



# *The Oregon Grapevine*

*2013-2014 June, Issue 1*



New Officers, Jill Holden, Workshop Coordinator; Lani Shimer, Recording Secretary; Kaycee Headley, 2<sup>nd</sup> Vice President; Su McDonell, President; Lianne Stinton, 1<sup>st</sup> Vice President; Sandy Diess, Corresponding Secretary, Judy Palmer, Treasurer; Judy Johnson, Jr. Past President.

***Greetings from your new  
Oregon ESA President,  
Su McDonell***



...and so it begins, **Come Fly With Me...** Really? I've thought about this for years..quite literally. There were other themes in mind from time to time but I kept coming back to this one. Some of my most wonderful dreams have included flight. My own. Floating down a street completely without care or fear and the other kind, too. You know... as in 'running away'.

At the moment the '*running away*' part keeps coming up... 'what HAVE I gotten myself into?'. Luckily it doesn't last long. There are too many of you who call or email or bump into me and remind me that this position isn't being filled by just me, alone. So many have gone before and there are those coming after... a long, unbroken line of women who all want to see me succeed – as they did or as they hope to.

I renew my invitation to all of you...**COME FLY WITH ME!** It may be a wild and crazy ride or we may just slide down a hill on our hineys and land softly with a small thud on a cloud held by smiling sisters.

I understand we're off to a wonderful start with new members already. Ideas are being fed to me from different chapters telling of new roads they're going to try. The chatty and somewhat incoherent **Su's Newz** is going out to those who wished to receive it (*if you'd like it ...send me your email*). That seems to tickle your collective fancy and I'm liking the idea of a very informal bit of communication, at any old time, allowing us to put bits and pieces together. So much floats through at odd hours and is gone by the time I get around to making notes. (that might not be a bad thing, really ☺)

Please don't hesitate to **send me odd bits now and then of things happening in your world**. I'd love to add it to the Newz... with or without your names on it.. your choice. Something you may want to know: **The membership of Oregon is once again applauded for reaching to help others with their hands and their hearts.... Our totals for Bags of Love was \$720 in gift cards, \$85 in cash and a pledge of \$50 per month for a year from one member! (that's \$1405.00) Wow! I have a Certificate to show you in Madras.**



Pictured are Becky Diehnel, Barb Moss, Suzy Winters, IC President, Di Barrong, Founder of Bags of Love, Su McDonnell and Rindy Hoag.



There are 12 of us who will be attending **IC Convention in Norfolk**. Some of us are going in early or staying a little later to take advantage of the trip. Interesting how actually touching a piece of the Lincoln Memorial or walking around the White House makes it somehow more 'real'. Some want to see the Vietnam Wall and others the WWII Memorial newly constructed and dedicated. I know some will travel to Gettysburg and others just want to take part in southern tradition in Richmond and smaller places known only in their own family history. We'll gather in Norfolk and make a valiant attempt to bring the rest of you some interesting tidbits from IC that will enrich our Oregon ESA experiences this coming year.

I urge you all to take advantage of a beautiful venue in Madras Oregon. Please use the sign-up enclosed in the Grapevine and make your reservations, before July 15. It is my hope that many of you will be able to join us there for our **Leadership in August**. We'll have lots to share.

**Bees**, their lives, the blessings they provide us, their habits, etc. seem to be the theme I'm hearing from some of you connected with your Chapters' new years. They are rather wondrous creatures, aren't they? We will continue to hold them up as symbols of achieving impossible goals...as they have been symbols of such for many hundreds of years in the history of mankind.

See you soon in Madras.... ESA Hugs, Su

**If there was ever a time to dare, to make a difference, to embark on something worth doing,  
IT IS NOW.**

**Have Fun. Dig Deep. Stretch. Dream Big. Persist. Trust.  
ANYTHING IS POSSIBLE.**

.....

*Ladies,*

Good morning, afternoon, evening or late night, depending when you read your Grapevine. I seem to do the late night lately.

Are we ready for a great ESA year? Part of what will make a great year is new members. It is always important to bring new blood into any organization and we are no different. New members help us work on the projects we do, look at them in a different way and also bring us new ideas. All of these are important for an organization to survive.

We are going to do a little exercise that we did at state convention, with the IC President Susan Winters. So get yourself a glass of ice tea, hot tea, coffee, wine or whatever you want to drink, a pen and a piece of paper. It is called "Give Me 5 & I'll Give you 50". Ready?

