



*Epsilon Sigma Alpha*  
*Oklahoma State Council*

*2018 - 2019*

*Petticoat Journal*

Volume 67 Issue 2

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From the Desk of Margaret Kramer, OK State Council President

It is



impossible to believe that Summer is over and ESA Oklahoma is back in full swing. Thank you for the opportunity to represent OK at the IC Convention in Phoenix. It was a terrific week spending quality time with the OK Sisters and Brothers who attended, the State Presidents that I had the pleasure of befriending at IC Leadership, the ESA Corp. staff and the ESA family from around the globe. The District III/V Leadership meeting in Muskogee was enlightening as well as enjoyable. Both

Dream Home tickets were sold out and Chapters from across the state gave so generously of their time to hostess the homes. Great job to all involved! OK is well on its way to reaching the \$1,000,000 year for St. Jude. The Leadership meeting, Shopping on the Mall and the St. Jude Walk/Run (OKC/Tulsa) are all behind us. Where is the time going? I am confident that those of you who had the opportunity to attend Leadership had a good time and enjoyed the presenters and performers. I will be heading to South Dakota for the MARC Conference "Party on the Plains" October 12-14 and a side trip with hubby to Mt. Rushmore celebrating our 48<sup>th</sup> anniversary. Sadly, we do not formally meet until March however we have the chance to get together at the District Leaderships and future District meetings. I have asked the Board members to review their respective job descriptions and highlight any necessary changes and submit them to me so they can be updated for accuracy to comply with the State Bylaws and Standing Rules. Thank you Aletha Bolt, Webmaster for posting all the updated forms on the oklaesa.org Website. Susan Patterson, Project Director, Katlyn Spencer, OSD and I have been discussing having a Pot Luck Social gathering at the school sometime in November. We can deliver our sponsored children's gifts (save on postage), have fellowship, lunch and might consider a "gift card" exchange. No business, no agenda, no RSVP just show up with a covered dish or

dessert and have a relaxing day partying with your ESA family. Membership, what do you all think? Please share your feelings with me. Before we realize it Thanksgiving will be celebrated. I want to wish my ESA family a Thanksgiving filled with Blessings, good food and fun times.



Filled with many Blessings

I would enjoy coming to one of your Chapter meetings or events, please let me know what you are “up to” and if possible I will join you. Thank you each and every one of you for your contribution to ESA and all it represents. Continue to:

**Keep Calm – Make a Difference in ESA**





Greetings one at all:

It is that time again round up for state executive and general board officers. The time is right for you jump into action and light up Oklahoma ESA with your talents. Each and every one has something to offer and share. You could be the undiscovered we have been waiting for.

If you are interested in serving please call (405 802 6521) or email ([lleveridge@att.net](mailto:lleveridge@att.net)). Become an officers and serve your State ESA.

Linda Leveridge  
1<sup>st</sup> Vice President

# **BE CALM AND BREATHE**

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

## **5 WAYS YOU'LL BENEFIT FROM DAILY DEEP BREATHING EXERCISES**

***So, what exactly do deep breathing exercises do for you?*** When you learn to take deep, slow breaths, your body reacts in many positive ways:

**Your muscles relax.** You'll find it's difficult to maintain a lot of physical tension when you are breathing properly.

**Oxygen delivery improves.** When you breath deeply and you are relaxed, fresh oxygen pours into every cell in the body. This increases the functionality of every system in the body. You will also notice improved mental concentration and physical stamina.

**Your blood pressure lowers.** As your muscles let go of tension, your blood vessels dilate and your blood pressure can return to a normal level.

**Endorphins are released.** Deep breathing triggers the release of endorphins, which improves feelings of well-being and provides pain-relief.

**Detoxification improves.** Good breathing habits help the lymphatic system function properly, which encourages the release of harmful toxins. This cleanses the body and allows it to direct its energy to more productive functions.



## EXERCISE BASIC ROUTINE

It's not hard to reap the benefits of deep breathing. Here is a basic routine that will help you learn the ropes of deep breathing:

1. Lie down in a comfortable, quiet place. Allow yourself to be free from distractions for at least 5-10 minutes.
2. Give yourself a moment to start relaxing your muscles. Seek out places that are holding tension and release it.
3. Inhale deeply, filling your lungs with air. Bring the air into your abdomen, not just your chest. Count slowly to five as you inhale.
4. Exhale deeply, emptying your lungs completely. Again, count slowly to five as you exhale. As you exhale, release tension from your muscles.
5. Continue to inhale and exhale deeply for several minutes, counting slowly to five each time. Concentrate on your breathing and counting. Let your mind take a break from distractions.

Try and do this exercise (or something similar) at least once a day. It really makes a difference! If you can't find time to set aside just for deep breathing, then make a conscious effort to breath more deeply during everyday living,

## ***Distinguished Achievement Award***

Please look around your community for that one person who should be honored with the ***Distinguished Achievement Award!*** This is a wonderful way to honor a very deserving person for ALL the great volunteer work they do in their community! The recipient can be a man or woman in your community that you feel is an unsung hero.

