

THE OREGON GRAPEVINE 2012-2013

August, Issue Two

Heart and Hands Celebrate ESA

Judy Johnson
State President

It seems that I'm always thanking you for a very special experience that you've given me. The most recent was attending International Convention in Oklahoma. The whole time I was there I was wishing that you were there also. I can't wait for July of 2014 when many more of you will be able to attend IC Convention in Portland, "Passport to Oregon".

The Workshops were a real highlight of the convention. There were so many more than at some conventions. When we went into the Easter Seals Workshop, it was packed (way beyond the fire code, I'm sure!) and there was standing room only in the hallway. Su and I attended the State President's and Membership workshops together and came out "pumped". Our leaders are so capable (and so helpful) and so inspiring. I wish we could share that enthusiasm with you, but you'll get a chance to see first hand in 2014! The Collegiate workshop convinced us that Oregon needs a Collegiate Chapter. You'll hear more about that at Leadership. I hope you'll be there.

Of course, where there is the sublime, along comes the ridiculous. That's me! Clumsy me! I sprained my ankle before we even left the airport for our hotel. "Doc" Holsted paid a visit and I spent a night and day with my foot in the air, packed in ice. Then it was a slipper and a wheelchair for a few days. Our Oregon delegation were fantastic wheelchair "pushers", but I was happy to advance to a cane by the end of the week. Thanks Sisters, all of you.

I hope that you are using the ESA website. It's epsilonsigmaalpha.org. There are so many helpful ideas, suggestions and very specific information available to us there. They have a full line of parties, one for every month of the year. Not just a suggestion, but games, decorations, invitations,

recipes, etc. How about an Academy Award Party, a "Choctober" Party or a "Chopped" Party just like on TV. Great ideas for socials and rush events.

It's time to close for now. I always look forward to seeing all of your chapter events and activities when I read the Grapevine. Keep them coming.

Su McDonell First Vice President

It's August already! IC Convention is over and Oklahoma is recovering. The landscape was flat, the weather was 109 degrees, the AC worked (yeah!), the welcome was warm and sincere and the workshops were amazingly TERRIFIC! I'm so excited about this year. As we nudge some of our traditions into a new shape to fit with ESA today it's good to know we won't lose all that we love about our ESA of yesteryear.

I'm announcing **CHOCTOBER in Oregon! Friends are Life's Dessert** and October is Recruitment Month in ESA, so we're celebrating **CHOCTOBER!** Host a scrumptious chocolate-themed ESA recruitment party during the month of October and invite guests to pamper themselves with a choco-luscious array of indulgent chocolate treats plus some fun and frivolity, ESA-style. Then, invite them to 'sweeten' their lives by joining ESA. If you can't manage it in October...try Choctember. Everything you need for Choctober success can be found at www.epsilonsigmaalpha.org >member center>choctober. You can request materials by phone ESA Headquarters 970-223-2824 ext. 104 (Tracy) Printed materials, press releases, t-shirts, videos, buttons and MORE are available to help you Celebrate ESA and tell **your ESA story**. If you want to incorporate St Jude or Easter Seal or a local project into your Choctober event....go for it!

Delta Kappa in Hood River got the jump on Choctober by pledging two new members (Tami Arthur & Nancy Lee MacKay) and re-instating another (Lindamay Woosley). We are over the moon to begin this year on that note of success. **Way to go, DK.** We so look forward to meeting them soon.

Our lives are changing and so is ESA. I'm hearing from so many of our Oregon members that their chapters are changing and some are concerned that they can't carry on the way they used to. I'm here to tell you you're not alone. All over the country chapters are changing to fit their '*new normal*'. Headquarters is not in the dark about it and they're coming up with suggestions and things we can do to remain every bit a part of ESA as we've always been...just a little differently maybe. I encourage you to go to www.epsilonsigmaalpha.org and check it out! If you aren't logged in yet...it only takes your member number and a password to enter 'Member Services'.

I understand that we can get discouraged about membership but...There are so many new and exciting ways we can remain active and engaged within our chapters. **Begin with CHOCTOBER**, why don't you? Invite 5 friends, 5 relatives, 5 co-workers, 5 neighbors, 5 church goers, 5 people you do business with, 5

of your spouse's co-workers, 5 contacts through your children, 5 previous co-workers or neighbors, or 5 bingo buddies. Men are joining by the droves all over the US. Do it on a Sunday evening or afternoon or...have it in your garage during a sale. Make chocolate pizza or s'mores! It just doesn't matter how 'out of the box' YOU DECIDE.

