



ESA . . . CATCHING THE DREAM

Happy New Year dear ESA Sisters,

I hope today finds you resting, relaxing and ready to tackle another year of Catching Dreams for St. Jude kids, as well as our other Philanthropic projects! Time is of the essence for some of these sweet children, so let's get rocking!

First of all, I want to thank each of you who supported our efforts to raise funds for the MARC meeting. I so appreciated your generosity, and actually, Ohio was one of the top three in garnering money for the scholarships ... at least we were at the meeting. So thank you, thank you, for supporting this wonderful endeavor.

March will be fast approaching, so if someone has a workshop they are interested in doing at our meeting, please, please inform me. I know Maddie has something to do, and we

all know how creative she is, so I am sure it will be a winner.

Again, I would like some time to hear about all the events that have been occurring around the state, so we can all learn from each other. We need to learn what works and what does not. We can put ourselves out there with a new endeavor, but it is surely easier if someone has some pros and cons to share.

I am very happy to report that Amanda Rowland will be attending Leadership this year. Thank you to the ones who responded to Judi King about their chapters' suggestions. Amanda was overwhelmingly nominated to attend. Amanda, please be prepared to share about your experience. I know it will be fabulous.

I continue to lift you all in prayer. One truly never knows what

others are in the midst of experiencing. My prayer box we made last year is rather full! Just know you are covered, as well as our St. Jude kids.

Keep Catching those dreams, friends.

Blessings to all of you.

Joan Farabee,
President



A **dream** doesn't become reality through magic; it takes sweat, determination and hard work. Trust in **dreams**, for in them is hidden the gate to eternity. All our **dreams** can come true, if we have the courage to pursue them. The future belongs to those who believe in the beauty of their **dreams**.

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Points of interest . . .

- *Foundation Dues are due!*
- *St. Jude Patient Story*
- *March Meeting Deadline*
- *Headquarters News*
- *IC Convention*

CHAPTER CHATTER . . . Beta Psi

Beta Psi was moving and grooving to end 2016 with a bang.

We started November with a RUSH meeting. We hosted an open meeting and had an overwhelming amount of guests interested in joining ESA. We offered a free lunch, free information and free fun!

We are proud to say Beta Psi is growing, we now have a total of 11 members and possibly one more!!

We hosted two amazing events in November also to benefit St. Jude.

We teamed up with a new company called viaONEHOPE and hosted a wine party at Amanda



Beta Psi Rush

Rowland's home. We came, we drank, we donated! Over \$300 for St. Jude! viaONEHOPE is a company that gives back, and gives back a lot. 50% of each purchase from their company goes to a cause, and by hosting your own tasting 15% of the sales from the party goes to the

charity of your choice. It was an amazing time and even some of our friends from other chapters. came to join us!

Mandy Rowland



Delta Gamma

Fall has become a busy time for Delta Gamma beginning with the St. Jude Walk/Run on September 24, our candy fundraiser the month of November and the WGAR St. Jude Radiothon December 1 and 2.

The St. Jude Walk/Run was held in a new location this year, Edgewater Park in Cleveland, with 600 participants. It was a chilly, damp morning close to the lake but had a successful result.

Thanks to friends of ESA from my neighborhood, we were able to make 275 lbs. of chocolate candy this year. We will be able to spend the profit on our philanthropic projects for the year.

The WGAR St. Jude Radiothon was held on December 1 and 2 and our total was almost as good as last year even though we had competition from two other radiothons to benefit



local hospitals.

Membership continues to be a struggle. I was invited to a group of quilters to present ESA only to arrive and find the hostess had forgotten to call me to let me know it was canceled. I was able to share some information with her and one other and she plans to join.

This month I was invited to sell candy and promote ESA at an event held at our Country Club. Ooops! Poor attendance, only sold one box of candy and was unable to recruit anyone.

I believe 2017 holds promise for me

to finally gain members to the chapter and will be busy trying some new events. Think positive thoughts for me.

Attending the MARC Conference in October was fun and informative as usual. The "road trip" with Brenda Meyers held surprises and the usual pleasure of visiting a number of quilt shops.

We were saddened to lose the father of our great grandson, Noah, to a drug overdose. How difficult to explain death to a 5 yr. old. We were unable to attend the memorial for my brother-in-law in Wisconsin as it was two days before Christmas. We have been saddened by several other deaths of people close to us the past month. Enough already.

