUE:

Officer Reports

Got Nominations?

ESA for St. Jude

Hope for Heroes

Chapter Chatter

District News

Registered for Convention?

Happy Holidays!

It seems like just yesterday we were gearing up for fall and now it's time for Christmas, my favorite holiday! I hope everyone had a wonderful Thanksgiving and had time to indulge in some happiness and of course lots of sweets!

On a sadder note, it's still hard to believe our wonderful sister, Jo Rott, went to be with the Lord just a month ago. I think I'm still in shock as I'm sure many of you probably are. But remember, even though she will be missed dearly, she will always be with us in spirit. And know too, that she's watching from above and so in her honor, please let's all get out there and recruit as least on new member. I know that would make her smile. I know there is no way we can ever replace her, but if anyone would be willing to take up where she left off, please let me know. I'm looking forward to being invited to attend your chapter meetings or events! I'd love to include you on my calendar.

In other news, the state council's fundraiser is off to a good start. I've already had chapters that have sold all 10 of their tickets and requested more! That's so exciting! Keep up the good work ladies! I also have to share with you that one of our Illinois sisters bought a ticket! So, please continue to sell those tickets.

I know March seems a bit far away, but remember that we have the kids Christmas party at the Oklahoma School for the Deaf on December 10th, in Sulphur. I hope to see as many of my sisters there as possible. I hope everyone will plan to attend the March State Council meeting. Then, before we know it, it will be time for convention! I hope everyone is planning on coming to Candy Land.

Also, please contact Peggie Sprinkle if you'd like to serve on her 2017-2018 board. I know she still has openings. Remember, it takes a team of dedicated Oklahoma ESA'ers to make our state function.

I guess that's all for now. I hope everyone has a wonderful Christmas filled with family, fun and of course, a lot of sweet indulgences! May God richly bless you and your families now and always!!

Nancy

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

*Merry
Christmas*





Jo Ann Rott



Our Sweet ESA Sister

Jo Ann Rott, age 69, was born Aug. 18, 1947 in Okla. City to Clarence and Helen (Kouba) Rott. She departed this life Nov. 5, 2016 at her home in Edmond, OK. She graduated from Yukon High School. She then attended OU where she received a BA and Master's Degrees. Jo Ann was a member of Epsilon Sigma Alpha Sorority and held many local and state offices, among which were Past President. Recently Jo Ann was State Membership Chairperson. She worked for Hertz Corporation as a Fleet Globalization Officer and was a member of St. Augustine of Canterbury Episcopal Church in Okla. City. She was preceded in death by: parents, Clarence & Helen (Kouba) Rott; and niece, Lily Faith Rott. She is survived by brothers: Frank & Margaret Rott, El Reno, John & Catherine Rott, Enid; sister, Judy (Rott) & Phil Reilly, Okla. City; and a host of nieces, nephews, grandnieces, and grandnephews. Memorial gifts may be made to St. Jude Children's Research Hospital, Oklahoma School for the Deaf or the charity of one's choice.

Forever in Our Hearts

**EPSILON SIGMA ALPHA INTERNATIONAL
OKLAHOMA STATE COUNCIL LEADERSHIP SEMINAR**

September 10, 2016
Hilton Garden Inn, Lawton, OK

MINUTES

The Oklahoma State Council of ESA Leadership Seminar was called to order by president, Nancy Baucom, at 10:05 a.m. on Saturday, September 10, 2016, at the Hilton Garden Inn, Lawton, Oklahoma.

President Nancy welcomed everyone. Members stood for the opening ritual. Aletha Bolt led the Pledge of Allegiance, and Peggie Sprinkle gave the thought for the day.

Attendance was taken from registration.

Nancy announced state officers would have a name card in front of them so members could know their leaders, and she would introduce them as they gave their reports. She had the 2016-17 board members stand. The Sooner Seniorettes were thanked for their guidance and dedication to ESA and given a small gift.

President Nancy reported a motion via a phone/e-mail poll from the executive board to remove Synovia Lemmings as recording secretary for nonperformance of duties as supported by Standing Rule 1C. Coming from a committee no second was required. Motion carried. Liz King was appointed State Recording Secretary.

There was 1 guest (speaker), 1 first-time attendee, 1 new pledge, no Elans, Desas, or Mesas. Each was given a little sweet gift from the President.

The committee to read the minutes of the June State Council Meeting was Aletha Bolt, Chair, Vivian Gibson, and Linda Jones. Aletha reported the minutes were constructed by the committee and will be uploaded to the website.

Treasurer – Jenny Lizama [gave the following report:](#)

Balance as of June 9, 2016	\$ 3,833.73
Income from dues	447.00
Other Income	445.00
Disbursements	\$ 1,712.78
General Fund Balance as of September 10, 2016	\$3,012.95

The report was filed for audit.

ESA Foundation Counselor Vivian Gibson & ESA Foundation Director & Newsletter Editor Judi York presented a workshop on the ESA Foundation. Vivian reported on grants and applications were distributed. She also mentioned the turn around fund and how to begin an irrevocable endowment. Judi explained the purpose of the foundation and reported on becoming a life active member and being a Planned Giver. She also

talked about the Humanitarian and Stewardship awards. Judi was nominated as beauty contestant fundraiser for MARC scholarships and asked for donations for the October MARC meeting.

State Project Director Linda Leveridge stated she had not received any names from Sulfur but she did have adoption forms for anyone interested in adopting a child at School for the Deaf or School for the Blind. She announced the OSD tour would be December 10, 2016, and Christmas gifts could be taken at this time. The District III and IV meetings would be held in conjunction with the OSB tour on Feb. 18, 2017.

1st Vice President/Nominating Chairman Peggie Sprinkle requested members go back to chapters and encourage volunteers for elective and council board chairs and for current board members to let her know if they want to continue as chairs. Notify nominating committee members Sylvia Ochs, Deb Hughes, Tina Davenport-McKamie, or Gwynn Nell Swanson if interested in an elected position. She discussed "Am I Really Needed" and asked all to take back to chapters.

Nancy announced a 15-minute break for Shopping on the Mall.

