



*Epsilon Sigma Alpha  
Oklahoma State Council*

*2018 - 2019*

*Petticoat Journal*

*Peggy Hughes, Editor*

## OKLAHOMA STATE COUNCIL 2018-2019 EXECUTIVE BOARD

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## Table of Contents

Pg.

President's Message	4
Convention Schedule	6
1stVP	7
Elected Board 2019-2020	8
Candidates Qualifications	10
2 <sup>nd</sup> VP	16
Philanthropic Chair	17
Chaplain	18
Western District	19
Membership Chair	20
Hope for Heroes Chair	21
Eastern District	22
Disaster Fund Chair	23
OK State Convention	24
Parliamentarian	25
MARC Conference	26
Chapter Chatter	31
Sigma Chi, Inola	31
Beta Iota, McAlester	33
Zeta Gamma, Shawnee	35
Delta Kappa, Norman	36
Omega Pi, Tulsa	40
TAC	44



## Keep Calm – Make a Difference in ESA

*From the Desk of Margaret Kramer, President*

**It does not seem it was almost twelve months ago I was finishing my address at Convention saying: Oklahoma State Council, let this journey begin! Well as a team we took off running and our excursion has been distinctive, fruitful and incredible. We have experienced growth and moved on the memberships desire to merge the Districts forming Eastern and Western Districts. Please review the By-Law changes printed in this issue and be prepared to vote. I am extremely delighted with the accomplishments of the state chapters. I am optimistic that many of my ESA family will attend “April in Paris” and celebrate all our victories. The Convention Committee has a phenomenal weekend planned, so do not miss out. Register!**

**I feel extremely Blessed to have had the opportunity and honor to serve as your OK State Council, President. It has been a memorable and rewarding year. My positive experience as President would not have been possible without my ESA sisters, brothers, Executive and General Board and Sooner Seniorette’s love, encouragement, support and friendship. I will be ever grateful.**

**As we move forward to “Hollywood”, I am confident that ESA projects, goals and dreams will be achieved if we continue to “Keep Calm”.**

**Au revoir. Jusqu’a ce qu’on se rencontre a nouveau  
Till we meet again.**

**Good bye.**



## 76th Annual ESA Oklahoma State Council Convention

### *"April in Paris"*

#### Tentative Schedule

##### **Friday, April 26, 2019**

12:00 p.m. – 5:00 p.m.

Welcome to **Paris** Registration

12:00 p.m. – 4:00 p.m.

Association of the Arts Check-in

Convention Sales, PJ, Credentials,  
Directory, Foundation Credentials

1:00 p.m. – 6:00 p.m.

"Ooh La La" Hospitality Room

12:00 p.m.– 5:00 p.m.

Auction Item Check-in

5:45 p.m. – 7:15p.m.

2018-2019 Board and Guest Dinner

7:30 p.m.

Welcome Party/Mixer

ESA International Workshop - LeAnn Wray

Skits and Auction

10:00 p.m. - 11:3 p.m.

"Oh La La" Hospitality Room



**Saturday, April 27, 2019**

8:15 a.m. – 8:45 a.m.

Convention Registration  
Convention Sales, PJ, Credentials,  
Directory, Foundation Credentials

9:00 a.m. – 11:30 a.m.  
(Doors close at 8:55 a.m.)

First General Assembly/Educationals

11:30 a.m. – 12:00 p.m.

Association of Arts open for viewing

12:00 p.m. – 3:00 p.m.

"la célébration - Recognition Luncheon

3:00 p.m. - 6:00 p.m.

Hospitality Room

5:30 p.m. – 6:00 p.m.

1<sup>st</sup> Convention Attendee's/Pledge's

5:45 p.m. – 6:30 p.m.

Reception (by Invitation)

6:45 p.m.  
(Doors close at 6:35 p.m.)

Banquet - Installation - DJ

10:00 p.m. – 11:30 p.m.

Hospitality Room

**Sunday, April 28, 2019**

7:15 a.m. – 8:15 a.m.

Incoming/Outgoing Board Meeting

8:30 a.m. - 9:00 a.m.

Celebration of Life

9:00 a.m. – 11:30 a.m.

Second General Assembly





Greeting fom little ole me. It is just about **CONVENTION** time!!!! Hope you are packing and getting ready. I want to thank all of you that have agreed to take center stage and make my year as your State President a huge Academy Award winning year.It has been an honor and privilegde to serve as your First Vice President. I am looking forward and a little bit scared of my next leap to stardom. But with all my ESA Family behind me I know the support and best wishes will carry me through.

I briefly introduced the candidates for the General and Elected Board at the March 9<sup>th</sup> State Meeting. But, here is your chance to meet the candidates that have agreed to step center stage and make their award winning performances to make Oklahoma ESA make history for the coming 2019-2020 year.

Linda Leveridge

Elected Board  
2019-2020

President:	Linda Leveridge
1 <sup>st</sup> Vice President:	Mona Quaid Johnston
2nd Vice President:	Sandy Lackey
Corresp. Secretary:	Sharon Storms
Recording Secretary:	Sylvia Ochs
Treasurer:	Joyce Gibson
Parliamentarian:	Peggy Hughes
State Project:	Kay Brader
Jr Past President:	Margaret Kramer
Sr. Past President:	Peggy Sprinkle
Eastern District 3:	Tawanna Cathey
Western District:	Nancy Baucom
PJ Editor	Gywnn Nell Swanson

Appointed Board  
2019-2020

Association of the Arts:	Marilyn Fugate
Auditor:	Rita Haines
Awards:	Gloria Torres
Care Connection:	Marilyn Joplin
Chaplain:	Darla Barton
Contest:	Judy Cravens
Convention Chair:	Robbin Brown
Credentials:	Barbara Childers& Darlene Cushenberry
Directory:	June Miller
DAA:	Ramona Bench
Easter Seals:	Linda Jones
ESA St. Jude:	Cheryl (Lamascus) Young

