

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

Oklahoma Epsilon Sigma Alpha Petticoat Journal

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FALL IS HERE!

One of my favorite seasons is upon us. So, I have to say "Happy Fall Oklahoma ESA!" It's time for school, football games and cooler weather. Before we know it, Thanksgiving will be here! Whew! How time can fly! But, let's back up a bit.

If you missed the September Leadership Seminar, you missed a chance to indulge in fun and learning. Debra Johnson gave an entertaining presentation on generation trivia. We had a wonderful speaker, Cheryl Ginnings, a Certified Life & PTSD Coach. She spoke about overcoming life's challenges such as PTSD.

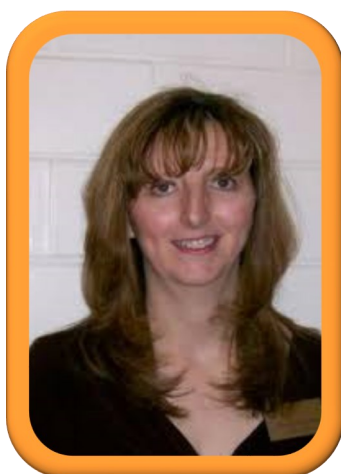
We learned more about the ESA Foundation from Judi York & Vivian Gibson. In Darla Barton's Philanthropic 101 workshop, she went over the philanthropic service report in detail for our new members and as a refresher for the rest of us. Be sure to go to our website, www.oklaesa.org, and get a copy of the 2016-2017 Service Report form. June Miller gave an fun and informative workshop on what it takes to be an outstanding chapter. As you can see, it was a very full, interesting & (I hope) enjoyable day.

By now all chapters should have received the Branson raffle tickets, so please get out there and sell ESA with those tickets! Remember, the cost is \$10 per ticket for 1 week in Branson and a \$500 gift gas/meal card.

Looking ahead, remember that October is recruitment month – plan a Fun for all Ages Choctober Fest and have all generations indulge in a chocolate tasting. Hope for Heroes week is November 6-12 – have a Zombie Charity Walk/Run and/or a Zombie Chili Cook-off to benefit our veterans. It takes all of us working together to increase and enhance ESA in Oklahoma. There is some ammo in the pages of this issue that you can use in building action for your membership.

By the time you read this, I'd have attended District's IV leadership and will be looking forward to getting out there and visiting you! So, please invite me to your events and/or chapter meetings! I want us all to Dream Big and Indulge in the sweetness of ESA!

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





Peggie Sprinkle
1st Vice President
Nominating
Committee Chair

YOU ARE NEEDED!!!

Please support the Oklahoma State Council of ESA in 2017-2018. There are a lot of interesting positions available - both **elective** and **chairs**.

Please go to the Blue Book on www.oklaesa.org website for suggestions on any position you might be willing to serve.

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

From the desk of Margaret Kramer, Educational Director

Is everyone enjoying “Indulging in Happiness”? I am passionate about the topic. In life we are all faced with difficult times; stress, health issues, financial, family or work difficulties that we have no control over and usually it has a very negative impact on our physical and mental well-being. I have personally learned that if I don’t take a positive outlook on a given situation it is harder to deal with. My research indicates that: A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life, it would bring constructive changes into your life, and makes them happier, brighter and more successful. With a positive attitude you see the bright side of life, become optimistic, and expect the best to happen. It is certainly a state of mind that is well worth developing. Taking time daily to “Indulge in Happiness” gives you the opportunity to take care of yourself. Who better deserves it? Everyone has their own individual ways to experience happiness. Take a moment and reflect on what makes you smile, makes you feel happy and do it more often. Remember you are important and will be more productive when you pamper yourself.



TEN TOP TIPS TO HAPPINESS

1. Let go, forget the burdens of the past!

The past cannot be changed so use it to make it yours.

2. Be whoever you want to be!

Don't live your life the way others want you to.

3. **Think positively!** No matter how bad a situation something good will come from it.
4. **Remember everything happens for a reason!** When the reason reveals itself you will be blown away.
5. **Change!** Learn and grow as a person, become the best you can or want to be.
6. **“Look after the pennies and the pounds will look after themselves”.** Care for the small things and the big thing will happen as a result.
7. **Build Relationships.** Form friendships, see the good in people, share your life with them and tell them all your secrets.
8. **Live your life with purpose!** Set out to achieve something and do it. The feeling of accomplishment is empowering.
9. **Take responsibility!** Don't blame your mistakes on others; don't blame others when things don't go to plan. Accept that it happened.
10. **Smile A Lot!** Smiling releases endorphins that make you feel better instantly, you will feel happier.



HAPPY FALL YA'LL!!!!

Hope this article finds you well and racking up those Philanthropic points. This time of year brings to mind all kinds of ways to get points; Fall fund raisers are a perfect way. The big holidays are coming. So let's get creative!

And don't forget, Conventions is getting closer. There are lots of awards to be had. So keep up the great work and WORK, WORK, WORK!!

As always, if you have any questions, please ask me. If I don't know the answer, I will certainly find out for you.

ESA blessings to each and every one!!!

Darla Barton
State Philanthropic
135 Rawlings
Clinton, OK 73601
dbart0903@gmail.com
philanthropic@oklaesa.org

From Sandy Alexander IC First Vice President

NOW is the time to consider an Executed Office on the International Council Board. We need you!!

Please consider being one of those dedicated members willing to share your enthusiasm, talents and visions for ESA. You can make a difference to help ESA grow and continue our "Good Works".

The 2017-2018 Nomination form is available in the Member Center of the IC website under International Council Forms. The form is also included in this issue of the news bulletin.

Nomination forms are due to me by November 15, 2016. If you have any questions, please don't hesitate to contact me at sandy.alexander6697@gmail.com.

I look forward to receiving your nomination form.

I believe in you!!

-Sandy



CALL FOR NOMINATIONS 2017 - 2018 INTERNATIONAL COUNCIL OFFICERS

Nominations are now in order for the offices of First Vice President, Second Vice President, Recording Secretary, Treasurer, Parliamentarian, and Workshop Coordinator for the International Council of Epsilon Sigma Alpha International.