All nominations must be received by March 1<sup>st</sup> of 2019. Please feel free to contact me and I will gladly send you the information you need to nominate someone. Also, the rules and forms are on our ESA website, under Distinguished Achievement Award: <http://www.oklaesa.org/Contests%20Forms.htm>

If you have any question, or if I can help in any way, please let me know!

Thank you and I'm looking forward to receiving nominations!!!

Dawn Haley, Chairman

210-685-8747

dmhaley4@yahoo.com





Ladies and Gents.....

**BOLO: Be On the Look Out**

For a youth in your community who might meet the requirements for Outstanding Junior or Senior your (or maybe both).

You might approach school counselors, youth group leaders such as Junior Achievement, scouts or your local church.

**THERE IS A REWARD FOR THE YOUTH AND YOUR CHAPTER.....**

Junior winner is to receive a \$200 and senior a \$400 cashiers check at convention. Your chapter will receive recognition also at that time. Requirements are included in the Oklahoma ESA website. Entries may also be sent to one of the co-chairs:

Byrdie Emanuel, 6710 E 75th Ct., Tulsa OK 74133

or

Mara Wheeler 321 S Linden St., Sapulpa OK 74066

PS..... BOLO: Be On the Look Out for judges also. Please reach out to Byrdie or Mara if you have a candidate

# Philanthropic News You Can Use.....

Hello ESA Sisters- For anyone who may be new to ESA, I thought this month I would share the Philanthropic Guidelines. I think this information will be of great help and assistance as each chapter works this fall on all of the amazing projects Oklahoma ESA supports. As always, if you have questions, please contact me.

The purpose of these Guidelines is to clarify that our philanthropic service is the time and money directed toward the betterment of mankind - to improve the condition and promote the welfare of those who are in need of it. These guidelines are for the purposes of ESA recognition and do not necessarily reflect IRS requirements. Please consult your accountant for clarification.

## I. General Information

- A. Hours and monies donated by an ESA member in “the name of ESA”, can be counted.
  - 1. Hours represent the time spent from beginning to completion of a project.
  - 2. Monies represent cash donations from the chapter treasury or by a chapter member to a service project.
- B. Donated Goods are estimated by figuring 15% of the retail value on used items and full retail value on new items.
- C. Roundtrip mileage (for driver only) on an ESA service project may be counted. For current rates, use the current IRS rate as of August 1<sup>st</sup> which is noted on the attached form.
- D. Civic services are community projects, not necessarily related to ESA projects.
- E. Individuals can count volunteer service hours done in an education setting or group activity even if their child is involved. Church activities cannot be counted if a member is employed by the church. Activities done for an organization associated with a church can be counted provided the chapter members are doing their philanthropic works in the name of ESA and it is indicated as an official chapter project in chapter minutes.
- F. Service monies are the portion of ways and means projects donated to charitable and civic projects.
  - 1. If all the proceeds are donated, count all monies and total hours spent raising funds.  
If proceeds are divided among several projects, monies and hours should be divided on a percentage basis.
  - 2. If only a portion of the proceeds are donated, count only a portion of the hours and money. Figure which percent of the net proceeds is being donated, and count the same percent for hours.
  - 3. If a fundraiser event is specified or advertised as a “benefit” for any philanthropic project(s) total net proceeds must be donated to project(s).

II. **Hours and monies** for ESA Affiliated Projects (i.e., St. Jude Children’s Research Hospital- ESA for St. Jude, National Easter Seals Society, ESA Disaster Fund, and ESA Foundation) should be counted the same as any other project.

III. **Special**

A. Babysitting-member may count hours on a project when sitting for an ESA member working on an ESA service project. (Do not count monies paid to a sitter)

B. Aid to an ESA member - count hours/monies should a member be “in need or disabled” due to chronic/terminal illness or other disaster or extreme setback.

C. Blanket Statement – At the beginning of the year, Chapters should indicate all of their major projects; members can count hours/monies donated towards these specific projects. All

Philanthropic Year – June 1 - May 31 is the Reporting Period. These dates are for the IC Philanthropic year for reporting and competing in awards presented at the International Convention only. This should not be made a requirement for each State or Chapter to follow for philanthropic reporting.

IV. **Clarifications**

A. Homemade Items donated to a philanthropic-service project – count time spent making, baking, etc. and the value of materials used in the items. Homemade items cannot be counted as cash until they have been sold.

B. National Drives, Radiothons/Telethons

1. When an event is totally organized by ESA, count all hours worked
2. monies received, less expenses
3. If a Chapter only performs part of the work, count hours only. The percentage factor on the ESA chapter’s responsibilities, and mutual agreement between the fund- raising organization and the ESA chapter(s) prior to the event, will determine the monies credited to ESA.

