



OHIO STATE COUNCIL OF EPSILON SIGMA ALPHA

BUCKEYE JONQUIL

WWW.ESA-OHIO.ORG

EMBRACE THE SPIRIT OF ESA . . .

Happy Summer my dear sisters! I hope this email finds you well. Have I mentioned how happy I am to have the privilege to be OSC President once again? From the beautiful installation in May by my Gamma Kappa Sisters to performing Beta Psi's installation to the wonder-ful IC Convention last week, I am truly honored. To be able to carry the Ohio Flag in Memphis was a wonder-ful moment for me. I could not had done this without the support of my sisters who shared this wonderful IC Experience with me: Beth, Sandy, Joan, Shirley, Brenda, Mandy, Judi K, Rose, Linda and Judi G! Thanks sisters!

Ohio had many reasons to celebrate in Memphis so here we go: Brenda Meyers was elected as Recording Secretary on the IC Board and we are so proud of her. Your dedication and hard work is amazing!; Judi G received 2nd Place for Ohio's BJ, should have been 1st place but . . . Judi you make Ohio proud; Shirley won Best of Show in the Association of the Arts! Her quilt of "Flip Flops" was a real showstopper! Shirley, you truly deserved it! Mandy received an appointed IC Board position to be on the "Heart Team Cheerleaders" with 3 others to help the states with membership. Could they have chosen anyone better? Don't think so, we are proud of you Mandy! Rose was given her ESA Lifetime Foundation pin in a lovely ceremony during one of the Assemblies. Congrats Rose! if that was not enough, on Saturday some Ohio Sisters

gave some workshops that were well received and fun to do. It was called "Gifts from the Heart and Hands of ESA". Many thanks to Beth, Judi G, Mandy, Rose and Maddy for making this a success! Congratulations to Brenda for 30 years of service to ESA and Judi G for 40 years of service. Both of these ladies were presented their service pins at IC. What an honor! Ohio is proud of you guys.

Now for news everyone is waiting to hear!!!

Ohio raised in 2018 - 2019 \$1,699,050!! Ohio is awesome! 2018 - 2019 Monies for St. Jude is . . . \$22,806,798!!! The lifetime total raised by ESA \$290,443,946!!! Totally outstanding!!!

I hope that everyone who reads this about IC will be encouraged to take the next step and actually try to attend one of these conventions. When you actually see and hear what everyone is doing, you will be impressed. What we all do truly matters! Just look what Ohio has done, - we are stronger than you think. You won't be disappointed!

Want to share a little of my summer this year, I am volunteering at Easterseals on a regular basis and it has been an amazing experience. The work and different programs that Easterseals is wonderful to see. I am so happy that Easterseals has such a large presence in the Cincinnati Area. As with St. Jude's, Easterseals is grateful for all that ESA does for their

organization.

I am looking forward to our Council in Meeting in September and I hope you are planning to attend. I have great information from Leadership Conference I want to share. We will have fun sprinkled with some business! The date is September 14, put in on your calendars!

Right behind this will be the MARC Conference in Covington on October 11 - 12. Ohio is hosting this event so you don't want to miss out.

In closing I want all of you to remember to "Embrace the Spirit of ESA". You can easily do this by putting others first, being a good listener and helping those in need. Love and Hugs,

Maddy



EMBRACE THE SPIRIT OF ESA

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VICE PRESIDENT . . . SUE KRITES

Summer Greetings

I enjoy reading the July issue of the IC Newsletter and it looks like all that attended IC had a great time. Congratulations to Brenda, our new IC Recording Secretary and what an outstanding job she did as IC Workshop Coordinator. Of course, she will be the first to admit she had the help and support from her Ohio Sisters with the various successful and interesting workshops that they presented

Next looking at the Awards, once again "Hats off" to Judi Grefer for her 2nd place award for State News Bulletin Award of 4 issues or less. Then how about 3rd place for Ohio for ESA St. Jude – State Donation Most Dollars per Member Award (we have the successful Cleveland and Cincinnati Dream Homes for giving us this award.) Moving on to the Association of the Arts Award it looks like Shirley Krcmar walked away with 1st place in quilting and 3rd place in Holiday but best of all she was award Best in Show. Shirley you are awesome. We are looking forward to heading to Grapevine Texas next July and another successful IC Convention.

Now on to my summer, it was spent doing my favorite thing, reading. Most of the books I read are classified as soft reading but that is what summer is for. However, two books stand out. One is a fiction called Half Finished by Lauraine Snelling. The author recognizes how common it is for a crafter to start many projects and finish few, so she writes about some women friends who form an "UFO" (Unfinished Objects) group – to keep each on track and hold each other accountable. The only rule is they cannot start a new project until they have completed all of their UFO's. The group expands until several different groups form and men then join in with their UFO's. The guidelines are simple, 1. Invite creative people to meet with you. 2. Keep it simple: no board, officers or agendas. 3. Choose a day, time and place. 4. Agree to choose and bring a project to work on. Stay with the project until it is finished. 5. Refreshments are enjoyable but not required. 6. Cheer each other on and celebrate every finished project. 7. Choose the next project. 8. HAVE FUN. 9. Be prepared for wonderful things to happen.