MARC REP	Deb Hughes
MARC REP	Rosalie Griffith
Outstanding Chapter:	Robyn Ryan
Outstanding Youth:	Janice Shockley
Philanthropic:	Linda Voss
Publicity:	Jennifer Sparkman
Secret Sis:	Patty Heer
Social Media:	Aletha Bolt



ESA Foundation Counselor: Vivian Gibson  
Sooner Seniorette President: To be determined  
ESA Foundation Director: Judi York

Rosalie Griffith  
Lola Jaegers  
Cathy Holsted  
Jeanne Meyers

Program/Ads:

Cathy Holsted

Administrative Assistants:

Glenda Petty

Pages & Skits

Robin Collins  
Bernice Smith  
Barbara Eck  
Wanda Lucas  
Virginia Taylor

MEETING DATES:

June 22<sup>nd</sup> in Guthrie  
September 14<sup>th</sup> in Norman  
December 7<sup>th</sup> Christmas Social (TBA)  
March 21<sup>st</sup> Skiatook/Hominy

WESTERN DISTRICT: NANCY BAUCOM COORDINATOR  
LEADERSHIP: OCTOBER 5<sup>TH</sup> IN NORMAN  
INSTALLATION: MARCH 14<sup>TH</sup> TBD



CANDIDATES FOR  
2019-2020 EXECUTIVE BOARD



PRESIDENT ELECT: LINDA LEVERIDGE FROM DELTA KAPPA NORMAN. LINDA HAS SERVED BOTH HER CHAPTERS (ETA EPSILON AND DELTA KAPPA) IN EVERY OFFICE MORE THAN ONCE. ON THE DISTRICT LEVEL SHE HAS SERVED AS TREASURER, VICE COORDINATOR, DISTRICT COORDINATOR (2) AND VARIOUS APPOINTED OFFICES. ON THE STATE LEVEL SHE HAS SERVED AS CHAPLAIN, EASTER SEALS, PROJECT DIRECTOR, SECOND VICE PRESIDENT AND FIRST VICE PRESIDENT. SHE IS A 28 YEAR MEMBER OF ESA.



FIRST VICE PRESIDENT: MONA JOHNSTON FROM BETA IOTA FROM McALESTER. MONA HAS SERVED HER CHAPTER IN VARIOUS OFFICES MORE THAN ONCE. ON THE DISTRICT LEVEL SHE HAS SERVED ON NUMEROUS APPOINTED OFFICES AS WELL AS ON THE ELECTED BOARD. SHE HAS SERVED THE STATE AS TREASURER AND SECOND VICE PRESIDENT.



SECOND VICE PRESIDENT: SANDY LACKEY FROM ALPHA THETA MUSKOGEE. SANDY HAS HELD SEVERAL POSITIONS NOT ONLY IN OKLAHOMA BUT OHIO AS WELL. SHE HAS HELD POSITIONS ON THE OHIO ESA BOARD INCLUDING OHIO STATE PRESIDENT. SHE HAS SERVED HER CURRENT CHAPTER IN ALMOST EVERY POSITION. SHE HAS ALSO SERVED NUMEROUS POSITIONS ON THE DISTRICT LEVEL MORE THAN ONCE. SHE IS OUR CURRENT HOPE FOR HEROS CHAIR.



TREASURER: JOYCE GIBSON FROM DELTA KAPPA NORMAN. JOYCE HAS SERVED HER CHAPTER HOLDING ELECTED POSITIONS MORE THAN ONCE. SHE ALSO SERVED AS DISTRICT FOUR OFFICERS MORE THAN ONCE. SHE HAS BEEN STATE TREASURER, SECOND VICE PRESIDENT, FIRST VICE PRESIDENT, AND STATE PRESIDENT AND IS A MEMBER OF THE SOONER SENIORETTE.



RECORDING SECRETARY: SYLVIA OCHS FROM KAPPA THETA GUTHRIE. SHE HAS SERVED HER CHAPTER AS PRESIDENT 5 TIMES AND HELD ALL OFFICES AND

CHAIRS IN KAPPA THETA. ON THE DISTRICT LEVEL SHE HAS SERVED AS CHAPLAIN, SECRETARY, VICE COORDINATOR, COORDINATOR AND PARLIAMENTARIAN. ON THE STATE LEVEL, SYLVIA HAS BEEN CHAIRS FOR: SCRAPBOOK, OUTSTANDING YOUTH, OUTSTANDING CHAPTER, DAA, PUBLICITY. SHE HAS ALSO ASSISTED IN FORMING THREE CHAPTERS.



PARLIAMENTARIAN: PEGGY HUGHES FROM BETA GAMMA TULSA. PEGGY HAS SERVED HER CHAPTER, THE TULSA AREA COUNCIL, AND DISTRICT THREE IN MANY POSITIONS INCLUDING DISTRICT THREE COORDINATOR. SHE HAS SERVED THE STATE AS CHAPLAIN, STATE PROJECT DIRECTOR, AND PJ EDITOR.



STATE PROJECTOR DIRECTOR: KAY BRADER FROM BETA RHO DEL CITY. KAY HAS BEEN A MEMBER OF THE COLORADO STATE COUNCIL AS WELL AS SERVING BETA RHO IN VARIOUS POSITIONS. SHE HAS BEEN CHAPTER PRESIDENT, SECRETARY, TREASURER, CHAPLAIN AND DONE WAYS AND MEANS. SHE HAS SERVED DISTRICT FOUR AS RECORDING SECRETARY, TREASURER, VICE COORDINATOR AND COORDINATOR. SHE HAS SERVED AS STATE SCRAPBOOK CHAIR AND ASSISTED ON OTHER PROJECTS AS WELL.