Happy New Year to all. Looking forward to seeing everyone in March.

Shirley Krcmar, President

Gamma Beta

A RESOLUTION
WITHOUT A
PLAN IS JUST
A WISH.

This past year has had some up and downs this fall. Joyce Haynes has had a knee replacement and Pat walker lost her sister.

We've had a few philanthropic projects this fall. We've provided Thanksgiving and Christmas dinner for a local needy family. Planning on having some small projects later

this spring.

Our Christmas party was held at Bravos on December 17, then we went to visit with Kathleen at her home to exchange secret sister gifts and enjoying coffee and cookies. Fun was had by all.

Carol Hazelett

Gamma Kappa

Seals Autumn Blessings Tea in Fall was a very busy season for Gamma Kappa. It started with our Easter October. We would like



to thank our sisters who came and made the event a great success for Easter Seals.



At the end of October, Gamma Kappa went "Trick or Treating for Can Goods". We collected two car loads and donated the items to our two local food pantries. November brought winter

winds, so we donated to the Coats for Kids. Pampered Chef was another successful fundraiser to support future events. Coupons for Troops, Pop tops for Shriners and MS are still ongoing projects for the year

On a personal note, Madeleine had a very successful knee replacement. She commented how pain free the whole experience was and credits it to the prayers from all her friends and sisters. Also, the cards and meals were greatly appreciated. Rita broke her foot and is healing very nicely.

Amy is enjoying her volunteering with pet therapy. Her group was invited down to the VA Hospital to



participate in their Christmas party

for the vets and deliver gifts to patients unable to attend.

Gamma Kappa had a wonderful time at our own Christmas party in December by exchanging secret sister gifts, playing games and of course eating.

Upcoming events include Cycle-Giving January Fundraiser on January 28th at CycleBar located at 7308 Yankee Road, Liberty Township starting at 2. The cost is \$30 and there will be snacks after the spinning, as well as a raffle and split the pot. Unable to attend? Contact a Gamma Kappa member to pledge support.

Barbara Li Calzi

Don't tell
people your
dreams.
Show them!

QUOTEDIARY.NET

Sigma Chi

Holiday greetings from Sigma Chi:

We're happy to say fair weather allowed us to continue our philanthropic projects, educational programs and sisterhood celebrations throughout November and December. At our annual *St. Jude* event "*Shop for St. Jude*" we had a good turnout of vendors selling merchandise and received generous donations for our 3 grand raffle baskets; however, it was disheartening that attendance was considerably less than last year and unfortunately will impact our total *St. Jude* dollars generated. Our final proceeds will be communicated soon once we receive the last check(s).

Sharon Roll's annual program "*MS Gift of Hope*", which aids families impacted with MS, in its 13th year took place on December 10th. This year 13 families were recipients of "*MS Gift of Hope*"; each family received \$400 in cash plus a big bag full of assorted goodies. All children received a special toy of their choice. After December 10, an

additional 2 families also received benefits under the "*MS Gift of Hope*". With joy and gratitude Sharon expressed that due to the generosity of so many caring people this was the best year in assisting families.

During the holiday shopping of December we decided to take advantage of the *Barnes & Noble* program to raise funds for non-profit organizations. We volunteered 2 days (at the B&N store) to gift-wrap shoppers' gifts and received total donations of \$301 for *Alzheimer's Association - Greater Cincinnati Chapter*. Our local AA organization had matching donors in December with opportunities to double our donation.

Our 2 local historic-themed educationals, including fun lunches, were docent tours of the *Heritage Village* in Sharon Woods and *Glendower Historic Mansion* with *Golden Lamb* luncheon in Lebanon. The docent at *Heritage Village*, as part of the organization *Ladies*

Living History Society of Greater Cincinnati, led us through the village houses and explained the styles of dress, culture, family life and living conditions in Cincinnati during the Civil War time period. At the "*Christmas at Glendower*" guided tour, presented by *Warren County Historical Society*, we enjoyed the festive Christmas decorations, antique furnishings and decorative arts of *Glendower Historic Mansion* - the first home in Lebanon c 1840 Greek-Revival architecture.