STATE PRESIDENTS

Through your newsletters and state publications please encourage your qualified members to accept the challenge of an International Council Office. (Don't forget to consider serving on the next level yourself). Dedicated members are vitally needed to share their time and talents to assist in the growth of ESA, to help plan the future of the organization, and to help achieve the goals and ideals of ESA. Additional forms can be found at www.epsilonsigmaalpha.org or by contacting

Sandy Alexander, IC Nominating Chairman

6697 S. Reed Way, Unit A
Littleton, Colorado 80123
303-278-7675
sandy.alexander6697@gmail.com

QUALIFICATIONS

Nominees must be in good standing with ESA Headquarters and may be sponsored by any chapter, state, multi-state or district/zone in good standing with International Council (IC). Chapter and district/zone dues are \$40.00. State and multi-state council dues are \$45.00. Checks should be made payable to the International Council and mailed directly to the IC Treasurer.

Refer to the IC Bylaws: Article V – Qualifications of Elected Officers; Article VIII – Duties of Elected Officers; and Standing Rule 10 & 11 – number of candidates for each office and the responsibilities of the Nominating Committee.

Serving on the Nominating Committee are:

Chairman: Sandy Alexander – Colorado

Members: Vicky Farris – Idaho

Linda Schmidt – Kansas

Billye Peterson – Oklahoma

Jeri Longacre - Washington

Notice to Nominees

If more than 5 candidates run for an office, a weighted point system is used to qualify nominees for that IC office. No points will be given unless directions are followed; therefore, it is important that you *carefully read and follow* instructions for completion of the nomination form. All the information requested must be given. All eligibility requirements must be fulfilled and all attachments must be included with the official nomination form. No changes will be accepted after the nomination form has been mailed to the committee members. If necessary, candidates will be asked to move to another position on the ballot.

(Revised 02/2012)

Instructions for Completion of the Nomination Form

1. Please type or print the form legibly.
2. List the year(s) served as president and each elected and appointed office. *Example:* President 2000-2001; First Vice President 1999-2001; Second Vice President 1998-1999; Recording Secretary 1998-1997; etc. Offices must either be elected or appointed and may not be listed twice.
3. If an office has several responsibilities, list only the elected office. *Example:* If the Vice President, by virtue of the elected office, is also the Membership Chairman, only the elected office may be given – the chairmanship should not be listed. This may also apply for Junior Past President and Disaster Fund Chairman.
4. If you were appointed to complete an office for an unexpired term you may list this office if the term of office is for three (3) months or more.
5. Committee appointments should be for the required term of office of three months or more. Do not list special appointments for special events. Appointments must be made by the President of the referenced council.
6. Do not include any recognition, such as, Outstanding Woman/Pledge etc.
7. Do not include qualifications on a separate sheet of paper. All qualifications must be included on the nomination form.
8. The nomination form must be postmarked no later than November 15, 2016. Mail or email the form with all attachments (sponsoring letter, letter of nominee's acceptance, and photo (5x7 if printed photo - .jpg if sent via email) to

Sandy Alexander, IC Nominating Chairman

6697 S. Reed Way, Unit A

Littleton, Colorado 80123

303-278-7675

sandy.alexander6697@gmail.com

9. The signature of either your chapter or state president is required; however, the contact information is needed for both.
10. Address all questions concerning the listing of qualifications or other matters regarding nominations to Sandy Alexander, IC Nominations Chairman.



2017 – 2018 Nomination Form

Nominee

Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Employer _____ Occupation _____

Chapter Name & Number _____

City _____ State _____

Nomination for the office of _____

Second Choice of office _____

(It is recommended that nominee have previous experience on the IC Executive Board or have a strong accounting background before being nominated for IC Treasurer)

Background Information

Does nominee have a working knowledge of computers? Yes _____ No _____

Does nominee have working knowledge of bookkeeping/QuickBooks? Yes _____ No _____

Does nominee have knowledge of parliamentary procedure and Roberts’ Rules of Order Newly Revised? Yes _____ No _____

Nominee has _____ Years of Service in ESA.

Eligibility Requirements

Nominee has been an active member for the past three years? Yes _____ No _____

Nominee has held the office of Chapter and State or Multi-State Council President? Yes _____ No _____

Nominee’s acceptance letter is attached? Yes _____ No _____

Sponsor letter from chapter and/or state/multi-state is attached? Yes _____ No _____

5 X 7 color photo or .jpg color photo of nominee is included? Yes _____ No _____

Nominee’s chapter’s dues have been paid to the International Council? Yes _____ No _____

Nominee’s state’s dues been paid to the International Council? Yes _____ No _____

Nominee’s individual dues been paid to ESA Headquarters? Yes _____ No _____

All dues have been verified as paid by Nominating Committee Chairman? Yes _____ No _____

Number of state conventions nominee has attended? _____

Number of International Conventions nominee has attended? _____

Sponsor Signatures

Chapter President’s Name *(Printed or Typed)*
Signature _____
Address _____
City _____ St. _____ Zip _____
E-mail _____

State or Multi-State President Name *(Printed or Typed)*
Signature _____
Address _____
City _____ St. _____ Zip _____
E-mail _____

2017 – 2018 Nomination Form

International Council

Second Vice President

Recording Secretary

Treasurer

Parliamentarian

Workshop Coordinator

Appointed Chairs (Include Corresponding Secretary)

Multi-State Council

Elected Offices

Appointed Chairs

State Council

Elected Offices

President

First Vice President

Second Vice President

Recording Secretary

Corresponding Secretary

Treasurer

Parliamentarian

Junior Past President

Other Elected Offices

Appointed Chairs (include offices of past presidents' auxiliary):

In **50 words or less** state why you would like to be an IC officer, what your objectives would be and how you plan to accomplish those objectives:

<Note: due to Jonquil space constraints quote will be edited if more than 50 words are submitted>

“What candy is for girls?”
“HER-SHEY’s KISSES!

Things to do before and during your visit to “ESA in Candy Land Convention”

