

The Oregon Grapevine 2012-2013

November, Issue Three

Heart and Hands Celebrate ESA

Judy Johnson
State President

November is here and I'm really anxious and excited to hear about "Choctober" in Oregon. My son, Scott, and I just returned from a 15 day Hawaiian cruise where chocolate "ruled"! Every day, every meal included the possibility of chocolate – from croissants at breakfast, freshly made ice cream at lunch and molten lava cake at dinner. Each time I indulged, "Choctober" came to mind. I hope that many prospects have found Oregon ESA to be just as irresistible as decadent chocolate and have chosen to be a new or reinstated member!

Right now, Su McDonell and Leianne Stinton are immersed in their duties of finding new leaders for our state. At State Leadership in August (hope you were there) we discovered the "Leader in Us". We found that there are many types of leaders and ESA needs all of them. Each of us has leadership qualities and once we recognize what they are, we realize that we can share them on the state executive or general board. And those of us who have served there know what a great experience that has been. Many others have served in various ways on the general board and will tell you that it is a learning experience and the involvement brings you closer to many of your Oregon sisters. Leianne hopes you will consider serving there. Also, at Leadership, we were asked to submit the names of members that we would like to see serving – many names were submitted, some multiple times. So, I hope you will see the possibilities in yourself that others see in you and when you're asked, say, "YES"!

We're now looking forward to January and Winter Meeting in Roseburg. Thank you to Carolyn Rapant and our Douglas District sisters for hosting us. We'll hear from all of our officers, finding out what has been and will be happening in the future. We'll "Celebrate" St. Jude Hospital by hearing from those who went to Memphis to be a part of the dedication of ESA's St. Jude Hospital pavilion. And we'll have a "Party With A Purpose", celebrating our commitment to St Jude (we had a great time celebrating Easter Seals at Leadership and will celebrate Hope For Heroes at state convention in Springfield/Eugene in April).

The Holiday season is approaching, and I would like to wish you a Blessed Thanksgiving, a Meaningful Christmas and a New Year of new opportunities in your lives. In January we will be represented by a number of ESA sisters attending Western Fling in San Francisco and in February we will have a grand gathering in Roseburg for Winter Meeting. Can't wait to see all of you again and hear how "Heart and Hands are Celebrating ESA" in Oregon.

Love, Judy – Oregon State President (and proud of it!)

Susan Winters, IC President A Choctober Message

Choctober is in full swing! This month we are all concentrating on starting new chapters and inviting new members to our chapter meetings. One great way to make a new friend is to take them a Friendship Chocolate Cake. This is a special cake because it is made from the Amish Friendship Starter. The reason that it is so special is because you should always deliver the cake with a bag of the "starter" so they can pass it along to another friend—get the idea? One good friend leads to another good friend OR one good member leads to another good member! Remember the old saying "In order to have a friend . . . you have to be a friend!" Now, there is just one more thing—when you deliver your beautiful Friendship Chocolate Cake, invite them to your next chapter meeting! Pass it on!

FRIENDSHIP CHOCOLATE CAKE

1 3/4 c. all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1 1/2 sticks (3/4 c.) butter
1 c. sugar
2 eggs
3 oz. unsweetened chocolate, melted
1 c. Friendship Starter
3/4 c. milk
1 tsp. vanilla
Confectioners' sugar

See the recipe for Amish Friendship Starter.

Preheat oven to 350 degrees. Grease a 9"x13" baking pan.

Sift flour, baking soda and salt into a bowl or onto a piece of wax paper. In larger mixer bowl, beat butter and sugar until light and fluffy. Add eggs and mix well. Slowly add chocolate, starter, milk and vanilla; mix well. Beat in dry ingredients and pour batter into prepared pan. Bake 30 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on rack. Sprinkle with confectioners' sugar just before serving. (Cake can also be frosted.) 12 servings

AMISH FRIENDSHIP STARTER

1 c. flour
1 c. sugar
1 c. milk

Day 1: Stir (do not refrigerate mix).

Day 2: Stir.

Day 3: Stir.

Day 4: Stir.