The second book is Non Fiction and it is called Educated A Memoir by Tara Westover. Tara traces her life from living in the mountains of Idaho, born to parents who are survivalists. She isolated in a tight family that is dominated by a bullying father who suffer with bipolar disorder, a mother that is weak and subject to the father's control, and several siblings. Tara gives her account of the struggle she has for self-invention. Her story describes the fierce family loyalty, of grief that she experiences when severing her close family ties. Westover creates a universal coming of age story that gets to the heart of what an education is and what it offers: the perspective to see one's life through new eyes and the will to change it. I did not put this book down until it was finished. I highly recommend it as a must read.

Hope everyone is having a fun summer and looking forward to seeing everyone at September Council Meeting.

Sue

PHILANTHROPIC . . . JOAN FARABEE

Hello dear friends,

What a marvelous, inspiring time we had in Memphis for the IC convention. I always come away renewed and inspired by what I have learned.

This year, I am the Philanthropic Chairman. I have done a lot of thinking about the ways we in the state of Ohio conduct our awards. Of course, some items are required by IC because it effects our

504 status. owever, after conferring with several people, including our illustrious President, I am going to have a survey at our meeting in September. Please be thinking about our awards that we give at convention and how we could better acknowledge everyone. Madame President already is addressing that with her "Spotlight" awards. Thank you Madame President!

In addition, I would like everyone to be prepared to make a list on their survey

of the philanthropy that your chapter is involved with supporting. I believe, without a doubt, that chapters are doing much more, and we need not only to recognize that fact, but acknowledge as well.

Just be thinking, my friends.

Enjoy the rest of your summer.

Joan

Stjude.org



Ohio St. Jude Awards
Congratulations O-H-I-O on St. Jude awards announced at IC Convention: OHIO was 3rd in the country for St. Jude money raised per member; Delta Gamma received 2nd place for State Largest Single Event (Cleveland Dream Home \$1,000,000)! Ohio does an outstanding job working, getting donations, and supporting St. Jude. With the Dream Homes, St. Jude WALKS, our events/fundraisers and projects that we work/coordinate it's truly a blessing that we can consistently make a huge impact for our St. Jude kids.

September St. Jude WALKS

Volunteers, Walkers, Donors...are you ready? In September, [join supporters](#) across the nation for the St. Jude Walk/Run during [Childhood Cancer Awareness Month](#) to raise money for the kids of St. Jude Children's Research Hospital, where families never receive a bill for anything. (<https://www.stjude.org/get-involved/fitness-fundraisers/5k-walk-run.html>)

Saturday 9/28—Cincinnati - Smale Riverfront Park, Castellini Esplanade, West Mehring Way, Cincinnati, OH 45202

Saturday 9/28 Cleveland - Edgewater Park, 6500 Cleveland Memorial Shoreway, Cleveland, OH 44102

Sunday 9/29 Columbus - Columbus Zoo and Aquarium, 4850 W. Powell Rd
Powell, OH 43065

Get started by creating or joining an ESA team, or sponsor an ESA walker with a donation for St. Jude WALKS at this link:

<https://www.stjude.org/get-involved/fitness-fundraisers/5k-walk-run.html>

ESA, as a national team silver level St. Jude partner, has committed to raise \$100,000 for the upcoming St. Jude WALKS. To monitor our progress, by city, follow this link https://fundraising.stjude.org/site/TR?company_id=2051&pg=national_company

ESA St. Jude events

Remember to send me your St. Jude event flyer or notice of any chapter's St. Jude event/fundraiser, and also post your flyer on Ohio State Council of ESA facebook page. <https://www.facebook.com/OSCOFESA/>

Pi Xi's July St. Jude event will be rescheduled to a later date Sigma Chi will NOT be doing their annual "Shop For St. Jude" event in 2019. However, they are planning to revitalize "Bunco for the St. Jude Kids" tentatively on Friday evening March 27, 2020. More details to follow.



Since 1972,
ESA has helped
raise more
than \$245
million in cash and
pledges for the kids
of St. Jude

ESA Ohio St. Jude Special Project 2019-2020

Our theme this year is "Raise some dough for St. Jude kids". Each chapter received a ceramic or glass

canister which normally is used to hold flour or sugar for baking dough. HOWEVER, we'll be using the canister to collect some **ca\$h dough for St. Jude kids**.

Some ideas where you can take the canister with a baked good to generate ca\$h dough:

- ◆ Monthly chapter meetings - bring a baked good, set the open canister next to it for ca\$h dough-nations.
- ◆ Ladies Game Night – Euchre, Bunco, etc with brownies, snacks, etc.
- ◆ Labor Day barbeque or party
- ◆ Chapter rush party with homemade bread, cheese and wine.

Please share our Ohio St. Jude special project with your chapter members. Bring your canister and accumulated ca\$h dough (chapter check) along with a baked good, and your recipe if homemade, to the OSC Convention in May 2020.



Thank you everyone for your hard work and dedication to help support the St. Jude kids.