List

5 friends	5 Relatives	5 Co-workers
5 Neighbors	5 Church Goers	5 People I do business with
5 Spouse's Co-workers	5 Social Group Contacts	5 Contacts through My Children
5 Previous Co-workers or Neighbors		

Now we have our list of 50 prospects, now you need to contact them and invite them. Don't worry that they are too busy, might not be interested or any other reasons you can think of; let them decide.

I would like you to email or call me when you get new members, sometimes headquarters is a little slow in letting me know.

See you all at Leadership in Madras. Have a great summer. (I think it's here.)

Leianne Stinton, **1<sup>st</sup> Vice President**

## **2nd Vice President, Kaycee Headley**

One of the things that I love about ESA is watching my sisters develop their leadership skills. Leadership takes many forms- quiet and thoughtful, assertive and enthusiastic, or anything in between. I want to hear from ESA members who are interested in continuing their leadership journey onto the executive board. I will be contacting chapter and district presidents for recommendations if necessary, and I hope to visit all the districts in the coming year. Feel free to contact me if you have questions. [kayceeheadley@gmail.com](mailto:kayceeheadley@gmail.com)



## **Junior Past President**

For the last time, I want to, again, thank Sandy Diess, Su McDonell and all our Willamette Valley District sisters for a fantastic state convention. The facilities, the meals, the events planned for us, our precious gift bags - I could go on and on, but I just want to be sure that all of you realize my appreciation for a wonderful weekend.

Now, I look forward to my new responsibilities as ESA Disaster Fund chair for Oregon. Since we have so many new members, (how wonderful is that!) and I hope that our chapter presidents will be sure they get to read the *Grapevine*, I'd like to briefly say what the Disaster fund does. The purpose of the Fund is to provide help for our own ESA sisters when they experience a disaster in their family. It might be their home or personal belongings being damaged or destroyed by causes of nature. Or it might be when a member incurs heavy financial responsibility due to a debilitating illness or accident involving her or her immediate family, residing in her home, for whom she is legally responsible.

I'm happy to say that at last report there were no ESA sisters involved in the disastrous tornadoes in the Norman, Oklahoma area. For this, we can be thankful. Almost every year we have an Oregon ESA sister in need of help and they can receive up to \$5000. We really need to be aware of that when we plan our chapter's contribution to the Disaster Fund. I'll be sharing a way for individuals to participate as well. We'll be starting that at Leadership in August.

Have a great ESA year and I look forward to seeing each of you in Madras in August. You'll have the warmest (and craziest!) welcome by these special ladies!!

**ESA Hugs, Judy**





**2013-2014 Oregon State Council Education Program**

"Come Fly with Me" - President's Theme

***"I don't like to be out of my comfort zone, which is about a half an inch wide."*** (Larry David)

The educational theme is **"getting out of your comfort zone."** There are so many ways to do that, so here are a few ideas. You probably have many of your own.

1. Feel the fear, and do it anyway. Face your fears. Take small steps. The more you do what you fear, the bigger your comfort zone becomes. This can be anything from being the first to strike up a conversation, to finding a way to speak in public without being afraid.
2. Dare to learn. Education yourself and move out of your comfort zone. Read about different cultures or about people who have different beliefs than you do. Visit places with different cultures if you can, and put yourself into a world where you are the minority.
3. Become comfortable with taking risks. Go out on a limb. Try something you have never tried before, try something you have wanted to try but haven't - even if it is weird.
4. Enjoy the unknown. That heart fluttering, stomach churning kind of experience.

At Leadership, there will be a comfort zone worksheet for you plot your personal goals in getting outside your comfort zone.

**Nancy Reid, Educational Chairman**

+++++

The next **Grapevine Deadline is September 1, 2013.** If you have questions or comments please contact me at 504-724-0020 or [mneilka13@yahoo.com](mailto:mneilka13@yahoo.com). Thanks, Karen McNeil

## NEWS FROM ST. JUDE

What a wonderful convention this year. Congratulations Judy for a tremendous year and best wishes Su for another wonderful year. I know chapters are beginning to plan their events for the coming year. Be sure to include something for the Kids at St. Jude. Each and every dollar that we raise goes to help find the cure for cancer. What a wonderful way to help kids live and thrive in the world. Be sure and use the ESA web site as it has many ideas for events that you can hold in your area. Also, under forms in the member center, you will find the booked event and completed events forms. They are easy to fill out; you can even do it on line. These must be submitted if we want our totals to count for Oregon. Headquarters uses these forms to track amounts for each state and if they don't have a form, it is not credited to our state.