C. St. Jude Children’s Research Hospital

1. Reporting is counted the same as any other ESA service project. Count all hours/mileage and net monies donated.
2. Do not count extra hours or monies spent on a complimentary room voucher for working in a distant city for a St. Jude event.

D. National Easter Seals Society

1. Reporting is counted the same as any other ESA service project.
2. Check with your local Easter Seal Coordinator relative to the “Cartridges for Kids- Easter Seals” project.

E. Bloodmobiles and Blood donations

1. Count chapter hours for sponsoring the drive and registering donors, etc.

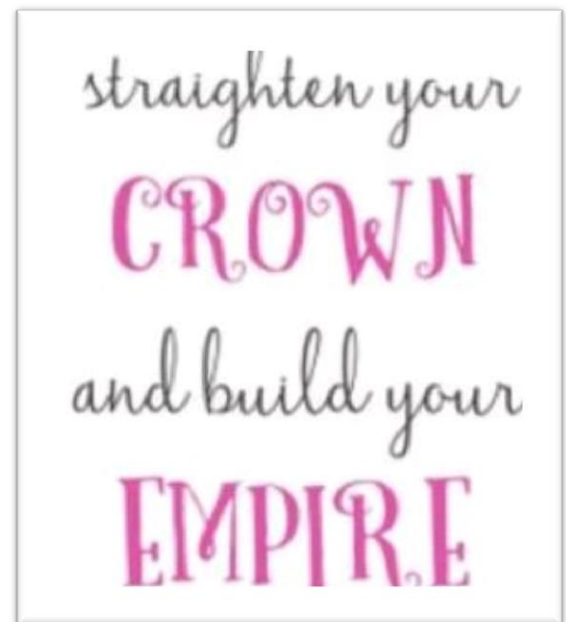
2. Count ESA member's blood donation (whole blood = \$50 per pint & platelets = \$200 per pint)
- F. ESA Foundation Turn-Around Fund
1. Make your chapter check payable to "ESA Foundation".
  2. A form can be found on the Foundation website [www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org), or through your ESA Foundation Counselor or the ESA Foundation, 363 West Drake Road, Ft Collins, CO 80526. Telephone: (970) 223-2824.
- G. Cash Register Receipts
1. Receipts redeemed for computers and other school equipment may be counted as a donation.
  2. Count only 12.5% of the total amount of the receipt, not the total amount
- H. Manufacturer's Coupons
1. Count manufacturer's coupons donated as part of a service project as face value stated on coupon.
  2. Count chapter hours for preparing donated manufacturer's coupons.

**"You may delay, but time will not, and lost time is never found again."**



Lori Few, Philanthropic Chair  
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philanthropic@oklaesa.org

**-Benjamin Franklin**



PJ Article – Sept. 5, 2018

Linda Voss – Membership Co-Chairman



Ladies, how exciting this time of year is with the hopes of cooler weather, fall leaves blowing about and best of all, getting back to our ESA activities!! I hope you have planned some rush activities and are looking for those new sisters with both eyes and all of your heart!! Our membership reports an over all increase of 2 members. Glad for a positive number, but I really believe we can do even better. I hope to have seen many of you at our Oklahoma State Leadership Seminar, but if not, I have something I really need you to do. I've asked previously for you to think yourselves and with your chapter members about where you see your chapter in 5 or 10 years. What will it look like? Where do you hope to direct it? What are your plans to get there? Please send me an e-mail at [lindavoss365@yahoo.com](mailto:lindavoss365@yahoo.com) and let me know what you come up with. Also, put down in writing your "why". Identifying your "WHY" has been a real buzz word for a bit now, but is very helpful in planning the

future of your chapter and ESA as a whole, but also helps you to identify and tell those around you about ESA and help them find in ESA their “WHY”. Maybe they need to feel they are making a contribution to a cause bigger than themselves, or maybe they enjoy the fellowship of sisters, or getting together with the best people around for some coffee. Whatever their “WHY”, we have it in ESA. Don’t forget to consider starting new chapters when you find a few people with like needs and interests that could enjoy ESA like you do on their terms. Lola and I are here to help in any way you will allow us to and we want to hear from you.

Hoping to hear from you soon,

Linda Voss

Membership Co-Chairman

[Lindavoss365@yahoo.com](mailto:Lindavoss365@yahoo.com)

405-694-0928



## District II Coordinator



Happy Fall ya'll!!!

Sisters, this article brings some exciting news. District II & IV will combine. We will become one. The committee is hard at work ironing out all the details.

District II will have their Leadership Meeting November 10<sup>th</sup> at the First United Methodist Church in Clinton. This will be the last District II meeting before the merge. I am inviting EVERYONE to attend. Stay tuned for more details to come.

Blessings for a wonderful Thanksgiving.