Janet

SEPT Childhood Cancer Awareness Month

Meet Hadley

age 3, blood cancer

Donate Now



When Hadley started getting sick a lot, her parents chalked it up to having started daycare. Then, her doctor did some bloodwork and within fifteen minutes they were told they were going to St. Jude Children’s Research Hospital. Hadley had Acute Myeloid Leukemia.

“As a 2 year old, your child should have problems that you can still fix,” said Hadley’s mother. “You should be putting Band-Aids on scraped knees and kissing boo-boos and wiping tears over willthings, not cancer.

Although it was terrifying, St. Jude was a nearly immediate comfort to the family.

These halls are filled with more hope than I could ever describe.
Brittany, Hadley’s mom

“You kind of start feeling at home right off the bat because everybody’s so friendly,” said her dad, Darrin. “You’d think it would be a bunch of sad people and just a terrible place to be, but that’s not what it’s like here. Everybody’s upbeat, positive, smiling.”

Hadley was placed on chemotherapy, and turned 3 years old during treatment. She’s a chatty tot and “a little firecracker,” according to her dad.

Her mom said, “I can’t tell you how many times she’s caught me crying and told me, ‘Mom, don’t worry, it’s going to be okay.’ She has zero fear, and part of that is her age, but part of that’s just Hadley. She’s fearless, she’s happy all the time, she thrives on making people laugh, she loves music and animals, and colors, and singing and dancing, and she’s just a really fun kid.”

<https://www.stjude.org/get-involved/fitness-fundraisers/5k-walk-run.html>





Easterseals Helping Veterans: Ohio has a rate higher than the national average of 20 veterans a day committing suicide. Thousands of veterans and their families struggle with unemployment, homelessness, addiction and service related disabilities. Easterseals in Ohio is working directly to create solutions for veterans regardless of their discharge status.

In an effort to serve every veteran that reaches out to Easterseals for help

#Give Vets 22 campaign was created to make sure no veteran is left behind, feeling hopeless and alone. The call center in greater Cincinnati has seen an increase by 300%.

We can help be part of the solution. Ask your chapter to make a \$22 donation at GiveVets22.org and give a gift back to a local veteran in need. All funding provides direct support. Any level of support makes a difference and can change the course of a life. Have members do something for 22 seconds in honor of a veteran. Post a video of your chapter doing something for 22 seconds and

post it on the OSC facebook page.

2019 is Easterseals 100th anniversary. Each of Ohio's five Easterseals chapters have veteran programs. Learn how your chapter can become involved by visiting their websites and/or facebook page (which Janet Ivers gave that information to all chapters in March) to find out more for your location.

Plan some project, whether it be small or little for Easterseals this year. Let's have 100% participation from each chapter this year.

MEMBERSHIP, MEMBERSHIP, MEMBERSHIP!!!

Amanda Rowland

Be ready for the September council meeting and receive your Membership folders. Don't forget to plan your membership/recruitment event and get your NEW members!

DISASTER FUND . . . AMANDA ROWLAND

The hot Ohio Summer is in full swing and members of the OSC are returning home from a wonderful IC Convention in Memphis TN. It was so exciting to see everyone again and enjoy the Convention. We had interesting and intriguing workshops, tons of great food, and many laughs.



Shirley & Mandy

The IC Challenge "Walking in Memphis" was so inspiring. Being on St Jude campus always makes your

heart sing.

It was so amazing to see the total (see below) this year ESA and Ohio was able to raise for St. Jude. Once again leaving me



speechless. I can't thank ESA OHIO enough for all their hard work this

past year and Reaching for the Stars with me.

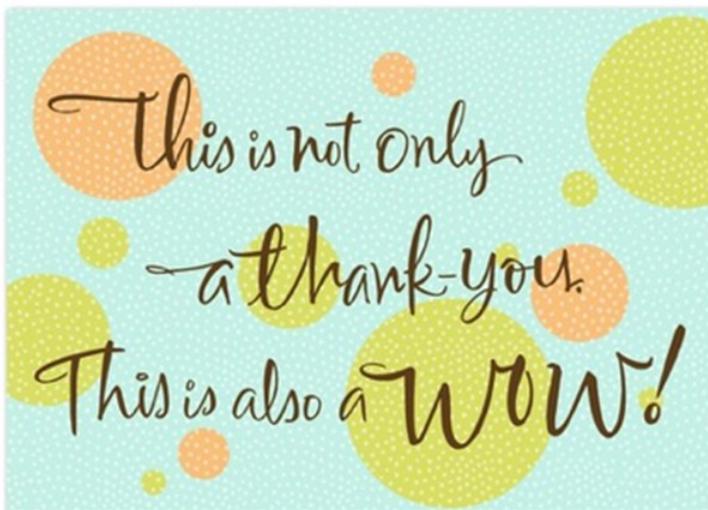
Don't forget to donate to the Disaster fund. It was a great pleasure to learn of the "BIG" picture at IC and hear of the claims paid out. It's exciting to be able to hold this chair and learn more about it. Please contact me with questions.