Day 5: Add 1 cup flour, 1 cup sugar, 1 cup milk and stir.

Day 6: Stir.

Day 7: Stir.

Day 8: Stir.

Day 9: Stir.

Day 10: Stir and again add 1 cup flour, 1 cup sugar and 1 cup milk.

Su McDonell First Vice President

Oh my goodness. It's raining, again!! My back yard's a swamp already and I'm hoping all my plants don't go with the first frost. Amazing, isn't it...how time flies and a new season comes so quickly.

For any of you who have relatives or friends in the eastern regions of the US..my prayers join yours in hopes that they have not fared badly during this dreadful storm called 'Sandy'. It is an awesome thing to watch helplessly while Mother Nature rages. I know we have many ESA members, too, who will seek solace and help to pick up the pieces of their lives once again in the aftermath of 'Sandy'.

We have 24 active chapters and 315 members in Oregon!

I am sure Delta Kappa had an incredibly fun time at their 'Choctober' event... oh, to have been a fly on the wall at that one! I would love to get a quick note from our other chapters letting me know that my emails have not 'gone missing'. ☺ I know, without doubt, there is a great deal going on in our chapters this fall. Having attended 3 District meetings this last month I am flabbergasted at the amount of work being accomplished and planned by so many of you.

I know that most of you are not planning 'formal' events for member acquisition this year...but it doesn't stop me from encouraging you to be on the lookout for prospective additions to our ranks. We all know that likely candidates can be found 'hiding' at the grocery store, the hairdressers, other agencies you do business with, within your own families and other philanthropic organizations you work with annually. Don't forget the men in your lives as well. So many have done so much to support our endeavors over the years. They, too, can become full-fledged members!! As I write this I am preparing for Halloween Trick or Treaters this evening. *It's always good to be prepared* ..even if only a few show up in the rain. The worst that can happen is that I'll have left-over candy to dispose of. Oh dear. How awful ☺

I have just received the latest updates from headquarters and it shows we have 4 new members! *Delta Kappa, Delta Gamma and Beta Omicron* will be smiling from ear to ear. It is my hope that we will have the pleasure of meeting

and welcoming **Brenda Wright** from Beta Omicron- Burns, **Nancy MacKay** from Delta Kappa - Hood River, **Lori Johnson** and **Tina Meyers** from Delta Gamma – Florence to our Winter Meeting in Roseburg in February.

I wish all of you the warmth of family, loving memories and a joyful heart as you head into this winter season of Thanksgiving and Christmas.. and as we look forward to 2013. I'll see you in February in Roseburg.

Leianne Stinton
Second Vice President

I hope this message finds you having a wonderful holiday season. As we celebrate the season, let's remember all the good work we do, as ESA sisters, to help others enjoy the season. We are all very busy, but find time to help others.

We also need to take time to help us, Oregon ESA. Please think about running for an office. You may not think you are needed, or someone else is more qualified. But each of your current officers and past officers started the same place you are - not sure if they should run. Please call me or talk with another officer if you have questions. You are not alone when you are an officer. You get great support from the officers, past officers and members.

If you know a member who you think would be a great officer, please let me know so that I can contact them.

Merry Christmas and Happy New Year.

Kathy State
IC Educational Chairman

Hi everyone,

I hope you are enjoying this beautiful fall weather. I know you are all back into your ESA schedules and have probably begun your Educationals. I have been requested to share some information in the ESA News about the programs chapters have chosen. I would appreciate your help. I would like to know what your chapter has chosen and a sentence or two about what you will be studying.

I look forward to hearing from you. Thanks much for your help.

Sponsor an Outstanding Youth for IC Youth Award

One Junior High student (grades 7-9) and one Senior High student is recognized each year with the IC Youth Award. The Jr. High Award winner receives a \$500 savings bond and a plaque and the Sr. High Award winner receives a \$1,000 towards the college tuition, fees or academic expenses and a plaque.

The winner could be from your community or state. However, you must let that outstanding student in your community know of the award and application form. Plus, an ESA member and/or chapter must sponsor the student's application.