Darla Barton

District II Coordinator



Chaplain Report  
Charlene Law



We survived another Oklahoma Summer and looking forward to a cool and colorful fall. We had several ESA sisters and families in need of our thoughts and prayers these past few months. I am sure they all appreciated knowing they have the love and support of the ESA members. Please continue to keep our members in your prayers we may not always know what they may be dealing with on a daily basis. Please continue to notify me of any special requests of our members and their families.

Cards have been sent to the following ESA sisters and family members.

Charlene Harrell- Death  
Rosalie Griffith's husband – Rocky Mountain spotted fever  
Doris Kemp, Beta – Death  
Judy Cravens - Loss of sister  
Dr. Billye Peterson- Knee Surgery  
Ramona Bench-Loss of sister  
Peggy Hughes – Cardiac Catherization  
Peggie Sprinkle-Stomach Surgery  
Polly Shoemake-Shoulder Surgery  
Linda Southerland-Brain Surgery  
Margaret Kramer's husband-Hand Surgery  
Lauren Marcotle-Death  
Charlene Law-Loss of brother in law

**Take time to be thankful for everything you have  
You could have more *but* can always have much less!**



Be who you are and say what you feel  
because those who mind don't matter  
and those who matter don't mind!

Mark Twain





Greetings Everyone. I hope your summer is going well. Fall is quickly approaching, this means that Scholarship season is here and I need your help in getting the word out about the more than 200 scholarships the ESA Foundation offers each year. Each year an email is sent to the students who have signed up to be notified when the applications are available. Please help make this email reminder the biggest we have ever sent! The applications will be available October 1 until February 1. February 1 is the deadline.

The applicants can go on line at [www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org) to apply. They must apply for the scholarships listed in their home state, regardless of where they are enrolled in school. They can apply for as many scholarships as they like, but there's a \$5.00 fee for each application.

What I need from you, is for you to call, text or visit 10 people who fit into the following categories in your area and tell them about the scholarship opportunities available to their students through the ESA Foundation.

High School Counselors

Junior High School Aid Officers

Four Year University Student Aid Offices

Organizations who work with non-traditional students

Scholarship fairs at High Schools, Junior Colleges and colleges

A common question you are likely to be asked by School Counselor is do we charge a fee? The short answer is this: Yes we do charge a fee. The fee covers the marketing, website and maintenance cost so that all of the donations can go to scholarships.

Several times in the past there have been some of our scholarships that didn't have any applicants let's not let that happen this year.

The next PJ I will talk about some of the programs that the Foundation has other than the scholarships. Remember keep your membership current. Dues are \$15.00 annually and \$25.00 to join.

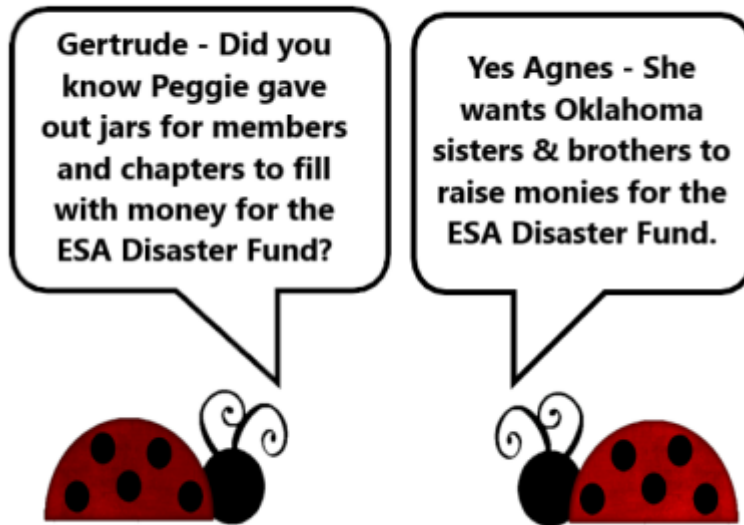
"Be your best self and always inspire others"❤️☐

Vivian Gibson



ESA Foundation State Counselor

## **ESA DISASTER FUND - Peggie Sprinkle, Disaster Fund Chair**



**Hello Oklahoma ESA chapters - have you started saving money for the ESA Disaster Fund? One chapter I know of has been passing a jar around to collect money at each chapter meeting. What are you doing in your chapter? Also, I know of some members who are collecting money on their own and then will bring to their chapter.**

**Please try to have a fund raiser for the ESA Disaster Fund - your ESA sisters need your help! Mail your checks made out to the ESA Disaster Fund to me - 8201 E Norman St, Broken Arrow 74014. If you have a need for the ESA Disaster Fund, please contact me. Any questions: [peggie.ok.esa@gmail.com](mailto:peggie.ok.esa@gmail.com) or leave a message at 918- 813-3382.**