I hope everyone is enjoying their summer and ready to start a great year with Maddy!



ESA International Council Executive Board for 2019-2020

(L to R) Lynda Edwards (AL) Workshop Coordinator; Denise Holdaway (AR) Treasurer;
Brenda Meyers (OH) Recording Secretary;
LeAnn Wray (MI) First Vice President/President-Elect; Terri Olson (MN) IC President;
Robin Bussey (SC) Second Vice President; Julene Donnay (MN) Corresponding Secretary;
Malinda Remington (FL) Parliamentarian; and
Kim Kummer (KS) Jr. Past IC President/Disaster Fund Chair.



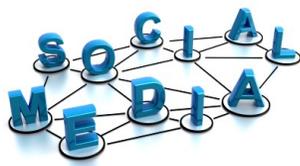
I am so honored to represent you all as a member of the IC Board. There aren't enough ways to say thank you or enough time to share the hugs you so richly deserve!

WOW is for the fabulous job Beth, Judi, Mandy, Rose and Maddy did presenting the "Heart & Hands of ESA" workshop!

Thanks to Shirley, Joan, Marsha, Judi and Sandy for their assists!

Because of all of you ESA truly is "All Heart"

Brenda



Corner

I'm going to take a new route with these articles on occasion. I figured I would take some questions from people about their most asked questions about using Social Media.

Question: Is my private information safe on Social Media platforms?

ANSWER: The short answer is that nothing you put on the internet is 100% safe from hackers or even the companies to which you give your information. There are ways that you can work with it though. Change your passwords often and make them complex. Do not store your credit card information for ease of use. Clear your history and your cache/cookies once a month. These are your best hopes for keeping your information safe.

Question: If I post photographs, art work, etc... of my own creations – Does the social media platform now own that?

ANSWER: No. You do, however, through the Statement of Rights and Responsibilities on Facebook, retain ownership but you also agree to give Facebook non-exclusive, transferable license to use your work. If you want to post digital copies of it, I would suggest adding a watermark to your images if you want to make sure that they can't strip it and use it. You can go here to find more information: <https://www.facebook.com/help/1020633957973118/>

Question: Can I "unfriend" someone without them knowing?

ANSWER: Yes. You can unfollow and unfriend and they are not notified of you doing so or when. Also, if you want to unfriend them and never see anything from them again, you can block them as well. Find more information here: <https://www.facebook.com/help/168009843260943?>

[helpref=faq_content](#)

Question: What if someone I'm pretty sure who is already my friend tries adding me again, should I just add them?

ANSWER: Harder question to answer. Most of the time this means someone has hacked someone else's account. Sometimes a person has simply lost their password and can no longer access their previous account. Best advice is to email them from your normal email program and ask them before you start clicking all willy nilly. They could be trying to hack your account as well.

When in doubt, just ask or look things up on Facebook's Help Center to find some quick answers to your questions.

https://www.facebook.com/help/?helpref=hc_global_nav.

Feel free to send me questions to address in the next article of the BJ!

See you around the Net!

MARC ... JUDI GREFER

All of the Ohio chapters are hard at work for the upcoming MARC Conference Ohio is hosting in October at the Embassy Suites Riverfront. Registrations are coming in and the hotel is almost fully booked! We have no rooms left in the block for Thursday night!

After booking the hotel, we found out that BLINK CINCINNATI is coming back to the Greater Cincinnati Area the weekend of the conference. The area will be packed with exciting things to see and a lot of people in the area of the conference.

I'm sorry I wasn't able to make it to

Maddy's Planning Meeting. Thank you to Brenda for compiling a summary of what was discussed at the MARC Conference portion of the meeting. Please see the summary on page 12 of this newsletter.

Again, thank you for all you're doing to make this a successful conference!

THANK YOU . . .



The Foodbank
Solving Hunger in the Miami Valley

T22 P1 5796 *****AUTO**S-DIGIT 45433
Ohio State Council, Epa
Ohio State Council, Esa
1070 Dapple Ct
Fairborn OH 45324-8771



Dear Friends,

In the aftermath of the Memorial Day tornadoes, there was a remarkable outpouring of support. In the first two weeks after the tornadoes hit, here's what we accomplished with your gifts . . .

- The Foodbank distributed over 1.2 million bottles of water
- In addition to senior food box distributions, disaster relief food and water was delivered through our drive-thru throughout the month of June
- With the support of Cox Media Group, The Foodbank was able to take our Mobile Farmers' Markets directly to the communities who desperately needed emergency food assistance
- The Foodbank purchased shelf-stable food, fresh produce, and boxed food – all food items easy for disaster victims to store and consume

I'm writing you this letter, first, to thank you for your support of The Foodbank, but also as a reminder that the need for food assistance continues.

Our work to fight hunger in the Miami Valley is ongoing. There are families who've lost everything they own. And yet, every day we hear our clients say, "It has been both heartbreaking and heart-warming the way our community has come together to help one another and we are so grateful for The Foodbank."

Our community is strong, our donors are generous, and we will continue to fight hunger and help our community rebuild.