The biggest thing is that we want to **CELEBRATE ESA – OUTLOUD !!** Do it with style and let the rest of Oregon know how incredible we are. *(even us 'old ladies' can dress in purple and get a little whacky now and again...we're allowed)* If you're sending boxes to the troops...pack them on tables set up in a parking lot so people will ask who you are and what you do. **WEAR your ESA insignia.** If you're having lunch in a restaurant...wear your ESA shirts and pins and stick a hat on your head. They love to see ladies in hats....

I'm excited about what we can do if we involve ourselves again. It's going to take one giant step to get out of our boxes..but we can still do that. I know we can. Oregon ESA has still got 'IT' and we can show it off!

Leianne Stinton Second Vice President

Ladies, I am sorry that I didn't make Leadership to visit with you, but we had the fourth family wedding of the year this weekend in Colorado. I hope you had a wonderful Leadership.

At your next chapter meeting and district meeting, please look to the left and right, sitting next to you is a leader. We need those leaders at the state level. As I don't know all the members in the state I need your help in finding them. You can talk to them about the state council or give their names to me and I will call them, or both. As 2nd Vice President I realize finding of state officers is my job, but I need everyone's help to have a successful slate of officers. If someone doesn't feel they are ready to run for an office yet, please give me there name as we can find a committee for they, so they can work their way up.

Please email Leianne5@aol.com or call me at 503-628-4813. Can't wait to hear from you.

Barbara Moss Outstanding Member Chair

Just a reminder to keep an eye out for that sister who stands out this year in your chapter. We all have special sisters, but one may do just a little more and is always there when needed. Her helping hands, an ear if needed, and a hug and a smile make her an outstanding member.

Hope your chapters have a super year and looking forward to this year with Judy Johnson.

IC President



ESA Helping Women in Crisis ~ Be an ESA Saint

My first official communication as IC President! Wow! I hope you were able to attend IC Convention; it was a wonderful week. I think I had the most beautiful installation ever held; but, of course, I am just a little biased. If you missed it, I want to take a few moments of your time to tell you a story.

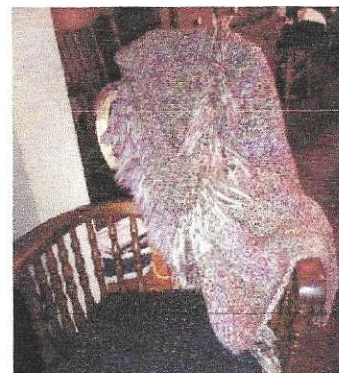
This year, we have a special opportunity to shed some light on the lives of victims of domestic violence. Domestic violence causes victims, as well as witnesses, to suffer pain and loss. I know that you realize that women of all ages are at risk for domestic and sexual violence, but are you aware that those aged 20 to 24 are at the greatest risk of experiencing violence from their intimate partner? In 1964, Haven House, the first "modern" women's shelter in the world, opened in California.

There is a very personal story about my family that began in 1961—three years before the very first women's shelter opened. A six-year old little girl never wore slacks to school in 1961; she always wore dresses. So think about how embarrassing and heartbreaking this can be for a small little girl. No child should be forced to wear slacks to school because she was beaten so hard on the back of her legs with a flyswatter by her father it drew blood and took a week for the scars to heal. No nine-year old child should have to witness that same father throw her pregnant mother across the room during a drunken, angry moment. No 13-year old girl should have to protect her little sister from a father who confines her outside in a dog pen because she won't stop crying. I am that little girl and in 1961, we simply had nowhere to go.

When women leave their homes, it is often in the middle of the night or they sneak away during the day when their abusers are away at work and they often leave with nothing but the clothing on their backs. Children may have had to leave behind their blanky or their favorite stuffed toy. I challenge us to revitalize the Warm Welcome Home program with this slightly different focus. Make your blankets for the children or send new stuffed animals to crisis centers so the kids have something to cuddle up with when they are in strange surroundings and scared and scarred. Mothers can also feel the comforting warmth folding around her from a special prayer shawl made by one of us that will maybe give her the inner strength to stay away from her abuser one more night, one more day until she can get back on her feet.

