



The Oregon Grapevine

Epsilon Sigma Alpha Int.

Volume #75 Special Edition

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Executive Board

State President –

By now, you know that my theme is “ESA – Recipe for Success”

I agree with the saying “Cooking is like Love – It should be entered with abandon or not at all.” I am ready to begin a new ESA year with abandon!



I know we have the essential ingredients – our members & a desire to help others. No one is born a great cook – one learns by doing!

Some of my goals to achieve even more success are:

- 1 - To challenge each chapter to recruit new members – look for incentives as the year progresses. Members are our “yeast.” They keep us rising to the occasion.
- 2 - Communicate more between chapters, districts and state – supporting each other & getting ideas from one another – we will talk about how to do that!
- 3 - Challenging each chapter to add one new fundraiser and or philanthropic project this year – “spice it up a bit!
- 4 – Encourage members to move beyond their “comfort zones.” Developing a mentorship program in chapters if they do not already have one.
- 5 – Meet with documents/Parliamentarian to continue discussing changes that might need to be made in our Guidelines. If you had a position last year and noticed you did not have clear and concise guidelines to follow, now is the time to let our documents chair know!
- 6 – Our IC President, Robin Bussey has chosen “Furry Friends” as her focus project this year. I would like to see us help her by supporting a project such as service animals, shelters, therapy animals, etc. You may already have a project like this in your chapter. If so, share what you are doing.
- 7 – Showing gratitude – “The proof is in the pudding!”
A thought – When we go to the table, let us remember who set the table, who readied the room and prepared the food and be thankful for their contribution – Let them know you appreciate them. Gratitude is food for the soul!

I plan to send out a newsletter in between Grapevines if I have some noteworthy information to share. If you have a thought (or two) or a concern, please let me know so we can keep the lines of communication open! We will blend our different tastes to make the best ESA possible in Oregon.

I am looking forward to IC Convention & sharing what I learn in Louisville, Ky.

Leadership will be here before we know it. If there is something that you would like to see happen there – that would excite you about coming, let me know. Our Board will be “cooking up a storm” of new ideas when we meet.

And of course, the year will have a dash of humor here and there!

By the way, have you noticed that a guy who knows how to cook is really handsome? Did you say exercise or extra fries??

I am looking forward to “serving you” in 2021-2022.

Debbie Sanguras

Jr. Past State President

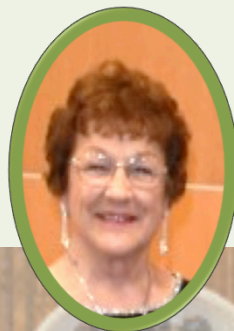
Wow! What a thrill to see everyone in Hood River! And the best part was we didn't have to wear our masks during the meetings! Kudos to Chris York, Martha Hoskins, Convention Committee Members and the Northwest District for an outstanding Convention! It was sure a fun and full-packed weekend.

We certainly travelled on a strange and adventurous trip this past ESA year. Though we couldn't be with each other in person, our hearts and minds remained connected. Thanks to ESA, we stayed intact – by phone and by emails – and then we learned about ZOOM! We would have been depressingly lonesome without our ESA family. It was a challenging year and I am so thankful that you travelled this journey with me. You kept up your meetings and projects with enthusiasm and determination. All of you deserve congratulations for a job well done!!

Many members have told me what a shame I couldn't have had a normal year. But you know what? My journey was made that much more interesting – challenging, yes, but certainly no more difficult than each and every one of you experienced. So what can I say? What a trip!! We DID it – together! Thank you for your gracious support while we took this wild ride from 2020 to 2021.

And now to study the Guidelines for Disaster Fund Chair ...

Linda Gratteri





1st Vice President

Thank you all for voting for me! I laughed as I wrote that, because, as you know, there wasn't much of a choice. Many of you, however, have let me know how happy you are that I'm now 1st VP. Your confidence in me truly warms my heart. I know that you all have my back and will help when I ask or if you see that I need a helping hand. That's what sisters do!

This year I would love for all of our chapters and members to get "cooking", so that we can expand our membership! I know that during the pandemic that was incredibly difficult, but let's do it NOW! You all love ESA and all that we do. Getting more people involved just means that we can do even more, but a little easier.

Having said all that, the first thing I'm going to do now is read the Guidelines for 1st Vice President, and the second is to send in my Leadership Registration. I encourage you to register, as well.

Hugs,
Julie

Outgoing 2nd Vice President

This last year went by so fast my head is still spinning! Attending our in-person convention was an absolute blast, and getting and giving hugs was incredibly heartwarming! You all need to go to Leadership in Boardman this coming September, by the way.