1. Mark your calendar for April 28, 29, 30, 2017
2. Register for Convention (Registration found in every PJ or can be obtained at the State meetings.
3. Make your reservation at the Lawton Hilton Garden Inn 580-28-2108 or use our personal web page to the hotel
http://hiltongardeninn.hilton.com/en/gi/groups/personalized/L/LAWFGGI-ESA17-2017042/index.jhtm!WT.mc_id=POG
4. **Guaranteed Room Reservation Deadline is March 28, 2017.**
5. Come early or stay late to visit Lawton.
6. Plan to enjoy your stay at the Hotel and enjoy the hospitality of the Lawton area and our ESA sisters. Eat lots of candy!!!
7. First time at convention? Consider attending the “First Time Convention Goer’s” session on Saturday morning.
8. Be inspired by attending workshops. Eat lots of candy!!!
9. Get ideas by viewing the Association of the Arts Display Room and look over the winning educational books, essays, poetry, Outstanding Youth and DAA honoree nominations and winners.
10. Shop, shop, shop for charms, buy tickets on chances to win the 50/50 money jar, and other great items. Visit the photo display taken during Convention by our photographer, Jerry Hymer. He will be happy to sell you memories in pictures.
11. Meet our International Council and MARC Representative.
12. Friday night come prepared to meet the candidates, laugh, have fun, and participate in the Silent and oral auction. Proceeds to benefit St. Jude, Easter Seals and the ESA Foundation. Eat lots of candy!!!
13. Attend the 74th Annual Awards Luncheon and help your chapter celebrate their outstanding accomplishments throughout the year. Also meet the Outstanding Youth and DAA winners.
14. Get “gussied up” and come enjoy the Banquet where you can meet and congratulate the 2017-2018 Officers also know as the “Shining Stars.” Installation will be an illumination event!!! Eat lots of candy!!!
15. During the banquet will be honoring the 50 and 50+ years of service followed by the “St. Jude Dollars” presentation. You certainly will not want to miss that!!!
16. Attend the ESA Sister Remembrance of Life Ceremony at the Sunday morning brunch. Hug everyone before you travel safely home.
17. The following leaders and hostesses will appreciate you joining them in Candy Land--make sure you let them know how much fun you had and appreciated their planning and preparation for your week-end in “ESA Candy Land.” Convention officers: Ramona Paine, Cathy Holsted, Dana Terrell, Lola Jaegers and Nancy Baucom. Chapters: Beta Mu, Lawton, Delta Kappa, Norman, Theta Tau, Kingfisher and Zeta Gamma, Shawnee.

Ramona Paine & Cathy Holsted, Convention Co-Chairs

Chapter Dues are Due NOW!!

IC Dues – for Chapters and City Councils/Districts **\$45 (State Council)**
Send to: Terri Olson **\$40 (City Councils/Districts)**
(Due by 2627 Colorado Road **\$40 (Chapters)**
April 30, 2017) Grand Rapids, MN 55744
terri.mnesa@gmail.com
612-578-5003

FEDERAL TAX FACTS Financial Report Due September 15, 2016

This MUST be sent in by each Chapter/Council in order to be exempt from paying Federal Income Tax on the fundraising monies raised for charitable purposes. Each Chapter/Council must have an *Employer Identification Number*. To apply for the ID Number, contact ESA Headquarters. Send *Federal Tax Facts Financial Report* to Headquarters (address on form).

Get the above forms online at: www.epsilonsigmaalpha.org Log in to Member Center.

Click on *Chapter/Council Mgt.*

Click on *Tax Information and Chapter Treasurer's Reports*

Click on (blue link) *ESA Tax Facts Form*

Click on (blue link) *Paying IC Chapter Dues* and arrow down to *2016-2017 Treasurer Dues Form* under Dues heading

Both forms are also available on the OK ESA website: www.oklaesa.org

STATE DUES \$30 + \$5 per member as of April 1, 2016

Send to: **Jenny Lizama**
(Due by **4829 S 71st E Avenue**
Jan. 1, 2017) **Tulsa, OK 74145**
918-850-7219
Email: jennylizama@gmail.com

DISTRICT DUES (Due by January 1, 2017)

District II **\$10**

Optional: \$50 for District II project (scholarship endowment)
Send to: **Cathy Holsted**
3 Woodbridge Drive
Bella Vista, AR 72714
479-855-2160
Email: nanakitty22@sbcglobal.net

District III **\$20**

Send to: **Donna McCandless**
5165 E 27th Place
Tulsa, OK 74114
918-845-5176

District IV **\$10**
Send to: **Email: mccandless@sbcglobal.net**
Glenda Petty
4321 SE 16th Street
Del City, OK 73115
405-672-9213
Email: glendapetty@yahoo.com

District V **\$20**
Send to: **Ruth Jo Carnagey**
PO Box 340
Ft. Gibson, OK 74434
918-478-3817
Email: rjcarney@gmail.com

ESA FOUNDATION DUES **\$15**
(Dues are \$25 first year and \$15 per year thereafter)
Send to: **ESA Foundation**
(Due by **363 West Drake Rd.**
Jan. 1, 2017) **Fort Collins, CO 80526**

Individual Dues
IC Dues **\$49**
(Due according to Pledge Date)
Send to: **Epsilon Sigma Alpha International**
363 West Drake Rd.
Fort Collins, CO 80526

Note: A \$4 senior discount is available for members 65 years & older. To receive this discount, contact ESA HQ and provide your date of birth.

JUNE MILLER
OUTSTANDING CHAPTER CHAIRMAN

WANT TO BE THE OUTSTANDING CHAPTER? PARTICIPATE!!!!

- P -** PUBLICIZE ESA....TAKE PICTURES AT EVENTS & WRITE A NEWS STORY AND SUBMIT TO LOCAL NEWSPAPER. WRITE CHAPTER CHATTER REPORTS FOR ALL PETTICOAT JOURNAL PUBLICATIONS.
- A -** ATTEND ALL STATE, DISTRICT, & CHAPTER MEETINGS & CONVENTIONS. ACTIVATE AN INACTIVE ESA MEMBER.
- R -** RUSH & RECRUIT NEW MEMBERS & REPORT WHAT YOU DO TO THE APPROPRIATE STATE CHAIRS.
- T -** TAKE PART IN ALL THINGS ESA
- I -** INDULGE IN THE SWEETNESS AND FUN OF ESA....IT WILL MAKE YOU HAPPY!
- C -** BE CHEERFUL AND KIND TO YOUR ESA SISTERS/BROTHERS
- I -** INVITE CHAPTER MEMBERS TO GO WITH YOU TO ESA EVENTS
- P -** PAY YOUR CHAPTER AND INDIVIDUAL DUES ON TIME
- A -** ADOPT/SPONSOR STUDENTS AT OSB AND OSD
- T -** TAKE A WALK AND GET SPONSORS FOR ST JUDE WALK
- E -** EDUCATE YOUR MEMBERS, NEW AND OLD, ABOUT ESA AND ITS PURPOSE AND GOALS AND MANY FACETS...
STATE, DISTRICT, IC, FOUNDATION, DISASTER FUND, HOPE FOR HEROES, EASTER SEALS, ST. JUDE. HAVE AN EDUCATIONAL EACH MEETING. REPORT THEM AND PREPARE A GOLD SEAL ENTRY AND SUBMIT TO THE STATE EDUCATIONAL DIRECTOR.

