



The Oregon Grapevine

Epsilon Sigma Alpha Int.

Volume #75 Issue 3

Date: 11/15/2021



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Executive Chefs (Executive Board)



State President –

“Food for Thought”

Many thanks to all those who participated in and attended our Oregon Leadership Zoom Meeting. As always, I owe a debt of gratitude to Carolyn Warren who served it all up and made the meeting “palatable!”

For those of you who could not attend the meeting, the video is now available on our state website. I really hope our Winter Meeting in Albany will be in person with lots of hugs, laughter and a bounty of information to share. Be sure to get registered.

I recently attended a Zoom Meeting regarding the planning of our 2022 State Convention at the Mill Casino in North Bend. The ladies of Southern & Douglas Districts are amazing and have a great start on the festivities. I have also been attending the State Presidents meetings on Zoom each month to keep updated on what is happening in other states and at the IC level. Because better communication has been one of my goals for this year, I hope each chapter President will make an extra effort to be sure your members receive all the information sent to you as the representative of your chapters.

I ended our Leadership Meeting or “Appetizer Round” with a challenge –

- 1 – For every chapter to make an effort to recruit at least one new member
- 2 – For every chapter to try at least one new project – philanthropic, ways & means, Hope for Heroes, etc.

I will be personally following up with chapters & I am looking forward to learning of your progress!

I will have several drawings at Winter Meeting with fun gifts for those chapters who have recruited new members or tried a new idea or event.

Please keep me informed so I will have lots of names to draw from!

As all cooks know, it is important to use the right “kitchen tools.” They affect the time it takes to produce a winning recipe & the quality of the recipe.

As members of ESA, we have many tools available at our fingertips.

Go to www.epsilonsigmaalpha.org/recruitment to find printable materials for hand outs, ideas for recruitments, invitations to events, etc.



State President –

Cont.

To our “well-seasoned members” - You have valuable information to share & just like passing on a cherished family recipe, my hope is that you pass along your love of ESA & continue its legacy!

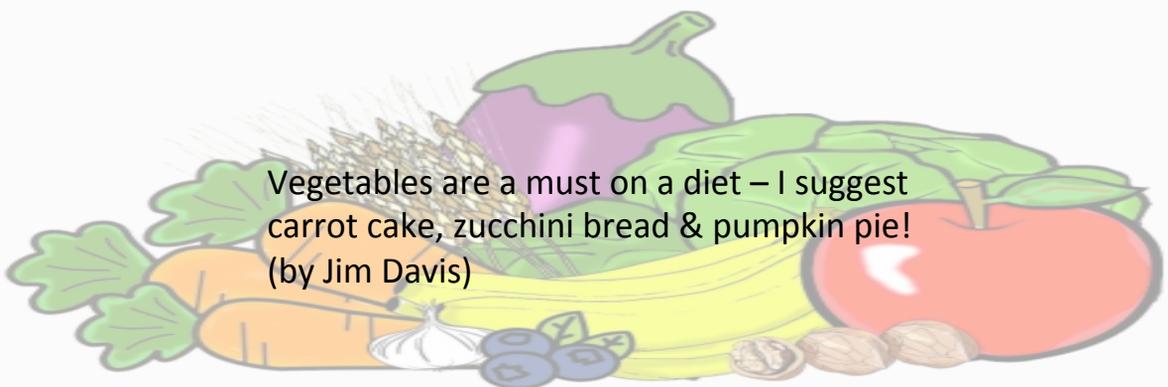
To our newer members – We all need help to continue to carry out our mission of helping others. Fewer members means we need to be “networking” with other groups who share our goals as we continue to recruit new “ESA members.”

After all, who would not want to share our “special sauce” with friends?

Finally, be sure to read the Oregon Executive Board recommendation in this issue of the Grapevine and discuss it with your chapter members. There will be further discussion at Winter Meeting.

As the holiday season approaches, I wish each of you a smorgasbord of good health, special times with loved ones and a new year filled with blessings and peace!

Debbie Sanguras



Vegetables are a must on a diet – I suggest carrot cake, zucchini bread & pumpkin pie!
(by Jim Davis)



1st Vice President

I loved seeing those who attended the ZOOM Leadership meeting, but I truly wish more had attended. It was fun and light hearted! Of course, I wish we could have met in person...sigh! At that meeting I announced a campaign to entice you all to bring in new members or reinstate a member with a delish dinner.

Here are the ingredients you need to participate.

- 1) Initiate a new member or reinstate a former member.
- 2) Your name will be put into the chef's hat.
- 3) The winner will be announced at Convention next May.
- 4) The three of us (we may have a few party crashers) will plan a date, time and place for dinner.

It's that easy of a recipe!!! The more new/reinstated members you bring in the more chances you have to win. So, get cooking and bring them into the mix.

I am really looking forward to Winter Meeting and seeing you all in person. Please mail in your registration NOW! I am!

Hugs to you all! Julie

Julie541@msn.com or 541-991-7906



2nd Vice President

Hi everyone, hope this finds you enjoying the changing seasons and getting started on chapter meeting, events, and parties.

It is that time of year to print out your Outstanding Chapter forms and start checking off the requirements so your chapter will be eligible. The forms are available on the ESA Oregon website. There have been some changes to our forms, so please review them. The documents committee has worked hard to make it easier and more concise for all chapters. Please contact me if you have any concerns or questions.

As 2nd Vice President I am looking to fill all the positions on the Oregon State Executive Board. We need your help and commitment to keep ESA of Oregon a vital organization. Please contact me with possible candidates, including yourselves. I look forward to hearing from everyone.