Contact your State Youth Award Chairman or Awards Chairman if you do not have a Youth Award chairman for information on any state competition in your state. Your chairman has the Application forms and guidelines and they are also available on the ESA website. The application must be postmarked by March 1, 2013 and sent to Margene Holtze, IC Awards Chairman, PO Box 164, Cambridge, NE 69022.

ESA Foundation Judy Huntley

I want to remind you all that membership in the ESA Foundation is very affordable, just \$15.00 a year. You are helping many young people to reach their dreams when you support the foundation. Your membership dues must be paid by March 1 to be a voting member for 2013. Last year I challenged those of you who have become inactive to reinstate your membership. A few did, but many more could and we would greatly increase our membership numbers. I put a membership/contribution form in each chapter mailbox. Also your chapter president has the form in her President's Yearbook. Please consider the foundation in your contributions and send your dues soon to save a stamp by the foundation when they have to send you a renewal notice.

The scholarship letters were mailed at the beginning of October. If you, or anyone you know needs an application, you must go to the website and download the application: epsilonsigmaalpha.com/esaf. The application process is all online this year. Each applicant can apply for as many scholarships as they choose, but each application fee is still \$5. Please give those students you know the scholarship information. Thanks for your help.

If you have any questions about the Turn Around Funds process please call and I will help you through the process. Using this process helps the Foundation retain its 501C3 status.

Hope to see you at Winter Meeting in Roseburg.

Enjoy the holidays and give thanks for our many blessings.

Western States Mary Lambert

The Western States Fling is coming up in January. If anyone is still wishing to go to San Francisco get in touch with Ruth Rockwell, her phone number is 800-434-2253, the registration form was printed in the June Grapevine, see website.

At the fling, we will be having the Helping Hands Walk. The money from the walk goes into the Helping Hands Scholarship. No one applied last year, do you need help for a class, further educational requirements, continuing education purposes, license renewal, etc. this is for Western States members only. If you are interested in applying for the scholarship contact me at my e-mail address; richmaryslamb@clear.net. Subject Western States Scholarship.

Chaplain Debbie Sanguras

“Kindness is the oil that takes the friction out of life!”

Thank you for sending me the information I need to keep you all informed. I have updated my e-mail list with addresses for new chapter Presidents. Please continue to share information – happy news as well as sad news. When you report the loss or illness of a member’s family, it is helpful to include the name of the relative. I have sent out 13 cards since last Grapevine. Below is an update of information received since the last report.

Members losing loved ones:

Connie Thiessen, Alpha Upsilon, Hillsboro – Death of son, Tim.

Bert Mobley, Kappa Kappa, Portland Metro – Death of sister, Faye Hanlin on Sept. 6. Faye was a former member of Kappa Kappa and Alpha Lambda.

Claudie Hale, Alpha Upsilon, Hillsboro – death of brother-in-law, Jerry.

Marjorie Peterson, Alpha Lambda, Medford, death of nephew.

Mary Wagner, Alpha Lambda, Medford – death of brother-in-law.

Tami Arthur, Delta Kappa, Hood River – death of her aunt.

Illnesses:

Cheryl Barrett, Beta Iota, Roseburg – pneumonia and severe back pain.

Eleanor Mills, Alpha Upsilon, Hillsboro – daughter, Paula had a stroke.

Sandra Bristow, past gavel, - grandson Rylan has continuing complications while awaiting a heart transplant.

Sandi Kucera, Alpha Upsilon, Hillsboro broke her right ankle requiring surgery with 10 screws and plates.

Nancy MacKay, Delta Kappa, Hood River broke right wrist.

Marj Baker, Delta Kappa, Hood River – her sister has lung cancer.

Darlene Hoffman, Alpha Omicron, Madras – husband Bill has been ill and requires surgery for a malignant tumor in colon.

Good News – I am the proud grandparent of a new grandchild – a little girl named Kennedy Cook, born October 2, 2012.

Let us all remember to count our blessings. Please continue to pray for fast recoveries for those with health issues and for comfort and peace to those who have lost loved ones. May all of our sisters have a healthier and happy fall season!

