



Upcoming Events:

Fall State Meeting: Hosted by Alpha Beta

- When - October 10th, 2026 from 1:00pm - 4:00pm
- Where - Richland Library in Richland, WA - This will be a HYBRID meeting for anyone who is unable to travel.
- Other Information - We will be participating in the Alzheimer's walk beginning at Howard Amon Park. Registration begins at 10:00am. The ceremony starts at 11:00am and the walk will commence at 11:30am. You can pre register at https://act.alz.org/site/TR?sid=23932&type=fr_informational&pg=informational&fr_id=19995
- I will send out an email with lodging estimates and options within the next month or so.

17th Annual Saddle Up for St. Jude: Hosted by Beta Rho

- When - Saturday September 26, 2026 at 9:00am. 50/50 drawing at 1:00pm.
- Where - River Rock Ranch, 180 Cook Ferry Road, Castle Rock, WA
- Other Information - This is a horse back riding event that is raising money for St. Jude Children's Hospital. The first rider will depart at 9:00am and the final rider will depart at 11:00am . There will be basket drawings, 50/50 raffle, and a potluck lunch (chili, plates, cups, and utensils will be provided).
- Cost - \$25 per rider

Please RSVP to Beta Rho at betarho2095@gmail.com. If you are unable to attend, but wanting to donate please send checks made out to "Beta Rho" Shiela Michelsen

June and July Chaplain Reports:

June 30th, 2026:

“For I say there is no other thing that is worse than the sea is for breaking a man, even though he may a very strong one.” — Homer

KANSAS

- From Erin Metters: Please add Dahl to the prayer list. He had a slight stroke and is in the hospital (KuMed). They have done a battery of tests and found several other issues he is having. He will be in a nursing facility for at least a couple of weeks. Thanks and keep us in your prayers.

MINNESOTA

- From Lori Thorpe: I am sharing this sad news from Sue Todd: I am saddened to inform you that Joane Buche passed away on June 21st. She was a great woman and longtime member of Alpha Chi. Please keep her family in your prayers. Cards can be sent to her home: 2146 Powers Avenue St. Paul, MN 55119.

VIRGINIA

- From Brenda Bowersox: Debbie Langfitt reports it is with a very heavy heart that I need to share that Peggy Thompson passed away today (6/29). I spoke with Jill, her daughter, and she shared they would be making the plans and arrangements tomorrow. That is all the information I have at this time. Please keep the family and the enormous number of friends of Peggy's in your prayers. I will pass on the arrangements when I receive them.
- Bev Scott's (Zeta Nu) Mother, Dolly Hughes, has been in the hospital again after a presumed fall. Numerous tests have been done, and the family has now met with Hospice. That's all I have at the moment. I will keep you posted as I receive information. Keep the family in your prayers.
- Priscilla Browning (Alpha Nu) has been in the hospital since June 11 with heart issues. Stents were placed for that but several other issues arose. This is the news that I have from Mindy Boyd today: Priscilla has been discharged from the hospital and is in a Catholic retreat center, her friends are taking meals over to her! She will not be attending IC and can't drive until September! She is wearing some type of heart vest that alarms for further attacks! Please keep her in your prayers! Until she returns home, please send encouragement by text at 304-433-7278 or email at esawoman@gmail.com.

- From Theresa Morris: Our Henry continues his amazing recovery and has successfully finished his Junior year of High School. In fact, he has decided to take several summer classes and will now graduate from High School on July 15th!! If anyone is interested in sending a Congratulations and Best Wishes card, I am sure it will continue to encourage him.

July 21st,2026:

Chaplain's Note: Our 2026-2027 IC Chaplain is Julie Walker Leith. I will connect with her to "hand over the keys" at her convenience. Please continue to send your reports to esaicchaplain@gmail.com, and be sure to update your state officer reports so that Julie will have contact information for your state or region's 2026-27 chaplain and state president. As we transition, feel free to forward reports as needed.