Please enjoy the holidays, keep yourselves, your family & friends and your ESA members safe and healthy.

I'm looking forward to seeing many of you at Winter meeting in Albany.

cjrseattle@msn.com

509-954-6743

Connie Russell



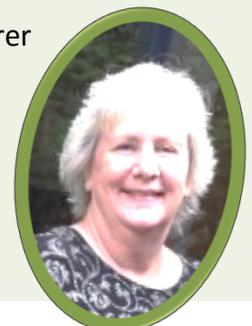
State Treasurer

I have received many Chapter dues and rosters. All chapters are paid up to date except for one. For new members to be included in voting at State meetings, their dues must be paid by the chapter to the State Treasurer at least 21 days prior to State meetings.

A reminder for Chapter Treasurers don't forget to let the State Treasurer know if you lose members or gain members during the year as this information is needed for Credentials at each state meeting.

You can email these to me at pennyanddon@centurylink.net.

Penny Phelps





Corresponding Secretary

Happy Fall! Tis the season of fun, family and frivolity. We made it through Halloween and Veterans' Day, now on to Thanksgiving and Christmas preparations. How time flies.

The President's Yearbook has been delivered to all District and chapter presidents so, members, if you have questions, need forms, or want member contact information, you know where to go. It is my intention to use the Grapevine to keep everyone updated on any changes I become aware of. Below are changes I have received to date. Those with a President's Yearbook, please make the changes. Thank you....

Central District officers:

President – Sharon Comingore
Vice President – Nancy Reid
Secretary – Jeri Fine
Treasurer – Melanie Swann

Alpha Omicron, Madras - President is Jeri Fine

Alpha Lambda, Medford – Diane Yarrish zip code is 97501

Joyce Fothergill's email is incorrect on Chapter President List - should be pjfort@frontier.com (correct in Delta Epsilon roster)

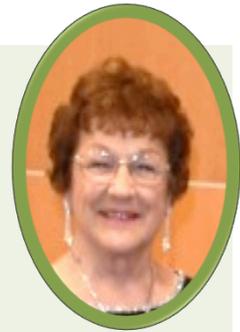
Omega Mu Albany – Jill Rankin, President - Katie Hobson – Secretary

If you will let me know of changes as they arise, I will publish them, in the hopes that the Yearbooks/rosters can be kept up to date.

I do have one printed copy of the President's Yearbook and 3 flash drives still available. Let me know if interested.

Donna Cassidy
cassidy97213@comcast.net
503-249-0327
971-227-8184 (C)

Jr. Past State President & Disaster Chair



As you know, Applications for Disaster Funds are now to be sent directly to the I C Disaster Fund Chair, by-passing chapter presidents and the State Disaster Fund Chair. This is a much needed change for members who are concerned with their personal information remaining private, and members may now feel more comfortable applying for funds. With the many fires, floods, hurricanes and other national disasters , including personal emergencies, the Disaster Fund could experience more claims than in the past. That is why it is important to continue donating to the ESA Disaster Fund.

If your chapter has budgeted money for this Fund, please make checks to “ESA Disaster Fund” and send them to me at 33779 SW Laurel Road, Hillsboro, OR 97123. All contributions – personal and chapter -- are being documented and sent to the IC Disaster Fund Chair.

I am starting to work on a fun basket to be raffled at Winter Meeting in Albany, proceeds for the Disaster Fund. I hope to see you there!!

In the meantime, I pray for everyone’s safety, good health and a blessed Thanksgiving and Christmas!

Linda Gratteri



Recording Secretary

ESA Oregon Station Convention minutes are available on the ESA Oregon Website

<https://www.esaoregon.org>

Joyce Hodge

Sous Chefs (General Board)



Outstanding Member Chair

Hope this finds everyone doing good and staying well. Hope you enjoy all the wonderful colors of fall. Such a pretty time of the year.

This is just a reminder to be watching for that member who goes the extra mile for your chapter.

I am looking forward to reading about the great things they have done throughout the year.

Take care and Happy Holidays to all.
Barb

Philanthropic Chair

Greetings from your Philanthropic chair. So good to see some of you on Zoom for Leadership. I was hoping we would see more of you. Just can't wait for Winter Meeting and an in-person meeting.

I know that many chapters have scaled back what they are doing, but I believe we all are still doing lots of things that are philanthropic. Talk with your chapter at meetings and keep a good list. It is amazing how fast this year is going. We will be talking about reports before we know it. Hope to see all of you at Winter Meeting!!

Marsha Klosterman



Historian

Hi Ladies 😊 It was so therapeutic to see members at the 'Zoom Leadership' Meeting October 2nd.

I would like to make a brief, hopefully simplified, plea to members to send photos in for Debbie's History. At this point, I know it's just plain challenging. But, if members could send me photos, from their phone, of a group photo, a small group photo, a fundraising photo, a District Meeting photo, any photo discussing ESA topics (Winter Meeting, Guidelines, Convention, bylaws, etc.), please just take a photo and text it to me. Harold said he would make that work, and hopefully that might be more do-able.

I am going to put names of chapters who send me photos on a piece of paper in a box every time I receive a photo from a chapter. If I receive 10 photos, they get their name on 10 slips of paper. At Winter Meeting, I will draw two Chapters from that box, and those chapters will receive several bottles of wine. The more photos, the better the possibility of a win AND, of course, the best part, a more successful and fun History for Debbie.

REMEMBER:

YOU + PHONE + PHOTO OF MEMBERS + TEXT TO 541-589-2071

Please identify your party.