I have a picture of the prayer shawl I received when my husband was on life support at Mayo Clinic; you cannot imagine the comfort I felt knowing that the person who made this shawl had knitted or crocheted it with love in her heart and a prayer on her mind that it would help the recipient find some solace in the turmoil around her. You can find information, patterns, and more ideas in the ESA Member Center > Make a Difference > International Council Annual Project, so please join me in this very special challenge this year.

- Suzy Winters, 2012-2013 International Council President



ESA Foundation

Judy Huntley

Well thought I had recovered from the Oklahoma heat, but 95+ here in Sutherlin is too much for my body. We had a great time in Norman and I learned many new things of interest for the foundation.

First I would like to thank those who made our contribution to the state auction another big success. Our entry went for \$425 and it was worth every penny. Thank you: Jeannette Rhodes, Donna Cassidy, Judy Johnson, Kathy State, Sandy Diess, Su McDonell, Alpha Chi Chapter and myself. It was a last minute decision as to what I was putting together and they all came through for Oregon. I took a quilt and it did very well also. Jeannette Rhodes was responsible for several beautiful jewelry items on the Oral Auction table. Thank you to Helen Lapp for the exquisit scarf, which along with many others given to me by a Master Gardener friend, went on the silent auction tables and brought in lots of dollars. The Fun Fest raised \$14,450 for the evening with a few dollars still coming.

On a different note we were given much new information about the scholarship program. Here are a few facts, which I thought you might find interesting. There were 5 new endowments completed this year bringing the total endowments to 216. There were 8594 applications filed from 50 states. 126 came from international students. This year there were 200 scholarship winners for a total amount of \$216,250. The youngest winner was 14 years old and the oldest was 50 years old. 68% of the applicants were 17 or 18 years of age. Of the winners: 141 were women, 11 received two scholarships and 3 received three. Oklahoma had the most winners with Washington, Florida and Colorado following.

This year the scholarship process will be totally automated online. Kind of scary for some of us older folks, but they say it will be a breeze for the youngsters who have been asking for this the last several years. They will be able to apply for as many scholarships as they wish, not just limited to three. I will be contacting our Oregon High Schools to let them know of these changes. If any of you have questions, please feel free to call or email and I will try to get you answers. This is all done on the ESA website.

Another presentation we had at IC Convention was a video about this year's recipient of our Life Active Grant. A grant of \$2500 was presented to WomenGive a Northern Colorado program which is part of United Way of Larimer County. This program provides child care for single mothers who want to further their education. For most single mothers the cost of child care is a major barrier to them becoming self-sufficient. The dollars for this grant comes from the interest earned from Life Active memberships. We currently have 220 Life Active members and you are encouraged to consider becoming a Life Active member with a one time tax deductible payment of \$500.

Again I ask you to consider becoming a foundation member if you are not already. The cost for the first year is \$25 and thereafter \$15 each year. Those of you who are members, please remember to send in your \$15 **now**, so that we can save the foundation the dollars in stamps on those reminders of dues past due. Also plan to put the foundation in your chapter budgets and give to one of the Oregon endowments. Each one is a worthy candidate for your dollars and all need to be boosted as the foundation took another hit this year with the three year rolling average of -1.24% . This means that we did not earn enough interest on average to award scholarship without dipping into the account balances. We need to keep funding them.

Association of the Arts
Karen McNeil

I was so happy to see the number of people who participated in the Association of the Arts at last spring's convention. Far more than the previous years. And I am hoping you will all bring entries to convention next spring so we have to ask for more room to display them. You ladies are so talented and it is a shame not to show off a little. Start planning now what you want to bring to display.

I will get forms available to you as soon as they are available to me. Remember, this is the year to show off.

Western States
Mary Lambert

In July, Western States held their meeting at IC convention in Norman, Oklahoma.

A couple of by law changes were voted on due to the fact that Alaska has disbanded it's state council, but still has active chapters and we want them to be able to participate in Western States.

The registration form and information for the Western States Fling on Jan 27 - Jan 31, 2013 was in the June Grapevine, there is still room if you wish to join us in San Francisco. Ruth Rockwell's phone number is on the form, give her a call and send in your registration ASAP.

Last year there were no applications for the Western States Helping Hands Scholarship, what a shame. This scholarship is for members of Western States that need to get some additional education to improve their job requirement or apply for extra licenses, etc. Surely, there our members in Oregon that could use a little help financially, if you are interested let me know, I have the application forms.