Please take a moment right now while you're thinking of us, to make a contribution. Every donation makes a difference. We could not do this important work without you.

Yours in Service,



Michelle L. Riley
CEO of The Foodbank, Inc.

P.S. Monthly credit card gifts help us plan ahead, budget more effectively and, like the Memorial Day tornadoes, respond to hunger emergencies that arise throughout the entire year. You can set up a monthly gift by going to thefoodbankdayton.org/donate.

56 Armor Place • Dayton OH 45417



56 Armor Place • Dayton, Ohio 45417 • 937.461.0265 • Fax: 937.461.3828

www.thefoodbankdayton.org

No one should go hungry

July 23, 2019

Ohio State Council, EPA
1070 Dapple Court
Fairborn, OH 45324

Dear Friends: *Thank you.*

Due to the recent tornadoes which devastated much of the Miami Valley, we would like you to know that you are helping families today, and for the months to come. **For each dollar you donate, 95.3% of it is helping our local community** to rebuild and keep food, water and necessary items in the hands of our neighbors who so desperately need it.

Your gift of **\$400.00** helps feed hungry families and those effected by the tornadoes, living in the Miami Valley. Every \$1 you've given is providing 6 meals.
We could not do this work without you, your compassion and your generosity.

Thank you for helping The Foodbank Inc. work toward solving hunger in the Miami Valley.

In Partnership and Appreciation,



Michelle L. Riley, CEO

*Internal Revenue Service Notice: No goods or services were given in consideration of or in exchange for this gift. Your gift is tax deductible as allowed by law. EIN# 86-1082830

P.S. If you would like to see how your donations are being used, please visit our Facebook page @ [thefoodbankinc](https://www.facebook.com/thefoodbankinc) or our Instagram page @ [thefoodbankinc/](https://www.instagram.com/thefoodbankinc/)



Mary Lykins and ESA

I am writing to say thank you for granting the outstanding youth award and the \$500 scholarship to me. This scholarship means the world to me as it is my first. I plan to use this scholarship for books this coming fall. I would also like to thank you for the luncheon that day, it was truly a pleasure meeting all of you amazing ladies! You all have inspired me to continue to help my community just as you all have helped me. Thank you, Sincerely, Thomas Lykin



CHAPTER CHATTER . . . BETA PSI

New year, new beginnings. I am so pleased to be part of this organization. ESA has given me more than I have given them. It is a feeling like no other. I do believe we all have that in common. That is what makes this organization so special.

Beta Psi had our Awards/Officer Installation Lunch at Stone Creek in West Chester. Wonderful venue if any of you have a chance to visit them. Madeleine Kurzynski, conducted our Officer Installation. Madaleine put so much thought in her presentation. She took my theme and made it more than I could have imagined. I do

believe the Dragonfly symbolizes what I strive for, **Wisdom, Change, Transformation, Calmness, Maturity, Light and Adaptability in Life.** Congratulations to the new officers. Becca, I will lean on you and couldn't be happier about you being our Vice President.

Becca Lloyd earned her First-Degree Pallas Athene award! I was totally surprised when I received my Five Years of Service Award! I was not able to make the IC Convention in Memphis this Year. I was told it was amazing. Congratulations to our very own **Brenda Meyers, ESA International**

Council Executive Board for 2019-2020 Recording Secretary. Brenda is a dear friend and mentor.

"Use your Wings, You were Meant to Fly!!"

Summer has flown by and now is time to focus on another Successful Year.

Debbie Lambdin,
President



Debbie receiving her 5 Years of Service certificate from Joan Peddicord and Brenda Meyers.



Becca Lloyd receiving her First Degree Pallas Athene Award from Brenda Meyers and Joan Peddicord.

friendship. n. A bond between two people that is emotionally tied by a sense of care and support, with similar values and interests, while being fun fools on this adventure we call life

DELTA GAMMA

St. Jude Quilt Retreat is a special time for all of us and we have t-shirts this year to show off. Adding to the money



we earn with demos, raffles and kits, we include a \$25 donation in our



registration. Everyone is happy to be supporting St. Jude as we enjoy being together for our favorite hobby, our passion for quilting.

The celebration of the year of "Reach for the Stars" with President Amanda Rowland at our state convention in May, helps us affirm the use of time spent earning money to fund our philanthropic projects. Filling all those

little cups of chocolate gave us recognition and certificates. It is a proud feeling to have such an outstanding St. Jude Dream Home to volunteer our time and effort to present it to the public.

It is always a joy to deliver the donations from your chapters for the Easterseals camps in Ohio. They always react like it is Christmas and are



so grateful for all we do.



works of ESA. Sarah Bistline and Shirley Krcmar handled the duties for

As the summer slips away, we continue to find ways to spread the good

registration at the Cleveland Metroparks Zoo for Easterseals Walk With Me on Saturday, July 13.

Sarah Bistline was chair-person for the demonstration of quilting at the Medina Fair. Quilts were displayed and members were able to show different methods of quilting. It is also a chance to let the community know who we are. By the way, we have all enjoyed picking blueberries in the field by Sarah's mill house this summer.