Let me know if you have any questions. Email, text, or call me anytime.

Nancy

Hope for Heroes

November is the month we celebrate our Veterans and November is Hope for Heroes month in ESA. If you haven't done it already, plan your chapter project.

To find projects you can go to epsilonsigmaalpha.org. Click on Make a Difference and scroll down to Hope for Heroes. You will find projects such as sending care packages to members of the armed services, planning social events in your community and inviting veterans to participate. Have your members support veterans events by attending.

On the website you will see about the Welcome Home Vets program. You will find the Folds of Honor. One part of this program provides scholarships to spouses and children of America's fallen and disabled service members. There are no chapters currently in Oregon.

DAV (Disabled American Veterans) has the motto keeping our promise to American Veterans. This organization ensures veterans and their families can access the benefits they are entitled to.

Wreaths Across America honor veterans in a wreath-laying ceremony near you. The event happens across our nation December 18, 2021. Your chapter can offer to donate money for wreaths or help lay wreaths on graves. Some of the cemeteries participating in Oregon are located in Beaverton, Eagle Point, Eugene and Springfield, Grants Pass, Lakeview, Madras, Portland, Redmond, and Roseburg. To find a complete listing and more information go to the ESA website to Hope for Heroes.

Lynn Hughes

Hi All!

Debbie has kindly asked me to serve on her board this year as your Foundation Counselor. Throughout the year I will be giving updated on how the foundation and Oregon are working together.

This issue will be about the endowments and scholarships portion of the ESA Foundation. As you can see the endowments have an amazing return on investment!

Oregon Endowment Update:

Endowment Name: HAZEL KNAPP MEMORIAL ENDOWMENT

Total Account Balance: \$ 27,752.78

Return on investment this year: 15.67%: \$3,989.27

Endowment Name: LaVERNE "BUN" YOUNG MEMORIAL ENDOWMENT

Total Account Balance: \$25,798.06

Return on investment this year: 15.67%: \$3,467.81

Endowment Name: OREGON STATE COUNCIL ENDOWMENT

Total Account Balance: \$31,632.44

Return on investment this year: 15.67%: \$4,505.44

Endowment Name: HOPE BANEY MEMORIAL ENDOWMENT

Total Account Balance: \$ 28,542.98

Return on investment this year: 15.67%: \$4,106.08

(Statement totals and figures are from the ESA Foundation Financial Statement of December 31, 2020)

As far as the scholarships go, we have some room for improvement. Total number of applicants for scholarships last year from Oregon were **261**. However, in a review of the information below, you can see that they are not applying for scholarships in our state.

Number of applicants per Endowment:

Alpha Upsilon = 5 applications

Hazel Knapp = 9 applications

Jerry & Judith Huntley = 2 applications

Lynn & Rich Hughes = 1 but not qualified

Oregon = 20 applications

LaVerne "Bun" Young = no applicants

Editor's Note: ESAF My Account User Guide is posted on the ESA Oregon Website -

<https://www.esaoregon.org/index.php/news>

Please consider how you, your chapter or district can encourage students to apply for Oregon scholarships. The scholarship season is open (as of 12:00 PM August 30) and closes February 1 and 12:00 PM. Spread the word.

If you have questions about the Foundation, Endowments or Scholarship information, please do not hesitate to let me know.

Chris York (cristinayork@comcast.net) 2021-22 Foundation Counselor

The Chaplains' Corner – next to each item is the date this was originally emailed out

Delta Kappa, Hood River (11/18)

Oregon State Council President, Debbie Sanguras' mother, Carolyn Strickland, passed away in Alabama Nov 17, 2021 at the age of 97 years. Debbie had just returned home from another of her really good visits with her. Debbie will be leaving the day after Thanksgiving to return to Alabama. If you would like to send notes of love and support to Debbie and her family, please send to: Debbie Sanguras 635 Heights Ave. Hood River, OR 97031
email: dsanguras@hreen.net

Delta Gamma, Florence (11/16)

Julie Rassmann was diagnosed with breast cancer recently. She has already had her surgery and is doing really well. All caught early and she is feeling great. She probably will be facing some radiation, but doesn't have anything set up yet.
Julie Rassmann, 83360 South Cove Drive, Florence OR 97439 julie541@msn.com

Alpha Upsilon, Hillsboro (11/12)

Patsy McLean is in ICU with Conjective Heart Failure issue (Unrelated to MDS Chemotherapy.) Weak but doing OK, and is in good spirits.
Patsy McLean 1139 SW 12th St, Lincoln City, OR 97367 patsymaymc@embarqmail.com

Omega Mu, Albany (10/28)

The Target Distribution Center in Albany, Oregon opened its doors in 1996 and joined the team. Here we are a little more than a quarter century later.....reminded that "Change is Good!"
After countless projects working in my former role, assisting with all sorts of regulatory agencies (local/State/Federal), working to lead my team across the network and with HQ, provided the opportunity to travel East as far as New Jersey and as far west as Hawaii to train, and with over 18 years in that position.....I have accepted a promotion to and completed all training for my next adventure.
So....it is with a very happy heart that I get to share I will be working with my new team as the Logistics Yard Operation Manager.
It's going to be a great adventure!
Patty Anderson, 923 Oakmont Loop NE, Albany OR 97322 indebt4toys@msn.com



The Chaplains' Corner, cont.