I want to thank the ladies that stepped up and ran for an elected board position. When I asked for volunteers, you all came through and made my job so much easier. Congratulations to the winners! I am also so happy that Jean Braden and Tami Arthur will be on the appointed board. They are truly great Sisters in ESA!

I wish to take this opportunity to once again congratulate the winner for Outstanding Chapter:

First Place was awarded to Delta Xi with a score of 175.

Second Place was awarded to Alpha Zeta & Delta Kappa as they tied with 168 points each.

Julie Rassmann



2nd Vice President

I'm starting to gather my ingredients for my recipe for success as 2nd Vice President. Everyone of you could be added as that special spice to our success as ESA of Oregon.

We learn and grow by taking on those new challenges that frighten us a little. Please remember all the members of the board and all the members of the Gavels are always here to guide and encourage anyone who has an interest in running for Executive Board.

Please let me know if you or someone you know would be interested in being a part of this recipe. Weather it's sweet, spice, or rich with flavor, we need all these to have a great results.

Also please review the criteria for Outstanding Chapter Award, I would love to see every chapter submit a form. Everything we do in our chapter makes a difference so please report your activities and let everyone share our accomplishments.

Thanks for having the confidence in me to elect me 2nd Vice President.

Connie Russell

Outgoing Treasurers Report

What a great journey this last year has been, a little crazy at times but such a great learning experience for myself. I want to thank all the board members especially Linda and Debbie for helping me with all my questions about the treasury. I'm thrilled to welcome Penny Phelps as the new Treasurer, I'm sure she'll do a great job.

Connie Russell

Corresponding Secretary



I am still smiling from the great Convention weekend we had! It was certainly “what the doctor ordered”.

Congrats to Linda for a remarkable year as we look forward to the year ahead with Debbie as our Head Chef. Will be quite a ride, I know.

Thank you to the chapters and districts that have submitted their rosters – all 18 of you! How great is that! Those who have not yet submitted them, please email to me at cassidy97213@comcast.net.

I also need to hear from you if you want a hard copy of the yearbook. I do not know the cost at this time but will let you know when I know.

If you were not at State Convention, but intend to go IC Convention in Louisville, please let me know so you can be kept in the loop. To date, it looks like there are 11 of us making the trip. Will be a fun time!!

Donna Cassidy



General Board

Disaster Fund Chair

It was my honor as Jr Past President to raise money for the Disaster Fund. It is a fund where sisters help sisters in time of need. It was going to be an unconventional year for sure. Since there were no meeting in person, it was impossible to have things to raffle. Instead my online auction for a quilt seemed like a good idea. It worked beyond my expectations since a second person matched and went beyond the winning bid, so I made two. Leianne Stinton was the winner. I hope she enjoys the quilt.

The total raised or donated was: \$3,320.00.

Chapters donating:

- Beta Iota
- Delta Nu
- Omicron Omega
- Beta Omicron
- Delta Kappa
- Beta Eta
- Alpha Omicron
- Delta Gamma
- Alpha Zeta
- Delta Xi
- Epsilon Theta
- Omicron Omega – by Ardyce Moore

Districts:

- Eastern Oregon District
- Douglas District
- Willamette Valley District

Individuals:

- Leianne Stinton
- Nancy Reed
- Julie Rassmann
- Jean Foreman
- Susan McDonell
- Linda Gratteri
- Deborah Sanguras

Marsha Klosterman

Parliamentarian/Documents

One year ends and another begins. This is the time for each Executive Officer and Appointed Chairman, former and current, to look at the Oregon State Guidelines to review the duties of each office. The Guidelines were written to aid each person serving in that capacity to do their job. They are like a job description. Many of them have not been updated since they were written, and as time goes on, become very outdated and not useful. The Documents Committee and I would like to work on taking out what is no longer in practice and adding new and important changes that now are working better. To do that we need your help. Please look them over and let me know what changes you see that need to be made. If you do not have a copy of the Guideline for your current or former position, they can be found on the Oregon Web Site. If you have trouble locating your Guideline, let me know. We really need your input and appreciate the time it takes to review them and get us the information. Thanks so much for your help.