Sigma Chi's Christmas Celebration included dinner and Jewel Pin ceremony at Pomodori's in Montgomery.

The New Year is upon us. May it render great returns. We look forward to more learning and service opportunities, continued sisterhood celebrations, health, and happiness.

Submitted by Janet Ivers, Sigma Chi

Social Media Chair

Social media is an ever growing and expanding form of Communication. The Ohio State Council has a wonderful facebook page and we love posting pictures of the great things we do. Don't forget to check out our page and see the wonderful events and news!

The Ohio State Council also has a great webpage, don't forget to submit and check out all the fun facts! <http://www.esaohio.org>

Amanda Rowland,
Social Media Chair



<https://www.facebook.com/OSCoESA/>

Special Projects

I sure hope everyone is staying warm, cuddling up with a book, a good movie or maybe starting to work on our state projects for the March council meeting.

Project 1: gathering female products to make 16 bags of goodies for the ladies at Kathi Silvey place (products body and hand lotion, body wash finger nail polish, lipstick combs Nail files, anything you'd think the ladies might enjoy.) I will be making the bags to put everything in. We will be having a work shop to put the bags together at the March meeting.

Project 2: Fidget blankets to take to nursing homes for dementia patients, I goggled Fidget blankets, there is a lot information and directions to be found. The

blankets are about 18ins x 24ins big. The trimmings can be laces, zippers, buttons, flowers etc. All has to be sewn on tightly, as the patients will be pulling on them. It was discussed at the September meeting that some would make the blankets and bring to meeting (plain), along with everyone bring from home any trimmings we can find, then other members would take them home and sew the trimmings on. Then bring back to convention and divide among us to take to nursing homes for the patients.

Projects 1 and 2 is to be brought to March council meeting.

There was a third project discussed, called "A Blessing Bag". You can make these up with items from the Dollar Tree

such as gloves, thermal socks, beef sticks, crackers, candy bars, toothpicks Toothbrush, wipes, deodorant snacks and other items that may help someone who is homeless or in a bad way. It is just a thoughtful, and inspiring thing to do. Random acts of kindness take very little to change the life of just one person. We can be gathering these supplies from March to May convention, then have a workshop to put the bags together and divide among ourselves to hand out as needed.

If anyone has questions please give me a call.

Carol Hazelett

Foundation Report

The Foundation Scholarship season is in full swing. Letters have been sent to the Ohio high schools explaining and promoting the Foundation's scholarship program. Remember, students may apply for as many scholarships as they want. I also would like to remind all the members of the Foundation that you need to pay your yearly dues of \$15.00 by **February 1st** so you can vote at this year's I.C. Convention being held in St. Louis, Missouri. I hope everyone has a prosperous and joyful new year and look forwarding to seeing many of you at our next State meeting.

Sandy Fuller
Ohio Foundation Counselor

Educational Reports

To Qualify for a Gold Link Award, a chapter must submit at least 6 Educational. (Report forms are on www.esaohio.org) Each educational must be submitted on time per chart below.

Month of Educational	Report due to Educational Chairman by
January	February 10
February	March 10
March	April 10
April	May 10
May	June 10
June	July 10

I encourage all of you to strive to earn a GOLD LINK award this year.

Kathleen Sewer, Educational Chair



MARC NEWS



Hello and Happy New Year to all of our Ohio Sisters, I hope everyone had a safe and happy holiday filled with many blessings!!

I am proud to report that we had about 11 Ohio sisters attend MARC's 31st annual conference held in Bloomington, Minnesota in October. And a wonderful event it was!!!! The theme this year was "Mystique of the Aurora Borealis".

The program opened with a welcome from our MARC president Kim Mandrell, followed by greetings from Angie Butenschoen, Vice-president/President elect, and from our host state president Dana Terry.

The speakers on Friday were truly inspirational. We began with Roberta Fernandez who spoke about using Hypnosis to Manage Life. Roberta is President and Founder of the FARE hypnosis Center and is a Board Certified Hypnotist, as well as a certified instructor who works with both the public and private sectors in helping people manage trials in their everyday lives. She had 2 Bilateral knee replacement (at the same time) and managed her pain and recovery with hypnosis, using NO drugs! WOW!!

She also has lost 30 pounds using hypnosis!! She ended the session with tips on how to breathe deeply to relax.