The president introduced the guest speaker, radio host and author Cheryl Ginnings, who showed a slide presentation, "Courage to Overcome," speaking on suicide prevention. Mrs. Ginning's website is www.courage2overcome.com.

A skit was presented encouraging attendance to the 2017 Oklahoma State Convention.

Meeting was adjourned for lunch.

President Nancy reconvened the meeting. Regrets were read by Corresponding Secretary Joyce Gibson.

President Nancy presented highlights from the IC convention in Loveland, CO, she attended with 19 Oklahoma members and announced awards received. She stated IC President Sherry Day's theme is "Dream Big in ESA." Membership theme is "Fun for all Ages." The Care Connection has become digital which connects ESA members across the nation on the IC website. ESA raised \$18,363,992 for St. Jude in 2016-17, with OKLAHOMA raising \$750,678 of that.

She also announced Tina McKamie was appointed the IC Bylaws Committee. The following certificates were handed out:

- Outstanding State Easter Seal Chair, Judy Cravens
- Maie L. Wells Outstanding State Educational Director, Peggie Sprinkle
- Top Ten Educational Programs – Kay Brader, Beta Rho, Del City; Ramona Paine, Theta Tau, Kingfisher; and Jane Fleming, Kappa Alpha, Tulsa.
- Outstanding Junior High Youth Award, Kaitlyn Matlock, Lexington, OK nominated by Delta Kappa, Norman.

- What ESA Means to Me, more than one year, 2nd Place – Megan Higgins, Beta Iota, McAlester
- Association of the Arts- Division II Literature, 1st Place and 3rd Place and Association of the Arts-Division IV-Crafts (Painted Art), 2nd Place, Linda Leveridge, Delta Kappa, Norman
- Association of the Arts-Division X Presidential Division, 3rd Place, Billye Peterson, Gamma Zeta, Edmond
- B.J. Clark Award Outstanding State President, Billye Peterson along with all of Rickie's Red Diamond Girls.
- State Foundation Award, 1st Place - \$26,823.01
- Foundation Scholarship Award, 1st Place - \$24,463.01
- "Fantasy Ball" Award, 1st Place - \$2,300.00

ESA Foundation Counselor Vivian Gibson handed out Plateau of Achievement awards to Peggie Sprinkle (Bronze), Dr. Billye Peterson (Silver), and announced that new member, Patty Heer had just joined the Foundation that day.

2nd Vice-President/Educational Director Margaret Kramer presented "Tea Time," a program on tea and its benefits and how tea can be a time to indulge in happiness and renewed awareness. Tea was served along with little homemade desserts.

Jr. Past President//Disaster Fund Chairman Billye Peterson passed out small bags filled with happiness sayings encouraging members to put money into the bag for the Disaster fund each time they read a saying. Sacks are to be returned at the March meeting.

St. Jude Dream Home OKC Chair Billye Peterson pleaded for volunteers until the give-away October 2nd. St. Jude Walk to End Childhood Cancer Chair Aletha Bolt stated training would be held September 23 at the ALSAC OKC office. Volunteers are needed for the walk September 24th at Wheeler Park. Deb Hughes announced the Tulsa Walk would be September 17th and T-shirts are available for \$10.

June Miller, Outstanding Chapter Chair, gave a workshop on the steps to become an Outstanding Chapter. Changes to the contest form included giving chapters credit for attending MARC meetings. The revised form will be put on the website and put in the PJ.

Darla Barton, Philanthropic Chairman, presented Philanthropic 101 and the 2016-17 Service Report form was distributed and discussed along with philanthropic service guidelines. If volunteering in the "name of ESA," that project must be mentioned in chapters minutes in order to be counted.

Membership Chair Jo Rott presented a skit on increasing membership. A handout was distributed on fun event ideas to improve membership. Jo stated she is willing to attend any event and asked to be invited to chapter meetings.

Debra Johnson, Beta Mu, presented a workshop entitled "Fun For All Ages--It's a Generation Thing." She talked on facts about four different generations and the differences. Members were divided into one of the generational groups and answered various questions. Reports were made from each group.

Kim Isaac, co-owner of Yoga Kula in Lawton, entertained with her program, Let's YOGA!!! Everyone participated in simple yoga exercises.

Door prizes were furnished by Districts II & IV.

Announcements:

- Directory Chair Gwen Nell Swanson announced directories were available for \$8
- Petticoat Journal Subscriptions can still be mailed for \$15 – contact Lori Few.
- President/Convention charms are on sale for \$5 each – see Doris Kemp
- March State Council meeting will be March 11, 2017, at Goodrich Church in Norman, Oklahoma
- Tickets for the state fundraising event, a trip to Branson, were passed out to the chapters
- On September 24, all Chili's restaurants give all profits to St. Jude.

President Nancy thanked everyone for coming.

The meeting adjourned at 2:50 p.m. with members repeating the closing ritual.

s/Liz King
Recording Secretary

Date approved by committee: _____
Date placed on file _____



Peggie Sprinkle
1st Vice President
Nominating
Committee Chair

The deadline for nominations for Oklahoma State Council Elected officers is before March 1, 2017! Needed are 2nd Vice President, Treasurer, Recording Secretary, State Project Director, Parliamentarian, Petticoat Journal Editor!

WE NEED YOU!

Contact me or the following sisters:

Sylvia Ochs (ochrealestate@att.net) District II

Deb Hughes (debokesa@hotmail.com) -District III

GwynnNell Swanson (gnswason@pldi.net) - District IV

TinaDavenport-McKamie (tinamckami@gmail.com)-
District V.

peggieokesa@cox.net 918-813-3382

**SEE NOMINATION FORM FOR
REQUIREMENTS**

Merry Christmas! Happy New Year!





OKLAHOMA STATE COUNCIL

NOMINATION FORM FOR 2017-2018 OFFICERS

Please complete the nomination form and submit to the 1st Vice-President before March 1, 2017. All candidates must send their written consent, qualifications and a picture to the 1st Vice- President **BEFORE** March 1, 2017. The candidates for state offices will be presented at the March State Council meeting and their qualifications and picture will be published in the April/May issue of *The Petticoat Journal*.