Kathy State

List of Association of Arts Winners 2020--2021

Div.1 Quilts—Marsha Klosterman
Div.2 needlework—Sue Horton
Div.3 painting—Lani Shimer
Div.4 crafts—Sue Horton &
Joanne McKenney
Div.6 literature—Lani Shimer &
Debbie Sanguras
Presidents choice—Judy Huntley
People's choice—Marsha Klosterman

Jean Forsman

The Chaplains' Corner

Hello Oregon ESA,

My, wasn't it a wonderful time in Hood River! Such tremendous release of pent-up need for re-connection and the hugs of friendship we both gave and received. Thanks for mine, to all of you.

A bit of catch-up news. Carolyn and I have, *with Debbie's blessing*, decided to keep things pretty much as they were last year by sharing the Chaplain's duties with each other. Carolyn is already set up to receive and send out the IC Chaplain's news to each of you on the list. **If you're not receiving the IC Chaplain's news already... please contact your Chapter President.**

We would be pleased if you would send me any NEWS; both Happy & not so happy. I, in turn, will get it to the IC Chaplain. It will be me mailing out cards, when appropriate, or sending emails.

Please don't hesitate to 'call' it to me... or text it or e-mail it to me. We'll be attempting to give Carolyn a bit more time to work on her 'paying' job. 😊 Bmysu2795@gmail.com or 541-912-8001 or leave a message, please.

I will admit to you I am so hoping for a bunch of really good, positive things to happen for each and every one of us this year. I'd love to have a whole year of sharing HAPPY SURPRISES & EVENTS.

But, I am also more than willing to loan any of you a shoulder or a helping hand to enable any one of us through a difficult time. That's what ESA is all about, after all.

Peace be, Su

Chaplains & Editors note – Chaplain emails are sent to the Executive & General Boards, Chapter & District Presidents & Gavels. It is the thought that Chapter Presidents will forward message to their Chapter members.



Spice up your Year with Some Tasty Educationals!

Hello everyone,

As I was thinking about some educational ideas you might use for this coming year, I realized that there are at least two ways to look at President Debbie's Theme: ESA – Recipe for Success so I am hoping to help you Spice up your Year with Some Tasty Educationals!

This focus on Recipes can be taken literally on recipes for cooking and food. It can also be taken figuratively; the Recipes for Success in both ESA and in life. Or you can choose to include a mix of both.

Here are some ideas for your Chapter educationals this year based on a traditional recipe theme:

Have a recipe exchange

Talk about The Best Thing I Ever Ate!

Have a Chapter potluck using recipes from a specific country or ethnicity

Talk about your family favorite recipes and share them

Visit restaurants that are new to some members or go to each member's favorite place to eat

Visit a winery or brew pub in your area

Learn about foods that are new to the US. For instance Quinoa; how to pronounce it (KEEN-Wawe—rhymes with awe), their history, where they are from, and recipes for them!

Give tips on the best, must have kitchen gadgets and how to use them

Explore how recipes and the way that people cook has changed over the years

"Visit" places around the worlds that are known for their cuisines via the internet

Give guidance on food safety

Learn about what foods are served for special occasions and holidays in other cultures

If you choose to learn about how to find some Recipes for Success in your ESA experience and in your life:

Learn about motivational speakers who help people achieve success

Spend the year going through a self-improvement book with the group

Give tips that help people work in groups more successfully

Find ways to increase self-esteem and teach them to your Chapter

Explore ways to mitigate stress and improve communication

Learn that success is often preceded by failures, the key is to keep working toward your goals

Work to get past fear of failure, the main thing holding many of us back from true success

Here are some quotes to help you begin thinking about what you might want to include in your educationals:

Recipe for Success, Ingredients: 1 teaspoon of ideas, ½ cup goodwill, 1 pinch positivity, ¾ cup of imagination, 1 pound of leadership, 2 spoonfuls of teamwork, 1 cup of vision, 3 tablespoons of challenge, and 1 bag of hope.

Recipe for Success: Heat up an idea, Take action, Mix it up with passion and belief, then add a dash of persistence.

You can have the recipe for success but you still have to cook!

Success Recipe: 2 cups faith, 2 cups love, 1 cup hard work, 1 cup persistence, 1 tbsp vision and a dash of swagger.

Recipe for Happiness: 1 bag of smiles, 2 cups of sharing, 2 pounds of positivity, ½ cup good humor, 1 cup self-esteem, 2 spoonfuls of simplicity, 1 dash goodwill, 4 drops easy-going, and 1 packet of life loving.

Recipe for Success: ½ cup of failures, 4 spoonfuls of confidence, ½ cup positive energy, 1 cup hard work, 2 cups Smart work.