There are several events coming up in the next few months and volunteers are needed. The Dalles Radiothon will be held on June 6-7. This is their second year and promises to be more fun than the last one.

On June 15<sup>th</sup> there will be a Yoga event. It goes from 8am-8pm and includes yoga, meditation, massages, refreshments, and prizes for top fund raisers. To register for this event go to [www.stjudeyoga.org](http://www.stjudeyoga.org). Not much help is needed for this event, but teams to sign up for it are wanted. Sounds like a day of fun.

The Great Urban Race will be held on August 10<sup>th</sup>. It runs from 9:30am to 5pm and about 50 volunteers are needed to be at the St. Jude table and the clue locations. This is a scavenger hunt with teams going for the prize. They are all in costume and it is a very fun event to work.

The Warrior Dash is to be held on September 7 and 10 volunteers are needed for that. This is an obstacle course full of mud, jumping through fire, climbing over tall walls. The duties for that are to check people into the St. Jude tent and also take additional donations. JoAnne McKenney worked it last year, so ask her about the details. It is a crazy event. It is held in North Plains. So come and plan to spend the day and help the Kids at St. Jude.

We will be getting more information on the Give Thanks Walk that will be held in November. I'll save that for later.

For anyone going to IC, the St. Jude event will be "For the LOVE of Chocolate". Be sure to register and enjoy a chocolate experience.

The Memphis Marathon will be the first weekend in December. Team ESA is looking for members to join them. If you can't go to Memphis, you can sign up and do a virtual walk beginning in September. Looks like a busy year ahead and I hope you will join me at some of these special events.

**Kathy State, Senior St. Jude Chairman.**



## The Oregon Guidelines - Donna Cassidy, Documents Chair

I want to take this opportunity to encourage everyone to go to our website and click on The Oregon Guidelines link on the home page. These Guidelines were prepared primarily for the State Officers and Board Members and give a description of roles and responsibilities. If you are a State Officer or Board member, please make a copy of the Guideline for your position and refer to it throughout the year.

If you are not on the State Board, you are most probably an officer or committee chairman at the District and/or Chapter level and, as such, you may find these guidelines of some help to you, as well, so check them out. In particular, chapter educational and philanthropic chairmen, including Easter Seals and St Jude, should review the guidelines for the state level positions. These will help you as you go through your year and particularly in preparation for the year-end reporting.

Finally, the guidelines are a work in progress and will be updated and revised as necessary. If you were an officer or committee chairman last year, please review your specific Guideline and let me know of any changes/additions you think need to be made. I have received a few suggestions already but I am sure there are others. I plan to list any Guidelines that have been updated in future issues of the Grapevine.



## Hope for Heroes

Jeri Fine, Chairman

If you're headed to Leadership in August, I'll be collecting feminine products for our gals in service. You might call your ESA sisters and bring their donations, too. Here are a few suggestions:

Shampoo, conditioner, lotion, sunscreen, styling gel, magazines, toothbrushes and paste, lip balm, trail mix, pads and tampons, paperback books, light cotton gloves, chewing gum, ponytail rubber bands, emery boards, tweezers, energy bars, packets of Kleenex, moistened wipes, talcum powder/baby powder, puzzle books (word find, crossword, etc.) and anything that won't break or melt that you think they'd/need. Might be nice to include a note about yourself and why we're doing this.

The veterans are collecting money to donate a war memorial to vets of World War II, and I'd like to see ESA take this on as a state project. I do need feedback here.

Also, keep in mind that Veterans' Hospital in The Dalles, needs donated items the permanent residents can give as gifts. Re-gifting is fine as long as they are gently used. I'll be collecting these all year, but would like to have boxes of "stuff" to deliver before Christmas! Many of these people have families of various ages.

## **ESA Foundation Report**

Judy Huntley, Counselor

Well, wasn't that a fun weekend in Springfield. Thanks very much to all Willamette Valley District sisters for such a good time. So nice to see so many of you.