SECOND VICE PRESIDENT

Name _____ Chapter _____

Town _____ Acceptance Attached _____

Nominee has been notified of nomination _____ Yes _____ No

RECORDING SECRETARY

Name _____ Chapter _____

Town _____ Acceptance Attached _____

Nominee has been notified of nomination _____ Yes _____ No

TREASURER

Name _____ Chapter _____

Town _____ Acceptance Attached _____

Nominee has been notified of nomination _____ Yes _____ No

PARLIAMENTARIAN

Name _____ Chapter _____

Town _____ Acceptance Attached _____

Nominee has been notified of nomination _____ Yes _____ No

PROJECT DIRECTOR

Name _____ Chapter _____

Town _____ Acceptance Attached _____

Nominee has been notified of nomination _____ Yes _____ No

PETTICOAT JOURNAL EDITOR

Name _____ Chapter _____

Town _____ Acceptance Attached _____

Nominee has been notified of nomination _____ Yes _____ No

Nominating Chapter Name & #: _____ ***City:*** _____

Contact: _____

Mail to: Peggie Sprinkle

8201 E. Norman Street

Broken Arrow, OK 74014

email: peggieokesa@cox.net

or firstvp@oklaesa.org

918-813-3382

From the desk of Margaret Kramer, Second Vice President – Educational Director

How to Find Peace and Happiness this Holiday Season?

Six scientific ways to have a mindful holiday!

As we move toward the holiday season the smell of turkey, pumpkin, peppermint and gingerbread, making plans to get together with family and friends, making shopping lists, decorating, gift wrapping, baking and all the fun events the holiday season bring. Is this what happiness looks like? Maybe? Research shows in reality; the holidays are often a mixed bag. Peak moments of joy, celebration, and loving connection, mixed with lots of daily grind, bills, traffic and stress. So how do we stay merry and bright while avoiding too much disappointment, regret, and burnout. The science of Positive Psychology holds the key! The six science-backed tips below can serve as your emotional roadmap, helping you make conscious and mindful choices for lasting happiness, rather than getting too caught up in the holiday highs and lows.

Have Reasonable Expectations

There is a famous saying that what messes us up is the vision in our mind of how things are supposed to be.

Maintain Equanimity

Equanimity is a concept from Buddhist philosophy that means staying steady - not grasping too hard to feel pleasure or avoid pain.

Focus on Lasting Meaning Rather Than Temporary Happiness

Once you decide what is really meaningful to you this holiday season, whether it's loved ones, work success, creativity, or helping others, you can consciously devote your time and energy to these pursuits.

Practice Gratitude

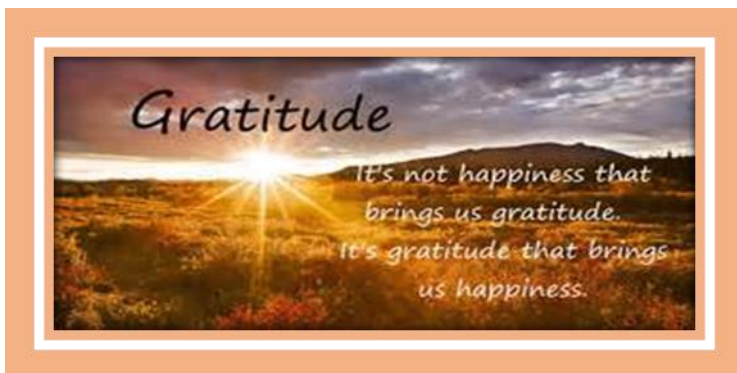
What are you most grateful for this holiday season and how can you express this gratitude in your daily life?

"Tis the Season of Giving"

Giving to others makes us feel good about ourselves and if we give to people we know or even strangers, we may get a piece of the pleasure they receive via our brain's [mirror neurons](#).

Create Memorable Experiences

Research by Cornell Psychology Professor [Thomas Gilovich](#) and [colleagues](#) suggests that we get more lasting happiness from experiences than new possessions. We tend to savor and think about positive experiences more.



I wish all my ESA Family a very Blessed and Memorable **Thanksgiving**, **Christmas** and **New Year**, filled with **HAPPINESS**.

Include **"Indulging in Happiness"** in you New Year's Resolutions 😊

**Treasurer
Jenny Lizama**

Hello ESA Sisters!

I hope you are having a wonderful, stress-free holiday season!

DUES DUES DUES

State chapter dues are due now, but must be paid by January 1, 2017 in order to participate in contest, receive awards, and vote at State Convention. **Dues are \$30 per chapter plus \$5 per member (as of March 31, 2016).** Please send checks payable to "ESA Oklahoma State Council" to: Jenny Lizama, 4829 S. 71st East Avenue, Tulsa, OK 74145. I will be following up with chapters that have not paid their State dues in early December.

BRANSON 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 or 918-850-7219. If you've sold all your tickets and would like more, please contact Nancy Baucom, Oklahoma State Council President.

Thank you!

Jenny Lizama
2016-2017 ESA Oklahoma State Treasurer
4829 S. 71st East Avenue
Tulsa, OK 74145
jennylizama@gmail.com
Phone (918) 850-7219

OKLAHOMA STATE COUNCIL	
TREASURERS REPORT	
November 30, 2016	
General Fund Balance as of August 31,2016	3,012.95
INCOME	
Directory	178.00
Marketplace	30.00
State Leadership Lunch (51 @ \$12)	612.00
Raffle	200.00
Chapter dues	600.00
Member dues	1,435.00
<i>Total Income</i>	<i>3,055.00</i>
EXPENSES	
Hilton Garden Lawton (State Leadership lunches)	(696.00)
Hilton Garden Lawton (State Leadership room charge)	(100.00)
Bennett Office Equipment (directories)	(300.00)
Bennett Office Equipment (copies)	(80.46)
Peggie Sprinkle (IC Council Leadership)	(925.00)
<i>Total Expenses</i>	<i>(2,101.46)</i>
General Fund Balance as of November 30, 2016	3,966.49
Speakers Fund	792.04
IC Campaign Fund	219.36
2012 IC Convention Fund	5,415.14
Total Account Balance at November 30, 2016	10,393.03