DISTINGUISHED ACHIEVEMENT AWARD

The Distinguished Achievement award program is a great way to start your new year, by showing a very deserving person in your community how much ESA appreciated the unselfish service they 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 lines 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

MEMBERSHIP

This is an exciting time of the year with school starting and many of our chapters resuming their activities. Now is the perfect time to plan a recruitment event. I will be honored to attend and/or assist your chapter in any way. Just call me.

My plan to attend a meeting with all chapters is beginning to take shape. My first meeting will be with Shawnee on September 13th. I am looking forward to meeting with them.

I have a survey to be completed by all members of Oklahoma's ESA family. It deals with ESA members participation in district and state meetings. Hopeful some changes can be implemented to make participation more attractive.

I will be contacting chapter presidents in the next few weeks to set up a time for my visits to you. Be seeing you soon.

Jo Rott
State Membership Chairman

EASTER SEALS

ESA Sisters,

Happy (almost) fall, y'all! I encourage you to continue raising and submitting funds for Easter Seals. To date, we have submitted \$325.00 from local chapters. However, I have been made aware of some additional checks that will be on the way soon. Don't forget our goal this year is to help Easter Seals provide assistance for the purchase of medical equipment and services to fellow Oklahomans in need. I look forward to submitting your future contributions and reporting back on the impact ESA has helped to make in the lives of others!

Debra E. Johnson, Beta Mu

DELTA KAPPA

Delta Kappa had such an enjoyable evening at the annual August social at Gwynn Nell's. Sitting pool side and eating Gwynn Nell's homemade ice cream was a real treat. We were also able to take care of some business items including planning our finances by approving the proposed budget.

Our first business meeting was held Sept. 6 at Goodrich Church and plans were discussed for the new year. Leading our group this year are the following officers:

President, Gwynn Nell Swanson; Vice President, Vivian Gibson; Secretary, Sharon Storms; Treasurer, Janice Shockley; Parliamentarian, Donna Wiley; Ways & Means, Georgia Smith; Philanthropic, Helen Checorski.

We have already started our ways & means project for this year. Not only are we still working the 30 + basketball games by scanning the tickets, we are also scanning the tickets at the 6 home football games. This takes a lot of time and dedication from Sept. to March to make this project a success. Thank you to our Ways & Means chair for organizing this difficult task and also to the Delta Kappa members who give so much of their time to make this a very profitable ways & means project. Georgia is also organizing a garage sale for Sept. 22 & 23 at Goodrich Church. We have been blessed with so much donated items that our storage units are crammed full. Time to turn our collection of "new to you merchandise" in to cash so we can make room for more donations on the way.

Vivian, Joyce, Nancy, Gwynn Nell, Linda and Mary are planning to attend the State Leadership in Lawton. It sounds like lots of great things are planned for this leadership event.

Our next social in Sept. is to tour the winery in Slaughtersville. It is their annual grape stomping event and anyone brave enough to stomp grapes is encouraged to participate. You will be able to tell who attended from Delta Kappa by their purple feet. After you get the grapes stomped and your feet to the right shade of purple they can design a T shirt with their purple footprints. Oh boy! Can't wait!

Until next time ----- HAPPY FALL YA'LL !!!!! Janice Shockley for Delta Kappa



Are You Lending a Helping Hand to Your ESA Sisters?

The ESA Disaster Fund is set up to assist an ESA member up to \$5,000 whose home and/or personal belongings are destroyed or damaged extensively in one of nature's causes (a fire, flood, etc). Assistance may also be given when a member incurs heavy financial responsibility due to a debilitating illness or accident.

What if this was you? PLEASE do your part today by sending in your check made out to: ESA Disaster Fund and send to me. If you need to file a claim, forms can be found on the www.oklaesa.org or IC website. Let's make sure there's enough money in the fund to help our sisters in need!

Special thanks to the following chapters who have sent in checks as of September 1, 2016: Zeta Gamma, Shawnee; Eta Epsilon, Skiatook; Alpha Rho, Broken Arrow; and Gamma Zeta, Edmond.

Dr. Billye Peterson, Jr. Past President/Disaster Fund Chair
19513 Fieldshire Dr., Edmond, OK 73012-3579
405.812.0138 billyepeterson@gmail.com



District III

Lead the way through ESA!

District III ended the summer with a great time at Muskogee's Bedouin Shrine in our joint Leadership meeting with District V. Our theme for the day was "You are an Essential Piece of ESA!"

State Chaplain Peggy Hughes opened in prayer. District III Vice Coordinator Marge Stevens led us in the flag salute.

Judi York did an awesome job going over the revised bylaws. The revised edition was emailed to all District III chapter presidents to distribute. You can look them over on the oklaesa.org website as well.

We will continue with Clarehouse as our district project for the next two years. Brenda Yates, District III Project Chair has set up another flower bulb sale. We made \$640.00 from an earlier sale.

District III's nominating committee is now in place for officers for the 2016-17 slate. Please contact Charlene Law at cjl1968@yahoo.com if you or you know of someone to run for office. Joining Charlene is Judi York, Peggie Sprinkle and Darlene Cushenberry. If they contact you let this be your year to say "YES."

Margaret Kramer, Oklahoma State Educational Director & Second Vice President theme of "Indulge in Happiness", was just what we needed to bring out the kid in us. Margaret supplied bubbles, jacks, sand, beach balls and other items that reminded us our youth to indulge in. Of course there was plenty of chocolates to go around.

We had a great turnout to give reports from our state officers. Check the PJ for all the happenings.

Special guest, Kathleen Fletcher, a veteran showed us how to make mesh wreaths.

A huge thanks to Sandy Lackey and her husband who provided lunch. Thanks to Alpha Rho sisters who provided breakfast items.

Special thanks to Peggie Sprinkle, Paula Frerichs, Judi York & Rosalie Griffith, who were instrumental in making this meeting a success.

Save the date, February 18th for our installation and Oklahoma School for the Blind tour.

District III & V joint leadership meeting. August 27th in Muskogee



Margaret Kramer indulging in happiness!



Judi York & Brenda Yates work on their wreath creations!

Beta Zeta Chapter #3158

Oklahoma City

Beta Zeta ended last year by some of us attending the State convention which was outstanding and Billye Peterson was an inspiring State President. Billie and Aletha went to the June State Council meeting .Joyce Gibson brought her baby who was enjoyed by all..me especially..Aletha also attended the IC convention all by herself and Billie and Aletha went to the state Leadership meeting in Lawton..good one.

Barb Fairbairn treated us to her annual breakfast in June and as always it was delicious and fun. We met at Alisha's Southern Kitchen, in July for dinner, and we enjoyed it so much we may have our Christmas breakfast there. Alisha's used to have a buffet at the Cowboy Hall of Fame and was known then as Persimmon Hill. Our August social was at Doris Cooks and Merry, Billie, Aletha and Doris all brought dinner and we played a domino game, Mexican Train, a fun game, and ate and ate.