Gamma Beta, Grants Pass (10/14)

Ellen Ellis was in the hospital, She is home now and resting. She would appreciate prayers and cards. Her address: 483 Colonial Drive, Grants Pass, OR 97526 lnls1215tx@gmail.com

Delta Nu, LaGrande (10/13)

Just wanted everyone to know that Jo Keller of Delta Nu LaGrande had her husband Gary Life Flighted to Boise St Alphons He has been in ICU for approx a week. Her children are there with her. Her address is 1402 W Ave, LaGrande,OR 97850. no email address

Alpha Upsilon, Hillsboro members are needing prayers (9/13)

Patsy Williamson McLean is being treated for Leukemia.

Patsy McLean, 1139 SW 12th Street, Lincoln City, 97367 patsymaymc@embarqmail.com

Shirley Woodford is having breathing and heart issues and the doctors can't do the tests in the hospital to determine how to treat her because there is too much covid. She has to wait.

Shirley Woodford, 856 SE 31st Court, Hillsboro 97123 shirleywoodford@gmail.com

Pearl Lushina is also having breathing problems and is totally exhausted after moving into a new home. There are also other major issues with her family which is causing more concern.

Pearl Lushina, 935 NE Hawthorne Ave., Hillsboro, 97124 jplushina@gmail.com

Beta Iota, Roseburg

It is with great sadness that we report Cheryl & Don Barrett lost their son Deryl Hollenbeak yesterday 8/24 to suspected diabetes complications. Deryl was Cheryl's son in blood but was definitely both their son in heart. Deryl was a Navy Veteran and memorial service plans are just being started. Please keep them in your prayers.

Don & Cheryl Barrett, 110 Frontier Ct, Sutherlin 97479

Cherdon1956@msn.com

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.

Western States Council

We hope to have the ESA Western States Fling January 25-28, 2022.

I'm looking forward to seeing everyone:

Please fill out the Registration form and return it, with your deposit, **as soon as possible**.

There is a Pandemic clause, where you'll get a full refund, with just a \$100 penalty

Registration Form and Agenda are attached

Sandy Diess
Representative



Chapter Charcuteries



Gamma Beta, Grants Pass

Gamma Beta Chapter ESA in Oregon celebrates our member Muriel Hall Sollender every day but especially on Veteran's Day. She served in the U.S. Marine Corps 1943-1945. She served in Washington, D.C. and retired as a Corporal. Thank you, Muriel.



The DG Sisterhood has done it again! We have several active and retired teachers and we came up with a wonderful idea of letting our school district teachers, aides, staff, etc. know that we appreciate

them, especially in these trying times of Covid. So we wrote out personalized cards, and filled a bucket/basket with goodies and placed it in each school's lunch room! This was a fun project and one we already know was well-received. We also were able to have in person meetings along with



ZOOM in September, October & November at a local business called The Mustard Seed. It felt so good to see everyone. Lots of talking & laughing!

Delta Kappa, Hood River

We ended August with our yearly Picnic with Delta Xi. Food, Fun and Games were enjoyed with lots of laughter. Also, we participated in the Walk Run & Roll for Easter Seals at the Waterfront Park.



Our Educational this year will be "Success Is Spicing It Up". We held our first Business Meeting Luncheon at Grace Su's. Yearbooks were handed out with all the yearly planning of Meetings, Social, Philanthropic activities, Ways & Means etc. We joined the St Jude Walk/Run at the Waterfront Park

September 27th which is rained all day but 6 of us had fun walking and talking. Our Social "Barbecue Picnic" was held inside at Vickie's home. Martha gave her Educational "The Best Thing I Ever Ate" "Abalone". Our Winter Wonderland Fundraiser was a great success with other chapters talking part \$700 was raised. Thank You.

October Bus. Meeting was held at Debbie's home. Tami gave her Educational "Best thing I ever Ate" which is her famous Potato Salad. We all had a taste and she gave us her recipe. Also, Kathy gave her Educational on "The Best Must Have Kitchen Gadgets. She had 12 items, which we had to guess what they were. Many wrong answers but lots of fun.

Our November Business Meeting was held at Pattie's home. Passed out the schedule for filling the Bird Feeders at Brookside Manor (Assisted Living) set outside the windows of the residents. They always enjoy seeing the birds. We're gathering toys for Les Schwab toy box for local kids Christmas and also worked with the local Elks Lodge for the Veterans Day breakfast on Sat. Nov 13th. We served about 150 families with our local Safeway donated the food & drink. Our Social this month is a Luncheon at Betty's with Educational by Penny & Debbie.

Martha Hoskins



Information on Delta Kappa's raffle is attached





Delta Xi, Portland

Hello from RAINY Portland. Happily, starting in September, we are able to meet in person. Most of us are still wearing our masks and we sanitize our meeting room before we leave. Covid can't keep us down.

Many of us attended the State Leadership ZOOM meeting. We got to enjoy our dancing State President Debbie. She's quite talented! Andrea was lucky enough to win darling printed fruit and vegetable socks for being the first one at the ZOOM meeting. (to tell you the truth the only reason I won is that it takes me forever to figure out how to enter ZOOM so I start WAY ahead of our meeting time). I guess I should say the first was the leader of the pack Carolyn. We again gathered items for Easter Seal bags given to the Vets. Karen McNeil packed her car with the items and got them to Easter Seal's. JoAnne M. said the virtual walk for St Jude's raised \$118,000 but donations are still being accepted. Meals were delivered to Jean's Place—and Clark Center. Jean's Place for women and Clark Center for men are for people in transition.