The scholarship winners will be posted on the web site for ESA Foundation as of June 1<sup>st</sup> according to the foundation website. As of this writing they have not been announced so I do not know how well our students have done. I did hear Oregon had over 600 applications which would be up over 200 from last year. Hopefully your chapters are all considering contributions to the Oregon State Scholarship. I would hope we could get the endowment back to an amount which would allow us to give the \$1000 award without dipping into the principle fund. I am glad to see our 50/50 drawing, by Gavels, going to well done and you should be able to direct students to this site for information.

The IC Foundation Fun Fest Event will be Tuesday, July 16, at IC Convention in Norfolk, VA. I know several of you are planning to attend. Whether you are going, or not, I would be glad to accept contributions to the silent auction, and or our Oregon State auction entry. We are again going with the purse idea. Su McDonell has a gold mesh vintage evening purse from Whiting and Davis. We are not sure of the value, but we will fill it up with gift cards and I will add a few accessories. You, or your chapter, can purchase a gift card to a national store for any amount, say \$10, \$15 or more, and send it to me by July 1 or send money and I will purchase items. I would greatly appreciate your help. As you might remember, our entries the last years have been right up there, first or second, with all the state baskets and I am hoping for a repeat. Thank you for all your help with this project.

Have you joined yet??? The form is on line if you need one and the first year is just \$25 and \$15 thereafter. It is not too early to renew your membership for 2014. Get it out of the way now and save the foundation the postage stamp on your reminder.

Hope to see many of you in July.

+++++

### **Western States Council**

I am sorry I was unable to attend the state convention in Springfield. I thank Kathy State, Donna Cassidy and Virginia Hammersmith for collecting and distributing the Western State dues and cards.

The Western State Fling will be held in Las Vegas in January 2014. There is information included at the end of this Grapevine.

Kathy State mentioned that Western State Council is thinking about changing the date of our meeting from January to possibly September or October so it can be held in Oregon, Washington or Alaska when the weather is better. I would appreciate any comments to take back to the meeting at IC convention. Please e-mail me with your comments to Mary Lambert at [richmaryslamb@clear.net](mailto:richmaryslamb@clear.net).

Thank you,

**Mary Lambert**



**\$\$\$\$ 50/50 WINNER \$\$\$\$**

**Donna Orth**

This year's 50/50 Drawing was the best ever – by Sunday morning at Convention all available tickets were sold and the profits came to \$1040.51! The lucky winner was Marlene Nash so she went home with \$520.25! The other winner, the Hazel Knapp Endowment received the same amount! Thanks to all of you who bought tickets that made this such a success.

For those who aren't aware of the scholarships we are supporting, they are the Oregon State Endowment and the Hazel Knapp Endowment on alternating years. Both of these scholarships were started by the Gavels and need continued support. Thanks to all of you again - we will be doing the 50/50 project this coming year, so get your ticket(s) and maybe you will be the winner next year!!

## **District News**

### **Willamette Valley District Council**

Wow!! What a beautiful day for a meeting! This day had everything....blue skies, warm weather, soft breeze and SISTERHOOD.

Delta Gamma hosted today's meeting (June 1, 2013) at the Ocean Dunes Golf Course. There were a total of 17 members present. This included all of the State Executive Board. Judy Palmer, Treasurer, and Leianne Stinton, 1<sup>st</sup> VP, attended. The rest, it turns out, all are from the WVDC. Hadn't realized that until today.

After the convention, we were ready to celebrate and pat ourselves on the back. As Sandy Diess (Alpha Zeta) said when giving her chapter report that their activities had been "Convention, convention, convention!"

Delta Gamma has been busy adopting families to help out during the year. They are responsible for the luminarias during the Relay for Life, they awarded 2 \$1,000.00 scholarships, and they are getting ready for their annual auction which will be held November 2, 2013. If you have never been to one of their auctions, you should try it. It is great fun, lots of laughter, lots of very nice items in all price ranges and lots of good food.

Omega Mu had installation of their new officers. They have new pledges – one of whom is their new VP and the other has agreed to be in charge of the social activities. Sound like they have some go-getters. Their educational theme is Catch a Buzz and they are thinking about visiting some wineries among other things. (There is some ambivalence about this.) So maybe they will go another direction. For their year-end social, they are planning a big family picnic.