I had the good fortune of traveling with Mandy Rowland to the I.C. Convention in Memphis. We ate at two interesting restaurants she found on the Food Network. Ohio was proud of all our accomplishments during Mandy's year. I'm sure she will give more details in her article. Proud to report ESA for St. Jude-Largest Individual Event Award – 2nd place Delta Gamma, Ohio \$1,00,000 (Cleveland Dream Home). I am also pleased and proud to have received 1st place **and** Best of Show for my quilt.

Looking forward to seeing everyone in September and beginning another great year in ESA as we "Embrace the Spirit of ESA" with President Madeleine Kurzynski.

GAMMA BETA

The dog days of summer are upon us and Dayton continues to be challenged. We are saddened by the most recent occurrence in the Oregon District. Gamma Beta however, continues to Embrace the Spirit of ESA. In July we had our annual chapter picnic with Cathy & Tom Cummings our guests in attendance. August has the chapter planning for the upcoming ESA year. Our philanthropic projects in addition to the council level projects includes many local groups that support children. Again, this year we will accumulate items for police patrolmen in our area. In the past the chapter

provided goody bags to Fairborn and Riverside. This year the chapter will provide goody bags to Huber Heights.

The chapter established our social calendar and meeting rotation schedules.

Pat told us that she is planning to retire in January 2020. Kathleen is busy getting organized for the Helping Hands program at the Fairborn Primary School. This program helps the students make sure

each one finds their classroom. Carol has moved into her new home and is working on getting the old place ready for sale in addition to helping me prepare the corsage for the Ohio members to wear attending the MARC Conference. Mary is busy with the Skyhawk Chess Club. Also, getting reading packages ready for first grade students attending Fairborn Primary School who are in need of tutoring support with their reading skills.

GAMMA KAPPA

Gamma Kappa had a work session in June making crafts for our November 23rd Winter Wonderland Luncheon for Easterseals. We have some wonderful, talented members who are creating memorable holiday keepsakes. Our other philanthropic fall events may be our canned food drive for the local food banks and helping the Kings Mill's fire department with their Christmas gifts to the needy, as well as other to be decided projects.

On the personal side, Rita Eigel's husband had a knee replacement which keeps her "hopping". On top of that her daughter, Kim Roman, broke her right hand this summer. She tripped at the hospital while visiting her dad. However, it didn't keep Kim down as she went on family camping trips to many places including Gatlinburg and Pigeon Forge, as well as doing crafts for our Easterseals event.

Amy Hudoba, Kathy Solt and Barbara Li Calzi went with the medical theme this

summer by giving blood at Hoxworth. Blood donation was highly needed as Cincinnati had an extremely violent summer. Amy learned that she reached her 6 gallon mark. One of her donations went to the local VA hospital where she had been doing pet therapy for four years.

Barb Li Calzi is awaiting her 7th grandchild, a girl, this August. All the grandchildren are 7 and under.



Elaine's great grandson

grandchild, a boy, born on July 29th.

Amy Hudoba's son got married in California in July.

Rose Wagner and our state and chapter president Madeleine



Wedding of Amy's son.

Kurzynski went to the International Convention in Memphis, TN where Rose received her Lifetime Foundation Membership. Congratulations to Brenda Meyers as newly elected IC recording secretary.



Rose Wagner receives her Foundation Lifetime pin.

Rose and Maddy decided to extend their time in the south with a vacation to Asheville and Pigeon Forge. Elaine Harrison spent her summer with family and friends here and out of state in WVA. Kathy went to visit her daughter in Chicago and Barb took a Panama Canal cruise. A few of GK members had a wonderful lunch with former member Laurie Montgomery, who now lives in Florida.

Gamma Kappa knows how to have fun!

SIGMA CHI

Greetings from Sigma Chi

In May we held our officer installation and pledge ceremony, celebrating at Grand Finale's tea room, with our new pledges Mary Ann Vrable and Maureen Freihofner. Many Ohio ESA sisters have already met Mary Ann at the May OSC Convention; she and her husband also worked at the Dream Home in April/May and has volunteered at Matthew 25:Ministries. Maureen Freihofner works at Kohl's, and has been instrumental in helping with our annual St. Jude events.

Ongoing Philanthropic Projects

Easterseals – We enjoyed working with Luran and Jackie, Easterseals greater Cincinnati on the May mailing. It's also fun to volunteer with **other chapters**. We look forward to continuing our relationship with Easterseals and participate as much as possible.

Matthew 25:Ministries (M25M) in Blue Ash –Sigma Chi members contribute by donating items that they need and by

volunteering at their Blue Ash warehouse on a regular basis each month. We'll continue supporting the needs of M25M for 2019 and beyond.

Alzheimer Association – In December for the last 4 years, Sigma Chi members have raised donations for Alzheimer Association Cincinnati chapter by wrapping gifts at Barnes & Noble. We plan on continuing this in December 2019.

National MS Society – Each December, Sigma Chi and Sharon Roll, coordinator and founder are busy implementing the *Gift of Hope* program for individuals/families impacted by MS who are in need of financial assistance, etc due to medical and/or other complications. Donations of cash, gift cards, groceries and other supplies are collected and distributed to the clients.