After Roberta, we heard from Jay Haapala, who is the Associate State

Director of Community Outreach at AARP Minnesota. He explained to us the "Life Reimagined Approach" which is a series of practices that help us identify priorities, take steps, get past barriers and manage life's transitions with greater purpose. The Life Reimagined Institute brings together the world's leading experts in personal development, aging, transitions, and reimagining life. They help people to rediscover what truly matters, focus on what they really want to do and the difference they want to make in our world. Jay was truly awesome, and definitely got me the thinking about my future!

Our last speaker was Diane Amundson who talked about Communicating more effectively. She has spent the last 20 years helping companies to improve communication, reduce conflict, and improve workplace efficiency. We spent quite a bit of time discussing ideas on how to communicate better, what works, what doesn't work, and how each generation has its own way of communicating. One of the workshops she had us do was to divide into groups of our own generation and talk about our high school days and early adulthood!! Some of our Ohio Sisters reported on life in the 30's and 40's and remembered well what life was like during WW2! Then some of our newer members talked about things that were important in this new millennium!! It was truly a great time hearing everyone reminiscing about their younger years and hearing what was going

on in their lives!!

Our Friday night entertainment was the Ms. MARC ESA Foundation contest. Contestants from each MARC state participated in a talent show. Our own Ohio President, Joan Farabee, AKA Maxine, did a fabulous job in her new role, and came in 2nd in money raised for the foundation scholarships. Great job Joan!! You did Ohio proud!!

Saturday was filled with the flag ceremony, business meeting, Hope 4 youth workshop, the market place, and the installation of new officers. Are new MARK board is: Angie Butenschoen-president, Celeste Webb-vice president, Debbie Vercellono-Recording Secretary, Linda Schmidt-treasurer, Brenda Fields-Parliamentarian, and Tarah Ellason-Communicator.

Dinner was followed by the sounds of Tom Butler and Lee Holm! They were an awesome band, and kept us dancing half the night with songs from back in the day!

We hope to see more of our Ohio sisters at next years MARC conference. It will be held on October 12 -15th and will be hosted by the Michigan State Council. The theme will be "Motown in Motion." Sounds like a Blast!!!!

Love, Hugs, and God Bless all,
Beth Laage
Ohio MARC Rep.

Minutes of the Saturday business are available on line at www.esamarc.org.

ESA for St. Jude . . .



Meet Mack . . .

Christmas Eve 2014 wasn't the normal celebration for Mack's family. Instead, he was flown by air ambulance to St. Jude Children's Research Hospital. Five-year-old Mack had been in a local hospital for a month, and he hadn't been able to move in weeks.

In the fall of 2014, Mack experienced leg pain that doctors initially thought was the result of a bone infection. A month passed before tests revealed the pain in his leg was actually caused by a type of bone cancer called Ewing sarcoma. He was referred for treatment at St. Jude, where doctors often send their toughest cases, because St. Jude has the world's best survival rates for some of the most aggressive childhood cancers.

"We took a big leap of faith and just came," explained Amanda, Mack's mom. "Getting here on a holiday, St. Jude didn't wait. They started that night trying to make him better. They didn't wait, and to me that just shows how much they care about the kids here."



Mack (left), age 6, bone cancer, with his siblings

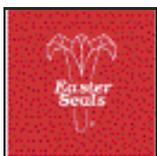
Mack's treatment at St. Jude has included chemotherapy. He underwent surgery this August, during which his right leg was amputated above the knee, and he was fitted with a prosthetic.

"Mack has the best doctors and nurses," said Amanda. "He never complains and he's always happy. He laughs all the time." After his surgery, Mack was walking again in no time. He even showed his favorite team, the Memphis Grizzlies, a thing or two on the basketball court during their recent visit to St. Jude. Mack is now 6 years old, and his latest scans show there's no evidence of disease.

In 2015, Amanda hopes the family will be home, all together again, for Christmas. Mack is still undergoing extensive physical therapy as part of his treatment at St. Jude. "Spending the day together as a family is something we will never take for granted," Amanda said. "And whenever we do get together, it's always a party."

Stjude.org

Easter Seals Chair



It is exciting for me to know we now have activities for Easter Seals for those who live in the southern

cities. We are so lucky to also have our contact, who got the ball rolling, Danielle Gentry-Barth, become a chapter member in Sigma Chi.