APPOINTED CHAIRS

Association of the Arts	Jill Holden 2808 SE 174 th Ave Portland, OR 97236	Delta Xi – Portland 503-760-9603 H 503-754-8775 C rnjholden@comcast.net
Awards	Tami Arthur 3583 Neal Creek Rd Hood River, OR 97031	Delta Kappa – Hood River 541-354-2469 H 541-806-1710 C ms.tjarthur@gmail.com
Chaplain	Su McDonell 2795 Chuckanut St Eugene, OR 97408	Alpha Zeta – Eugene 541-687-2167 H 541-912-8001 C bmysu2795@gmail.com
Co-Chair	Carolyn Warren 1202 NW Keasey St Roseburg, OR 97471	Beta Iota - Roseburg 541-207-8064 C ciwarren@charter.net
Disaster Fund	Linda Gratteri 33779 SW Laurel Rd Hillsboro, OR 97123	Alpha Upsilon – Hillsboro 503-628-4511 H 503-320-6072 C lindagratteri@gmail.com
Distinguished Achievement/ Youth Award	Lani Shimer 1744 Rainbow Dr Springfield, OR 97477	Alpha Zeta - Eugene 541-746-0290 H 541-913-9872 C paulani@peak.org
Documents/ Parliamentarian	Kathy State 4195 SW Emerald Ave Gresham, OR 97080	Delta Xi-Portland 503-328-9663 H 503-313-9761 C kathystate@rconnects.com
Easter Seals Sr	Jill Rankin 650 Baker St Lebanon, OR 97355	Omega Mu – Albany 541-223-1463 C rankin99@comcast.net
Easter Seals Jr	Martha Hoskins 511 Country Club Rd Hood River, OR 97031	Delta Kappa – Hood River 541-387-0213 H 541-490-4612 C marthahoskins@charter.net

Educational Director	Mary Anne Puhl P O Box 807 Port Orford, OR 97465	Alpha Psi – Port Orford 541-322-1345 H 541-253-6699 C marypuhl59@gmail.com
ESA Foundation	Chris York 899 NE 90 th Ave Portland, OR 97220	Delta Xi – Portland 503-281-9279 H 503-459-6431 C cristinayork@comcast.net
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Grapevine Co-Editor	Carolyn Warren 1202 NW Keasey St Roseburg, OR 97471	Beta Iota – Roseburg 541-207-8064 C ciwarren@charter.net
Historian	Nancy Reid PO Box 504 Burns, OR 97720	Beta Omicron – Burns 541-573-6970 H 541-589-2071 C nandog.reid@gmail.com
Hope for Heroes	Lynn Hughes 324 NE Mead Grants Pass, OR 97526	Gamma Beta – Grants Pass 541-476-4617 H 541-291-2474 C orcyclcr@mac.com
Philanthropic	Marsha Klosterman 25626 Hall Rd Junction City, OR 97448 marshaklosterman@hotmail.com	Delta Gamma – Florence 541-991-0077 C
St Jude Coordinator Sr	JoAnne McKenney 8820 N Seward St Portland, OR 97217	Delta Xi – Portland 503-289-8473 H 503-446-7053 C doggiesrus8@gmail.com
St Jude Coordinator Jr	Vicki Boler 118 Ina St Myrtle Creek, OR 97457	Beta Iota – Roseburg 541-670-2919 H 541-680-0717 C vickiboler@aol.com
Western States Council	Sandra Diess 26072 Crow Rd Eugene, OR 97402	Alpha Zeta – Eugene 541-345-7915 H 541-912-2016 C sdiess2@gmail.com

STANDING COMMITTEES

Archivist	Carolyn Warren 1202 NW Keasey St Roseburg, OR 97471	Beta Iota – Roseburg 541-207-8064 C ciwarren@charter.net
Auditing Committee Chair	Jean Braden 18711 SE Giese Road Gresham, OR 97080	Delta Xi - Portland 503-667-2569 H 503-880-0619 C jean.braden@comcast.net
Balloting Chair	Christine Cole 4878 Cloudcroft Lane Florence, OR 97439	Delta Gamma – Florence 559-760-2040 C iluvsocwk@gmail.com
Budget Committee Chair	Penny Phelps PO Box 121 Odell, OR 97044	Delta Kappa – Hood River 541-354-2373 H 541-490-4155 C pennyanddon@centurylink.net
Credentials Chair	Judy Huntley 378 Valley View Rd Sutherlin, OR 97479	Beta Eta – Sutherlin 541-459-2550 H 541-643-1007 C jhuntley@teleport.com
Flag Ceremony	Joy Serkowney 4055 Royal Ave Spc 6 Eugene, OR 97402	Alpha Zeta – Eugene 541-688-1667 H 541-272-1736 C joyserkowney@peak.org
Membership Committee	Julie Rassmann 83360 South Cove Dr Florence, OR 97439	Delta Gamma – Florence 541-991-7906 C julie541@msn.com
Nominating Committee	Connie Russell 172 Val St Sutherlin, OR 97479	Beta Eta – Sutherlin 541-459-4826 H 541-954-6743 C cjrseattle@msn.com
Outstanding Member	Barb Moss PO Box 188 Lakeview, OR 97630	Beta Omicron – Burns 541-947-0214 H 541-417-0529 C jack.moss2017@outlook.com