Epsilon Theta has been active, as usual. They had a bake sale during Waldport's Great Garage Sale, they awarded a \$1,000.00 scholarship to a Waldport HS student and they will be participating in Beachcomber Days and Cruzin' for Crab. Beachcomber Days is held the 3<sup>rd</sup> weekend in June and Cruzin' for Crab is in September. We all like to plan ahead. If you want to have some fun at the beach, you might consider attending some of these events!! Epsilon Theta will be having their year-end social on June 5 at Grand Central Pizza.

The rest of the business meeting was just that with discussion about our assignments for the IC convention in 2014. Plans are being made for the PICPA function. Wait 'til you see what we have planned! I know that the state of Oregon will shine at the IC Convention.

Now, we are looking forward to Leadership in Madras. Don't forget to make your reservations, ladies.

Our next WVDC meeting will be October 19, 2013 in Waldport and we would love to see as many sisters as can possibly at the meeting.

**Lani Shimer, Publicity**

# Chapter Affairs

## Alpha Lambda

Alpha Lambda Chapter members have been as busy as bees. We are all feeling a bit sad that we were not able to attend Convention. We heard it was wonderful!

In February Alpha Lambda chapter hosted the Southern District Members for a lunch and meeting. We also honored our Outstanding members: Alpha Lambda Chapter, Chris Miller and Gamma Beta member Bonnie Cook. We also installed our officers: President, Lynn Hughes; Vice President, Pam Smith; Treasurer, Jeannette Rhodes and Parliamentarian: Marian Burns.

Alpha Lambda and Gamma Beta Chapter members took care of the telephones at the KRWQ/ST. JUDE RADIOTHON in February. This year we surpassed all other years with a grand total of, \$113,610.

We had a fashion show in April with proceeds going to the Bun Young Scholarship at SOU.

In May we had a High Tea at Horton Plaza. Part of the program was to honor Marjorie Peterson for her many years of devotion to ESA and her Chapter. Marjorie lives at Horton Plaza. We also had a book signing at Horton Plaza with the book being written by our chapter member, Ricky Hartinger. It was very successful.

We look forward to Southern District's Founder's Day on June 1st. Gamma Beta will host this event.

We hope you all will have a wonderful summer.

Tallie Lastiwka

ALPHA OMICRON, Madras  
Jeri Fine

"Leadership at the AO Corral", August 17<sup>th</sup> & 18<sup>th</sup>, is fast approaching and you must reserve your rooms by July 15<sup>th</sup>, to get the special meeting rates at the Inn at Cross Keys Station, in Madras. Registrations are due August 10<sup>th</sup>, and forms should be available from chapter presidents, state President Su, or from Jeri Fine. Your Alpha Omicron sisters are looking forward to seeing all of you for a week-end of fun and sun!!!

AO keeps busy with the Community Kitchen, catering, blood banks, baking for special veteran's meetings, volunteering for Habitat for Humanity, and are supporting sister Pat Watson in her endeavors for Relay for Life. And, of course, we're busily getting ready to welcome you to Leadership in August.....so we'll see ya there!!!



## Alpha Upsilon, Hillsboro

The tide came in for the last time on May 9<sup>th</sup>, 2013, at the Merriweather Country Club where AU celebrated the Year of RIDE THE WAVES OF ESA under the leadership of Patsy Williamson McLean.

Alpha Upsilon hosted the NW District Luncheon Meeting held at the Stockpot Broiler on the Red Tail Golf Course in Beaverton, on May 19, 2013. Donna Cassidy of Delta XI installed the 2013-14 officers: Andrea Storm of Delta XI, President, Marlene Nash of Alpha Upsilon, Vice President, Sandy Bowen of Delta XI, Secretary, and Virginia Hammersmith of Delta XI, Treasurer. There were forty women from the Portland Area, Hood River, Eugene, and Sutherland in attendance. In addition, we were honored to welcome state officers, President Su McDonell, and Corresponding Secretary, Sandy Diess. Delta Kappa provided a gift basket which Shirley Woodford, of Alpha Upsilon won. All in all it was a beautiful day.

Our philanthropic efforts make it possible to award AU Scholarships to qualifying students from our four local high schools. We are now in the process of interviewing candidates for these scholarships, ranging from \$500 up. We have been active and supporting the Hillsboro High School Scholarship Program for 50+ years. The weekend of June 21-22, 2013 AU will hold it's annual garage sale at the home of Vice President Sue Horton. All the proceeds from this sale contribute to the scholarship fund. The winner of our travel package consisting of a five night vacation in a one bedroom condo at The Oasis Resort, Palm Springs CA, donated by Vacation Internationale, will be drawn June 13<sup>th</sup> at the summer planning meeting to be held at the home of Marlene Nash. The winner will be contacted by an Alpha Upsilon member.