Gavels
Donna Orth

50/50 Winner

For those who were not at convention, the winner of the Gavels 50/50 Drawing was Sandi Kucera receiving \$351.50. That is the same amount that will go to towards the Oregon scholarships. Thank you so much for purchasing a ticket(s) and hope you will do so again! By the way, the Gavels will have 50/50 tickets for the coming year after Leadership—hope you will buy 1, 2, 5, 6 or more! It's an easy way to help fund our scholarships.

Chaplain Debbie Sanguras

“A Day Hemmed in Prayer is less likely to unravel”

I will not be at Leadership meeting due to a prior commitment taking my granddaughter to school in Hawaii. However, I am sending a wonderful replacement in Betty Sollman. I will see everyone at Winter Meeting.

Reports since last Grapevine.

Members who have lost loved ones –

Kathie Freund's dad – Kathie is inactive but a life member. Her address is 228 NE Evans Rd., Corbett, OR 97019

Diane Yarrish (Alpha Lambda – Medford) lost her mother. Diane's address is 2378 Happy valley Dr., Medford, OR 97501

Sue Inman (Delta Kappa, Hood River) lost her mother, Barbara Chalmers. Sue's address is 1010 Pomona S., The Dalles, OR 97058

Diane Lewis (Alpha Upsilon, Hillsboro) lost her mother. Diane's address is 853 SE 31st Ct., Hillsboro, OR 97123

Death of Members

Pat Brown, former member of Alpha Upsilon. Address for her husband, Bob Brown is 26400 NW St. Helens Rd., #5, Scappoose, OR 97056

Illness

Marge Timmons, Epsilon Alpha, Pendleton Or had left knee replacement surgery on July 23rd. Her address is 82620 C St., Hermiston, OR 97838

Good News

Diana Yarrish (Alpha Lambda, Medford, son, Todd, was in a terrible motorcycle accident in May and was in a coma for 5 weeks is now home and able to walk with a cane. YEAH!!

The above information was sent by e-mail to all those on my list. If you are not on the list and would like to be, please let me know.

My e-mail address is dsanguras@yahoo.com

I will be adding to my list when I receive chapter rosters after Leadership, Don't forget to send me good news such as: weddings, births, etc.

CHAPTER NEWS

ALPHA Omicron

After our big "WHEW" at the end of convention, Alpha Omicron jumped right in to preparing for The Relay for Life, chaired by Pat Watson. Even though Mother Nature sent rumbling thunder, fierce winds, and heavy rains, we still managed to raise \$2800, and spirits in the community's effort to fight cancer.

Joan McDonald announced AO's theme "Living and Giving in the Heart of Oregon", and the educational theme is "Living the Lifestyles and Giving Our Hearts to Others", as chosen by co-educational directors Diane Duke and Jeri Fine.

Keeping us busy by assisting with the local blood banks, a yard sale, and community kitchen, we all look forward to our annual "Pot Party" the first Wednesday in September, hosted by Sharon Comingore and husband Phil. The *huge* black "pot" is filled with corn on the cob, meats, potatoes, carrots, onion, and.....whatever.....then cooked over an open fire until YUMMMMM!!! Great time to catch up on each other and our family news.

Comingore's lower yard is the perfect setting for installing our new officers: Joan McDonald, President; Virginia Runge, Vice-President and Treasurer; Reba Powell/Kay Wiles, Secretaries; Diane Duke/Jeri Fine, Educational Directors, and Pat McKenzie, Parliamentarian, while celebrating the fifty years of Alpha Omicron sisterhood recognized at the 2012 State Convention.

Alpha Lambda

Gamma Beta, Grants Pass, members joined us June 2nd for a Founder's Day luncheon on Pam Smith's patio. There was much visiting and Chris Miller gave a presentation on ESA for our pleasure.

June 23rd Pam and Roger were hosts for a chapter BBQ. Everything went as scheduled until it started raining. Pam said, "Talk about a houseful of company---it was wall to wall"! Everyone enjoyed the food and hospitality.

The following week, most of us supported Diane at the memorial service for her Mother, Freddie Holt.

All of this time, I've tried to keep Debbie, our State Chaplain, updated on Diane's son, TODD. He was discharged from Providence Hospita , 1 day less than 2 months, following his motorcycle accident. He is making great strides in rehab from his home now.

Last week, we held a garage sale, and gave the remaining articles to a Little League group.