Pat and Jean attended an Ice Social for Snow Cap. Donna Cassidy is collecting coupons for Hope for Heroes. We are collecting books for The Children's Book Bank. Pat Stupur also found that The Clackamas Book Shelf and Snowcap accepts all books. In November we will participate in a Bingo at the Elks for Trillium. There will be a Giving Tree where we can pick gift tags that have the wish of the children living at the home. We are also collecting gentle used coats.

The HIV and ILR centers are still closed to us. We are collecting yarn, craft supplies, small suitcases and backpacks for the kids at the Morrison Center. Our fund raisers this year are the sale of poinsettias and a great vacation to Sun River for a five day stay. Tickets are \$20.00 each. The drawing will be at State convention in May. If you would like any information or to buy tickets, get in touch with Karen McNeil—Delta Xi. Our educational "Food for the Soul" has started off with a bang-- 7-up cake, homemade Salsa, Jello Salad\dessert and Stroganoff. All have a special meaning in their lives.

To **top off** our first 3 months of our meeting year, we have a great lady who would like to join us. Yeah!! As you can see we have started the year flying.

Stay well everyone and stay safe. Don't forget kindness and patience during this time of our lives.

Andrea Storm

Alpha Omicron, Madras



Well, good riddance to a hot, dry summer of watching crops die and green fields turn ugly brown. Oh, did I mention the dust? We're all praying for a wet, winter for the good of all. Lots of snow piling up in the mountains would be a gift to us farmers!

AO recently hosted Central District Council and installation of District Officers. As always, outgoing President Barb Moss performed a lovely ceremony, installing Sharon Comingore as President; Jeri Fine as secretary; Nancy Reid as VP, and Melanie Choate as treasurer. A yummy buffet was served by AO cooks with the meeting following.

Her sisters, celebrating her 65th year of membership in ESA, honored Dorothy Burgess. Beautiful bouquets of flowers adorned the table with her special, cake, and a brief history of her membership. The Madras Pioneer reporter took photos and wrote a nice piece about Dorothy's special day! We even sang our Hooray song, (but that wasn't printed) Congratulations again Dot!

Since we've stopped meeting in our homes due to several members downsizing and moving into smaller facilities, our summer and fall gatherings were held in parks.....until the cold winds visited. We now meet all the time in the Community Center (formerly called the Senior Center), taking our lunch and enjoying our "Brag or Bummer" social time. Do we sound like a flock of chickens.....you betcha! But we still manage to get business taken care of.

Educational Chairperson, Nancy Jolstead, came up with a brilliant year for us. "Read Any Good Books?" Just like it sounds: read a book, reporting on the reasons you would encourage others to. Also, bring a book for an exchange each meeting. Bring a book, take a book! Fun for all!

Though our coffers aren't mighty anymore, we still manage to support our community in various ways.....diapers to Morning Star Nursery, school supplies, lunches for the group that distributes food to others, cookies for Wounded Warrior class, assisting veterans with Christmas, plus many others. We manage our donations throughout the business year, instead all in February, to determine the needs at that time.

Christmas Party time is fast approaching, and Sharon Comingore is hostessing our annual gala and secret sister revealing. Salads galore, homemade bread, mouthwatering desserts, and a little tittle get us in a jolly-holly mood for the gifts!
And drawing next year's big secret!

The ZOOM meetings are such a good idea.....if one zoomed! It's been years since I did any kind of zooming. And then it wasn't too zippy. But with that in mind, we here in AO land, wish you blessed holiday seasons filled with expensive turkey and free Ho-Ho-Ho's!!! Agape'.

Jeri Fine



Alpha Zeta, Eugene

Since we last met in the August Grapevine, the members of Alpha Zeta have continued to collect pop tabs for dialysis, coupons for the military, collecting cans and bottles, also, for the military and presenting our educationals.

Our opportunities are still limited because of the pandemic; namely the Veterans' Standdown was cancelled again this year, but we did contribute monies to buy tarps and pass them out to those who need them to protect them from the weather. One bright note – we have passed the average rainfall this year; the rain year starts October 1 and ends September 30 of each year. This year, we are almost an inch ahead of the average. Here's hoping the trend continues. We certainly need it.

Our educationals have been very informative AND tasty. I assume that everyone has picked a theme at this time so I will tell you that our theme is "Recipes from our lives". Last year we focused on our bucket list journeys and visited many areas of the world. This year we are focusing on recipes from our families or from places we've been. So far, we have had any recipes from Europe and Mexico. Yum!

For a Ways and Means fund-raiser, we sold some of Lani's art prints to the members and raised \$90.00. We will be having a table with prints. The prints can be purchased matted or non-matted. Bring money to buy lots of prints! We, also, have a baker in the group. Who knows? Maybe we will have some baked goods to sell.

We hope everyone is well and look forward to seeing you at Winter Meeting.

Lani Shimer



ESA as a 5 star organization – per Forbes travel guide – exceptional & worth a special journey!



Alpha Upsilon, Hillsboro

Despite ongoing Covid concerns, **Epsilon Sigma Alpha** is marching forward and especially **Alpha Upsilon**! We may be dwindling in attendance now and then but not in enthusiasm and ongoing philanthropic projects as well as fun events!



On the summer social scene, AU gathered at South Store for a wonderful luncheon on an absolutely gorgeous day. This was after having to cancel due to HOT WEATHER! Twelve sisters gathered for food, fun and much needed laughter. Check out **Suzie Parks'** wine glass shades.