Through our Educational, "Ride the Waves of ESA", we traveled with our sister's experiences on ponds, lakes, rivers and creeks. We kayaked, camped along side, swam, and traveled with their ancestors on the Oregon Trail.

The Tide went out for the last time with the installation of the new officers for 2013-14. Out went the Tide and in came "HOT CHICKS RULE". The installation by Linda Gratteri, Jr. Past President, was done with great enthusiasm and fun for the coming year. Installed was President: Sue Ann Parks, AKA "Mother Hen"; Vice President, Sue Horton "Chicken Little"; Recording Secretary, Shirley Woodford, "Hen-Scratch-er"; Corresponding Secretary, Karla Frengle, "Little Red Hen"; Treasurer, Rennie Meek, "Henny Penny", Parliamentarian, Jo Thomas, "Chicken Hawk" and Jr. Past President, Patsy McLean, "Empty Nester". There was great conversation, fun, food and a whole lot of laughter, dancing and clucking going on, celebrating our AU officers and sisterhood. Sadly we will miss Sandy Kucera who moved to Arizona and Sue Stockton who moved to Palm Desert California to be closer to her children who all reside in California.

This year has brought much sadness for our AU Sisters as well as our sisters throughout the state. Deaths of family members and past ESA sisters, illness, surgeries, being caregivers to elderly parents, children and grandchildren with physical challenges, relocating and aging challenges surely put a strain on our daily lives. Although these challenges and losses greatly hurt our hearts, there is a bond in sharing sadness as well as celebrations of joy. We are ESA Sisters. Ladies with a caring heart and helping hands.

Now, from an unknown author, our Mighty Mermaid shares with us as she swims out to sea: "Be **SHORE** of yourself, Come out of your **SHELL**, Avoid **PIER** pressure, **SEA** life's beauty all around, and Don't let the **TIDE** get you down."

**Pearl Lushina**



## **Delta Xi, Portland**

Eleven members of Delta Xi, along with one husband, attended the ESA State Convention in Springfield. A good time was had by all. Delta Xi won the Outstanding Chapter award and received a fifty-five year service award. The chapter tied for first place in the Educational program and Karen McNeil won the distinguished Athenian award. Only one award is given each year for an outstanding Educational Director. The chapter also received the second place award for philanthropic hours and second place for our Rushing program. Chris York made a presentation on the 2014 National Convention to be held in Portland and assured us that we are on track with all our planning.

Delta Xi supported the Easter Seals Bloomfest and provided meals for the Clark Center and dessert for our Independent Living Residence. The ways and means plant sale was successful with plants being distributed May 4th.

Installation of new officers was held on May 7 and Kathy State was installed as our new president, JoAnne McKenney as Vice President, Jan Warner as Recording Secretary, Jean Braden as Corresponding Secretary, Mary Lambert as Treasurer, Jill Holden as Educational Director and Sandy Bowen as our Parliamentarian/Past President. Kathy's theme for 2013-2014 is "Celebrate the Good Times".

Delta Xi supported NW District Council on May 19th when Andrea Storm was installed as President, Sandy Bowen as Secretary and Virginia Hammersmith as Treasurer.

**Jean Braden, Publicity**

## **EPSILON THETA #3571 Waldport, OR**

Wow!! What a GREAT convention. This was my first ESA Convention and I had an OUTSTANDING time – or maybe it was because my Chapter ladies voted me as Outstanding Woman of the Year. I was truly and sincerely touched as well as humbled by such a gesture from my sisters. I have been with Epsilon Theta for only a year and a half, but because my sisters have embraced me with open arms it already feels like a lifetime of friendship. You can bet that my life here in Waldport would be empty without knowing each one of you and you all have a special place in my heart. Thank you for taking this "kid" into the fold and letting me be "me"- Kisses and hugs to you all – Marcia, Lani, Mary, Joy, Ellic, Tammy, Jacquie, Jo, and Marion.