CALIFORNIA

- From Judy Pinner and Evelyn Jackson: Sad news. Betty Tatro collapsed at her home. She suffered a fall at the end of June. This time they think she had a stroke. She is now in the hospital and will be there for quite a while. Any cards can be sent to her home since her children live with her. Update as of 7/17 from Betty's daughter Kileen: Mom's doing fine. She was released from the hospital last Tuesday and she's at Turlock nursing and rehab doing much better. She's in physical therapy. She might be there for another week or two not sure that she's doing really well. Betty Tatro 6718 W Main St. Turlock, CA 95380

MICHIGAN

- From Barb Hansen and Mary Derey: Our newest Alpha Kappa member Chris Keisic fell recently. She was taken to the hospital by ambulance. She broke a bone in her spine. She is in a lot of pain. She will be in the hospital for a few more days and then go to a rehab place. As her children all live out of state, we would like to help keep her spirits up by sending her cards to let her know we are thinking of her. Please send them to her home address and Joann will pick them up and get them to her. And as always, please keep her in your prayers. Chris's address is as follows: Chris Keisic 14956 Stonebrook Dr. W. Shelby Twp., MI 48315.
- Update as of 7/19 from Joann Zaleski: I was able to see Chris on Thursday afternoon for a short visit. She is out of the hospital and was moved to Orchard Grove Care Community. This is a large campus in Romeo. She said that she likes to talk, so call anytime. Just saying, she still has periods of great pain when the drugs start wearing off. She would love to have calls or visits. She is right in bed until the pain can be managed. Then she will go for more rehab. I did bring a Gerber Daisy Plant and Jean brought her a vase with roses while she was in the

hospital. Her address is: Christine Kiesic 71150 Orchard Crossing Ln.. Romeo, MI 48065

OHIO

- From Susan Schenz: Delta Chi member Marsha Reynolds fell at her daughter's house in Cleveland. She had surgery for a break in the femur. It broke in the ball of the hip so a screw was inserted. Cards can be sent to: Marsha Reynolds c/o of Shawna Reynolds Gorby 8703 Fairlane Dr. Olmsted Township Ohio 44138
- OSC MAL Becca Boats just lost her father. Condolences can be sent to: Rebecca Boats 47523 Remer Ave. Shelby Township, Michigan 48317

KANSAS

- From Crystal Collinsworth and Amanda Johnson: It is with great sadness that I share that Judy Christiansen's brother, Ron Bratton, passed away this evening after being taken off life support following a workplace accident earlier this week. Judy is currently traveling home from IC, so please send positive thoughts for smooth, on-time flights so she can be with her family as soon as possible tomorrow. As you can imagine, Judy is going through an incredibly difficult time. If you reach out to offer your love and support, please understand that she may not be able to respond right away. Please keep Judy, Ron's loved ones, and their entire family in your thoughts and prayers as they navigate this sudden and heartbreaking loss. Cards can be sent to the following address: Judy Christiansen Zeta Epsilon 7120 Hedgelane Terr. Shawnee KS 66227

Washington State News and Information:

- To WA State ESA Executive Board Members, I recently received notice in the mail from Jean Merrill and Marilyn Lloyd that Gamma Epsilon chapter #2570 will be disbanding on Dec. 19, 2026. I was deeply saddened to receive this news. Gamma Epsilon was chartered on Dec. 19, 1956, and for 70 years ESA and Washington State ESA have been truly blessed by the dedication, friendship and service of its members. While this chapter may be closing, the impact of Gamma Epsilon and its members will never be forgotten. You have touched countless lives, strengthened our organization, and created treasured memories that will remain in our hearts forever. You will be greatly missed, but your legacy, friendship and contributions will continue to be remembered and cherished for years to come. With heartfelt gratitude and best wishes, Pam Munson
- I was on the IC zoom call in regards to Philanthropic reporting. They mentioned the donation that people make to St Jude monthly in the amount of \$19. That donation can be redirected so our organization can get credit for that contribution. If anyone in our state has that direct contribution they can contact IC

at Programcoordinator@Epsilonsigmaalpha.org They can assist with that. Shiela Michelsen Washington Philanthropic Chairman