State Chaplain Report



Hello Everyone,

Well, a couple of issues back in the PJ, I reported cards I'd sent through July 10, 2016. For the sake of those who have no email, the following is a list of cards I've sent since then:

- 7/19 Janice Shockley Delta Kappa, Norman - Get Well/Praying for You Card, quite ill in ICU in hospital
- 7/19 Jay & Roberta Metzger Sigma Chi, Inola - Praying for you Card, discovery of a tumor in Jay's brain.
- 7/19 Ardyce Briggs Alpha Theta, Muskogee - Get Well, from accidentally receiving a bad gash on her leg
- 7/21 Cathy Holsted Theta Tau, Kingfisher - Praying for you Card, for various health concerns
- 7/26 Sharon & Bruce Storms Delta Kappa, Norman - Sympathy, Loss of a sister to cancer
- 8/5 Cathy Lyons from ESA Headquarters, Fort Collins, CO - Praying for you Card, recovering from surgery
- 8/5 Steve York Beta Gamma, Tulsa - Get Well, recovering from surgery
- 8/12 Gertrude Riddle Gamma Pi Inola - Get Well, from heart surgery
- 8/12 Joan Nightingale Omega Pi, Tulsa - Sympathy, Loss of husband, "Nute" Nightingale
- 8/12 Cindy Whitehead Omega Pi, Tulsa - Sympathy, Loss of father, "Nute" Nightingale
- 8/17 Bunnie Sullins Epsilon Kappa, Hominy - Congratulations, new great granddaughter
- 8/17 Carol Applegate Gamma Pi, Inola - Get Well, heart surgery
- 8/19 Gwen Beasley Zeta Gamma, Shawnee - Sympathy, loss of husband, John
- 8/24 Joe Vanlandingham, husband of Jan Vanlandingham Gamma Zeta, Edmond - Card of Support, cancer return
- 8/30 Norma Berg Gamma Pi, Inola - Get Well, from auto accident injuries
- 8/30 Barbara McClure Gamma Pi, Inola - Get Well, heart surgery
- 9/2 Peggy Campbell Zeta Gamma, Shawnee - Get Well, surgery recovery
- 9/26 Rosalie Griffith Sigma Chi, Inola - Get Well, from nasty spill at Tulsa St. Jude Walk to End all Childhood Cancer
- 10/5 Vivian Gibson Delta Kappa, Norman - Thinking of You, after recovering from tests from not feeling well
- 10/5 Linda Leveridge Delta Kappa, Norman - Sympathy, loss of mother, Willie Mae Leveridge
- 10/5 Sharon McGuire Storm Delta Kappa, Norman - Sympathy, loss of mother, Willie Mae Leveridge
- 10/7 Byrdie Emanuel Gamma Delta, Tulsa - Get Well, recovering from bad fall and injuring her back
- 10/10 Amanda Lovel Beta Iota, McAlester - Get Well, recovering from spinal surgery
- 10/10 Jeannie McCabe, Beta Iota, McAlester - Congratulations, on birth of son and Praying for the Baby, who developed a collapsed lung shortly after birth but is improving
- 10/11 Nancy Buck Delta Kappa, Norman - Sympathy, loss of husband, Wayne
- 10/20 Vera Hefner Beta Zeta, Edmond - Sympathy, loss of son, Jimmy

10/20 Husband of Linda Jones Alpha Rho, Broken Arrow, Harvey, in ICU - Praying for you Card, Not well at all
10/20 Priscilla Drummond Epsilon Kappa, Hominy - Sympathy, loss of mother-in-law, Jean Drummond Cox
10/20 Jill Drummond Epsilon Kappa, Hominy - Sympathy, loss of grandmother, Jean Drummond Cox
11/3 Anne McGuire Member At Large formerly Kappa Alpha, Tulsa - Sympathy, loss of 2yr-old great grandson, Eli Ralston after battling bad health his whole little life

6 Thinking of/Praying for Cards
11 Get Well
11 Sympathy
2 Congratulations
30 Total Cards

**Just to add to the lengthiness of this article.....
The following is something Tulsa Area Council Chaplain, Brenda Yates, read at the last meeting:**

Get Rich

Want to know the real secret of getting rich?
It's easy...you just need to remember this:

Friendships are priceless, time is invaluable,
Health is wealth, and love is a treasure.

Count your blessings. Invest in your dreams.
Profit from experience. Share your good fortune.

And spend your hours wisely each day.

Someday we'll all look back at our lives and
Realize that it's actually kind of funny...
Discovering that the things we valued most
Had absolutely nothing to do... with money.

Now, don't forget I'm here for you to make sure your sisters and brothers in ESA are remembered when events need to be shared.

Love to all,

**Peggy Hughes, Chaplain
Oklahoma State Council of ESA
1759 E 59 Pl
Tulsa, OK 74105
918-742-5591
918-398-1113
hughestulsa@aol.com**



Winter Greetings Sisters!!!

Still lovin' this time of year. Christmas is right around the corner. A fun time with family and food.

I finally received an answer, about our long awaited question, from our August Leadership meeting. If you recall, we had a deep discussion about how to count meeting hours for our Philanthropic points. According to IC, we only count hours at State meetings while we are working on a State Project. If we just sit and enjoy the meeting, we cannot count hours on the Philanthropic Service report. We can, however, count hours shopping for gifts and decorations that we intend to give/use at meetings, on our Philanthropic Service Reports.

Even though we can't count hours if we are attending a State meeting, we still get points from the Pallas Athene Program for each state meeting we attend.

Just to explain the difference between Pallas Athene and our Philanthropic Service Report; The Pallas Athene Program has a point system where different things we do or participate in are worth a certain amount of points. The Point Schedule for the Pallas Athene Program is listed in our Ideals booklet. This is how we receive our degrees for our Pallas Athene Awards.

The Philanthropic Service Report is where we count our hours, time and money spent. Service Report points are how we receive our awards at Convention. So, there is a definite difference. One is for Convention awards. The other is for Pallas Athene Degrees of Service.

Well, I know this was as clear as mud. If you have any questions, please ask and I will try to explain better.

Remember the real reason for this season. And I send each of you God's richest blessings.