So far, I am aware of the High Tea with Gamma Kappa held on October 1, 2016. I would have

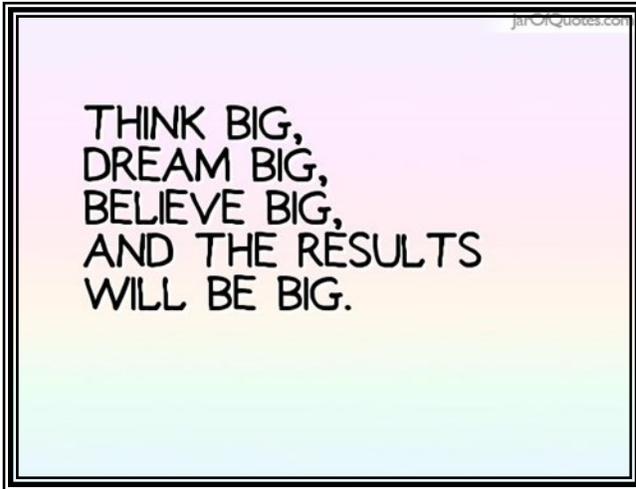
hear many of you have accepted the responsibilities Danielle presented for us to volunteer office assistance.

However, of course I still hope you will participate by giving donations for Easter Seals camps at our state convention. I will provide a list at the March meeting.

Always remember what Easter Seals does:

Easter Seals serves 1.4 million children and adults with disabilities and their families, offering a wide range of services at 74 affiliates nationwide. We change the way the world defines and views disability by making profound, positive differences in people's lives every day, helping our clients build the skills and access the resources they need to live, learn, work and play.

Shirley Krcmar



The purpose of the ESA International Disaster Fund is to assist an ESA member whose home and/or personal belongings are destroyed or damaged extensively by one of nature's causes -fire, flood, etc. Assistance may also be given when a member incurs heavy financial responsibility due to a debilitating illness or accident, which involves the member or their immediate family *who resides in their home and for whom they are legally responsible.*

OHIO STATE COUNCIL CONVENTION

**Hilton Garden Inn
West Chester, Ohio**

Friday Night Mixer

Saturday

**Fun & Workshops—with a little
bit of business!**

Installation and Banquet

Room Rates \$129 Double Queen

Dream On



**SAVE THE DATE
MAY 5-7, 2017**

PPA meeting and breakfast special—Private room—No Waiting!





EPSILON SIGMA ALPHA



OHIO STATE COUNCIL

www.esaohio.org
E-mail: jlgrefer@gmail.com

ESA is a premiere leadership/service organization that offers members the programs, information and personal support needed to develop the confidence and competence to impact the world in a positive way.

Through a network of chapters in the US and abroad, an ESA member has the opportunity to form life-long friendships and share the power to make a difference. That difference is felt close to home and in far-reaching ways by membership participation in community service and major philanthropic projects.

To help you become your personal best, ESA International will provide leadership training, seminars, education programs and the challenge to develop individual strengths. All the while, your fellow ESA members will help you reach those goals.

Bringing good people together to do good things!

The magic recipe to
living out your boldest dreams:
A pinch of delusion, a dash of audacity and a shot of courage.

~ KIRSTY SPRAGGON
www.etsy.com/shop/ESA

FROM HEADQUARTERS . . .

Reconnect in 2017

We're more than halfway through the ESA membership year . . . **has ESA gotten stronger in your chapter and state since July?** It's time to seize the opportunity of a new year. Did you spend time with someone over the break, and you were reminded of how much you enjoy their company and wish you could see them more often? **Invite them to join ESA!** Many people put "spend more more time with friends" or "help others more" on their resolution lists, and joining ESA is the perfect way to accomplish both.

Invite friends to one of your upcoming scheduled ESA activities, or add something fun to your calendar like a "Red Carpet/Oscar watch" party or Valentine's Day soups and salads party, perfect for the chilly February.

Find everything you need on the recruitment page in the member center or contact ESA HQ for recruitment materials and assistance.



ESA Soft Shell Jacket - \$44

Stay warm and in ESA style in the cool months to come! [CLICK HERE](#) visit the online store.

The Epsilon Sigma Alpha Collection
by
Nava.