Pregnancy Center East (PCE) in Hyde Park – At each Sigma Chi monthly meeting, members collect items (diapers, wipes, formula, etc) for PCE clients - mothers who are single and families in need of financial assistance. At our May meeting we

“shower” one or more families with clothes and other baby supplies. **We'll be touring PCE's facility later this Fall.**

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

St. Jude Dream Home – Thank you to everyone who drove the distance and volunteered at the Open Houses. Special thanks to the hus-bands who graciously volunteered their time working with our team: Roger and Linda Poppel, Larry and Mary Ann Vrable.

St. Jude WALK/RUN – Cincinnati on Saturday, Sept. 28. We're excited the Cincinnati WALK will be at Smale Park downtown. Team “Sigma Chi of ESA – Cincinnati” will be participating and volunteering at the event.

Sigma Chi will NOT be hosting our annual St. Jude fundraiser “Shop for St. Jude” this year. **Instead, we're planning to revitalize “Bunco for the St. Jude Kids” tentatively on Friday evening March 27, 2020.** More details to follow.

Submitted by Janet Ivers

"Lighting Up the Queen City"



What a great planning meeting we had! So much information was shared and everyone is excited about plans. Below is the event outline with the most recent information.

Events & Workshops:

Leadership

1. Hostess chapter(s): Delta Chi
2. Theme: Rounding 3rd and Heading for Home
3. Proposed Budget Amount (Speakers): \$1500.00
4. Agenda with times and locations:
 - a. 9:00am Teddy Kremer, Bat Boy for the Cincinnati Reds and award-winning Ball Room Dancer
 - b. 10:15am Maslow's Army – Founders Sam and Susan Landis provide support for Cincinnati's homeless
 - c. 11:15am – Interactive activity – washcloth and necessities
 - d. BREAK FOR LUNCH
 - e. 1:15 pm (est.) Rita Heikenfeld "Eating from the Garden of Eden: Super foods and Anti-Aging Herbs and Spices from the Bible"
5. Programs – included in convention program
6. Speakers Biographies for the convention program to Judi
7. AV Needs:
 - a. Teddy – podium, lapel mic. Bringing his own computer with a flash drive.
 - b. Maslow's Army – podium, lapel or hand-held mic, computer and screen. They will have a PowerPoint on flash drive.
 - c. Rita Heikenfeld – table for demonstration, microphone

Friday Lunch

1. Hostess chapter(s) Delta Gamma and Pi Xi
2. Theme: Go for The Goal
3. Proposed Budget Amount \$50.00
4. Decorations – using hotel centerpieces

Friday Night Mixer*

1. Hostess chapter(s) Gamma Kappa
2. Theme - Oktoberfest _____
3. Proposed Budget Amount \$500.00
4. Decorations – _____
5. Entertainment/Speakers – _____
6. AV Needs – _____

**Gamma Kappa is hard at work trying to plan this event around "Blink Cincinnati". As you can imagine they are facing quite a few challenges. Updates will be provided as soon as available.*

"Lighting Up the Queen City"



Saturday Lunch

1. Hostess chapter(s) Sigma Chi
2. Theme: Rock and Roll.
3. Proposed Budget Amount \$50.00
4. Location _____
5. Decorations– Sigma Chi is making them

Saturday Banquet

1. Hostess chapter(s) Beta Psi & Gamma Beta
2. Theme: Remembering MARC's Magic Moments
3. Proposed Budget Amount \$250.00
4. Location _____
5. Decorations– Use hotel mirrors if available, making Top Hat Centerpieces
6. Entertainment: Jump 'n' Jive Big Band
7. Assist Kansas with installation arrangements if needed

Market Place

1. Brenda Meyers & Sue Krites will work with Sandy Hongerholt (MARC)
 - a. Room set up
 - b. Location _____
 - c. Registration form is ready and on the website.
 - d. Table charge - \$15.00 ESA members/\$25.00 outside vendor (possibility)

Board Meeting – Judi Grefer will be working with the MARC Board on the following items.

- a. Room set up
- b. Refreshments (up to MARC board)
- c. Location _____

General Assembly

- a. Room set up
- b. Water Stand
- c. Location _____
- d. AV Needs _____
- e. Other _____

Other Needs:

1. Meal tickets will only be given to attendees with special dietary health needs. They will be with the registration packet.



**Ohio State Council
September 14, 2019
“Embrace The Spirit of ESA”**

Meeting Agenda:

- 8:30 AM Continental Breakfast
- 9:00 AM Meeting Begins
- Lunch Panera Box Lunches
- Conclusion of Meeting

Cost \$35.00

Where?