**Hugs & blessings to all and have a great Halloween and Thanksgiving with family and friends.**

## Delta Kappa Chapter Chatter

While Delta Kappa was on a summer break from our usual monthly business and educational meetings, we met for two very enjoyable socials. Linda Leveridge arranged for us to meet at Teaoil's (see pictures below) in Norman to sample all of the "Oh So Good" infused olive oil, balsamic vinegars and tea. We had so much fun sampling all the delicious flavors. After finally making our selections of what we wanted to buy we went next door to Louie's for a yummy lunch and lots of visiting. Gwynn Nell Swanson hosted the annual ice cream social in Aug. We look forward to this event each year because Gwynn Nell continues to spoil us with homemade ice cream and special toppings. Vivian Gibson provided us with some surprise entertainment. We had a showing of one of our previous convention skits, "Rollin on the River" to promote Joyce Gibson running for an office. It was a blast from the past to watch. Our hair was long (courtesy of wigs) and our dresses were SHORT!!!! It was a fun and productive evening with some preplanning to get our year started.

Officers leading us this year will be Vivian Gibson, President; Linda Leveridge, Vice-president; Glorria Torres, Secretary; Janice Shockley, Treasurer; Betty McCallister, Parliamentarian; Katie Wamser, Educational Director; Georgia Smith, Ways & Means; Helen Checorski, Philanthropic. Delta Kappa will have an excellent year with the strong and capable leadership with these ladies!

Our ways & means project started by working two OU football games on Sept 1<sup>st</sup> & 8<sup>th</sup>. Georgia, ways & means chair has the schedule organized for us to work 5 more football games for Sept., Oct. & Nov. before we start working at the OU basketball games in Nov. It takes lots of time and dedication to complete this project that continues through Feb. 2019 but it is really a good income to support our budget.

Vivian, Linda, Glorria and Janice will be attending the State Leadership meeting in Tulsa on Sept 15. We are looking forward to a fun day with learning new things and some shopping as well.

Sharon Storms, co-social chair, is planning our next social to "Grape Stomp" at the Canadian River Winery in Slaughterville on Sept. 30<sup>th</sup>. Each member stomping grapes can personalize a T shirt with their own grape stained foot print. Linda, co-social chair is making arrangements for us to attend the annual Halloween costume party with live entertainment at Native Spirits Winery in Norman on Oct 26. Each member will bring a finger food to share and enjoy with the wine made by Native Spirits. The frozen Peach Bellini is a favorite selection!!! Have you noticed a trend in our socials? They all involve food and wine!

Educational Director, Kattie Wamser, announced her educational theme will be "Stay Calm, Relax and Enjoy Life". The first program will be on meditation. (Can we have some wine with that---just kidding)

Georgia is planning a garage sale for Oct. 19<sup>th</sup> & 20<sup>th</sup> at Goodrich Church in Norman. We have lots of fine merchandise including some nice furniture to sell. Please come by to shop with us! We will have something of interest for everyone. (pictures of a previous garage sale below)

Fall is on the way ---enjoy the crisp weather, beautiful fall colors, spooky Trick or Treaters and those special Thanksgiving traditions and delicious feast with your loved ones !!!!

Until next time, Blessings to each of you-----

Janice Shockley, Delta Kappa, Norman

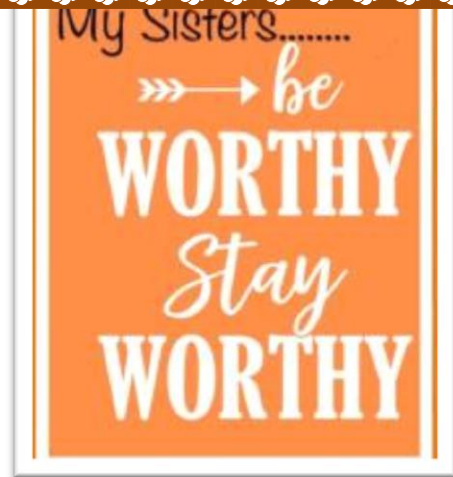


Delta Kappa Pictures



# Chapter Chatter

## Beta Iota #4283



Beta Iota is off to a great start. We are ready to get to work with our sisters and continue in our tradition of excellence in serving our community. This summer Beta Iota conducted our 39<sup>th</sup> annual Miss McAlester Scholarship Competition on Saturday, June 23, 2018. Our new Miss McAlester 2019 is Marra Juarez and our new Miss McAlester's Outstanding Teen 2019 is Emilee Coxsey.

The summer continued with International Convention and we are thrilled to support our current Oklahoma ESA State President, Margaret Kramer. She is doing a wonderful job energizing our membership across the state.

Our first chapter meeting is September 20<sup>th</sup> and we have some exciting events ahead. Our Beta Iota President, Jeanie McCabe has chosen the theme of "My Sisters, Be Worthy, Stay Worthy."

Please make sure you join Epsilon Sigma Alpha International at the St. Jude Walk/Run to End Childhood Cancer on September 22<sup>nd</sup> in Tulsa at ONEOK Field. Follow us for all the fun and sisterhood on Facebook @BetaIotaMcAlester



**Zeta Epsilon Chapter #4614—Seminole**: was chartered in 1941 as **Beta Epsilon #410** with eleven charter members. **Beta Epsilon** was active from 1941-1958. **Beta Epsilon** was reorganized in 1976 as **Zeta Epsilon #4614**. Now, we have been active for forty-one years and proud of it!