Aletha and Billie are working at the St Jude Dream House office and ticket sales are going great. Jeannie and Billie are working at the polls again this year as a ways and means project and the chapter will have a garage sale in October.

Merry gave an educational on antique irons and showed us three of them...Very interesting.

That's all for now folks.

Billie Fritch

.



Beta Iota, McAlester

Chapter Chatter

October/November 2016

Beta Iota is off to a running start this year in ESA. We kicked off our S.T.A.R. year with our first chapter meeting. We have big goals this year! We want to continue our long standing tradition of excellence both in our local community and at the state ESA level. We have our philanthropic projects underway and we are excited.

We are going to focus this year on spending more time together as a chapter. We get so busy doing great work, that sometimes we forget to make time to just have fun! So, we are going to have Beta Iota Lunch Bunch once a month, where we meet together to socialize and eat.

We are also going to celebrate each of our sorority sisters more often. Our Beta Iota sister, Jeanie McCabe is getting ready to welcome her second son very soon. Beta Iota has always been a close knit, hard working, and enthusiastic group of women. We are very excited to announce that we have three of our members seeking offices within the Oklahoma ESA State Council. Our very own Margaret Kramer, Mona Quaid, and Lori Few are looking to serve and make a difference in Oklahoma ESA.

Beta Iota would love to invite you to attend one of chapter meetings or one of our events, as ESA sisters we want to embrace each other and learn from each other. Follow us on [Facebook.com/BetaIotaMcAlester](https://www.facebook.com/BetaIotaMcAlester) and join in the fun!



GAMMA DELTA

Members of Gamma Delta got their kicks traveling Route 66 to Canvas Gypsy in Catoosa, OK for its chapter meeting and social August 6th. Who knew these budding artists could create masterpieces to rival any of those currently in the New York Metropolitan Museum of Art? While beauty is in the eye of the beholder, these eyes sure saw that the group had an award-winning, blue ribbon time working with canvas.

Photo 1:

Gamma Delta members Donna McCandless, Charlene Law, Marge Goodno and Byrdie Emanuel

Photo 2:

Gamma Delta members: First row; Donna McCandless and Marge Goodno; Back row; Byrdie Emanuel, Mara Wheeler, President Dawn Haley and Charlene Law.



Zeta Gamma Chapter Shawnee, OK

Love, sadness, joy and fun should be the motto of Zeta Gamma Chapter. We have our share. We were very sad because of the death of our beloved, John Beasley, Gwen's husband. He was such a joy to be around and no one will ever know how many times he helped our member on Ways & Means projects.

Our support and love goes out to our dear Peggy Campbell. We are all waiting for the day she will join us again with her booming personality. Peggy is one of our social chairman and what a social she planned. We had a ladies day out by going to Oklahoma City. We had lunch with all the laughter that goes with having fun. Then we tried our talents at Pinot's Palette Art Studio. Of course, they had a bar in the studio. Now you know a little more about the fun. Art, that's another story.

We began our year with a "Welcome Back Salad Dinner" and Bingo. What a great night of fun and laughter. Renewing the summer fun that each of us had. Oh yes, we did have a business meeting at Givoanna's beautiful home the next week.

Several of our members attended the District II, III & V Leaderships at Guthrie and Muskogee. We are planning to attend the State Leadership and Convention Planning meeting, on September 10th in Lawton. Those night sleepovers are great!!!

Lora Thompson,
President/ Publicity Chairman

OUTSTANDING YOUTH

Each chapter in Oklahoma is encouraged to recognize outstanding youth in your community. Now is the time to plan to do this. Information is available by going to oklaesa.org then contact your local schools.

There are many youth who accomplished great achievements which should be shared. Who better to do this than ESA chapters! It is also a great way to share ESA and your chapter to those in the community through news articles.

Mary Ann Jones, Outstanding Youth Chair

GAMMA ZETA

Epsilon Sigma Alpha's Gamma Zeta chapter, an international philanthropic service organization, gathered for a meeting and group picture. Local charities supported with donations and volunteer hours are the Baptist Boys' Ranch Town, Project 66, Coffee Creek Riding Stables, No Boundaries International, Free to Live, You Are Special, All Things Baby, and Mobile Meals. Fundraisers are held several times a year including a silent and live auction, game nights, a garage sale, and volunteering with restaurants to help raise monies. The national project is St. Jude's Children's Research Hospital. The group also works with the Oklahoma School for the Deaf and Oklahoma School for the Blind. If you are interested in joining this energetic group or in giving a donation, call Pam Fink at [405-285-5175](tel:405-285-5175).

Pictured front row: Jennifer Might, Laura Howells, Shirley Moore, Billye Peterson;
second row: Ruth Simpson, JoAnn Bullard, Tammy Bowman, Cookie Jennings, Sandi Robinson, Ada Blankenship, Linda Cognilio, Rita Marsh, Jeannette Smith;
back row: Pam Fink, Jacci Gantz, Kelly Wasso, Tietje German, Jo Rott, Cindy Littlejohn. 8 members were unavailable for the picture.



ST. JUDE DREAM HOME OKLAHOMA CITY



Pictured left to right: Liz King, Billye Peterson, Deb Corbet, Sandi and Paul Robinson man the phones for the St Jude Dream Home Giveaway at FOX 25. The 2016 Oklahoma City St. Jude Dream Home Giveaway House is completed and ready for Open House. Visit the home at 905 NW. 43rd Street, Oklahoma City, Ok 73118. Parking is located across the street behind Will Rogers Theatre. Tickets for a chance to win this beautiful home valued at \$500,000.00 are \$100.00 each. Monies from this Dream Home will go directly to St. Jude Children's Research Hospital. Unlike other hospitals, the majority of funding comes from generous donors. It costs \$2.2 million per day to operate St. Jude, and public contributions provide 75 percent of the funds necessary to operate the hospital. Visit www.dreamhome.org or call [1-800-592-1596](tel:1-800-592-1596)

GAMMA ZETA

Join the Gamma Zeta chapter of ESA for a fun evening of great food, great friends, and our annual silent and live auction—all benefiting local charities on Saturday, Oct. 22 from 6:30 to 9:30 at The Greens Country Club located at 13100 Green Valley Drive, Oklahoma City, Ok 73120. Provide a Time for Giving is the evening's theme. Tickets are \$40.00 per person and Gamma Zeta must have your reservation by Oct. 19. Tickets will not be available at the event. To purchase or reserve your tickets, contact ESAuction@gmail.com. Benefited charities are St Jude Children's Research Hospital, Oklahoma School for the Deaf, Boys Ranch Town, Coffee Creek Riding Stables, Project 66, Oklahoma Easter Seals, and No Boundaries, International. One gift serves many,