Marjorie Peterson asked me to include this note from her:

I want to thank everyone, who has sent kind thoughts and cards since my nephew's death. He was more like a younger brother, as he lived with my parents for extended periods. He also has been my computer mentor for a number of years.

Louise Muir Easter Seal chairman

Easter Seals had sent out a request for 300 pairs of socks. At Leadership in Florence I read the letter and noted that if chapters would like to donate the socks to the stand downs in their area that would be wonderful. With our Hope for Hero's we are trying to reach veterans throughout the whole state. 187 pairs were given to the Portland area stand down by Alpha Upsilon, Delta XI, and Kappa Kappa. Omicron Omega donated 58 pairs of socks. The Central Oregon chapters donated 83 pairs for the stand down to be held November 6th in Bend.

If other chapters have donated socks or had other projects for Easter Seals I would appreciate you letting me know so these can be included in the year-end report. We also played Bunco at Leadership in Florence and I think all that played had a great time. Some had never played before so it got off to a slow start but then became very competitive. Around \$100.00 dollars was raised for Easter Seals and also toiletries were brought to send to the Salem office. If you are still gathering these items save them and bring them to Winter Board if you wish and I will get them to Salem.

Thanks for all your help. Hope you have a wonderful Thanksgiving and a blessed Christmas Season

Hope for heroes

ESA's **Hope for Heroes** program provides an opportunity to show appreciation for military men and women as they guarantee freedom here in the USA and around the world. Hope for Heroes Week falls the week of Veteran's Day in November. Each year, chapters are encouraged to hold a special program or event during the week to support military members, their families or veterans. While many members engage in Hope for Heroes activities throughout the year, during this one special week we all try to do something extra special.

If you go to the ESA Member Center at <http://www.epsilonsigmaalpha.org/member-center/make-a-difference/national-service-projects/hope-for-heroes> you will find many ways and ideas to help as an individual or chapter.

I did find that the group I talked about at Leadership is on this list also; Give2TheTroops, which is located in Albany, Oregon.

I hope that every one thinks of our veterans on this coming Veterans Day and through out the year.

Jill Rankin

Sharon Comingore Diana and Youth Awards

Now is the time to look around your community and find an outstanding person you would like to honor for the Diana Award. This award goes to a special lady in your community that is not an ESA member. You may obtain your Diana Packet from ESA Headquarters. The packet will explain how to prepare the entry. Deadline for the Oregon State entry is February 1, 2013

Youth Award:

Would you like to nominate an outstanding youth for the Outstanding Senior High Youth Award. This award is intended to honor and recognize an outstanding Senior High Student who is judged on Scholastic Ability, Character, Leadership and Skills, in general a well-rounded student. Check with you local high school for recommendations of a qualified student. You may contact ESA Headquarters for an application. The deadline for this is February 2013.

Please submit application for either award by February 1, 2013 to Sharon Comingore, 1273 NE Westview Dr., Madras, OR 97741

Jeri Fine Philanthropic Chair

Dear Philanthropic Chairmen:

Please consider these questions carefully as a means for me to improve on those reports being sent in next spring. Any feedback would be appreciated and can be relayed to my information below.. While a high percentage of chapters choose to take the time to fill out the reports, I'm very interested to know if there's a solution to assist those who don't. I cannot emphasize enough how important every penny reported is to our state totals.

1. Does your chapter have ready access to the reporting form?
2. If the forms are confusing to you, what would you change ?
3. Does your chapter have a easy but accurate monthly tracking system?
4. Would you be interested in a workshop at district council or chapter meetings?
5. Does your chapter feel tracking and reporting are important regardless of the totals?
6. Do you understand WHY and HOW philanthropic reporting impacts our ESA non-profit status?

Thanks for your time! Feel free to email, write, or call!

Jeri Fine

oldfinefolks63@gmail.com or 8319 NW Deschutes Drive Madras, OR. 97741 or 541/475-2634

**The Willamette Valley District Council
will be your host at
the Hilton Garden Inn in Springfield.
Located on Gateway Street just off Exit 195A - East of I-5.**

The 2013 Convention registration form is in the Grapevine and on the Oregon Website.