- Washington State ESA members, I will be co-chairing with Holli. I am new at this. When you have any event concerning birthdays, anniversaries, deaths, memorials, hospital visits, good news and bad news, please send it to my email or phone: CLAUDIA THOMPSON, CHAPLAIN CO-CHAIR jammokka@aol.com (253) 951-0307
- Beta Zeta had their installation and secret sister reveal in June had a wonderful dinner and some great fun and surprises Then in July 6 of us gathered near Raymond for a weekend retreat At a beautiful site in the woods all meals provided and no internet connection So we spent our time visiting laughing and eating. We even spent some time talking about our upcoming years plans. So much fun and so relaxing. Our chapter planning meeting/picnic is coming up next Saturday. We will meet at Fran's house to enjoy more wonderful food and laughter. We will figure out the upcoming year . We have decided this year to have all our meetings on Saturday since we all are having a little trouble driving at night.
- Omicron members had a great time helping Alpha Theta chapter members at the FinFest Pannukakku Breakfast in Naselle, WA. Pam Munson, Mary Lambie, Marsha Ritter, Claudia Thompson, Jerie Longacre and Beth Gibson



- Lora Inman (Omicron) at IC with newly elected 2026-2027 IC Treasurer.



- Washington State St. Jude Certificate of Accomplishment



Spokane Fire Information and Updates:

Jean, Are all the ladies of Gamma Epsilon, OK? What can we as ESA sisters do to help? -Gretchen

Gretchen, Thank you for reaching out to us. I am not aware that any of our group is in danger. I contacted several of my friends from my previous employer and several evacuated but were safe. It is mind blowing to think that fire caused all of the devastation in the city as you think of brush fires taking out structures in rural communities. As reported on the news - most of the fires were in the northwest area

and most of our group are on the south side of town. We need rain as most of the state needs. Outside temperatures are down, which is good but it continues to be so dry. We need a rain dance. Hopefully everyone stays safe. -Jean

Jean, Can I let the ladies know from your comments? I would like to put them on the website and in the newsletter. - Gretchen

Absolutely. Thank you - Jean

Update as of August 3rd:

I guess I spoke too soon - just had a call from Dorothy Nechanicky (gamma gal) that said Sami Larue, a previous gamma gal, had her house burned down. She lived out in the NW area. She and her 2 granddaughters got out safely and are staying with her daughter. I wish I could report that things were getting better but not yet. I guess that it's in God's hands at this time. Pray for rain. – Jean Merrill

I remember both ladies from previous rosters not sure that I met either one of them. Please let us know what we can do to help Sami and her family. I don't expect a response immediately. I know the families are in shock and have a lot to deal with. Our Fall state meeting is coming up October 10, and we could gather things to be mailed to you directly to give them to them. I know that in the beginning everybody wants to donate everything but maybe by October they will have something more specific for needs. Thank you for sharing. We will be in touch.
- Gretchen

2027 Western States 'Fling':

Arrive: Monday, January 25, 2027

Depart: Thursday, January 28, 2027

TENTATIVE & Rough Schedule

Day 1:

- 10:00 am: Pick up in San Diego - Transportation to Baja
- Shopping in Rosarito Beach
- 1:00 pm: Lunch in Rosarito Beach Hospitality
- Dinner
- Overnight, Coral Marina Hotel, Ensenada

Day 2:

- Breakfast at Hotel

- Transportation to Valle de Guadalupe Wine Pairing Luncheon
- Dinner - Punto Morro
- Overnight, Coral Marina Hotel, Ensenada

Day 3:

- Breakfast at Hotel
- Shopping in Ensenada
- Whale Watching
- Dinner at Sano's

Day 4:

- Breakfast at Hotel
- Depart for San Diego
- And lots of fun things in-between.