**Zeta Epsilon** meets the first Tuesday of each month. Each ESA members take turns hosting the meetings in their homes with two ESA sisters serving as co-hostesses for the evening. Meetings usually include an educational speaker, business meeting, social chatting, and discussions about things the local chapter may do to better our small community of Seminole.

Before the Seminole Chieftains Homecoming and football game, our chapter host our “Annual Soup & Stew Dinner” which is our main fundraising event for each year.

In our earlier years, our chapter projects varied from Bake Sales, Garage Sales, Helped Chamber of Commerce with Circus, Fried Chicken Dinner for Bikers, Valentine Dance, Raffle of Green & White Afghan at SHS football game, OK Lion’s Club Eye Bank Telethon, ESA Follies, All Night Gospel Sing Concession, Kiwanis NW Olympics Concession, Hearing Screening at Lincoln, Wilson, & NW Schools, Seminole Gusher Days, 5<sup>th</sup> Grade Kite Flying Contest, Salvation Army at Christmas, Christmas & Homecoming Parades, Fed KWTW Channel 4 @ City Wide Picnic, 50’s & 60’s Dance, Rent-a-Santa, Tasting Party & Silent Auction, Adopted Children Sulphur School for the Deaf, St. Patrick’s Day hats to OKC Children’s Hospital, and SHS Academic Letter jacket. There are many more projects that our chapter participated in but, the list must come to an end!!!

Our present projects are: Camp Goddard scholarship for a 6<sup>th</sup> Grader, Jasmine Moran Children’s Museum, Interfaith Food Bank, Adopted Student @ OSB, Seminole Snowman Wonderland @ Reynolds Wellness Center, Seminole Chocolate Fest, Needy Family at Christmas, St. Jude Dream House, and Cheryl Conyers Memorial Scholarship for two SHS seniors.

The fourteen ladies of **Zeta Epsilon** always enjoy the wonderful dinners that are served at our monthly meeting and that is when the FUN begins!!!

Submitted by Debbie Lyon & Shirlene Davidson

Pictures From Seminole



OMEGA PI CHAPTER CHATTER

***“THE FRAGRANCE OF GREEN GRASS AND COLORFUL FLOWERS, BIRDS SINGING,  
FLUTTERING BUTTERFLIES, DELIGHTFUL COOL RAINS, WARMING SUN SOON WILL BE FADING. ENJOY THESE  
DAYS WITH THE ONES YOU LOVE AND BY GIVING TO OTHERS”***

***TAC BUNCO BASH on August 3 was a success, raising \$560 on raffle gifts and for \$1,760 admission for a total of \$2,320. A check will be issued to The Community Food Bank of Eastern Oklahoma which will be matched by the Masonic Fraternity of Oklahoma making a grand total \$4,640. Hurrah! Margaret Kramer, State President greeted guests and members. We had 20 tables of four playing. Total attendance was 86. The abundant food, drinks, snacks, prizes and laughter provided a fun evening for all. Thank all that helped for your donated talents, hard work and time. Omega Pi sisters attending: Cindy, Joan, Marie, Marilyn, Melba and Carolyn.***

***Officer changes due to the death of Mary Ann Emery; Marie DuCharme is our Treasurer and Marilyn Naas is our Educational Director. Thanks ladies.***

***Our social on August 29, was at the lovely home of Ann Jones. Our dinner was a tasty salad buffet. Several ladies were eyeing a delicious looking bundt cake on the table. An explosion of laughter filled the room when someone discovered it was a large wax candle! Visiting and laughter moved to Anne’s gorgeous backyard for relaxation. Some of the ladies swam in the beautiful cool pool. Enjoying the evening together were Anne, Cindy, Joan, Marie, Marilyn, Melba, Mitzi and Carolyn. Thank you Ann, you are a wonderful hostess.***

***Tuesday, September 18<sup>th</sup>, 6 to 8 pm. Enjoy refreshments, light bits & shop for a cause with ESA 20% of proceeds benefit the Community Food Bank of Eastern Oklahoma. Kendra Scott, 1842 Utica Square  
KENDRA SCOTT***

***Saturday, September 22, The St Judes Walk/Run to end childhood cancer is at OneOK Park. You may still donate, contact Deb Hughes***

***We are looking forward to Saturday, September 29, to our Grove annual trip to Donna Gibbs-Crawford’s home for an overnighter filled with laughter, visiting shopping, dining, adventure and playing games. We will be in the country, nature!***