Don't forget the Early Bird Registration, you just might get your registration paid for.

See you in April 2013

District News

Southern Oregon

Southern Oregon District had a delightful meeting at Tap Rock Restaurant in Grants Pass.

We were so happy our State President, was there, our State 1st Vice President, Sue McDonald was there. We had some visitors. Ellen Ellis decorated our tables with hearts and hands and gave us some beautiful thoughts from God's Word. Lynn Hughes, our President held a short meeting, giving us some ideas about IC Convention coming up at a luncheon we are responsible for.

Willamette Valley District Council

Sizzler Restaurant, Albany, Oregon

Host chapter – Omega Mu

October 20, 2012

Fall was in the air and the leaves were swirling and dancing. Our faces were alight with anticipation as we were about to be presided over by our new officers - President Julie Rassmann, Vice-President Liz Rust, Secretary Laura Strom, Treasurer Sandy Diess and Parliamentarian Marsha Klosterman. When all was said and done, they did a great job and our future is secure for another two years!!

President Julie Rassmann announced that Delta Gamma will be holding its annual auction on November 10 at the Ocean Dunes Golf Club. It is their 25th anniversary holding this auction. When they first started, the auctions were held in members' homes but now have grown so large that they have to be held in a public venue. The tickets cost \$25.00 and participants are treated to wine, appetizers, a silent auction and live auction. If last year is any indication, a lot of fun is to be had again. The men really make the evening as they are trying to outbid each other.

The chapters reported on projects they are working on. **Alpha Zeta** is currently working with Bags of Love which is an organization that gives clothing, bedding, etc. to children who come into the foster care system. Sometimes these children come into the system with only a change of underwear or in the case of a meth home, they have to leave naked as they cannot take anything with them. Bags of Love fills that niche. Bags of Love are, also, requesting age appropriate quilts. **Delta Gamma**, also, participated in the Relay for Life and was responsible for the over 2000 luminarias. The night scene was spectacular. **Epsilon Theta** hosted a Senior Tea for graduating seniors last June, hosted Leadership, and on November 9, will cater a Hobo dinner of stew, biscuits, salad and desserts. The monies earned from this function will be used for various community organizations which we help. The end of October we will be helping with vision and hearing in the Crestview School. We, also, sell tickets to the various sporting events. In so doing, we make it possible for all the monies collected to go directly back to the athletic department. **Omega Mu** went target shooting!! A fun time was had by all at that function. Above and beyond that, they have been collecting suitcases and backpacks and delivering them directly to Children's' Services for children in the foster care system. They delivered 85 suitcases the last time. They are, also, working on the state convention.

Centerpieces for the state convention were shown as each chapter has a season to depict as a theme. We were very impressed with the various centerpieces shown and we are sure that everyone will enjoy them as much as we will have making them. Sandy Diess and Su McDonell are busy putting the convention together. The registration form should be in this Grapevine. The convention will be held at the Gateway Hilton near the Gateway Mall – LOTS of shopping, ladies!!

Omega Mu chose our philanthropic project for this year. We will be helping "Fire Corps" which is a volunteer organization in Linn County. The members of "Fire Corps" respond immediately to any disaster with blankets for warmth and comfort. They will stay with victims until family members can be contacted and arrive to pick up the affected family. If I remember correctly, this was set up by firemen to have someone there in an emergency to give solace.

Su McDonell, State 1st vice president, attending this fall's Beaver Community fair in Corvallis. Kaycee and Su are in the planning stages for a collegiate chapter at OSU. Su is gathering information and shared her insights with us. They are very excited to establish the FIRST west coast collegiate chapter. Chapters have been started on the east coast and Su is gleaning information on what worked and what didn't. Su is, also, going to look into passing out The Source which would be a fundraiser for our chapters.

We had a delicious lunch of each one's choosing. We played a short game focusing on Hallowe'en. A sample question – "The cranially challenged equestrian". Why, the headless horseman, of course. Another one (which I couldn't get) was – "lunar enhanced shape shifter". All I could think of was, coyote, but that was wrong. The correct answer? Werewolf!! Silly me. Hallowe'en candy decorated the tables. Omega Mu member, Charisma Boertje, made the invitations which were haunted houses. Very innovative.