Our Chapter is settling into the routine of "Summer on the Coast" which means as with a lot of us – break time from work, Chapter meetings and spending precious time with family and friends outside of Sorority. But Epsilon Theta will still be keeping our Sorority in mind with each step we take – literally!

We decided that "We Can'tfly, But We Can Walk" would be our educational theme this year and become more fit in the process. We all got pedometers and will keep track of our steps and at each month's meeting log in our steps, covert them into miles and have a friendly competition to see who can walk the furthest this year. At our Year-End Social on June 5<sup>th</sup>, we set up the pedometers and now - let the walking begin!

So hope all our Oregon Sisters have safe travels this Summer should you be going "out-an-about" or if you are staying closer to the home front – here's to keeping it simple, easy and no worries or, as we say on the Coast, "Rise with the Tide and Go with the Flow".

**Laura Strom, Chapter Publicity**



### ***A BIG Thank You to Epsilon Sigma Alpha from Easter Seals***

Epsilon Sigma Alpha is a nonprofit service organization whose goal is to make a difference in the lives of others. ESA members are part of a large family – that works together to accomplish good things on a local, national, and international level. ESA has a long history of supporting Easter Seals Oregon. This year alone, their efforts have touched the lives of Easter Seals Oregon clients in the following ways:

- donated over 100 pairs of socks and personal hygiene items to homeless Veterans
- donations of cash to help children with disabilities attend summer camp
- sponsored and coordinated ducky derby races as a summer camp activity
- donated hundreds of hours in support of BloomFest, Easter Seals Oregon's annual tulip sale and fund raiser
- provided holiday gifts for a struggling Veteran's family
- recruited family members to join in the volunteer fun of helping Easter Seals Oregon
- managed Frost-A-Cake at neighboring grocery stores
- all this and more!

#### **Who are some of the ESA members in Oregon?**

**Ardyce Moore** has been active in her ESA chapter since 1958. She has been an Easter Seals Oregon board member for more than 15 years. Ardyce has truly been an Easter Seals "hero." We are very grateful for all that she has done and continues to do to help Easter Seals Oregon fulfill our mission.

**Pat Stupur**, member of the Delta Xi Chapter explained her experience with Easter Seals Oregon: *"I began my relationship with Easter Seals through ESA, since it was an Oregon philanthropic project; we did many things for and with Easter Seals. I have worked on several different projects through the years and find great satisfaction in doing so. A few years ago I became the Easter Seals Chairman at the IC level of ESA. Easter Seals broadened my appreciation for all the things they do, especially as I ventured out into the different states and could see how much really is accomplished nationally. I also have a friend who was injured in a car accident that received wonderful assistance from Easter Seals. So, my connection has not only been through ESA but also on a personal level as well. I will continue to support Easter Seals in any way I can."*

**Kathy State**, member of Alpha Omicron tell us about her history with ESA and Easter Seals Oregon, *"I have been involved with Easter Seals since joining ESA 25 years ago in doing many different projects. One of the most satisfying one, has been going to Easter Seals Camp and working with the campers to put on the Ducky Derby Races. They seem to get such joy watching the ducks float down the creek and we love hearing the giggles and cheers as they go. It's a wonderful experience to be a part of their fun."*

*ESA sisters are always there to take part in a project, whether it is gathering towels for camp, diapers for the Children's Therapy Center, or socks for the homeless, they always come up with a supply."*

These are just a few of the outstanding Epsilon Alpha Sigma members who give their support to Easter Seals Oregon.

Easter Seals Oregon is so grateful to be the recipient of all of the support of Epsilon Sigma Alpha. They are truly changing the lives of individuals in our community. Thank you Epsilon Sigma Alpha members for being so very dedicated to helping Easter Seals Oregon to ensure that children and adults with autism and other disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.

Hope you'll be joining us in Las Vegas. Please email and let us know you're planning on coming, then fill out the registration form and mail it in with your deposit. New York New York needs their first deposit/guarantee by July 15. Please check the cancellation policy. We recommend getting travel insurance. See you in Vegas!!!!