Darla Barton, Philanthropic Chair
135 Rawlings
Clinton, OK 73601
580-309-0167



Thanks to those chapters who have already sent checks to the Disaster Fund. Your Sweet Indulgence for your ESA sisters is appreciated! These chapters have "filled my plate!"

Alpha Rho	Broken Arrow	Alpha Theta	Muskogee
Alpha Zeta	Pawhuska	Epsilon Kappa	Hominy
Eta Epsilon	Skiatook	Gamma Zeta	Edmond
Kappa Alpha	Tulsa	Zeta Epsilon	Seminole
Zeta Gamma	Shawnee		

I can hardly wait to hear from other Oklahoma chapters—remember the Disaster Fund helps one of our own! And add to your happiness by reading a blessing from your Sweet Indulgence bag I gave you! Don't forget to bring your sack of money to me in March! Make checks to ESA Disaster and send to me.

Dr. Billye Peterson, Jr Past President/Disaster Fund
19513 Fieldshire Dr. Edmond, OK 73012-3579



GREETINGS FROM YOUR STATE PROJECT DIRECTOR:

IT IS THAT TIME OF THE YEAR: HOLIDAY SEASON. PLEASE REMEMBER THE STUDENTS AT OSB AND OSD THAT YOU HAVE SPONSORED. I STILL HAVE A FEW STUDENTS AT BOTH SCHOOLS THAT NEED SPONSORS. A CHILD IS WAITING TO HEAR FROM YOU. YOU ARE MISSING A GREAT OPPORTUNITY TO SPREAD THAT ESA LOVE AND TOUCH A CHILD'S LIFE.

THE STATE THEME THIS YEAR IS CENTERED ON "SWEET INDULGENCES" THERE IS NOTHING SWEETER THAN A SMILE ON A GRATEFUL LITTLE FACE.

YOU MAY CONTACT ME AT 405-802-6521 OR BY WAY OF EMAIL:
LLEVERIDGE@ATT.NET

HUGS & KISSES TO YOU ALL
LINDA LEVERIDGE
STATE PROJECT DIRECTOR

ESA Foundation

It's scholarship time. Scholarship applications are available online at epsilonsigmaalpha.org. Remember the deadline to apply is February 1st. Go to all of your neighbor high schools and colleges to let them know that the applications are available.

Thanks to all of you who use the Turn Around Fund; who make donations; those who have endowments; those who join or renew your membership. You are greatly appreciated.

Think about committing to Gift Planning. It is a great way to benefit charitable causes while still leaving sufficient funds for your loved ones. There are many options when it comes to allocating your charitable gifts, and the ESA Foundation has made it easy for you to choose how you want to give. No matter the size of your gift or donation, it will make a significant impact for generations to come.

For more information about making a donation to the ESA Foundation or gift planning direct your questions to: esainfo@epsilonsigmaalpha.org or www.epsilonsigmaalpha.org or you may call 970-223-2824.

Information about the Oklahoma State Council's Foundation Endowments.

1. Mary Smith Memorial Endowment-Total account balance \$271,642.81 including the \$5,000 restricted account principle. Eight \$2000 scholarship will be given for the 2017-2018 academic year.
2. Dorothy Smith-Drumm Memorial Endowment-Total account balance \$18,275.85 including the \$5000 restricted account principle. One \$900 scholarship will be given for the 2017-2018 academic year.
3. Oscar and Joyce Whitewing Honorarium Endowment-Total account balance \$17,118.34 including the \$5000 restricted account principle. One \$900 scholarship will be given for the 2017-2018 academic year.
4. Hawkins and Tuma Memorial Endowment-Total account balance \$7334.88 including the \$5000 restricted account principle. No scholarship will be given for the 2017-2018 academic year.
5. Myre Starr Honorarium Endowment-Total account balance \$6,861.91 including the \$5000 restricted account principle. No scholarship will be given for the 2017-2018 academic year.

See ladies we need your donations to the endowments. Make a donation in honor of someone's birthday; a new birth; as a Christmas gift for the friend who has everything or honor someone just because. If you are interested in knowing the loss on investments this year and the three year rolling spending rate please contact me at tigervip60@aol.com or 405-229-4731. Also, if you would like to see the pictures and thank you notes from some of the students, please let me know.

Thank you for all that you do.

Vivian Gibson

DISTINGUISHED ACHIEVEMENT AWARD

The Distinguished Achievement award program provides tremendous possibilities for publicity. Through the publicity and knowledge of ESA it can increase membership for your chapter. We expect this program to grow until everyone will know who and what the Distinguished Achievement Award is--- what ESA International stands for, and how much ESA appreciated the unselfish service people do for others in need.

The Distinguished Achievement Award, recipient can be a man, a woman or both. They can have the honor of being recognized at your chapter level and one of the local winners will be honored at the Oklahoma State Convention in April.

All the guide line s and entry forms are posted on the Oklahoma Web site or you can contact me, Lora Thompson, and I will send you the forms. One thing to keep in mind is the deadline for the state entries are March 1, 2017.

Lora Thompson, State Chairman
Distinguished Achievement Award
2312 Lakeside circle
Shawnee, OK 74801
405-273-7706 - Home
405-919-8462 - Cell
loraonthelake@aol.com

Hope for Heroes

Please please remember our Veterans in some way during this holiday season. Many who are hospitalized during the holidays, away from their family, will appreciate seeing you or hearing from you. Our Hope for Heroes project for this year is to visit VA hospitals or VA centers that house veterans and let them know they are not forgotten.

Beta Iota of McAlester visited the Jack C. Montgomery VA Hospital in Muskogee, Oklahoma on November 17th. BI members distributed prepaid calling cards to those veterans who needed them. If every chapter makes at least one visit, we will send the message that ESA cares for those who have served our country. If veterans are away from their families during the holidays, this will be a great way for them to connect with their family.

We have two VA hospitals in Oklahoma, one in Muskogee, the other in Oklahoma City. Any chapter located far from one of these facilities may visit other locations. For a complete list of facilities in Oklahoma, visit

<http://www.va.gov/directory/Guide/state.asp?STATE=OK&dnum=ALL>.