Table Sponsorship Opportunities:

\$500 Sponsorship—Reserve a table of 10 for your business or corporation. Enjoy a dinner buffet, cash bar, music, dancing, silent and live auction all to benefit local charities —and receive:

- *Corporate Name Recognition on Table
- *Corporate Name Recognition on entrance sign—thanking our table sponsors

\$750 Sponsorship—reserve a table of 10 for your business or corporation. Enjoy a dinner buffet, cash bar, music, dancing, silent and live auction all to benefit local charities—and receive:

- *Corporate Name Recognition on Table
- *Corporate Name Recognition on entrance sign—thanking our table sponsors
- *Weekly shout out in ESA Gamma Zeta Facebook posts
- *Audio Recognition at the the Auction

\$1,000 Sponsorship—Reserve a table of 10 for your business or corporation. Enjoy a dinner buffet, cash bar, music, dancing, silent and live auction all to benefit local charities —and receive:

- *Corporate Name Recognition on Table
- *Corporate Name Recognition on entrance sign—thanking our table sponsors
- *Weekly shout out in ESA Gamma Zeta Facebook posts
- *Audio Recognition at the Auction
- *Ability to distribute literature, brochure, etc. on tables about your company
- *Recognition in follow-up press release

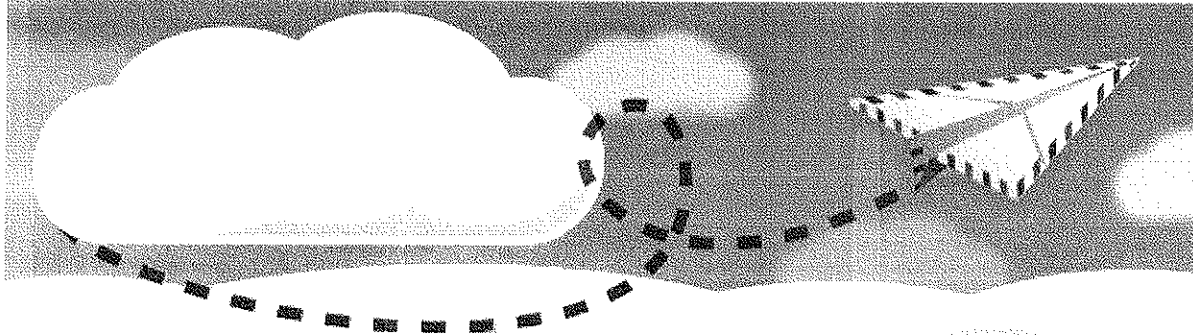
Jacci Gantz, publicity chairman
Epsilon Sigma Alpha
Gamma Zeta
[405-922-5954](tel:405-922-5954)

From: Tracy Swanson <tracyswanson@epsilonsigmaalpha.org>

To: Rnbaucom <Rnbaucom@aol.com>

Subject: A letter to ESA's VARSITY team

Date: Fri, Aug 19, 2016 12:35 pm



August 19, 2016

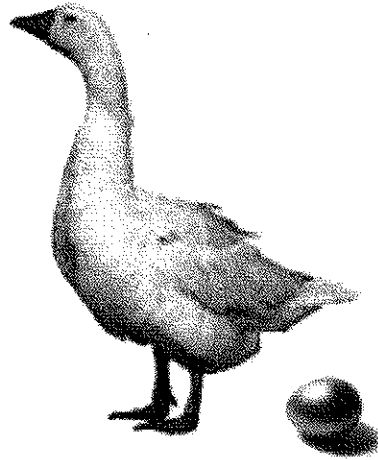
I need your help, please please please!

*We need our VARSITY team this year working like crazy on membership. YOU are a VARSITY member of ESA's recruitment team in your state. I am reaching out to not only the state membership directors, but also the state presidents, IC board members, and those who love ESA enough to have attended the IC convention in Colorado...
I NEED YOUR HELP.*

If you attended the membership workshop at IC convention in July, you know our ESA Golden Goose is getting mighty skinny... last year was a really tough membership year and we need ALL hands on deck this year to make up some ground and then take it further. Please sponsor a new member yourself early this fall as an example, and then mentor others in your state to do the same. Here's some ammo you can use in building ACTION for membership in your state this fall. PLEASE MAKE PLANS AND TIME ON YOUR FALL BOARD OR LEADERSHIP AGENDA AND SPACE IN YOUR NEXT NEWSLETTER FOR THE INFORMATION IN THIS MESSAGE.

Some of the links require you to pass through the log-in page of the member center first. If this is new for you, please see the instructions on the log-in page.

(State Membership Directors can view the state membership reports online, we are working to be able to add State Presidents to this list when new database update is complete later this year.)



Fun for All Ages Community Walks

In July at IC Convention, we unveiled our new focus project for the year, Fun for All Ages Community Walks. These are designed with the dual purpose of community engagement in service COMBINED with outreach to welcome dozens of new members at a time in cities across the country this year. Choose a cause, create a walk/run event in support of the cause, invite your entire community to join you, and include a fabulous after-party where you can mingle with participants and welcome them to ESA.

Early this fall, share the Community Walks idea with all your state chapters and members. The goal is to get every chapter and every city participating in an ESA Community Walk this year and welcoming dozens of new members per city, and everyone will want some time to plan.

EARN AN AWARD

Tell us about your Walk activities! From event submissions received, ESA HQ and the IC membership team will recognize outstanding Fun for All Ages walk/run events at our 2017 IC Convention in St. Louis with a special series of awards honoring chapters, states, and individual event chairs for outstanding achievement in categories like new member recruitment, community participation, business community engagement, charitable contribution, and event creativity. We'll also have a photo contest, so send us your best! Winners will be featured on ESA's website, in the JONQUIL and on our national social media accounts.

[CLICK HERE](#) for info (no log-in required) Walk theme ideas and everything you need for your members to do it up big.

October is Recruitment Month

In addition to the community walks, get all your chapters to host an invitational membership event in their chapter during the month of October. Choose our time-honored favorite, "Choctober" (no log-in required) or one of dozens of other party themes all on the recruitment page. A membership

bump from invitational chapter events in October will get us a good start while the Community Walks are being planned.