Sept. 9 was our first meeting of the year and became our planning meeting with appetizers provided by everyone. This was held in **Karla Frengle's** home. We set our plans for the year and fine tuned our plans at the October meeting at the home of **Connie Thiessen** as we continue to support St. Jude's with Acts of Kindness baskets for our chapter sisters and Nan's Glad Rags (our gently used clothing/jewelry items) and Easter Seals receives funds from our Choice of the Month where members offer an item up for bids. Support also continues for Hope for Heroes as we prepare to send packages at the beginning of 2022, Home Plate where we provide personal items for homeless teens, and greeting card fronts to St. Jude Ranch in Nevada for children to use them in crafts. We also budget funds for Rockin' Rooms, (décor for rooms of hospitalized children who need extended stays), Family Promise, Families in Need and a Christmas family.

Our biggest project is to support our selected Hillsboro High School Graduates with scholarships. This is through an offering to bid on a condo for 5 days at the Oasis in Palm Springs, CA and is a beautiful resort with several swimming pools and lovely grounds. Thank you **Diane Lewis** for donating this!

Helvetia Tavern was the fun destination and great weather for meeting outdoors. There was good attendance due to all NEEDING people-to-people gatherings! We need that comaderie! Stay well, y'all, so you can enjoy the holidays!

Patsy McLean, AU Publicity
Still masked and vaxed!

District Desserts



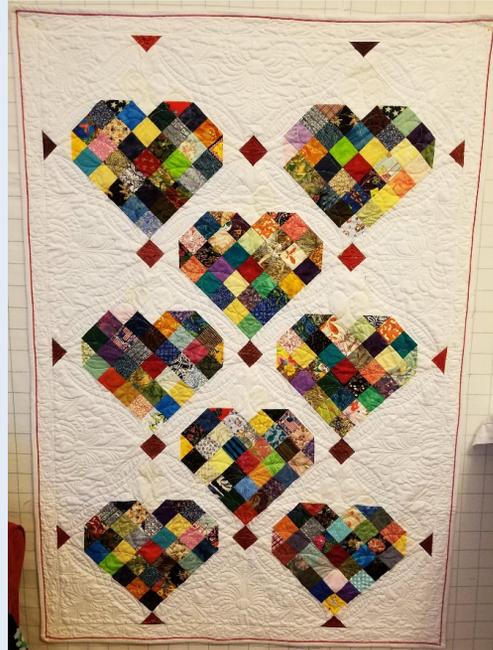
Willamette Valley District Council

Our next scheduled WVDC meeting will be held at Winter Meeting in Albany, with Delta Gamma hosting. Day, time and room to be announced.

We will be nominating and voting for our new board, with the installation at our June meeting.

Tickets for our beautiful raffle quilt will be on sale at Winter Meeting as well as at Convention. Tickets are 6/\$5.00 and if anyone won't be at either meeting but wants to get tickets, they can contact Joy either by email, joyserkowney@peak.org, or phone (541) 688-1667.

We are all looking forward to Winter Meeting! WVDC hasn't had an in-person meeting for awhile, and the opportunity to see everyone is GRAND!



Douglas District

Douglas Coast District, along with Southern District, is busy planning for the 2022 Oregon State Convention in North Bend (Coos Bay). We hope you have all marked your calendars for May 20,21,22, 2022. The registration form will be available on the website in January 2022 and available at Winter meeting. We are planning some extra activities so stay tuned.

The next district meeting will be held in January or February at Mill Casino Resort. Date and time will be forth coming.

Merry Christmas and Wishes for a super new year from Douglas Coast District.



Table Talk



James Beard Award

Excellence, in all things, should be rewarded. This particular reward was established in 1990 when it cobbled together awards from Cook's magazine and French's Food and Beverage Book Awards. Always about the best chef, best restaurant, and best 'cook' book awards it also incorporated journalism in 1993 and expanded that to include broadcast media in '94 with a restaurant design award in '95.

With zeal to be more inclusive in 2018, the James Beard Foundation changed the award's rules to fight race and gender imbalances within the industry. This change included choosing judges who reflected the actual demographics of the U.S. retiring former "who's Who" awards judged by previous winners and adding leadership awards focusing on social justice. They even waved some media entry fees!

Now more than 600 culinary professionals vote for the awards and receive the most prestigious medallion and a certificate from the Foundation.

You'll know some of the names of recipients over the years and you've seen so many on TV; their own cooking shows or guest appearances. Many of you may have dined in their restaurants or watched them vie for the win over an Iron Chef. Gael Greene (NY Magazine's critic), Chuck Williams (founder of William-Sonoma) Rick Bayless of Frontera Grill & Topolombampo, Martha Stewart, Lidia Bastianich, Graham Kerr, TV personality, Michael & Timothy Mondavi (sons of Robert Mondavi), Mario Batali, chef/co-owner of Babbo & Esca in NY... the lists go on and on.

When the announcer says "so & so is a James Beard Award winner" ... we know it has to do with eating. It has to do with the efforts put forth to acknowledge and exclaim over something somebody read or saw or tasted or they went to such & so restaurant and spent much more than they had to but enjoyed the ambience, the food, the wine, and yes...even that it cost them too much!

There are no awards, as such, in our home kitchens but there is magic there and most of us have, on occasion, produced it for our family and friends. We have those in our lives willing to try our newest recipe or enjoy a sip, or two, of wine with us or even share a secret family recipe. We share our culinary talents with each other this year in many ways and what we share tastes sweet (with no calories).

Bon Appetit!



Oregon State Executive Board Recommendation

The Oregon State Executive Board discussed the issue of membership goals and retention at our annual Retreat in Hood River in August 2021. We had hoped to present a recommendation from the Board at Leadership but due to the in-person meeting being changed to a ZOOM meeting, we felt it too difficult to adequately discuss and get a vote of membership.