## **19<sup>th</sup> Annual Western States ESA Fling 2014** *Sunday, January 27 – Thursday, January 30*

*Be a Part of it, New York New York  
Viva Las Vegas*

From zip lines and car racing to the Bellagio's world-famous fountains and the Mandalay Bay Beach, experiencing all of Las Vegas' attractions is like riding a roller coaster, which you can do because we have those too. You could move here and live to the age of 100 and you still wouldn't run out of things to do in Las Vegas. In addition to the casinos and shows, there are zoos, theaters, aquariums and galleries. And even those are ever changing. And no two Las Vegas attractions are alike. The Mob Museum offers a glimpse into Vegas' illustrious and notorious past, while the dolphin Habitat at the Mirage offers a glimpse into the undersea world far away from our desert landscape. And that's not even the most unexpected attraction in Las Vegas. Live the life of a race-car driver or fighter-jet pilot. Imagine yourself a pro golfer. Or paddle up to the Hoover Dam in a kayak. The attractions in Vegas prove that you don't know nearly as much as you think you do about what there is to do here. Trust us. You don't. Even locals are regularly amazed at all the new things to see and do in Las Vegas.

### **Very TENTATIVE SCHEDULE**

#### **Sunday, January 26**

Arrive Las Vegas – New York, **New York** Las Vegas Hotel & Casino

2:00-4:00 p.m. Fling Registration

7:00 p.m. Welcome Dinner

#### **Monday, January 27**

Familiarization tour of the area, Tour to Hoover Dam, Downtown, Dinner

#### **Tuesday, January 28**

8:00 a.m. Helping Hands Walk

TOUR, Dinner, Show

#### **Wednesday, January 29**

9:30 a.m. Western States Meeting, Dinner

#### **Thursday, January 30**

Departures



# 19th Annual Western States ESA Fling 2014 *Viva Las Vegas*

**Arrive:** Sunday, January 26      **Depart:** Thursday, January 30  
Four Nights Accommodations at New York New York  
Hoover Dam & Downtown Las Vegas Tour, Four Dinners, Evening Show  
Western States meeting, Gambling, Gambling, Gambling, and MORE . . . . .

Name \_\_\_\_\_

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

E-mail \_\_\_\_\_  
Per Person: Double: \$700      Triple: \$685      Quad: \$680.00

Rooming with: \_\_\_\_\_

Special needs \_\_\_\_\_

## PAYMENTS

July 15, 2013: **\$175.00 DEPOSIT** (reply ASAP) – NO REFUNDS

August 1, 2013: 50% of Total Due (based on double occupancy \$175.00)

October 1, 2013: \$175.00

November 1, 2013: Payment in Full \$175.00

**Sorry No Credit Cards**

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

## CANCELLATION POLICY

\$175.00 **NON-REFUNDABLE DEPOSIT**

Prior to October 1: 25% Cancellation penalty

October 15-November 15: 50% Cancellation penalty

November 15-December 15: 75%

December 15 to January 26 : **NO REFUNDS**

**WE recommend INSURANCE:**

Call 800-284-8300 or [www.accessamerica.com](http://www.accessamerica.com) or a company of your choice

## Rockwell & Associates

Ruth Rockwell and Lisa Johnston

PO Box 19975, San Diego, CA 92159

**Phone:** 619-698-2252

**email:** [ESAFling@aol.com](mailto:ESAFling@aol.com)

**Please send your \$10.00 Registration Fee AND Helping Hands money, to:**

Marilee Dunn: 3575 Lehigh Drive, Santa Clara, CA 95051

email: [eureka5255@aol.com](mailto:eureka5255@aol.com)



"HOWDY"

WELCOME TO

## LEADERSHIP AT THE "AO CORRAL"

August 17<sup>th</sup> and 18<sup>th</sup>, 2013

Inn at Cross Keys Station

66 NE Cedar Street

Madras, OR 97741

Phone: 541/475-5800

**Registration: \$55.00**

---

Name \_\_\_\_\_ Chapter \_\_\_\_\_

Address: \_\_\_\_\_

Rooms: King - \$99.00 2-Queens - \$105.00

Rates and rooms available ONLY until July 15<sup>th</sup>, 2013

Continental Breakfast BYOB - Hospitality room Saturday evening

Choose One Dinner: Beef Tri-tip \_\_\_\_ Stuffed Chicken Breast \_\_\_\_

Send registration to: Jeri Fine 8319 NW Deschutes Drive, Madras, OR 97741

Registrations by August 10<sup>th</sup> - Cancellation refunds by August 12<sup>th</sup>





Oregon Grapevine  
Karen McNeil, Editor  
6694 SE Furnberg Street  
Milwaukie OR 97222