***Reserve, Saturday, December 1<sup>st</sup>, at Freddie’s in Sapulpa, for the Annual Candlelight Dinner. Menu will be the same as last year. Braised Beef Tips with Roasted Vegetables, Tequila Lime Chicken Breast, mini Cabbage Rolls, Tabouli, home style Green Beans, Mashed Potatoes, Salad, bread and butter, drinks, and a Desert bar. There will be a mini bar for wine, etc. for purchase. (Let’s go now, this makes me hungry.)***

***Bless those in need, emotional or physical.***

***God bless those that serve the USA for our daily freedoms.***

***Carolyn Womack 09-15-18***



# Omega Pi Pictures



## TULSA AREA COUNCIL

***“THE FRAGRANCE OF GREEN GRASS AND COLORFUL FLOWERS, BIRDS SINGING,  
FLUTTERING BUTTERFLIES, DELIGHTFUL COOL RAINS, WARMING SUN SOON WILL BE FADING. ENJOY  
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***Judi York presented Leslie Farabee, 2018-2019 President, a plaque from St Jude Children’s Research Hospital recognizing ESA, Tulsa for 2018 \$1,100,000 support to help save lives. Dawn Haley, 2017-2018 President, received a plaque for recognizing 2017 \$1,025,000.***

***Tuesday, September 18<sup>th</sup>, 6 to 8 pm. Enjoy refreshments, light bits & shop for a cause with ESA 20% of proceeds benefit the Community Food Bank of Eastern Oklahoma. Kendra Scott, 1842 Utica Square, will do the donation for the sales directly to the Food Bank.***

***Saturday, September 22, The St Jude’s Walk/Run to end childhood cancer is at OneOK Park. You may still donate, contact Deb Hughes.***

***Reserve Saturday, December 1<sup>st</sup> at Freddie’s in Sapulpa, for the Annual Candlelight Dinner. Menu will be the same as last yea; Braised Beef Tips with Roasted Vegetables, Tequila Lime Chicken Breast, mini Cabbage Rolls, Tabouli, home style Green Beans, Mashed Potatoes, Salad, bread and butter, drinks, and a Desert bar. There will be a mini bar for wine, etc. for purchase. (Let’s go now, this makes me hungry.)***

***Bless those in need, emotional or physical.***

***God bless those that serve the USA for our daily freedoms.***

***Carolyn Womack 09-15-18***

**ST. JUDE DREAM HOME Giveaway**



**St. Jude Children's Research Hospital®**

Proudly Recognizes

**Epsilon Sigma Alpha**

**Tulsa, Oklahoma 2018**

For their support, raising \$1,100,000  
to help St. Jude save lives.

*Thank you*  
*from the kids of St. Jude.*



## Gamma Zeta Chapter Chatter



Pictured left to right: Brad Theissen, Abby Rener, Kailey Kerr with Foster Signature Homes, Trey Sharp with Bosch, Malcom with Fox 25, Emily Dover, Tietje German, and Dr. Billye Peterson reveal final contribution.

The lucky winner of the St. Jude Dream Home was announced!! Dreams do come true. The Dream home raised \$725,991.00. This record fundraiser raises hospital awareness and funding for kids fighting cancer and other life-threatening diseases. The construction of the home would not be possible without the generous support of the community and loyal sponsors including: Foster Signature Homes, KOKH Fox 25, 101.9 The Twister, Edmond Furniture Gallery, 405 Magazine, The Oklahoman, Edmond Life & Leisure, El Latino American, Legacy Cleaners & Laundry, Epsilon Sigma Alpha, and national sponsors; Brizo, Shaw Floors, and Trane and Bosch. Thanks to all who helped.



Dr. Billye Peterson shows some items in the ESA closet sale September 8 in Stonebriar Addition Clubhouse

Sale! Sale! Sale! Epsilon Sigma Alpha, an international philanthropic organization, Gamma Zeta chapter is holding a closet sale on September 8 from 9am to 2pm at 19524 Crest Ridge Drive at the Stonebriar Addition Clubhouse which is off Danforth between Western and Santa Fe. Men and women's clothing, plus scarves, shoes, purses and jewelry are several of the items in the Closet Sale. The proceeds will be given to several Edmond charities. Mobile Meals, UR Special, All Things Baby, Coffee Creek Riding Stables, Free to Live, No Boundaries, Inter'l, Boys' Ranch Town, Project 66, and Salvation Army Night Watch are charities Gamma Zeta helps with volunteer hours and donations throughout the year.

## Gamma Zeta Chapter Chatter Cont.



Pictured left to right: Belinda Walker, Kathy Roderick, member, Billye Peterson, member, Peggye Wall, and Kathy Clark

Several prospective members attended the Epsilon Sigma Alpha salad supper. President JoAnn Bullard explained what Epsilon Sigma Alpha, an international philanthropic organization, does and gave information on several of the charities the group helps. Mobile Meals, UR Special, All Things Baby, Coffee Creek Riding Stables, Free to Live, No Boundaries Int'l, Boys' Ranch Town, Project 66 and Salvation Army Night Watch. State projects are Easter Seals, Oklahoma School for the Deaf in Sulphur and the Oklahoma School for the Blind in Muskogee. St. Jude Children's Research Hospital is the national project for Gamma Zeta. If interested in volunteering with this energetic group, call Linda Cogniglio at 405-919-2052.