ESA FOR ST. JUDE

Congratulations, ESA. 2015-2016 was a banner year for our support of St. Jude. Last year Oklahoma raised \$750,676 to make ESA's total lifetime amount \$226,845,150.

Also, congratulations to Eta Epsilon, Skiatook, who sponsored "Play for the Kids Golf Tournament". This was held June 4th and was an incredibly successful tournament. On another successful note, Delta Kappa, Norman, held their annual garage sale for St. Jude June 17th and 18th. They attributed their success to the many generous donations received from supporters. Sigma Chi, Inola, hosted their annual "Crazy Sock Run for St. Jude" on September 3rd. Love the crazy socks. Thank You, Eta Epsilon, Delta Kappa, and Sigma Chi.

The Tulsa St. Jude Dream Home was given away June 26th with the sale of all 10,000 tickets. Once again, special recognition goes to Epic Custom Homes for another beautiful Dream Home, and for all the volunteers who worked countless hours to help make it successful.

On September 10th, Epsilon Kappa, Hominy sponsored the EJM Ranch "Saddle Up for St. Jude". This was Epsilon Kappa's 10th year to sponsor this event to benefit St. Jude. They have a great Facebook page @EJM Ranch Saddle UP for St. Jude. Be sure to check it out. Thank you, Epsilon Kappa

September 17th was also exciting as we participated in the Tulsa St. Jude Walk/Run to End Childhood Cancer. It was held at One Oak Field in Tulsa, and we achieved our goal of earning over \$88,000 for St. Jude.

On November 1st, ESA members were privileged to participate in the groundbreaking ceremony in Stone Canyon for the 11th St. Jude Dream Home. Once again, Stone Canyon will be the site for the Dream Home for 2017, and Epic Custom Homes has again volunteered to build a beautiful Dream Home. Thank you to all our sponsors. They make it happen!

It is our pleasure to highlight these chapters and the fundraisers they sponsor to support St. Jude. We would like to thank everyone for all of your hard work, and we look forward to an exciting new year. We want to wish all of you a Happy and Blessed Holiday.

Thank You

Darlene Cushenberry

Barbara Childers



OUTSTANDING YOUTH CHAIR

It is time to contact the schools in your area about honoring the youth. Junior High youth and Senior High youth can be honored for outstanding accomplishments, community service and being a future leader.

Information regarding award requirements and how to submit a youth can be found at oklaesa.org . Please take a few minutes and read the information. The deadline for submission to state and IC is March 1, 2017. If your chapter has never recognized a youth and need to ask questions, do not hesitate to contact me.

Mary Ann Jones, Outstanding Youth Chair

Telephone No.: [405-273-3459](tel:405-273-3459)

Email: outstandingyouth@oklaesa.org or maryann74801@aol.com

**You Don't
Want to Be
Left Out,
Do You?**



Dear ESA Sisters,

Please take pictures of your activities.

Send them to me so we can make a good publicity book for our President this year.

My personal E Mail is: Sylviaiochs@gmail.com

Thanks.

Sylvia Ochs, ESA State Publicity Chair.

*Lead the way through
ESA*



District III News

Hopefully everyone is looking forward to the New Year! District III is looking forward to our next meeting on February 18th at the Oklahoma School for the Blind.

Every year OSB provides us with more insight about their programs and updates us regarding where our generous donations go. Hope everyone can join us. Linda Leveridge State Project Director will be giving us more information closer to the date.

During the February 18th meeting we will install a new slate of officers for District III. Please submit names even your own for office to Charlene Law at cjl41968@yahoo.com. We really need you!

I have learned so much as District III Coordinator and have enjoyed getting to know so many of my ESA family.

On a personal note, much love to each of you for the support shown during my husband, Harvey's hospitalization. I thank you for caring.

Continue to let your light shine bright through ESA!

Linda Jones

District III Coordinator

DISTRICT V
SANDY LACKEY
COORDINATOR

Ladies, I hope that this past summer has been a rewarding time for your chapters as well as for your personal life. I also hope that this holiday season is bringing you lots of joy and happiness.

Do any of you have ideas for your chapter to raise any money for your philanthropic projects or for Hope for Heroes or maybe St Jude Children's Research Hospital that you might like to share?

At the August District meeting the members in attendance voted to have KIDS SPACE in Muskogee as our philanthropic project for this year. I sent out a copy of the meeting minutes to everyone in District Five with the hopes that you would see what went on at the meeting. It was a very nice meeting and the first time that District V and District III held them together. We feel it was a better way to hold it in that everyone who has to travel from farther away only has to make the trip once. Anyway it was a good meeting.

Another matter that needs to be addressed is that we NEED a Coordinator and Vice Coordinator for next year, as well as Treasurer and Secretary. Margaret Kramer has a lot on her plate with her Oklahoma State Council duties that she cannot move up for the job. So if anyone is interested please let myself or someone from the nominating committee know. Peggy Pate or Thelma Adcock presently.

Our February open house at the School for the Blind will be held February 18th, 2017. Please be thinking about a position on the board and have a wonderful holiday season.

See you all very soon,
Sandy Lackey
slackey5151@gmail.com
District V Coordinator

Beta Gamma #0391, Tulsa, OK

Some officer changes were made at the Beta Gamma October business meeting. Lee Ann Schafer has resigned as President. Vice President, Peggy Hughes will complete the year. So, a new Vice President was needed. Cheryl Young was elected to complete the year. After the business meeting was adjourned, Judi York gave an educational on Elizabeth Blackwell.

The October social was held at the home of Judi York with a pot luck dinner and then we made Halloween tray favors for Life Senior Services. We had 3 guests, Melissa, Dana and Wyatt.

The November meeting was a combination business meeting and Beta Gamma birthday celebration. The chapter members celebrated our 72nd year. We plan on celebrating many more!

Cheryl Young



Beta Iota Bingo Benefit



The ladies of Beta Iota #4283 recently hosted a bingo benefit to raise funds for the local mens, womens, and youth shelters in McAlester.

The ladies raised over \$3,000.

Doing what we do best..... helping others!