Legacy Memberships

Encourage members in your state to take advantage of the Legacy program and welcome members of their own family to our ESA family. Close relatives of currently active members join at a reduced rate (\$49 Legacy vs \$69 regular). This is something even individual members/MALs can do to help ESA grow. Consider creating a statewide push for Legacy members this year. Perhaps a celebration of new Legacy members in the form of a family fun day, special trip, or other statewide celebration would be a good way to encourage participation. *Note: Legacy members need to join via paper application, available on the Recruitment page of the member center, because the online system only accepts \$69 for new members.*



Enjoy and share this sneak peak from the October JONQUIL from Taylor Johnson of Maryland (perhaps you met her at IC convention this year with her grandmother Edith Brown and mother Renee Johnson) explaining why she loves being part of a multi-generational ESA family:

"Growing up in ESA, I always thought I was a part of the chapter," Taylor Johnson shared. "I love my mom, my mommom and their friends. These strong people have helped me develop into the successful person I am. They supported me and encouraged me in all my activities. The chapter even attended one of my softball games as a social. How's that for love and support? To me ESA is about caring and sharing. When I attend conventions with my mommom and mom, I enjoy spending time with them and the organization. I am now working on my friends to join our wonderful organization so they too can share in this purposeful opportunity for service, education and love."

"I'm IN!" -- please CLICK and let me know I can count on you this year and tell me the thing you're doing for membership this year (and of course if there is anything you need from me to kick it off).

Contact me if I can help you implement your ideas
Tracy Swanson
970.223.2824 x 104 (Mountain time)



ESA FUN FOR ALL AGES CHARITY WALKS

This year, as part of ESA's "Fun for All Ages" focus project, members and chapters are encouraged to host a walk/run event to support a cause you love and meet people of all ages you can invite to join ESA. Do one sometime in the year for any good cause, and create it specifically to appeal as a "Fun for All Ages" event – reach out to families with school-aged children, young adults, active seniors, congregational organizations, and business community partners to offer them a great time for all their people while making your community a better place.

SOME IDEAS:

- 5K – promote to runners' clubs and high school runners
- Nighttime "Glow" event – Host an "after dark" walk/run showcasing glow sticks and necklaces, Neon shirts, light up props, late night food/fun
- Parade-style (decorate your wagon, stroller, board, bike) – kids, families, and pets walking laps around the high school track, park or ball field with fun after-events on the center field
- Try one in September for St. Jude if you want to do a "walk" event and one of the ALSAC walk sites is not near you (see below for more info about St. Jude walk events)
- If you envision something big, we have "how to" event tips from members who have done these larger 5K style events (tip: start planning these well in advance)
- Have members ready to talk about ESA good works in the community and to invite event participants to join ESA

DO SOME GOOD

There are lots of ways to use your Fun for All Ages walk/run event to do some good. Contact the charity/cause you're supporting and discuss a need you'd like to help them fill. You can choose to raise general fund cash donations, or to help them achieve a more specific goal, like helping purchase a big ticket item on the charity's wish list (playground equipment for the shelter's backyard and so on). Or choose to do some good through non-cash donations, like asking participants to bring food for the pantry, a coat/hats/boots for the Veterans' Services Outreach Center, or baby clothes and supplies for struggling single moms.

MAKE THE "AFTER-PARTY" FABULOUS!

Give everyone a reason to stick around after the walk/run activities conclude. Your real opportunity to mingle with the participants might be AFTER the walk/run, so create some fun activities for participants as they finish the main event:

- Food
- Prize drawings
- Costume contests/prizes
- Karaoke/prizes
- Photo booths, celebrity photos
- Lawn games (corn hole/bean bags)
- Face painting, balloon animals
- Thank you from guest speakers (from the charity) – local media, people who have been helped by the cause, staffers from your cause
- Big Check presentation



WHO TO INVITE

Three groups of people can be targeted as participants for your event:

1. Who would enjoy the event itself and the activities of the day you have planned? If you're planning a 5K, invite local runners' clubs, high school and university track team members, staffers and members of local health clubs. If you're planning a parade-style walk with decorated bicycles/wagons/skateboards and face painters, try inviting young families through day care facilities, elementary school PTOs, neighborhood homeowners' organizations, or congregational groups.
2. Who loves this cause and will turn out specifically to support it? The charity or organization you are supporting keeps a donors/supporters list and is usually generous in sharing it for an event that benefits their cause. This is a great source of business contacts for donations. They may even be willing to make some calls or provide you with a letter to reach out to their supporters.
3. Business and community organizations, their members and staffers who you are asking to donate to your event. For example, encourage the owner of the car dealership that is donating all the sodas to bring their own family, friends, and customers to enjoy the good work their dealership is doing in the community at your event.

PROMOTE THE EVENT

1. You'll want to design promotions aimed at each of your target invitee groups. Creating fliers to post in places frequented by these groups, like in running shoe stores for your 5K and in day care centers or in the children's library room for your parade-style walk, help you target those members of the public you think will especially enjoy the event and activities of the day. Speak with the staff at places like this so they can help with word of mouth support and direct interested people to your registration information.
2. For contacting donors/supporters of the cause, find out if the charity will allow you to send an e-mail from their account about your event and post content on their social media pages and in their newsletters. In addition, request permission to attend other events of the charity and pass out information about your upcoming event. Their most ardent supporters often turn out for many events for the cause in the area.
3. For YOUR donors and supporters, design some promotional materials they can proudly display at their business about the event recognizing them as a sponsor in order to make it easy for them to showcase their good works to their customers AND to invite customers to join in this fabulous event being supported by the business.

DONATIONS

- Cash donations from businesses to sponsor the supplies (recognize their business as a sponsor at your registration table, on the shirts, on the signs, in the ads) – a great way get the money to order shirts, banners, and other advance needs
- In-Kind donations of food, beverages, signage/ printing, and prizes; donation of services like face painting and photography
- Additional volunteers for course marshals, emcees
- Donation of facilities' use
- You can even layer on some extra bucks by turning some of your donated prizes into raffle items or selling some of the donated food items.



TALK ABOUT ESA

These walks have the dual purpose of meeting and welcoming new members of all ages as well as supporting your event and cause, and BOTH are equally important. Put your best foot forward to showcase ESA. Plan some time in your "stick around afterwards" activities to address the crowd, thank them for their support, and tell a little about ESA. Briefly mention some of ESA's national causes your chapter supports, other local groups you help, and that chapters in your area are welcoming new members right now, so anyone who is interested in more fun opportunities for volunteerism should see someone in an ESA shirt or visit your table for more information.