Therefore, we are submitting this recommendation in The Grapevine and sincerely hope that all chapter Presidents will discuss within their chapter and either contact me or another State Board member with your questions or be able to present questions, comments at Winter Meeting so that we can take a vote at that time. Now is the time to offer any suggestions or changes.

We all know that membership is down in most states and Oregon is no exception. We have been discussing the need to obtain new members and retain current members for several years but have not seen the progress we had hoped for.

The Board felt that we needed some additional financial incentives for membership since it has become harder for potential members to pay the fees for joining due to financial hardship. We realize that similar proposals have been made and adopted in other states in the past with various degrees of success. Although the recommendation is for a new budget item for the state, it is felt that we can no longer afford **not** to take action. You will note that this recommendation is for **a one year trial**. If the membership votes to approve the recommendation, it would take effect for **the 2022-2023 ESA year** and be included as a State expense in next year's budget.

The Executive Board discussed the status of our 2021-2022 budget & it was agreed that since our income exceeds our expenses by \$4652, we could afford the additional expense on a one year trial basis. We have been carrying a similar ending balance for last few years. If the incentive proves beneficial in obtaining membership, we will consider options for additional funding for the future.

Membership Incentive Program for 2022-2023

Recommend \$1000 be added to the Oregon State Budget for the category of membership. The funds would be used for the following:

For each new member who joins ESA in the 2022-2023 year, the State Council will pay the IC dues for the first year of \$69.00. This will be limited to the first ten new members in the State.

Every Oregon member pledging a new member will have their name entered into a drawing for State Convention registration.

Each reinstatement will have State Council Dues for the year paid by the State Council - \$15.00 each. Again, this will be limited to the first ten reinstatements in Oregon.

Each chapter must submit an expense voucher to the state treasurer for reimbursement. The request should include sponsor's name, member's name and date joined or reinstated.

(If we actually got ten new members, the IC dues would total \$690. Ten reinstatements would total \$150.00 & one state convention fee based on most recent year would be approximately \$150.00. The total expense would be \$995.00.)

OREGON STATE COUNCIL
Treasurer's Report
09/26/2021 to 11/12/2021

BEGINNING BALANCE	\$13,092.17
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DEPOSITS	\$300.00
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10/01/21	State yearbooks (\$20.00)	
	Dues - Alpha Psi (\$140.00)	\$160.00
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10/22/21	State yearbooks	\$80.00
10/29/21	State yearbooks	\$30.00
11/09/21	State yearbooks	\$30.00

EXPENSES	\$519.98
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10/28/21	Check 1552 Donna Cassidy – Cost of yearbooks	\$519.98
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ENDING BALANCE	\$12872.19
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Certificate of Deposit	
Matures 06/25/2022	\$4091.20

Penny Phelps 11/12/2021

“Ingredients for Life”

Oregon State E.S.A. Winter Meeting 2022

February 19th/20th. 2022

Comfort Suites Linn County Fairgrounds and Expo
100 Opal Ct. NE, Albany, Oregon 97322
541-928-2053

Complimentary breakfast, microwave, and refrigerator
Room rate is \$119 plus tax for two queen beds, \$109 plus tax for king bed.

The block will be held only till February 1, 2022

Be sure to mention ESA Winter Meeting

Registration deadline is February 6, 2022

Please make checks of \$85 (Saturday lunch and dinner)

Late registrations add \$10.00

Payable to Omega Mu

Mail to

Omega Mu

650 Baker St.

Lebanon, OR 97355

Phone 541-223-1463 or email questions to rankin99@comcast.net

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Name _____

Chapter Name & Number _____

Address _____

City _____ Zip _____

Phone _____ E-Mail _____

Diet Needs/Food Allergies _____

Elected Board _____

Appointed Board _____

Gavel _____

Guest _____

ESA Western States Fling
RESERVATION FORM (one for EACH person)
Palm Springs California

Arrive: Tuesday, January 25, 2022; **Depart:** Friday, January 28, 2022

Palm Mountain Resort & Spa
155 South Belardo Road, Palm Springs, CA 92262 - 760/ 325-1301

3 Nights Accommodations; Porterage; Daily Resort Fee
3 Breakfasts, Lunches, Hospitality & Dinners
Tour of Palm Springs-including Gardens; WS Meeting; Meeting room
History of Palm Springs; Social Hour; ESA Fling Registration

Single-\$950 **Double-\$750** **Triple-\$710;** **Quad-\$690**

1 King Bed 2 Double beds

Name _____

Address _____

Phone # (____) _____ Email _____

Roommate(s) _____

October 1, 2021: \$200 Deposit Due (\$100 non refundable)

November 1, 2021: \$200 Second Deposit Due

December 1, 2021: Final Payment Due

Please make **checks** payable to: Ruth Rockwell

ZELLE Payment: RuthRockwell@aol.com

PayPal Payments: RRockwellA@aol.com

CANCELLATIONS

61 Days Prior to Arrival: \$100 cancellation charge

60-31 Days prior to Arrival: \$300 cancellation charge

30 Days prior to Arrival: No Refunds

PANDEMIC EXCEPTION

This agreement is subject to existing and ongoing state and federal guidelines, requirements, proclamations, regulations, and/or laws in connection with any presidentially declared national emergency, health threat recognized by the World Health Organization or the Centers for Disease Control, globally recognized pandemic or health emergency, or health emergency recognized by any local government authority or health agencies, which may affect the parties' ability to perform under this Agreement. Where any of those factors, circumstances, situations, dissuade or unreasonably delay Facility, or where any of them makes it illegal, impossible, inadvisable, or commercially, impracticable to hold the Event or to fully perform the terms of the Agreement, the parties hereby agree that either party may provide the other notice and supporting documents of its inability to perform its obligations pursuant to this exception and terminate this Agreement without penalty. The application of this provision shall be based on prevailing conditions at any time within sixty (60) days of the Event.