Beta Rho Chapter Chatter

Beta Rho Chapter #1270, Del City, met in the home of incoming president, Rose Emmerling, for Installation of Officers for the 2016-2017 ESA year. Kay Brader, a Beta Rho member, performed the ceremony, "Spicing Up Our Chapel of Love and Kindness". Officers installed were: Rose Emmerling, President; Gloria Torres, Vice-President; Barbara Eck, Secretary; Martha Marsh, Treasurer; and Ann McCarville, Parliamentarian.

The fall fundraising projects were discussed. Our major fall project, is the pecan sale, so dates to take orders, to call the distributor, to transport the pecans to Rose's house and to set for packing orders were discussed and finalized. We anticipate another great year of philanthropic projects from its success.

Our chapter does not meet in summer months, but our volunteering continues. We helped with the Homeland sponsored golf tournament, benefiting Easter Seals, by stuffing goodie bags to given to the players. We also helped with mail- outs at St Jude's office and at Easter Seals of Oklahoma. Several members volunteered at the St. Jude Dream Home. Several of our members attended District IV and State Leadership events and enjoyed seeing and learning with our state sisters.

As fall continues, our meeting time changed so those who have difficulty getting out at night could come to more of our meetings. Our new meeting time will be the first and third Mondays at 1:00.

We look forward to a fun, busy ESA year!



Pictured from left to right: Barbara Eck, Martha Marsh, Ann McCarville, Rose Emmerling, Virginia Taylor, Kay Brader, Wanda Lucas

Delta Kappa Chapter, Norman-PJ Article Dec/Jan

Delta Kappa is looking forward to our annual Thanksgiving dinner to be held on November 21 at Goodrich Church. We have such good cooks in our group it will be a feast as usual. We will be honoring our DAA, Joy Foster, who is very active with Meals on Wheels plus numerous other community activities making her a good candidate to receive this award. Our last social, grape stomping at the winery in Slaughterville was reported to be great fun. Next time you have a glass of wine you might wonder if the grapes used for your wine was stomped by Gwynn Nell, Sharon, Linda, Betty and Helen. Just kidding! The t-shirts were quite artistic with the pattern made from their grape stained feet. Afterwards the group went to Betty's to pre-sample some of the oils and teas from Teaoli's which is where our next social/educational will be held.

We are about to finish working by scanning tickets at the OU football games (thank goodness) and have already started working at the OU basketball games. We are double timing our work load right now but our treasury is really increasing. We have several dedicated members who are so willing to work these games which involves so many hours. We will be very busy until March with this ways & means project. A great big thank you to Georgia Smith our W & M chair who keeps this project organized and running smoothly.

We look forward to the State Project Tour at the Oklahoma School for the Deaf on December 10 to meet with our two children, Courtney Huff & Jordan Scism. It is so special to spend some time with our children and to see how they have grown. Our philanthropic chair, Helen, will be giving the kids their Christmas gifts and some special treats.

A donation of coffee, cups, sugar, creamer and a \$ 100.00 donation was delivered to the Veteran's Corner for Veteran's Day. Veteran's Corner is a group of volunteers who are Veterans themselves helping Veterans in need of assistance. A donation was also sent to each of our community projects, Among Friends, Cleveland County Community Christmas Store and St Michael's Community Christmas Dinner.

We have several members who need your prayers or words of encouragement for continued health problems or the loss of a loved one or providing care for a parent. Please offer a prayer for Judy Butcher, Vivian Gibson, Nancy Buck, Linda Leveridge, Sharon Storms and Betty McCallister.

The holiday season is upon us with fall providing the cool crisp weather, the beautiful colors, glowing warm fires in the fireplace and celebrating Thanksgiving with loved ones fading in to the Christmas season with all the blessings this special time of year gives to each of us. May each of you have so much you are thankful for and may you be richly blessed during this special time of year.

Until next time ----love to each of my ESA sisters!!!!

Janice Shockley

For Delta Kappa, Norman

Gamma Zeta Chapter Chatter



Bev Hanna-Fedde presented an educational over the Murrah Bombing to her ESA Gamma Zeta chapter. She had the newspaper headlines from those dark days. It was a morning of terror as OKC struggled with the shock of the deadly bombing which resulted in 168 lives lost. Timothy McVeigh was executed in Indiana in 2001 for the murders. McVeigh's was the first federal prisoner execution since 1963.

Jacci Gantz, publicity chairman

Gamma Zeta chapter

405-922-5954

Gamma Zeta Chapter Chatter



Liz King, chairman of philanthropic projects for Gamma Zeta, welcomes guests at the annual Epsilon Sigma Alpha Silent and Live Auction held at The Greens Country Club to benefit various charities.



Gretchen Ringhisen and Deb Kukuk, member of Epsilon Sigma Alpha, international service organization-Gamma Zeta chapter, view silent auction items. All monies received help these various charities: Project 66, St. Jude Children Research Hospital, No Boundaries International, an organization to help children escape trafficking, Boys' Ranch Town, Oklahoma School for the Deaf in Sulphur, Ok, and Coffee Creek Riding Stables. Other charities members' service are Free to Live, UR Special, All Things Baby, Mobile Meals, and Christmas projects. If you would like to donate to one of these charities or volunteer, please call Pam Fink at 285-5174.

Thank you,
Jacci Gantz, Publicity Chairman
Gamma Zeta chapter

Zeta Gamma Chapter, ESA
Shawnee, OK

Holiday Season --- Great time of the year. Zeta Gamma Chapter members made the most of every event. Starting with September.

Robbin Brown treated us with great food and meeting room so plans could be made for the District IV Leadership. Our very own, Linda Voss, Coordinator planed a great meeting. Zeta Gamma members assisted in setting up tables, decorations, program, as well as food for the Leadership.

Then it was time for the Leadership in Shawnee. At the crack of dawn members were ready to do whatever our Coordinator, Linda, ask us to do. In doing so, laughter was abundant. Great Job, Linda!!!

Next outing was the "Welcome Fall" social at Patty Heer's home. Patty served "foil wrapped" dinners on the patio. For dessert we roasted marshmallows over the open fire. Did anyone say smores? Oh, did I mention Educational. Our guests taught us all kinds of exercise for our Educational by the light of the Fire Pit. We found muscles that we did not know we had.