Photographer	Sandra Diess 26072 Crow Rd Eugene, OR 97402	Alpha Zeta – Eugene 541-345-7915 H 541-912-2016 C sdiess2@gmail.com
Publicity	Twyla Reed 2400 NE 95th Court Vancouver, WA 98662	Omicron Omega – Portland 360-909-7291 C 503-405-9079 W twyla.gwen@gmail.com imglassman@comcast.net
Webmaster	Chris York 899 NE 90th Ave Portland, OR 97220	Delta Xi – Portland 503-281-9279 H 503-459-6431 C cristinayork@comcast.net

STATE MEETING CHAIRS

Leadership 2021-2022	Eastern District – Sept 24-26, 2021 The River Lodge & Grill, Boardman, OR	
Co- Chairs	Jo Keller 1402 “W” Ave LaGrande, OR 97850	Delta Nu, LaGrande 541-963-7294 C
	Kathy Rudd 708 “C” St LaGrande, OR 97850	Delta Epsilon, LaGrande 541-910-6122 C
Winter Meeting 2021-2022	Willamette District - Date & Place TBA	
Chair	Jill Rankin 650 Baker St Lebanon, OR 97355	Omega Mu, Albany 541-223-1463 C
State Convention 2021-2022	Southern & Douglas Districts – May 20-22, 2022 The Mill Casino, North Bend, OR	
Co-Chairs	Lynn Hughes 324 NE Mead Grants Pass, OR 97526	Gamma Beta. Grants Pass 541-476-4617 H 541-291-2474 C
	Joyce Hodge PO Box 378 Port Orford, OR 97465	Alpha Psi, Port Orford 541-366-2011 H 541-290-9023 C

It's an Auction!

10% OFF THE TOP of ALL SALES GOES TO:
Oregon State Disaster Fund Donation

Let us begin Linda's campaign



#1 size 8
Diamond band
Rounds &
baguettes
Set in yellow
gold

Su McDonell is embarrassed... again.
but,...Since I'm never going to wear any of it...
perhaps you'd like to bid for 'it' and enjoy a
little 'guilty pleasure' of your own?

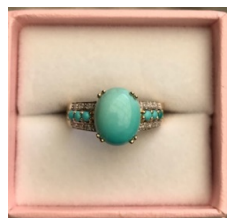


#2 a 72" of
sparkling
black Spinel
& baroque
pearls

Please, Can ya help a 'sister' out...?

Auction is open to all ESA members
and/or, through you, to your trusted friends.

Since you will be bidding directly to me, by email...



#4 size 8 Sleeping
Beauty Turquoise &
Diamond in yellow
gold
Color is paler and
more powder blue
than green

I do not wish my contact information to be given
out, please.

Bidding will begin on Friday, June 25th at 5:00 PM
and I will contact the Top Bidders on
Thursday, June 30th by 6:00 PM

**There will be more coming
this summer.**

Alpha Zeta has promised to help me set up a
PRIVATE SHOW!

At my home one weekend this summer. the portion to Disaster Fund will apply here also)

I'll send out a notice in advance and you're welcome, once
again, to bring trusted friends with you to that also.

If there are questions, please email

Bmysu2795@gmail.com

There have been 'reserve bids' placed on a few of the items as noted below:

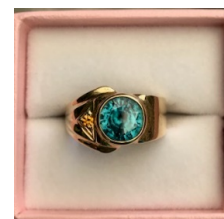
#1 = \$500

I can accept a check, money order, or cash and

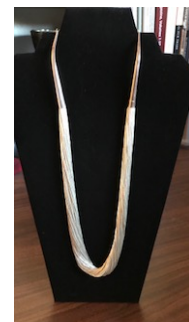
#3 = \$400

I'm also set up with a 'Square' to accept credit cards.

#4 = \$500



3 Size 8 14K 3+carat
blue natural Zircon
& natural
Canary Diamond



5 32" 'Liquid Silver'
necklace