J & R Coordinating
11295 Springfield Pike

Panera Lunch Choices

1. Turkey Sandwich
2. Heritage Ham and Swiss
3. Mediterranean Veggie



Ohio State Council Registration Form

| Name | Chapter | Lunch choice # |
|-------|---------|----------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

DEADLINE: September 1,2019

Make checks payable to: Judi King Delta Chi Chapter #4222
5652 Safari Dr. Liberty Twp. Ohio 45055

"Lighting Up the Queen City"



34TH MIDWEST AREA REGIONAL COUNCIL CONFERENCE COVINGTON, KENTUCKY OCTOBER 11-12, 2019

Name _____ State _____

Address _____

City, State, Zip _____

Email Address _____ Phone _____

REGISTRATION OPTIONS

Postmarked no later than 9/11/2019

Registration for Conference and Leadership \$125.00 _____

Registration excluding Friday Leadership \$110.00 _____

Postmarked after 9/11/2019

Registration for Conference and Leadership \$150.00 _____

Registration excluding Friday Leadership \$145.00 _____

Walk-in Registration (cash/check/money order only) \$175.00 _____

Saturday Banquet only \$ 55.00 _____

Total Enclosed (make check payable to 2019 MARC Conference) \$ _____

Special Medical Dietary Needs _____

CURRENT OFFICER/ OFFICES HELD

(check all that apply)

MARC Board _____

MARCettes _____

ESA Foundation
Board _____

State President _____

Headquarters _____

IC Executive Board _____

IC Appointed Board _____

1st Timer _____

Guest _____

Mail check and form to:
Rose Wagner
Registration Chair
1104 Heritage Lane
Milford, OH 45150
513-239-6603
Rose.wagner42@yahoo.com

HOTEL INFO

Embassy Suites Cincinnati – Rivercenter
10 East Rivercenter Blvd.
Covington, Kentucky 41011
859.261.8400
Rate: **\$159 King Suites only** with pullout sofa -
includes complimentary cook to order breakfast,
complimentary parking and complimentary WIFI.
Reservation Link:
<http://group.embassysuites.com/EpsilonSigmaAlpha>
Group code: ESA

"Lighting Up the Queen City"



**34TH MIDWEST AREA REGIONAL COUNCIL CONFERENCE
COVINGTON, KENTUCKY
OCTOBER 11-12, 2018**

Hotel Info:

Embassy Suites Cincinnati – Rivercenter is **SOLD OUT!!!!**

OVERFLOW HOTEL:

We have obtained a block of 10 additional rooms at the Marriott which is within a walking distance to the Embassy Suites. The room rate is \$169/night and **MUST** be booked for *Thursday, Friday and Saturday* nights in order to receive the discounted rate.

MAKING RESERVATIONS:

A dedicated website is now available for attendees to book their hotel rooms online. Reservations can be made starting 8/16/19 until 9/10/19 at this web address:

<https://book.passkey.com/go/epsilonsigmaalpha2019>

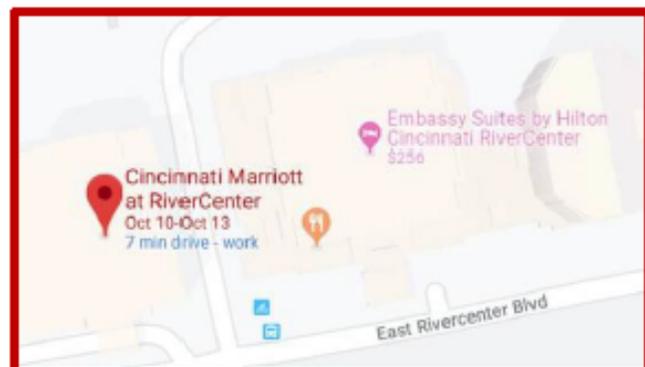
or call the Marriott at 800-228-9290 or 859-261-2900

The block at the Marriott will be **released on September 10 at 5 PM**. Any reservations made after the cutoff date will be booked at the Marriott's standard rate.

NOTE: Those staying at the Marriott are not able to take advantage of the Embassy Suites complimentary breakfast and parking.

It is suggested that you park your car in the garage attached to the Embassy Suite since it is supposed to be less than parking at the Marriott.

Also, the *Marriott lobby is and will still be under construction.*





OHIO STATE COUNCIL

www.esa-ohio.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!

**WE ARE
ONE
TEAM!** *and we
rock!! :-)*

WEBMASTER AND EDITOR . . . JUDI GREFER

I hope you are all enjoying the new and improved ESA Ohio website, www.esa-ohio.org. Progress is being made on the content of the website. Please let me know if you have thoughts of any additions that would be helpful to the membership.

Thank you to everyone that sent a article for this issue of the Buckeye Jonquil. I hope to hear for ALL chapters and officers for the next edition of the Buckeye Jonquil. Reminder . . . when emailing your articles:

1. Please include the following in the subject of your next email for the BJ: (month) 2020 BJ Article—Your Title, i.e. Treasurer, or Chapter Name for your chapter article.
2. If possible, include your article in a document attached to the email. If you don't have the means to do so, that is OK too!
3. If you have more than one role, please send separate emails for each role.

Following this request will make my job so much easier since I receive so many emails on a daily basis. THANK YOU!



**WE ARE NOT
A TEAM
BECAUSE WE
WORK TOGETHER.
WE ARE
a team because
WE RESPECT,
trust, and care
*for each other.***