PJ EDITOR: GWYNN NELL SWANSON FROM DELTA KAPPA NORMAN. GWYNN NELL HAS SERVED HER CHAPTER IN MANY CAPACITIES SUCH AS PRESIDENT, VICE PRESIDENT, RECORDING SECRETARY, CHAPLAIN AND AWARDS. SHE HAS HELD VARIOUS POSITIONS ON THE DISTRICT LEVEL AS WELL. SHE SERVED ON THE STATE BOARD AS: SECOND VICE PRESIDENT, FIRST VICE PRESIDENT AND STATE PRESIDENT AND IS A MEMBER OF THE SOONER SENIORETTES.



JUNIOR PAST PRESIDENT: MARGARET KRAMER FROM BETA IOTA McALESTER HAS SERVED HER CHAPTER AND DISTRICT IN MANY POSITIONS SUCH AS: CHAPTER PRESIDENT, DISTRICT COORDINATOR, VICE COORDINATOR AND TREASURER. SHE IS OUR CURRENT STATE PRESIDENT. ON THE STATE LEVEL SHE HAS SERVED AS AWARDS, AUDITOR, OUTSTANDING YOUTH, PROJECT DIRECTOR, TREASURER, SECOND VICE PRESIDENT AND FIRST VICE PRESIDENT.



SENIOR PAST PRESIDENT: PEGGIE SPRINKLE FROM BETA GAMMA TULSA, HAS SERVED HER CHAPTER AS PRESIDENT, VICE PRESIDENT, SECRETARY, AND TREASURER. SHE HAS HELD POSITIONS ON THE DISTRICT LEVEL SUCH AS VICE COORDINATOR, AND COORDINATOR. SHE HAS SERVED AS PRESIDENT OF THE TULSA AREA COUNCIL. ON THE STATE LEVEL SHE HAS BEEN OUR HOPE FOR HEROS CHAIR, ST JUDE CHAIR, SECOND VICE PRESIDENT, FIRST VICE PRESIDENT AND STATE PRESIDENT.



EASTERN DISTRICT 3: TAWANNA CATHEY FROM BETA IOTA McALESTER HAS SERVED HER CHAPTER AND DISTRICT IN NUMEROUS POSITIONS FROM PRESIDENT TO DISTRICT COORDINATOR. SHE WILL MAKE HISTORY THIS YEAR AS DISTRICTS 3 AND 5 HAVE MERGED TO FORM ONE DISTRICT. SHE WILL BE ITS FIRST COORDINATOR.





WESTERN DISTRICT: NANCY BAUCOM FROM BETA MU LAWTON. NANCY HAS SERVED HER CHAPTER IN EVERY OFFICE MORE THAN ONCE. SHE HAS BEEN DISTRICT FOUR VICE COORDINATOR, COORDINATOR AND RECORDING SECRETARY. SHE HAS SERVED ON THE STATE LEVEL AS RECORDING SECRETARY, SECOND VICE PRESIDENT, FIRST VICE PRESIDENT AND STATE PRESIDENT. SHE IS A MEMBER OF THE SOONER SENIORETTES. NANCY WILL BE MAKING HISTORY AS WELL THIS YEAR AS DISTRICT 2 AND 4 HAVE COMBINED TO FORM ONE DISTRICT. SHE WILL SERVING AS THEIR FIRST DISTRICT COORDINATOR.



**MONA QUAID JOHNSTON**  
**EDUCATIONAL DIRECTOR**  
**2018-19**

**Research has shown that laughter can have health benefits from reducing food cravings, increasing our threshold for pain, strengthening the immune system, healing and reducing stress. Why does laughter reduce stress?**

- **Physical release** – Laughter can lead to an emotional and physical release, as does crying. Sometimes we can cry and laugh at the same time – “cry with laughter”. This helps release emotions.
- **Hormones** – laughter can help reduce stress hormones like epinephrine/adrenaline and cortisol, dopamine and growth hormones. It can increase levels of positive hormones like endorphins. Laughter can increase antibody producing cells that can increase the effectiveness of T-cells, which improve our immune system.
- **Distraction** – laughter us to focus away from our stress, anger and negative emotions.
- **Internal workout** – Laughter makes use of our diaphragm, abdominal muscles, shoulders and leads to relaxed muscles after.
- **Social benefits** – laughter can help us to interact with others, reduce our stress, reduce their stress, improve our interactions with others.
- **Perspective** – people can sometimes see things as a threat or challenge. Humor can make us see things in a different way – in a humorous way, so making it more positive and less threatening.

**Using laughter to reduce stress –**  
**We can reduce our stress through laughter in a range of ways. These may include**

- Watching funny films and TV programs.
- Laughing with friends and family.
- Fake it! Studies have shown that even a fake smile or laugh can have positive effects, so the more we smile the more we feel positive.
- Try to have more fun in your life.
- Try to see more humor in your life.



This is my last article /educational as the Educational Director for your Oklahoma State Council 2018-19...thank you for allowing me to serve you and hopefully this last picture brings a smile to your face and your heart....

Love, Mona

# Philanthropic

## News You Can Use.....

The time is now upon us, SPRING! I hope that you are finalizing your philanthropic reports for submission. Please contact me if you have any questions. We want to be sure that everyone gets the credit that they have worked so hard to earn. Don't delay! Deadline is April 1<sup>st</sup>. If you are emailing please make sure you put an L between my first and last name ([loriLfew@gmail.com](mailto:loriLfew@gmail.com)) otherwise it won't come to me. You don't want to miss this year's Oklahoma ESA State Convention April in Paris. See you April 26<sup>th</sup> in Tulsa.



**“Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, drink deeply from good books - especially the Bible, build a shelter against a rainy day, give thanks for your blessings and pray for guidance every day.”**

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The following ladies received thoughts and prayers from their ESA sisters.

Doylene Hatch – Back surgery

Janice Shockley

Gwynn Nell Swanson – Great Grandson

Joe Jaegers – surgery

Mary Ann Jones – Flu

Curtis Voss – Stint replaced, CT scan

Dee Lowery – loss of nephew

Peggy Campbell – fell broke right wrist

Ann Owens – husband stroke

Peggie Sprinkle – stomach surgery

Ramona Bench – back pain

Sylvia Ochs – Compressed back fracture

Looking forward to Convention and remembering our lost ESA sisters.