Pictured left to right: Ruth Simpson, JoAnn Bullard. Bev Hanna-Fedde, Kathy Roderick, Sandy Robinson, Ada Blankenship, Linda Cogniglio, Laura Howells and Jacci Gantz; front row: Belinda Walker, Billye Peterson, Rosie Scheihing, and Kathy Clark

Epsilon Sigma Alpha, an international philanthropic organization, held its summer salad supper in the home of Ada Blankenship. President JoAnn Bullard explained to prospective members how the Gamma Zeta chapter volunteered for many Edmond charities and for the state projects Oklahoma School for the Deaf in Sulphur and the Oklahoma School for the Blind in Muskogee, plus volunteers for fundraisers for St. Jude Children Research Hospital as its national project. If you would like to volunteer in an active chapter, please call Linda Cogniglio at 405-919-2052.

## Gamma Zeta Chapter Chatter Cont.



Pictured left to right: front row: ESA members: Billye Peterson, Liz King, Maxine Wheeler ; second row: Tietje German, Ramona Bench, Jacci Gantz, Sandi Robinson, and Paul Robinson.

60 people attended the St. Jude floor signing of the 2018 St. Jude Dream Home. Representatives from Shaw flooring, Foster Signature Homes, 101.9 Twister, Edmond Furniture Gallery, Fox 25 and Epsilon Sigma Alpha members attended the special event. The theme is "Buy a Ticket, Make a Difference." The proceeds from the St. Jude Dream Home valued at over \$650,000.00 helps ensure families never receive a bill from St. Jude for treatment, travel, housing or food - because all a family should worry about is helping their child live. Kristi Pendleton and her son Wyatt spoke of their personal experience with St. Jude. Wyatt has been in remission for 6 years now. Tickets for the home are \$100.00 each. Contact 800-592-1596 if you would like to purchase a ticket. Giveaway is August 29, 2018.



Pictured left to right: front row: Linda Cotton, Rosie Scheihing, Veronica McCain. second row: Liz King, and Bonnie Daye (not pictured Jacci Gantz). King, Gantz and Daye sponsored the new pledges.

Epsilon Sigma Alpha, an international philanthropic service organization, pledged three new ladies. These women will be very busy with volunteering and fundraising for Boys' Ranch Town, Coffee Creek Riding Stables, Free to Live, Project 66, Mobile Meals, All Things Baby, UR Special, and No Boundaries International and Salvation Army Knight Riders. Gamma Zeta also works with Oklahoma School for the Deaf in Sulfur, Oklahoma and Oklahoma School for the Blind in Muskogee, Oklahoma. St. Jude Children's Research Hospital is their national project. Anyone interested in joining this energetic group of ladies, please contact Linda Coniglio at 405-919-2052.

## Gamma Zeta Chapter Chatter Cont.



Pictured left to right: Winnie Redwine, Kathy Roderick, Billye Peterson, and Bonnie Daye received their jewel pin to become members of Epsilon Sigma Alpha's Gamma Zeta chapter

The Gamma Zeta chapter of Epsilon Sigma Alpha, an international philanthropic service organization, held a jewel pin ceremony for three new members. Gamma Zeta raises monies to help Boys' Ranch Town, Coffee Creek Riding Stables, Free to Live, Project 66, Mobile Meals, All Things Baby, UR Special, and No Boundaries International and Salvation Army Knight Riders. Gamma Zeta also works with Oklahoma School for the Deaf and Oklahoma School for the Blind. St. Jude Children's Research Hospital is their national project. Anyone interested in joining, please contact Linda Coniglio at 405-919-2052.



Pictured left to right: Ella Sprung, Kelly Wasso, Shelley Goetz and Jacci Gantz volunteered to answer phones at Fox 25 for the St. Jude Dream Home Giveaway

Everyone who reserved a St. Jude Dream Home Giveaway ticket at the August 9 telethon was entered in a Bonus Drawing for a trip for two to Los Angeles to see "The Voice" live in November, including hotel and airfare. Of the 7,250 tickets first available for the Dream Home only 1,000 remain. Tickets are expected to sell out early. The winner will be announced August 29 at 9:00 on Fox 25. Buy a ticket and make a difference.

## Zeta Gamma, Shawnee



Wow, this summer has flown by, and it's almost time for the Shawnee chapter to get with it and get back to our meetings.

We have all been busy this summer. Most of us has spent time at the dream home, taken vacations, gone to doctors, had a fundraiser and generally taken time for ourselves. However, we are all ready to take on the year and concentrate on our fundraising and projects.

Be on the lookout because Zeta Gamma is gearing up and we are ready to roll.

See you all soon,  
Gwen Beasley