Ruth Rockwell
PO Box 189003, PMB
Coronado, CA 92178

ESA Western States Fling
RESERVATION FORM (one for EACH person)
Palm Springs California

Arrive: Tuesday, January 25, 2022; **Depart:** Friday, January 28, 2022

Tentative Schedule

Tuesday

2:00-4:00 p.m. Registration
3:00 pm. Hotel Check in
5:00 pm Hospitality
6:30 pm Dinner
After Dinner Drinks and Social Activities

Wednesday

7:00-9:00 "Continental" Breakfast in meeting room
Palm Springs Tour: Gardens, Indian Canyon, Shopping
Lunch
5:00 pm Hospitality
6:00 pm Silent Jewelry Auction Closes
6:30 pm Dinner
After Dinner Drinks and Social Activities

Thursday

7:00-9:30 "Continental" in meeting Room
8:00-8:30: Helping Hands Walk
10:00: ESA Western States Meeting
Palm Springs Historical Society: Women who settled Palm Springs
1:00 pm Lunch at Casino
Free Time
5:00 pm Hospitality
6:00 pm Silent Auction Closes
Palm Spring Village Walk, Dinner
8:30 pm After Dinner Drinks and Social Activities

Friday

7:00-9:30 "Continental" Breakfast in meeting room
Departures : (

Ruth Rockwell
1060 Mision Todos Santos, Bajamar, Baja CA, Mexico
Mailing Address
PO Box 189003, PMB 320
Coronado, California 91178

email: RuthRockwell@aol.com

Calling from the United States (San Diego # it rings in Mexico)
San Diego: 619/ 446-6388
RuthRockwell@aol.com

Delta Kappa Hood River – Tail Gate Basket



Includes:

- Dry Roasted Hazel Nuts
- Phelp's Creek Pinot Gris
- Smooth Red Blend wine
- Double Mtn IPA Beer
- Peach Salsa
- Sweet BBQ Sauce
- Bacon Bourbon BBQ Sauce
- Beef Jerky
- Fennel & Thyme Dip Mix
- Spicy Mexican Chorizo Dip Mix
- Sweet & Spicy Dip Mix
- Johnny's Queso Chili
- Johnny's Lazy J Chili
- Summer Sausage
- Box of Crisps
- Box of Crackers

DELTA KAPPA'S TAIL GATE BASKET

VALUE \$175.00

TICKETS \$2.00 EACH OR

6 TICKETS FOR \$10.00

DRAWING WILL BE OCT 31ST

DRY ROASTED HAZEL NUTS

WINE - PHELPS CREEK PINOT GRIS

WINE - SMOOTH RED BLEND

DOUBLE MOUNTAIN IPA BEER

PEACH SALSA

SWEET BARBECUE SAUCE

Value \$175.00

Tickets \$2.00 each or 6 tickets for \$10.00

Drawing date extended

Willamette Valley District Council's Quilt Fundraiser

Here's your chance to win this wonderful quilt,
"Scraps of Love"!



44" x 62"

Made by:

Julie Rassmann & Marsha Klosterman
of Delta Gamma.

Beautifully professionally quilted!

Tickets are \$1.00 each
or
6 for \$5.00.

Get some today!

For tickets, contact
Joy Serkowney
joyserkowney@peak.org
541-688-1667

Winner will be announced at our
State Convention in April, 2022.



Alpha Upsilon Hillsboro Chapter of ESA

Is Offering for Bid:



A 1 or 2 bedroom Condominium Unit at The Oasis in Palm Springs, California for Five Nights.

All Proceeds Benefit Four Hillsboro High School Scholarships.

Amenities: Gated Community with 8 Swimming Pools, 8 Spas, Full-sized Kitchens, Washer/dryer, Patios with Tables and Chairs and Electric Grills, Outdoor Tennis Courts, Fitness Center, Free WiFi, Bicycles Available. Seven Miles to Casino. Ten miles to Tram. Short Trip to Old Town Palm Springs. Close to Aviation Museum. **NOT AVAILABLE THANKSGIVING WEEKEND AND CHRISTMAS TO NEW YEAR'S EVE.**

Expires: 12/10/22 (May be extended 60 days)

Opening bid: October 10, 2021 Closing Bid: January 13, 2022

Opening bid should be: \$900

Please Contact: *Diane Lewis* (503) 899-0372 Email: delewis911@aol.com



Delta Xi - Epsilon Sigma Alpha
5 Days at Sun River Resort

Donated by Vacations Internationale
125 Tickets available

Donation: \$20.00

Drawing to be held May 22, 2022

Vacation needs to be used by March 1, 2023

Winner need not be present to be eligible

ESA Delta Epsilon's Annual

Holiday Market

Saturday, December 4, 2021

9 a.m. to 3 p.m.

Union County Fairgrounds

3604 N 2nd St., La Grande, OR

Admission: Canned Food or Package of Diapers

All donations benefit local DHS Emergency Food Bank

Santa from 10am till 2pm

Food Booth

Silent Auction

Delta Epsilon Sorority is a non-profit organization that raises funds to support St Jude's Hospital, and local organizations that support children and those in need of help.