Then came our membership meeting with the wonderful State Membership Chairman, Jo Rott. Not only was she a great ESA member but a tremendous cook. She brought the best sandwiches that I have ever eaten. Lola was the great hostess for this event.

Would you believe "Election Day Pizza Party?" 10 members sat around the table eating pizza and solving all the world problems at Lora's. Oh, plans were also made for our Christmas dinner party in between bites of pizza. After eating, the members moved to the living room for an educational given by our chairman, Linda Voss. You guessed it, the educational did not give an OK to our dinner. As usual Linda kept all of us laughing with some of her quotes. In the meantime, you guessed it the election results were all on the TV. Boy do we ever have our own opinions.

With all this food, fun and educationals, we do take care of all our chapter business. That is why Zeta Gamma is such a fun chapter.

Lora Thompson
Publicity Chairman

TULSA AREA COUNCIL

GREETINGS!! Enjoy these beautiful fall days bringing us smiles with happiness. A time to be grateful and thankful..

A special thanks to Judi York, Special Projects, and all that participated and attended our July "BUNCO BASH". Our successful fun filled evening raised \$1260 plus \$398 from the silent auction, totaling \$1683. We voted to add \$317 making a total of a \$2000 donation for The Community Food Bank of Eastern Oklahoma. In September, we had a "Girls Night Out" the 35th celebration for women supporters of the food bank.

In September. the Tulsa St. Jude's Walk Run & End Childhood Cancer raised \$87,564!! This was a close achievement to our goal of \$90,000. Fantastic job!!

We are having a great start for our 2017 year! The Ground Breaking Ceremony for our 2017 Dream Home held in Stone Canyon was broadcast on FOX 23 TV News on November 1.

At the Arts and Crafts Bizarre, our two baskets for The Order of the Purple Heart raised \$200. Each Chapter will complete a Thanksgiving Food Basket including a \$40 gift certificate. The baskets will be delivered to veterans. Every time I see our beautiful flag or see a Color Guard pass by, my heart swells with pride and love, usually bringing tears to my eyes. This testament honoring with thankfulness all the sacrifices our men and women military have given, preserving our freedom and peace at home should always be remembered. Peace cannot be ascertained until we open our hearts with love to others and live as Americans citizens should, honoring the sacrifices endured by the military and their families.

Byrdie Emanuel, Parliamentarian, presented the 2017 TAC Executive Board nominees to be voted on in December.

President:	Dawn Haley
Vice President:	Leslie Farabee
Secretary:	Brenda Yates
Treasurer:	Charlene Law
Parliamentarian:	Jeanne Lifton

In closing, a special thanks to Peggy Sprinkle for her continuing inspirational educations on "Angels". They are uplifting!

Carolyn Womack

ESA in CANDYLAND

EPSILON SIGMA ALPHA-----2017

HOTEL INFORMATION

**2017 ESA State Convention
April 28-30, 2017**

**Hilton Garden Inn
Lawton-Fort Sill
135 NW 2nd Street
Lawton, OK**

**Phone (855)320-1115
(580) 320-1115**

GROUP CODE: Epsilon Sigma Alpha (ESA)

Room Rate: \$ 89 plus tax

**RESERVATION DEADLINE:
Tuesday, March 28, 2017**

“You make things BUTTER by working your FINGERS to the bone!!”



Thank You!!

Hey, ESA Sisters!!

Welcome to “ESA in Candy Land”

Oklahoma State Council Convention

April 28,29,30, 2017



It is Crunch time!!!

Please get your registration to Gwynn Nell Swanson.

(Registration Form available elsewhere in this publication.)



Come join in the Pay Day of fun, friendship and fellowship!!!

Candy Land, CEO, Nancy Baucom

Head Chocolatiers, Ramona Paine and Cathy Holsted

Willie Wonka Workers, Beta Mu, Delta Kappa., Theta Tau ,Zeta Gamma

Invite you to join them for lots of candy and games!!

Don't be a dud!!!

Factory Location : Hilton Garden Inn, Lawton Oklahoma

Deadlines to insure a room, a place at dinner and an Ad in the program:

Registration: April 14, 2017

Hotel: March 28, 2017

Ad for Program: April 1, 2017

All Information and forms can be found on the website: Oklaesa.org or
the PJ



Oklahoma State Council 74th 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



MEMBER NAME			
ADDRESS:		CITY, STATE, ZIP:	
PHONE:	Best way to contact you: ___ phone; ___ text; ___ email		EMAIL:
CHAPTER NAME:	CHAPTER NUMBER:	CITY:	
CHECK ALL THAT APPLY:			
<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
SPECIAL DIET MENU/MEDICAL REASONS ONLY ** CONTACT: **		Gwynn Nell Swanson at gnswanson@pldi.net or 405-485-2921	
<u>MEN'S REGISTRATION:</u>			
NAME:		HUSBAND/ESCORT OF:	
<u>DESA/ELAN REGISTRATION:</u>			
NAME:		ESA MEMBER/CHAPTER:	
<u>GUEST REGISTRATION:</u>			
NAME:		GUEST OF:	
CHECK ALL THAT APPLY			HOW MANY
<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
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			
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.

2017
Oklahoma State Council Convention
April 28, 29, 30
Program AD Form
DEADLINE APRIL 1, 2017

Please send payment to:
Cathy Holsted
3 Woodbridge Drive
Bella Vista, AR 72714
email or mail Ad to me:
nanakitty22@sbcglobal.net

Camera ready preferred by you can let me know what you have in mind
and I will design it for you.

Please check the page size of the AD you wish to purchase.

Indicate how it was sent to me.

Make checks payable to the 2017 Oklahoma State Convention Fund.

_____ Full _____	\$100.00	mail_____	Email_____
_____ Half _____	\$ 50.00	mail_____	Email_____
_____ Quarter _____	\$ 25.00	mail_____	Email_____
_____ Business Card _____	\$ 12.50	mail_____	Email_____

Program will be 8 ½ by 11

Contact information:

Name_____

Chapter_____

Email_____

Phone_____