**Charlene Law**  
**Oklahoma State Chaplain**



## Western District

History was made March 16, 2019 when District II and District IV merged to become the Western District. I appreciate the opportunity to have served as the District IV Coordinator during this transition. I am thankful to have worked with outstanding District IV Officers and a very knowledgeable and talented transition team who make the transition a success.

Looking forward to an awesome 2019-2020 year with Nancy Baucom as the Western District Coordinator.

Life's just one great journey.  
It's a road we travel as we go  
from point A to point B.  
What makes that journey  
worthwhile is the people we  
choose to travel with, the  
people we hold close as we  
take steps into the darkness  
and blindly make our way  
through life. They're the  
people who matter.

Dr. Seuss

[WWW.STOREMYPIC.COM](http://WWW.STOREMYPIC.COM)

**See everyone at convention!!**  
Patricia Heer- District IV Coordinator, 2018-2019



## PJ Article – April Issue

It's been a great year! We had a net gain of 28 new members!!! So proud of Oklahoma ESA!! We are looking forward to seeing our ESA thrive for years to come.

We began this year asking where you saw your chapter in 5 or 10 years. Then we asked your "WHY?". Now I'm asking you to take a look back in the history of your chapter and see how it has evolved to what it is today. It is often those subtle changes that take place that often have more lasting impact than dramatic temporary change. I challenge you to find those pictures, newspaper articles, scrapbooks, etc., that tell the story of your chapter. Look through them with an eye for changes. Evaluate those changes as to their good or bad effect and that will help to direct your path to the future. These also make great conversational pieces for those "Taco" parties to start "Talking" about ESA to prospects. They can easily see that we are no fly-by-night group! We are here to stay and be reckoned with! Thanks for a great year!!

Linda Voss,  
Membership Co-Chair



Spring



## HOPE FOR HEROES – Sandy Lackey, Chair

Ladies, we would like to do another collection for the **Blue Star Mothers** at Convention. It can be anything we worked on so far this year or last year.

If you like making the **pillow cases** (measure one you have at home and add 5/8" for a seam), Standard/Queen are best, you can make some more of those. If you like to **SHOP** you can get things from the Military Wish List. Or if you are a **collector** of toiletries from hotel stays you can bring those as well. I am including the wish list so we can get some things together for them. Thank you so much for all your support this past year, it means a lot to our troops who keep us safe.

# Blue Star Mothers

## Military Wish List

Wash Cloths	Travel size shower gel
Thick Socks	Travel size Gold Bond Powder
(Birthday/Anniversary)	Individual Drink Mixes
Writing Paper	Individual foil pack of Tuna
Eye Wash	(all flavors)
Toothpaste	Cards/card games
Toothbrushes	Whoopie cushions
5 Blade razors	Travel size hand sanitizer
Magazines	Cotton swabs
Paperback books	Lip Balm/chap stick
Beef Jerky	Travel size moist towelettes
Power/Protein bars	Crossword/Sudoku books
Cheese Crackers	Chewing gum
Peanut butter Crackers	Travel size Hand Lotion
Dental Floss	Travel size Mouthwash
Small boxes of Cereal	Deodorant
Individual Packaged coffee	Small plush toys
Individual packaged tea	paracord survival Bracelets
Individual pouches Hot Chocolate	Cool Ties
Pillow Cases	Individual tissue Packets
Tampons	Small Boxes jigsaw puzzles
Thin Maxi pads	Movies & video games
Travel Size shampoo	Lens cleaning cloths



## **EASTERN DISTRICT OF OKLAHOMA**

### **“BEE THE CHANGE IN ESA”**

The new Eastern District of Oklahoma ESA met on February 23<sup>rd</sup> for our annual meeting at the Oklahoma School for the Blind in Muskogee, Oklahoma.

There were 42 members present for this meeting. We had a great time enjoying Gina Wozencraft’s presentation on Tai Chi for better balance and health as we age. Mona Quaid Johnston educated us on the proper way to breathe and relax. Many wonderful baked goods were brought for the bake sale and great gifts for the silent auction. Students of OSB provided wonderful entertainment.

The Eastern District is looking forward to the 2019-2020 ESA year. We will “be the change” in ESA. Our fall meeting is scheduled for September 7<sup>th</sup> and the spring meeting is tentatively scheduled for February 22<sup>nd</sup>, 2020.

Hope to see all of you at Convention!!

## Peggie Sprinkle, Jr Past President/Disaster Fund Chair

Agnes - Do you  
know how great the  
Oklahoma ESA  
sisters are?



Yes Gertrude -  
They have really  
supported the ESA  
Disaster Fund this  
year!!!



Thanks to all the chapters and members who have made a donation to the ESA Disaster Fund. Thank you for filling up those jars & writing those checks! I know your ESA sisters who need help will be grateful because you have cared. I will have totals for you at convention and will present the awards. See you there! Hugs

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

Our 76<sup>th</sup> Annual Oklahoma State Council Convention....'APRIL IN PARIS" is just SIX WEEKS or 42 DAYS FROM NOW! It is "crunch time" now and we are working hard to take care of all the details so that you go home on Sunday saying the food was good, everything ran smoothly, and you had a Fantastic weekend!

HAVE YOU MADE YOUR ROOM RESERVATIONS YET? The Hotel Registration Deadline is **MARCH 27 & THE PHONE NUMBER FOR THE HYATT REGENCY IS 918-582-9000**. Call now and tell them you are with ESA. We have added to our room block so rooms should be available for you. If not, call me.....Tina McKamie at 918 916-2199. If I don't answer leave a message and I will get back to you.

HAVE YOU SENT IN YOUR REGISTRATION? **The deadline is Monday, April 1.** Send yours today.