An anniversary BBQ will be held Aug 18th for 5 members and husbands, who are celebrating their anniversaries this month.. Remy and Rick Crum will be hosts for that.

Our meetings start in September and another project "Serving Lunch to the Cycle Oregon group". It is a lot of work and involves members, friends and husbands. It will be at the Elk Creek Guard Station. We are sure it is a lot less work, than the dinner we served the time they were in Medford. It will be a good boost to our treasury.

ALPHA UPSILON RIDING THE WAVES

SUMMER HAS ARRIVED! The sun is out, we have nice warm weather that is inviting us all to "Ride the Waves with ESA" Alpha Upsilon. Time for swimming, picnics and outdoor family fun activities and adventures.

Our Summer planning meeting was a Salad Social Planning meeting held at the home of Shirley Woodford. The food was great, the company delightful and the weather was warm enough to eat and meet outside on the deck.

In June we had our annual "Wave of Generosity" Garage/Yard Sale hosted by Sue and Gene Horton. We were so hoping for three \$500 days and it is just plain incredible, we did it! A profit of \$1500 for the three day sale. The days were filled with cooperation, hard work, and a lot of laughter as we sorted, labeled and tabled the treasures we had collected for a year (and some junk too), a yummy breakfast and a very healthy lunch prepared by Rennie Meek and Sue Horton.

At the Annual Hillsboro Chamber of Commerce Awards Banquet, Sue Horton (Alpha Upsilon member) and her husband Gene were honored and awarded the Volunteer of the Year Award for their many hours of volunteerism for our community, and communities in Cambodia. Sue and Gene have been to Cambodia to help in the building of schools in very impoverished communities. One school has been completed, and there are three more on the horizon.

Our monthly get- acquainted- even- more breakfast continues. "Feeding the Gulls" takes place at Elmer's in Hillsboro the first Wednesday of every month at 9 AM . We have added first Saturday of the month for those who work and cannot make the Wednesday breakfast get together. We extend our "Wave of Hospitality" to all of you to come join us. This is such a great opportunity to really get to know each other even more, and learn what members are involved with outside of ESA, as so many of us are. We are caregivers for our elderly parents and friends, active in our grandchildren's activities, and assisting sisters in need past and present and so much more.

In July at the Oak Knoll Winery, we had our first "Wave of Hospitality" as we Toasted to the tunes of The Rock Hounds as "The Tide Rolled In". Wine was provided by Oak Knoll Winery and James Gang BBQ served up BBQ Brisket, and a BBQ potluck at the Horton's at the end of the month.

Save the Date: On November 10th, 2012. Join us for shopping and brunch at THE DOODLE PAD in downtown Portland. Sue Ann Parks, owner, will donate a percentage of total sales to ESA, Alpha Upsilon. And that means more money for St Jude, Easter Seals, scholarship programs, and for all other needs of the community as they arise. ESA is everything we do for others all year long.

We along with our sisters throughout the state have mourned our losses.

We mourn the loss of our sister Pat Brown who passed away in July from cancer. Pat was active in AU for 5 years before moving to Scappose. She continued to be active in AU until the drive became too much for her. Pat continued her passion to be of service to people in need. She spearheaded an organization, volunteered with and served on the board of Love INC (Love in the Name of Christ): Connie Theissan lost her son, Tim from cancer, there are no words to adequately express the profound loss of a son. Diane Lewis lost her Mother. It is always traumatic to lose your Mom, no matter how old or how sick they are. Eleanor Mills daughter Paula is recovering from a very serious stroke. She is recovering in Spokane hospital.

A number of our sisters in AU and sisters throughout the state are experiencing the effects of taking care of aging parents, husbands with serious illness, and heart conditions, and the toll it has on our daily lives.

We are all thankful for our sisterhood at times like this.

Delta Xi

It's been an eventful summer!

The Great Urban Race, a quirky scavenger hunt, to benefit St. Jude's was held the week after the Rose Festival. Some of our members helped at registration and really enjoyed seeing the unusual costumes of the participants.

A few members helped the Hood River Chapter with the St Jude Radiothon and had a great time socializing with our sister ESA friends.

June 15, the Morrison Center celebrated 65 years of service to the community. Jill Holden and Pat Stupur presented them with 6 bags of yarn and a large number of duffels, backpacks and suitcases for the teens. Pat can now see her garage floor again; we're already working on refilling it. They had a pleasant lunch, heard a speech from State

Treasurer, Ted Wheeler, listened to a Latin jazz band and took a tour of the facilities.