Last year in Palm Springs: Per Person

Double \$1,200.00; Single: \$900.00; Triple \$850 - Baja will be similar

For anyone that wants to arrive the day before, I will have a San Diego hotel available.

Highlights from IC Convention 2026:



We are so excited to share that ESA Members across the country are impacting their communities in incredible ways. Here are a few of the amazing totals for the year:

Total Dollars Raised: \$2,851,353.43

Total Miles Driven: 383,559

Total Hours Volunteered: 190,164

Total Value of Goods Donated: \$965,440

Want to see what impact each state reported? Take a look at the [Presentation of Impact in the Newsroom](#), and the [Past Service Reports webpage](#)!

Membership Recognition:

Each year, ESA Members are recognized for outstanding achievement in several areas, including educational, newsletters, arts and crafts, and many other projects! Take a look below at some of the winners for the 2025-2026 year.

Event Recognition 100 attendees or less:

Rosie's Halloween Tea - Rho Theta, TX

Event Recognition 100 attendees or more:

Reverse Raffle - Spaghetti Dinner Camp Riley

Volunteer of the Year:

Gladys Elizabeth (Beth) Fife, Zeta Rho, LA

Emerging Flame:

Hailey Johnson, Rho Theta, TX

"You Had to be There", Alpha Kappa, AZ, Pledge Social

Membership Innovation:

Texas State Council Elected Board, "Music Bingo with Heart" *There are so many incredible ESA members and awards! Take a look at the full list on the [IC Convention Recognition and Awards webpage](#).*

ESA for St. Jude Award:

This year, ESA members raised a total of \$1,648,197.43 for St. Jude Children's Research Hospital! That is an incredible effort, and we are excited to highlight some of the individual members and events that are helping us reach our goal of 5 Million in 4 Years.

Most Hours Volunteered for an ALSAC event:

Tulsa, OK Dream Home - Chairman Judi York & Linda Jones

Most miles driven for an ALSAC event:

Monroe, LA Dream Home - Chairman Beth Fife & Lester Fife

Top 3 St. Jude Cash Event:

Roy Pearson Memorial Golf Tournament - Theta Epsilon, Arkansas

Blytheville Cablethon - Theta Epsilon, Arkansas

Ruston Radiothon - Zeta Rho, Louisiana

Top 3 "From My Birthday to Yours" Campaign Fundraiser:

Adi Mazza - Elan, Colorado

Alpha Chi, Arizona

Kappa Kappa, Texas

Top 3 Overall Fundraiser:

Adi Mazza - Elan, Colorado

Diane P. Stowell - Beta Beta, Kansas

Denise Holdaway - Theta Epsilon, Arkansas

Legacy of Love Award:

Bags for Bucks - Delta Chi, Colorado

Want to see the St. Jude impact that each state reported? Check out the Past Service Reports webpage, or the Presentation of Impact in the Newsroom!

Monthly Munchie Menu: July and August

Fruit Pizza:

Ingredients

- 1 cup whole wheat flour
- 3/4 cup old fashion oats
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 1 large egg
- 1/3 cup brown sugar
- 1 tsp vanilla
- 1/3 cup vegetable oil
- 3/4 cup plain Greek yogurt
- 3 oz light cream cheese
- 2 tbsp sweetener of choice (maple syrup (honey, very ripe banana, etc.))
- 1 kiwi sliced)
- 1/2 banana
- 1 peach
- 1 pint blueberries
- 1 pint strawberries (sliced)
- 1 pint raspberries