After deciding that the hostess chapters can individually decide on whether to have a workshop or not, the meeting was adjourned and we all recited the closing ritual.

Thanks, Omega Mu, for a great meeting.

CHAPTER NEWS

Alpha Lambda

Our members served 2200 people lunch for the 25th anniversary of Cycle Oregon at Elk Creek Guard station in early September.. They bring everything needed for meals in the truck that accompanies the riders. We were assisted by family and friends for this project.. Some of the riders were very talkative and one told Ricky he would be riding in Germany next year in her home town..

October was also very busy, as family and friends helped on our first Bunco Party. It was not as successful as we had hoped but did make more dollars for our treasury. It was a lot of work but we probably will try it again in the future.

Oct 13th we attended the District meeting in Grants Pass. It was wonderful to see so many state officers, from out of town. Both chapters have been very active on local, state and National projects.. Marjorie wrote a letter to the Editor of the Medford Mail Tribune re: ESA's \$164 Million donations and pledge to St Jude Children's Hospital in 40 years. (It may be in this issue of the G'vine).. They printed it FIRST before all the political letters that day).. HURRAY for ESA.....

Diane invited all to a surprise "Birthday and Welcome home" open house for her son, Todd at the Crater Rock Museum. He is doing very well and she forwarded a picture of him walking with his 90 year old grandfather.

Oct 22nd our speaker was Chris Walker, County clerk..She told us of all the checks and double checks on our ballots. The Women's Suffrage movement was very active in the Rogue Valley in 1912. We've come a long way, Ladies.. You did cast your vote for all that long ballot didn't you???

Oct 27th we held our Halloween party. The food was delicious and plentiful.

ALPHA UPSILON RIDE THE WAVES OF ESA

September brings fall colors, cooler weather and a new year for Alpha Upsilon. Our first business meeting was held at the home of Linda Gratteri, hosted by Claire Duren and Shirley Woodford. Socially, we ate and laughed and at one point we were all talking at the same time about our summer events, travels, happenings and challenges. Wanda Sands Leyes from California, joined in on the fun.

President Patsy called meeting to order at 7 PM and then it was all business as usual.

On September 4th at the Sequoia Studio in Hillsboro, Clair Duren was one of the featured artists. Claire worked for two years on the pieces for her September exhibit. She loves to explore new places as she travels and her work shows this influence. Ireland, Belgium and Italy are some of the places Claire got her inspiration. Claire has lived in Hillsboro 33 years and has been a member of AU for 10 years. She is now retired and painting full time as one of the studio members of Sequoia.

“Breakfast With the Gulls” is still held at Elmer’s in Hillsboro on the first Wednesday and first Saturday (Shari’s) of each month for the sole purpose of getting to know each other better and keeping updated on the “goings and comings” of each sister. “How Well Do You Know Your AU Sisters” is carried through at each monthly meeting by Susie Parks Rush Chair. Funny stories of AU Sisters are collected by her and she reads a couple at each meeting and we try to guess who she is reading about...those who are correct receive an appropriate gift which will someday show up at one of our annual garage sales.

The Pet project of President Patsy (Mermaid) McLean this year is the clipping of manufacturer’s coupons from the Sunday slicks and mailing them to Wier, TX for Coups for Troops. These are also called Troopons. At the first meeting of AU, Coups for Troops has resulted in Alpha Upsilon sending in an initial \$1,488 worth of coupons for the various bases. Easy Project!!!

Sox for Soldiers, an Easter Seals Project, brought 91 pairs of sox for the 9/28/12 event in Salem! Debbie Wright of Portland Easter Seals office even drove to Hillsboro to pick them up from our Treasurer (Sand Dollar) Rennia Meek! We received a very promptly written thank you from Easter Seals.