[Click to browse new ESA Merchandise](#)



ESA Heart's St. Jude Magnet

Wooden, Full Color, 3.5 inches diameter, 1 for \$6 \$5 ea. for 2 or more. [CLICK HERE](#) to order from ESA HQ.

OHIO STATE COUNCIL OF ESA

MARCH FUN MEETING

March 11, 2017

Continental Breakfast 8:30 AM—Meeting 9:00 AM

312 Elm Street, Suite 1465 • Cincinnati, OH 45202

Parking is available in building garage (enter on Elm Street on the right).

Bring parking ticket to meeting for reimbursement.

Please consider car pooling.



Review special projects in the January 2017 edition of the Buckeye Jonquil reminder of items needed for projects.

LUNCH CHOICES: Option #1—Roasted Turkey • Option #2—Roast Beef • Option #3—Honey Ham

NAME	\$35 ea.	LUNCH OPTION—CIRCLE ON		
		#1	#2	#3
		#1	#2	#3
		#1	#2	#3
		#1	#2	#3
		#1	#2	#3
		#1	#2	#3

Chapter: _____

Make checks payable to: Beta Psi

DEADLINE: MARCH 1, 2017

Mail to: Joan Peddicord · 117 Brent Spence Square, Apt. 1422 · Covington, KY 41011



2017 INTERNATIONAL CONVENTION
"LOOKING BACK – MOVING FORWARD"
JULY 16 – 23, 2017
ST. LOUIS UNION STATION HOTEL
1820 MARKET STREET • ST. LOUIS, MO 63103
314-231-1234 (local) • 855-271-3620 (reservations)



Hosted by the
Midwest Area Regional Council

MEMBER NAME _____ MEMBER NUMBER/STATE _____ / _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____ CELL _____ EMAIL _____

CHAPTER NAME _____ CHAPTER # _____ STATE COUNCIL _____

DATE OF ARRIVAL _____ TIME OF ARRIVAL _____ FLY/DRIVE USING SCOOTER Y/N

ROOMMATE(S) _____

CHECK ALL THAT APPLY

First IC Convention Pledge Collegiate Member – Campus _____ HQ Staff

ESA Foundation Board IC Elected/Appointed Board Past IC President (year) _____

2016-2017 State President – State _____ 2017-2018 State President – State _____

Previous State President - State(s)/Year(s) _____ Served with: _____

I will be recognized at convention for my years of ESA Service: 25 30 35 40 45 50 55 60 65 70

Medical Food Allergy: The hotel will do its best to accommodate **MEDICAL Food Allergy** requests only.
 Allergy alert for _____ (Additional costs may apply.)

	<u>CIRCLE AMOUNT</u>
MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon and banquet	<input type="checkbox"/> Postmarked by May 1, 2017 \$250 <input type="checkbox"/> Postmarked May 2 – June 1, 2017 \$275 <input type="checkbox"/> After June 1, 2017 (see payment note on page 2) \$275
MEMBER FRI & SAT REGISTRATION FEE: Includes general assemblies, recognition luncheon and banquet	<input type="checkbox"/> Postmarked by May 1, 2017 \$225 <input type="checkbox"/> Postmarked May 2 – June 1, 2017 \$250 <input type="checkbox"/> After June 1, 2017 (see payment note on page 2) \$250
MEMBERS SAT REGISTRATION FEE: Includes general assembly and banquet	<input type="checkbox"/> Postmarked by May 1, 2017 \$125 <input type="checkbox"/> Postmarked May 2 – June 1, 2017 \$150 <input type="checkbox"/> After June 1, 2017 (see payment note on page 2) \$150
MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> See payment note \$300
PICP NO-HOST LUNCHEON (all past and present state presidents/IC presidents)	\$40
If served with multiple presidents, indicate with whom you wish to sit? _____	
SUBTOTAL MEMBER REGISTRATION:	\$ _____

CONVENTION HOTEL ROOM RATES

Room rates are \$132, plus tax. Rates are available for July 12, 2017 thru July 27, 2017
 To receive the group rate, you **MUST** make reservations by **June 25, 2017**.
 Call 855-271-3620 for reservations and reference
 the **Epsilon Sigma Alpha International 2017 Convention rate** or click on the following: [hotel link](#)