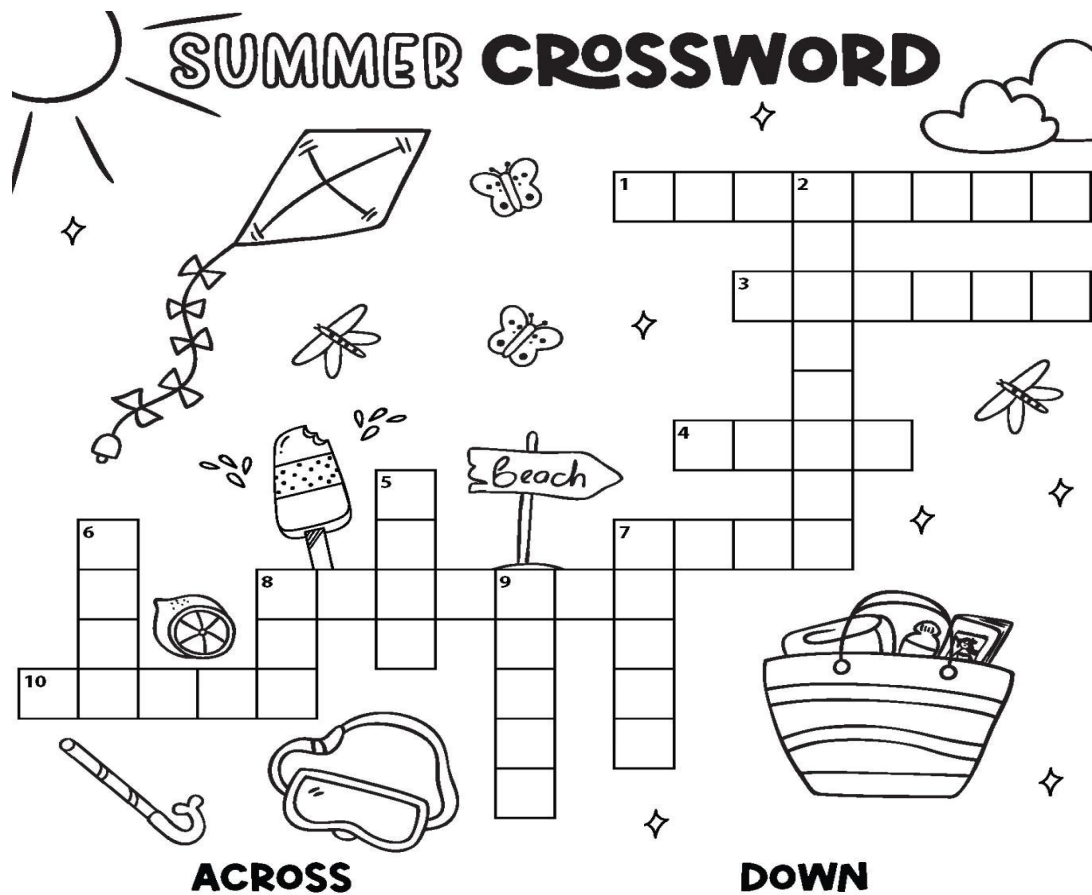


Directions

1. Preheat oven to 350 degrees and line a round pizza pan with parchment paper.

2. In a large bowl, combine flour, oats, cinnamon and baking powder. In a small bowl, whisk egg, brown sugar, vanilla, and oil. Add the wet mixture to the dry mixture and stir until ingredients combine.
3. Pour batter onto pizza pan lined with parchment paper gently spreading into a circle. The dough may be too small for the size of your pan. If so, just form the dough into a round shape. Bake for 10 minutes or until the "crust" is golden brown.
4. While the crust is baking, combine Greek yogurt, cream cheese, and sweetener of choice in a small bowl.
5. Allow crust to cool then spread yogurt mixture on top of the crust and decorate with fruit.

July and August Puzzle - Submitted by Kaitlyn Doublin & Sissy Roeder (2026-2027 Social Co-Chairs)



1. Frozen treat enjoyed on a stick.
3. Moves your canoe or kayak through the water.
4. Move through the water using arms and legs.
7. Swims through lakes, rivers, or the sea.
8. Helps you breathe while swimming underwater.
10. Small yellow fruit with a sour taste.

2. Sea creature shaped like a star.
5. Place to swim and splash in the summer.
6. Flies high when the wind blows.
7. Keeps you on top of the water.
8. Bright light and warmth from the sky.
9. Small boat moved with a paddle.