Save the Date: On November 10th, Come and shop with us at The Doodle Pad in downtown Portland. Get your Christmas gifts purchased early from her wonderful and unique selections of gifts. Susie parks, owner, has been a member of Alpha Upsilon for 17 years. Susie donates a percentage of total sales to AU, which in turn means more money for scholarships, St Jude, Easter Seals, and other community needs as they present themselves. Come join us, meet Susie, and have a shopping experience that’s one of a kind.

This year’s State Theme is Hearts and Hands of ESA, which you will indeed see in the caring hearts and hands of our sisters in Alpha Upsilon Chapter. We have many sisters dealing with life altering illnesses of spouses, adult sons and daughters, Moms, grandchildren, and also ourselves. Sandi Kucera, fell and broke her ankle, had surgery and is now recovering in the midst of making a move to Arizona. Her husband Gary is suffering from serious back pain as they start on this new journey. Sue Stockton’s son Paul had cancer surgery for a good sized tumor on his outside chest wall. It is a good outcome so far and he may be able to go to Sue’s home for recovery for a couple of weeks. Claudia Hale lost her brother in

law, Jerry, to complications from surgery for the removal of a tumor. He died 10 days after surgery for they could not remove all of the cancerous tumor.

From our chaplains Barbara and Yvon:

“Once a woman knows her worth, she knows the worth of others”

Write yourself a thank you note reflecting on all you do for others while all the time forgetting how to acknowledge your own compassionate nature.

Gamma Beta

Gamma Beta of Grants Pass hosted Southern Oregon District at Tap Rock Restaurant in Grants Pass. We were so happy our State President, Judy Johnson was there, our State 1st Vice President, Sue McDonell, and Corresponding Secretary, Mary Lou Dickie were there. We were also thrilled to see Virginia White. Winter Meeting Chairman Carolyn Rapant always comes to visit us because she misses our membership. Ellen Ellis decorated our tables with hearts and hands and gave us some beautiful thoughts from God's Word.

Lynn Hughes, our President welcomed our State Gavel and her board. She held a short meeting, giving us some ideas about IC Convention coming up at a luncheon we are responsible for. Sue McDonell gave us an update about NEW YOUNG BLOOD, exciting us about a College Chapter. She renewed our love for ESA with determination to MAKE IT HAPPEN.

Katie Shepard Rasmussen always presents enthusiasm and courage in her presentation of Easter Seals and what is happening in Medford. Alpha Lambda and Gamma Beta are always delighted to participate in the Saturday Night Dances with her. Katie gave us encouraging statistic details, regarding our participation in Hope for Hero's program. Alpha Lambda make soups and serve the Vets in the Park honoring their dedication to our Freedoms.



Oregon State 67th Annual State Convention

April 19 - 21, 2013

'A HEART & HAND FOR EVERY SEASON'

at the **Hilton Garden Inn**

3528 Gateway St.

Springfield, OR 97477

\$99.00 for single or dbl.dbl. - \$149.00 for a suite plus taxes

call 541 736-3000 or toll free 1-800-782-9444 & BE SURE TO MENTION ESA

Rates apply until March 29, 2013

REGISTRATION: \$90.00 ...Due by April 10, 2013

\$10.00 extra for any late registration \$10.00 fee for cancellation

EARLYBIRD REGISTRATION... registrations received or post marked by March 1, 2013 will be eligible for the FREE REGISTRATION drawing

(cut and mail bottom portion)

NAME _____ CHAPTER _____ # _____

ADDRESS _____
Street City State Zip

Member of: Executive Board () General Board () Guest () Gavel () First Time Convention ()

Registration: X \$90.00 = _____

Men & Guests..... banquet X \$35.00 = _____

TOTAL REGISTRATION ENCLOSED \$ _____

(Check One)

Banquet Choice: Apple Stuffed Pork Loin _____ or Chicken Marsala _____

(Baked Chicken Breast)

*NOTE: I REQUIRE strictly VEGETARIAN MEALS _____

Allergy to _____ and require special care taken with my meals.

Make Checks Payable to: 2013 ESA Oregon State Convention

MAIL TO: Kaycee Headley 1312 33rd Avenue SE Albany, OR 97322



Epsilon Sigma Alpha
INTERNATIONAL

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