WE WILL BE WAITING TO WELCOME YOU TO YOUR FABULOUSLY FUN **"APRIL IN PARIS" WEEKEND... au revoir....till we meet again!**

Tina McKamie  
Convention Chair





## Oklahoma State Council 76th Annual Convention

*"April in Paris"*

**April 26, 27, 28, 2019**

Hyatt Regency 100 E. 2nd Street, Tulsa, OK 74103 918-582-9000

**Hotel Registration Deadline Wednesday, March 27, 2019**

**REQUEST THE GROUP RATE FOR "EPSILON SIGMA ALPHA"**

MEMBER NAME			
ADDRESS:		CITY, STATE, ZIP:	
PHONE:	<b>Best way to contact you:</b> phone    text    email		EMAIL:
CHAPTER NAME:	CHAPTER NUMBER:	CITY:	
<b>CHECK ALL THAT APPLY:</b>			
<input type="checkbox"/>	CHAPTER PRESIDENT	<input type="checkbox"/>	1ST TIME CONVENTION GOER
<input type="checkbox"/>	EXECUTIVE BOARD MEMBER	<input type="checkbox"/>	GENERAL BOARD MEMBER
<input type="checkbox"/>	CURRENT/PREVIOUS IC OFFICER	<input type="checkbox"/>	CURRENT/PREV ESFA BRD
SPECIAL DIET MENU/MEDICAL REASONS ONLY ** CONTACT: <a href="mailto:byates@suddenlink.net">Brenda Yates 918-381-3629 or byates@suddenlink.net</a>			
<b>MEN'S REGISTRATION:</b>			
NAME:		HUSBAND/ESCORT OF:	
<b>DESA/ELAN REGISTRATION:</b>			
NAME:		ESA MEMBER/CHAPTER:	
<b>GUEST REGISTRATION:</b>			
NAME:		GUEST OF:	
<b>CHECK ALL THAT APPLY</b>			<b>HOW MANY</b>
<input type="checkbox"/>	MEMBERS/DESA/ELAN FULL REGISTRATION FEE POSTMARKED BY Friday, March 30, 2019 includes Mixer, General Assemblies, Workshops, Recognition Luncheon, Banquet and Sunday Brunch		\$120.00
<input type="checkbox"/>	MEN'S/GUEST REGISTRATION FEE includes Friday Night Mixer, Banquet & Sunday Brunch		\$ 75.00
<input type="checkbox"/>	GUEST BANQUET REGISTRATION FEE		\$ 50.00
<input type="checkbox"/>	LATE FEE of \$25 will be assessed after March 30, 2019. After March 30, 2019 you will need to call Brenda Yates		\$ 25.00
Cancellations must be made 96 hours or more before the beginning of convention for a refund. Please make your request in writing to the Convention Treasurer, Ruth Jo <a href="mailto:rjcarnagey@gmail.com">rjcarnagey@gmail.com</a>			
<b>Total</b>			

Enclose Check Payable to: 2019 ESA State Convention Fund

Mail payment to:

Brenda Yates 1102 N Story Ave.

Wagoner, OK 74467

Registration Deadline: Registration deadline is Monday April 1, 2019. Registrations postmarked after Monday April 1, 2019 will be assigned seating where vacancies exist. Late registrants MAY NOT be seated with their chapters, register now!!

HOTEL REGISTRATION **DEADLINE** is March 27, 2019.

CALL NOW! Phone: 918-582-9000. Be sure to mention you are with ESA.

Chapter with the most representation will receive \$100.00 (hostess chapters excluded)!

Credit Card Info Name \_\_\_\_\_ Acct.# \_\_\_\_\_ Exp.Date \_\_\_\_\_ CVV \_\_\_\_\_

## OKLAHOMA STATE COUNCIL PROPOSED BYLAW CHANGES

**With the merging of District's II and IV and District's III and V it is necessary to update the OK State Council By-Law's**

### **Article XIV – District Councils**

**Section 1.** There shall be four (4) districts known as District II, District III, District IV and District V. Districts shall be divided by counties or cities.

Delete the above statement and all four paragraphs of current Division of Districts by cities and counties listed in bylaw.

#### **Change to read:**

There shall be two (2) districts known as Western District and Eastern District.

#### **Western District shall now consist of the Counties of**

Alfalfa; Beaver; Blaine; Canadian; Cimarron; Custer; Dewey; Ellis; Garfield; Grant; Harper; Kingfisher; Lincoln; Logan; Major; Noble; Oklahoma; Payne; Roger Mills; Texas; Woods; Woodward; Beckham; Caddo; Canadian; Carter; Cleveland; Comanche; Cotton; Garvin; Greer; Grady; Harmon; Jackson; Jefferson; Johnston; Kiowa; Love; Marshall; McClain; Murray; Pontotoc; Pottawatomie; Seminole; Stephens; Tillman; Washita.

#### **Eastern District shall now consist of the Counties of**

Cherokee; Craig; Creek; Delaware; Kay; Mayes; Nowata; Osage; Ottawa; Pawnee; Rogers; Tulsa; Washington; Adair; Atoka; Bryan; Choctaw; Coal; Haskell; Hughes; Latimer; Leflore; McCurtain; McIntosh; Muskogee; Okfuskee; Okmulgee; Pittsburg; Pushmataha; Sequoyah; Wagoner.

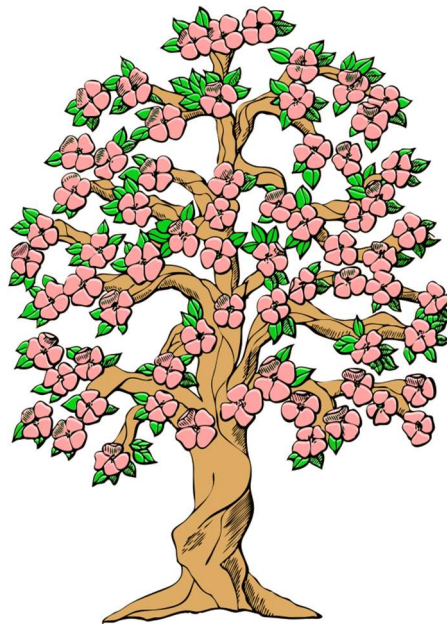
- Each District shall have bylaws provided they do not conflict with the Oklahoma State Council bylaws and shall provide a current copy of those bylaws to the State President and Parliamentarian.
- Each District shall have one (1) voting member on the State Executive Board, which shall be the District Coordinator.
  1. Coordinator shall attend all State Council meetings.
  2. The number of District meetings shall be the discretion of the District.
  3. One (1) meeting shall be a Leadership Seminar.
  4. The district Secretary shall provide minutes to State Recording Secretary within thirty days after the meeting.
  5. District Awards will be given in the District.