IMPORTANT: Keep the registration contact information from your participants and send a follow-up email thanking them AGAIN for their support and inviting them to learn more about ESA, and include a link to www.epsilonsigmaalpha.org in your email message. The public part of our website is designed specifically to help tell our story to prospective members, just show them the way!

IF YOU GO BIG

If you are interested in doing a large event like a 5K, one for which you will need to secure a route, contact the city regarding permits/traffic arrangements, provide insurance certificates or space reservation, and handle logistics, ESA HQ has member contact information for several members who have done activities on this scale and are happy to share their notes or speak via phone or e-mail with you. Contact ESA HQ for more information 970.223.2824 or esainfo@epsilonsigmaalpha.org

WALKS FOR ST. JUDE

- Book the event by visiting **Member Center > Chapter Council Mgt > St. Jude Forms**
- Use the custom St. Jude fundraising pages for even more donations. Get instructions by visiting **Service Projects > St. Jude Children's Research Hospital**
- Contact your ALSAC representative. Don't know them? Find their information by visiting **Member Center > Make a Difference > St. Jude**
- Remember the insurance process has recently changed - Download the request for by visiting **Member Center > Make a Difference > St. Jude**
- Need images, press release templates or St. Jude presentations? Visit **Member Center > Make a Difference > St. Jude**
- Join the Virtual ESA St. Jude Walk/Run to End Childhood Cancer Team at bit.ly/ESAVirtualWalk

TOOL KIT/OTHER MATERIALS TO SUPPORT YOUR EVENT

- Recruitment Resources at **Member Center > Recruitment**
- Tool Kit for Community Walks at **Member Center > Make a Difference > National Projects > Tool Kits**
- Logo images for banners, printing, and social media at **Member Center > Chapter & Council Management > Publicity**
- 501 C 3 and 501 C 4 information for questions answering tax receipts and donations at **Member Center > Chapter and Council Management > Tax Information**



Ideas for a Multi-Generational Event

1. Family Movie Night
2. Multigenerational dance party
3. make/decorate your own cup night
4. "Tell Me a Story" time, elders share stories
5. Teach favorite childhood game to young people
6. Jeopardy
7. Game night
8. Share your favorite song from when you were 5, 10, 30, 60
9. Create story time for adults to read to kids, and vice versa
10. Garden together
11. Field trips for all ages
12. Scavenger hunt
13. Craft night
14. Multigenerational Art night- invite people of all ages to lead
15. Everybody's Birthday party
16. Multigenerational sing along
17. Bowling party



Intergenerational ESA Fun

Check out these entertaining activities to have a ball with family and friends as well as meet **NEW PEOPLE** to introduce to the good friends, good works, and good times of ESA. Create an intergenerational event through ESA this fall and watch your membership and happiness multiply.

Service is in Style



- Invite intergenerational models — parent/child or grandparent/grandchild models.
- Invite just kids to model — parents and grandparents would love to take a table at your event and watch their favorite little one rock the red carpet.
- Reach out to other groups besides ESA for your models — faith-based groups, schools, bridge/bunco/golf groups, neighborhood organizations, businesses, senior centers: If the faith-leader or company president agrees to model, the congregation or company employees will purchase tickets in support.
- Do it for a charity/cause — promote the cause by recruiting models from and selling tickets to other organizations who already support that cause.
- Do it just for fun — promote the idea of an intergenerational family fun event.
- Do it for recruitment — whether charitable or just for fun, it is a recruitment activity. Ask the people who attend to learn more about and JOIN ESA.
- **WHO TO INVITE:** Active seniors (and their grandchildren), children's groups (like a ballet class), golf/Bunco/card groups, recognizable business and community leaders (politicians, local TV anchors, bank officers, restaurateurs/bar owners, sports figures), "best customers" list from the sponsoring store, ladies church circles

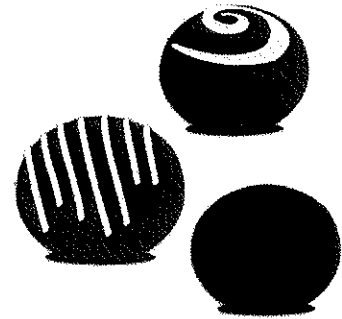
Football Party

- Host a tailgate party before your favorite team plays and attend the game together (could be high school, college, or professional football).
- Invite people for a game-watch party while your team plays on TV — have side activities like trivia games and relays/table games for everyone to enjoy before and after the game, and plan fun activities for halftime.
- Flag football game — an active day in the park where everyone gets some good exercise, great food, and quality family-fun time.
- Have face paint, have a "create-a-cheer" contest, decorate the house or cars with team colors, and let guests make fan signs from poster board and markers — all fun for at home, the stadium, or in the park.
- Tell guests about ESA, and invite them to join ESA for more family social and service activities.
- **WHO TO INVITE:** Member families and friends, school children and families, faith-based groups, neighborhood associations, youth sports participants and families



Choctober Party

- Host a Choctober party this October. This ESA favorite can be easily adapted for families or couples of all kinds, including parent/child, grandparent/child couples.
- Try a chocolate tasting party, a recipe swap, or even a Chopped-style competition with teams creating treats using a basket of chocolate-themed ingredients.
- Kids of all ages love a chocolate fountain, fondue pot or chocolate ice cream sundae buffet, pick one for a sure-fire showpiece for your party.
- Tell guests about ESA and our other social and service opportunities they could enjoy as members.
- **WHO TO INVITE:** Anyone who likes chocolate! School children and families, card/Bunco/golf friends, neighborhood groups



Wine and Painting Party



- These work great as St. Jude events — ESA members have had upwards of 50 people attend their sold-out events that raised thousands for the kids!
- Partner with a wine and painting studio in your town or find a local artist to conduct a private activity in someone's home.
- Studios often offer a discount when you book an event with a charitable purpose. The studio may even make a cash donation because the exposure and PR for them is fabulous.
- The wine may or may not be included with your studio's package, your chapter may consider donating the wine and/or food as the rush party budget this fall.
- If you are doing the event for charity, invite a local wine store to do a wine demonstration and see if they will donate the wine for the event in exchange for getting to make the presentation and meeting some potential customers.
- Food can also come from donors, depending upon how you structure your event.
- If the event is charitable, consider soliciting area businesses to donate door prizes or gift packages for a raffle to add to the fun and proceeds.
- **WHO TO INVITE:** A perfect activity for multiple generations of adults, girls' night out, couples, mothers/daughters, community members/collegiate ESA grads

For invitations, recipes, games, and other resources for these and other activities, visit the ESA website:
Member center > Recruitment