The teens showed some of their knitting skills including a video of how to make knitting needles from dowels.

Donna Cassidy, Mary Lambert, Kathy State, and Chris York represented us at the IC Convention. Congratulations to Kathy State who is now International Education Coordinator. They attended some great workshops, took some interesting side trips, and in general, enjoyed meeting with our sisters from the rest of the states and overseas.

Mid July, several of our members conducted ducky races at the Easter Seals camp.

Campers in groups dropped their yellow ducks off a bridge; watched them race to where they were netted, and then decorated them. Councilors helped those campers who needed assistance. What fun!

The last Tuesday in July, we had a "ladies night out." We shared snacks, beverages, and laughter. Jill Holden provided an outdoor theater, projecting "Young Frankenstein" on her back wall. After the movie, we answered questions about the film for small prizes.

August 10, 11, and 12 members helped with a very successful Stupur Wakayama Golf Tournament, raising money to support children's baseball. Attendance was good, the weather was great and everyone appeared to have a good time.

ESA Fling ~ 2013 ~ San Francisco



Arrive: Sunday, January 27

Depart: Thursday, January 31

Four Nights Accommodations in San Francisco
Four Hospitality, Four Breakfasts, Three Lunches, Four Dinners
Tours: Wine Tasting, San Francisco, Sausalito, Alcatraz
Beach Blanket Babylon, Western States meeting

Name _____ **Telephone (_____)** _____

Address _____

_____ **Street** _____ **City** _____ **State** _____ **Zip** _____

E-mail _____ **Fax: (_____)** _____

Per Person: Double: \$950 Triple: \$875 Quad: \$800.00

Rooming with: _____

Special needs _____

PAYMENTS

June 1, 2012: \$150.00 DEPOSIT (reply ASAP) – NO REFUNDS

September 1, 2012: 50% of Total Due

November 27, 2012: Payment in FULL

Monthly payments are welcome

No Credit Cards

Checks Payable to: Rockwell & Associates, PO Box 19975, San Diego, CA 92159

CANCELLATION POLICY

\$150.00 **NON-REFUNDABLE DEPOSIT**

November 27 – December 26, 2012: 50% Cancellation penalty

AFTER December 27, 2012: **NO REFUNDS**

WE recommend INSURANCE:

Call 800-284-8300 or www.accessamerica.com or a company of your choice

Rockwell & Associates

Ruth Rockwell and Lisa Johnston

PO Box 19975, San Diego, CA 92159

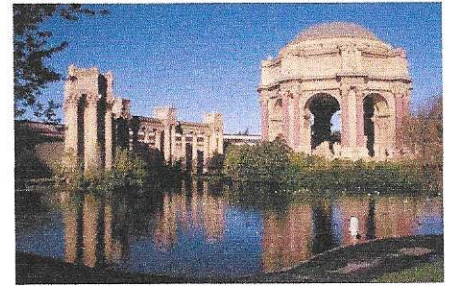
Phone or Fax: 619-698-2252 800-434-2252

email: ESAFling@aol.com

Please send your \$10.00 Registration Fee to: Marilee Dunn email: mdunnkuk@aol.com
3575 -1 Lehigh Drive, Santa Clara, CA 950

ESA Fling 2013 - San Francisco, California

Sunday, January 27 - Thursday, January 31, 2013



TENTATIVE SCHEDULE

Sunday, January 27

Arrive San Francisco
2:00-4:00 p.m. Fling Registration
5:00 p.m. Hospitality
6:30 p.m. Welcome Dinner

Monday, January 28

Breakfast
9:30 a.m. Depart for Wine Country Tour
3:30 p.m. Return to Hotel
6:00 p.m. Hospitality
7:00 p.m. Dinner

Tuesday, January 29

8:00 a.m. Helping Hands Walk
Breakfast
9:30 a.m. Depart for San Francisco Tour
Alcatraz, deYoung Museum, The Legion of Honor
6:00 p.m. Hospitality
7:00 p.m. Dinner

Wednesday, January 30

Breakfast
9:30 a.m. Western States Meeting
Lunch
Afternoon Free (Pier 39, Fisherman's Wharf, Union Square, China Town, Cable Cars)
5:00 p.m. Hospitality
6:00 p.m. Dinner
8:00 p.m. Beach Blanket Babylon

Thursday, January 31

Breakfast
Departures