**The Proposed Changes were approved during an Executive Board Teleconference meeting on Saturday March 2, 2019 and will go to a vote at 2019 OK State Convention.**

Please read and review the proposed Bylaw Changes and be prepared to vote.

Thank you, Judy Cravens Parliamentarian



# 2019 MARC CONFERENCE

## "Lighting Up the Queen City"



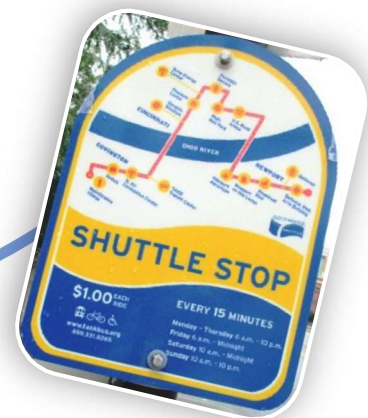
OCTOBER 11-12, 2019

**EMBASSY SUITES CINCINNATI – RIVERCENTER**

[HTTP://EMBASSY SUITES3.HILTON.COM/EN/HOTELS/KENTUCKY/EMBASSY-SUITES-BY-HILTON-CINCINNATI-RIVERCENTER-CVGCVES/INDEX.HTML](http://EMBASSYSUITES3.HILTON.COM/EN/HOTELS/KENTUCKY/EMBASSY-SUITES-BY-HILTON-CINCINNATI-RIVERCENTER-CVGCVES/INDEX.HTML)

**ROOM RATES: KINGS W/SLEEPER SOFA – 159.00 + TAX**

**COMPLIMENTARY Parking, WIFI, Breakfast and Manager's Reception**



**BLINK**  
CINCINNATI, OH



# "Lighting Up the Queen City"



34<sup>th</sup> Midwest Area Regional Council Conference Covington, Kentucky  
October 11-12, 2019

**Hotel Information (Covington, KY is across the river from Cincinnati, OH)**  
Here's the booking link and the code, along with booking instructions

<http://group.embassysuites.com/EpsilonSigmaAlpha>

The booking code is ESA

Here's the reservation instructions for those that choose to book over the phone:

Guests can call by 9/19 to make their reservation and secure the group discounted rate  
\*Due to the City Wide event BLINK Cincinnati, the hotel encourages guests to book early\*

Call the main hotel line 24 hours a day at 859-261-8400  
Press 1 for reservations

Please confirm the dates of the stay, and reference group "Epsilon Sigma Alpha" OR group code ESA.

A credit card will be required to be given to confirm the reservation. Nothing or charged or authorized in advance. All reservations have a 48 hour cancellation policy.

If you need to stay additional nights beyond the contracted dates of 10/10-10/12 you must call the hotel directly at 859-655-4677 during normal business hours Mon-Fri to extend your reservation at the group rate. We offer as many as 3 nights pre/post event at the group rate, based on hotel availability



Blink Cincinnati is a four-day festival that offers large-scale architectural projections and interactive art pieces throughout a 20-block area from the banks of the river to Findlay Market. The festival is free and open to the public.

Blink Cincinnati, the record-setting lights festival that took over more than 20 blocks of downtown Cincinnati and Over-the-Rhine last fall, has announced it will return. The art and large-scale projection mapping festival, the only event of its kind in the U.S., will return October 10-13, 2019. Blink will continue to be free to the public.

Blink drew more than 1 million people to the urban core — more than double what was predicted — to gawk at its whimsical, larger than life art installations that were the product of work from more than 100 artists around the world.

Just how big was last year's Blink? Here are a few numbers:

- 22 projection mappings
- 35 light-based art installations
- 8 murals by international artists
- Nearly 500 volunteers
- More than 100 artists participated, including 60 from Cincinnati
- Zero police incidents
- 27,000 Cincinnati Bell Connector rides (streetcar)
- 70 million traditional media impressions
- 7,000 Instagram posts

“The spirit of BLINK is the joy we all found in a shared moment of art and light,” said [Tim Maloney](#), president and CEO of the [Carol Ann](#) and Ralph V. Haile Jr./U.S. Bank Foundation and the mastermind behind the festival, in a press release.

To learn more about BLINK Cincinnati, check out [www.blinkcincinnati.com](http://www.blinkcincinnati.com)

## Sigma Chi, Inola Chapter Chatter

Sigma Chi has partnered with the Inola Elementary School for Hope for Heroes celebration since 2011. November 12, 2018 was an awesome Veterans Day celebration. Our state president, Margaret Kramer represented ESA and Sigma Chi well and presented a very touching commentary. The Rogers county Blue Star Mothers also partner with Sigma Chi and has for the past six years.

Sigma Chi furnished stick flags for the children and yellow ribbons for all who attended. We made 650 ribbons and ran out!!

### A heartwarming celebration: **GOD BLESS THE USA**





**Sigma Chi, Inola Cont.**





## Beta Iota, McAlester

The ladies of Beta Iota have had a fun filled past couple of months. We volunteered at the Friendship Kitchen in Eufaula under the direction of Margaret Kramer. We prepared a lunch meal for around 100 individuals in the Eufaula community. We also completed our annual Strawberry Fundraiser for Valentines Day. We prepared chocolate covered strawberries under the direction of Beta Iota President Jeannie McCabe. Lastly, we held our annual Mom Prom last weekend at the McAlester Country Club. We hosted around 75 women who ate and danced the night away. We love raising money and serving those in our community. Thank you, Annette Nichols, for making the evening such a success. Be on the lookout for the Beta Iota flash mob performance. We know how to boogie!!

We are also so very proud of our own Margaret Kramer. She has served as ESA President this past year. We are helping her plan the State Convention and can't wait for you all to attend. Margaret is such a blessing to Beta Iota. We are so proud to be her sister!! Great job Margaret you are AMAZING!!!



Beta Iota, Cont.



## Zeta Gamma, Shawnee

Where has the year gone? Seems like only yesterday Peggy was installed as our President this year and here we are on the verge of a new president and officers. We elect right before convention and next month that is upon us.

Thanks to the great leadership from all Zeta Gamma officers, it has been a wonderful year. We are all looking forward to planning for installation of next year's officers.

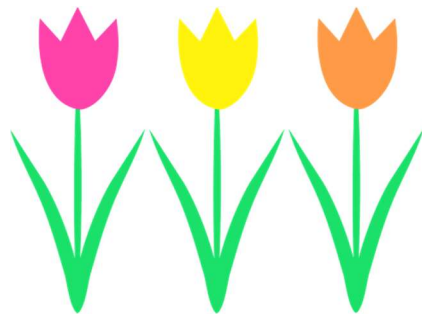
Speaking of convention, are your bags packed yet? Have you registered? All members of Zeta Gamma that are going have done this task and made reservations at the hotel. Plans have been discussed for the silent auction item, and we think everyone will want to bid on our donation. Be sure to check it out. We think you'll want in on the action.

We had our annual St.Patrick' dinner and social, which is always fantastic. Thanks to Peggy and Paul for the terrific food, and to Dee for a great fruit salad. Fun times were had by all.

Thanks to our District IV coordinator, Patty Heer, who guided us well and we are all happy to be combing with District II and creating the new Western District of Oklahoma. Full steam ahead and on to bigger and better meetings and involvement in the future.

Hope to see you all at convention as we celebrate "An Evening in Paris" and induct Linda as the next great Oklahoma president who will, no doubt, lead us in yet another year of terrific learning and volunteerism.

See you at convention,  
Gwen Beasley





Delta Kappa, Norman



Delta Kappa, Norman Cont.



## Delta Kappa Petticoat Journal Article-April/May 2019

It's been a long road but we finally finished our Ways & Means project of scanning tickets for the football and basketball games for OU. Starting in Sept. we worked 35 games finishing on Mar. 5, 2019 with a sigh of relief. We are extremely happy to be done with this project and very pleased to have made more than our budgeted amount. The success of this project is due to our W & M chair, Georgia Smith, organizing and working along with several of our Delta Kappa members who dedicated an abundance of hours. We also have to give a big thank you to Danny, Gary & Bruce, our significant others, for helping us.

Vivian, Gwynn Nell, Linda, Gloria & Janice attended the State Council meeting on Mar. 9, 2019 in Tulsa. It was a very enjoyable day with a great meeting, good food and plenty of visiting with other Okla. Sisters.

Sharon & Bruce, Georgia & Danny, Vivian & Charles and Janice (Gary spent his time eating pancakes with Faye& Mitch) assisted Linda with hosting a "Fat Tuesday" Pancake Supper at the Noble Senior Citizens Center on Mar. 5. We had a blast flipping pancakes and serving our customers generous portions of pancakes, sausage and bacon. It was delicious. Linda did a great job of organizing this project and made a nice profit for Delta Kappa.

Vivian, Georgia, Helen, Linda and Janice met for our monthly breakfast for Feb. at Carol's Restaurant. We enjoyed the great food and the time spent relaxing and visiting. Our next breakfast social for Mar will be at Ozzie's Diner at the Norman Airport.

Linda, VP, conducted a pledge ceremony for Faye Alexander in Mar. She has been contributing to Delta Kappa for a long time, but now it's official. She is one of us. Congratulations Faye!!!

Due to two very successful garage sales in June and Feb. we were able to send generous donations to Easter Seals, Woven Life and St. Jude's.

Plans are being made to host a "Spa Day" for the lady veterans who reside at the Norman Veteran's Center in Norman on May 1. This will be a special day to pamper the ladies with beauty products and refreshments to honor them for Mother's Day and for their service to our country.



## Delta Kappa, Norman Cont.

It's almost time for another fun convention and several of us are looking forward to attending "April in Paris" in Tulsa. This is a special time for us since our own Linda Leveridge will be installed as the Okla. State President for 2019-2020. Congratulations Linda!!!! We are proud of you and all of your accomplishments in ESA. We look forward to setting up your installation and being a part of your ceremony. We know it will be a busy year, but Delta Kappa will be there to support you!!!!



## OMEGA PI

On Sunday morning October 14, 2018, Melba Spain passed away. Born on April 1, 1934, she was 84 ½ years of age. Melba was a 60 year member of ESA and was true to her heart being dedicated to helping others in need. Her death was a total unexpected shock, especially to me, her baby sister. I was in ICU at St. Francis when my children told me. A Life Memorial Service was celebrated in her honor on October 29. ESA members recited our ESA closing ritual for our Sister Melba. I was still hospitalized and was told it was moving. Thank you Ladies. Several tables of memorabilia were displayed. Melba marched to a different drum at times and I believe she is still marching for her beliefs and giving a helping hand. Current reports from her doctors were good. A very special sister in ESA and in my family. I missed her Memorial Service and miss her dearly every day but she will be with me forever. I love you Sister. (See Memory of Melba Jean Spain article).

Omega Pi members were hostesses for the TAC meeting in November.

Our members gathered donations for a Veterans Basket. Melba usually made the bow and decorations, not this time. Peggie Sprinkle picked up our donations and a gift card for the Thanksgiving dinner meat.

We provided \$75 Christmas Gift Cards for each of four Oklahoma School for the Blind students.

On December 1, 2018, the Annual ESA Candlelight Dinner at Freddie's Steak House in Sapulpa was attended by Anne Jones, Cindy Whitehead, Joan Nightingale, Marie DuCharme, Marilyn Naas, and Mitzi Joy. Carolyn Womack absent due to hospitalization.

Our Christmas party was in Anne Jones home on December 16<sup>th</sup>, with a delicious dinner and Secret Sister gift exchange. Thank you Anne, you are a wonderful host.

Our January social was in Cindy Whitehead's home. We enjoyed dinner and a movie together. This was my first ESA function since September of last year. I am playing "catch up". I am happy to see my ESA Sisters and very sad to have lost one, my true older sister, Melba. I miss her and my heart aches.

Per Anne Jones, President, Omega Pi has officially disbanded with the choice to be a member at large or join another chapter. It was felt we did not have enough members left to sustain a chapter. We have a received an invitation to join Kappa Alpha. Kappa Alpha has invited us to a social March 23<sup>rd</sup> at Sharon Barnett's home. Omega Pi, at the present time, are in limbo, Decisions will be made in the future by each member. Bye, Bye Omega Pi.

Carolyn Womack 03-15-19

Omega Pi, Cont.



Omega Pi, Cont.



*In Loving Memory*



*Melba Jean Spain*

*April 1, 1934 - October 14, 2018*



## **TULSA AREA COUNCIL**

***"Never part with your loved one angry, you are both lifted***

***by saying "I love you" and you can never say it too often."***

**On December 1<sup>st</sup>, at Freddie's Restaurant in Sapulpa, our 2018 Annual TAC Candlelight Dinner was again enjoyed. Thanks to all for their support and hard work for a successful evening. It is appreciated.**

**Installation Ceremony of 2019 officers presided by Barbara Childers, Kappa Alpha**

### **2019 TULSA AREA COUNCIL OFFICERS**

**President: BRENDA YATES, Kappa Alpha, Tulsa**

**Vice-President: ROSELIE GRIFFIN, Sigma Chi Inola**

**Treasurer: MARILYN HIGHT, Beta Gamma, Tulsa**

**Secretary: CHARLENE LAW, Sigma Chi, Inola**

**Parliamentarian: LESLIE FARABEE, Eta Mu, Owasso**

***"Shine bright like a Diamond" Brenda's Theme***

### **2018 TULSA AREA COUNCIL OFFICERS**

**President: LESLIE FARABEE, Eta Mu, Owasso**

**Vice-President: BRENDA YATES, Kappa Alpha, Tulsa**

**Treasurer: CHARLENE LAW, Gamma Delta, Tulsa**

**Secretary: PEGGIE SPRINKLE, Beta Gamma, Tulsa**

**Parliamentarian: DAWN HALEY, Gamma Delta, Tulsa**

***"Join me in the Magical Garden of ESA" Leslie's Theme***

**Some of last year contributions: Bunco Bash \$2,340 for Community Food Bank of Eastern Oklahoma, Deb Hughes, representative; Kendra Scott Jewelry \$461.68, Dawn Haley, Organizer; Clarehouse and Wish List Shower \$100; Emergency Infant Services \$500. We worked throughout the year with "The Dream Home" and "Walk/Run" for St**



Jude's Children's Research. Our adoptive children at OKLA School for the Blind and OKLA School for the Deaf, Veterans and other numerous charity work will continue in 2019.

Gamma Delta received attendance Recognition Award for best TAC Attendance, presented by Peggie Sprinkle.

Oklahoma State Council President, Margaret Kramer, presided over the lowering of the gavel for Leslie and the raising of the gavel for Brenda, while their daughters Liddie Farabee unpinned Leslie and Sara Yates pinned Brenda. Thank you 2018 Officers, Chairs, Committees, Volunteers, all that have served and those beginning their journey this year. The dedicated work and time is appreciated!

We welcome Sigma Chi of Inola to TAC! The Chapter voted to join us, so happy to have you aboard. Again, welcome! We gain one and loose one! Omega Pi has disbanded it appeared that they didn't have enough members left to maintain a Chapter. Kappa Alpha has invited them to join their Chapter. Kappa Alpha is hosting a social March 23<sup>rd</sup> for Omega Pi. As of now Omega Pi is in limbo and members will decide later to be a member at large or join a chapter.

A Committee to update duties and procedures consists of Leslie Farabee as Chair, Charlene Law, Brenda Yates, Pat Britt, Peggie Sprinkle.

Oklahoma State Council meeting was March 9<sup>th</sup> at the Highland Park Christian Church.

Another year has passed, the Oklahoma State Council 76<sup>th</sup> Annual Convention "APRIL IN PARIS" is April 26, 27,28, 2019 at the Hyatt Regency Hotel, 100 East 2<sup>nd</sup> St, Tulsa, OK 74103. Phone (918) 582-9000. Hotel Deadline March 27. Registration deadline April 1. Registration payments to Brenda Yates. Ads to Lori Few. Ad deadline April 1.

DISASTER FUND deadline ia April 1, Peggie Sprinkle. DREAM HOME tickets go on sale March 29<sup>th</sup>. Sneak Peek on May 9, Open House May 11 through June 22<sup>nd</sup>. FOUNDER'S DAY TEA IS Sunday May 5<sup>th</sup>, 2 to 4 pm, Conference Room, Ronald McDonald House, ST JUDE "WALK/RUN" Sept 21<sup>st</sup> at ONEOK. CANDLELIGHT DINNER Nov 23<sup>rd</sup> week before Thanksgiving at Freddie's.

I thank all the kind sisters at my first TAC meeting this March since last September. Your warm welcoming, hugs, comforting of the loss of Melba and my health issues meant sverymuch to me. I felt love and you lifted my heart Still it is so empty without her. Take care, pray for our troops, those in need of our help with love and especially our country. Protect the innocent.

Carolyn Womack 03-15-19





Forever Sisters

