

MARCH 2023 ISSUE 2

# REMARCS

Midwest Area Regional Council of Epsilon Sigma Alpha

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## 2022-2023 MARC Board

### Executive:

President  
Vice President/President Elect  
Parliamentarian  
Recording Secretary  
Treasurer  
Communicator  
Jr Past President

Bonnie Templeton, KS  
Jill Shull, IL  
Heather Hoey, MI  
Amanda Rowland, OH  
Brittany Rosenmund, MI  
Jennifer Sparkman  
Kim Poling, IL

### Appointed:

Chaplain  
Foundation Counselor

Hope for Heroes  
Nominating  
Audit Chair

Ways & Means  
Webmaster

Julie Whitaker, MO  
Alley Gary, IN  
Brenda Campbell, IN  
Jill Richards, KS  
Kim Poling, IL  
Pam Mitchell, KS  
Misty Evans, IL  
Judy Baxter, WI  
Kathleen Grissom, IL  
Brenda Fields, MO





## Inside this Issue:

- Bonnie Templeton, President's Message
- Kim Poling, Jr Past President
- Jill Shull, Vice-President
- Heather Hoey, Parliamentarian
- Amanda Rowland, Secretary: Mid-Year Minutes
- Brittany Rosenmund, Treasurer: 2023-2024 Budget
- Jill Richards: Hope for Heroes
- Alley Gary: ESA Foundation
- State Reports
  - Kansas
  - Oklahoma
  - Illinois
- Recipe Spotlight
- Laughs
- Due Dates & Contact





Hello MARC! Your Executive and Appointed Board is having their mid-year meeting Mar 10-11 at the Embassy Suites in East Peoria, IL to continue the planning for MARC Conference October 13-14. Will have more to tell you at the MARC meeting at IC. Hope you all are planning to come to IC Convention in Grapevine, TX, 23-30 July. I have family about 15 minutes away so will be combining some vacation time with the convention. Grapevine is a diverse area, with lots to do. You might want to drive so you can bring back all your treasures! Early registration ends 1 May, and you can pay online!

Are you planning to run for a MARC Office? Your nomination form must be into Kim Poling before our IC meeting in July. Do you like rules and regulations? Then Parliamentarian is for you! Are you good at Newsletters? Then Communicator is your job! Is Math your specialty? Run for Treasurer! Have a knack for taking notes? Secretary is your position! I hope to see lots of competition for the different positions.

Please submit what you have been doing in your State or Chapter to Brenda Fields so it can be posted on the website. She has been doing a great job in updating the look and contents but she needs your help!

I look forward to seeing everyone at IC but especially in October as we celebrate Oktoberfest in East Peoria, IL!

Bonnie Templeton  
MARC President



Happy Spring MARC Members!!!

I was honored to represent MARC as your Vice-President at the IC Leadership Conference. The weather made it a little challenging, as usual. After one flight canceled, rescheduled and then 8 delay notifications I finally made in to Denver, i went a day early to visit with my 3 sisters that live there. The next day i joined the wonderful land of ESA with other members there. Thursday evening, we had a quaint gathering of MARC members at Moonlight Diner and Bar.

The rest of the weekend was filled with Leadership, Learning, and Color Wars. In Color Wars everyone was divided into different color groups. Unfortunately, my team did not win. We did team building exercises, for example we had to build a structure out of spaghetti high enough and strong enough to hold a marshmallow. Ours needed just a little bit more support. We also did a "Find Someone Who..." scavenger hunt. I was popular for someone who has more than 4 siblings, 9 if you count step-siblings. We learned marketing techniques and how to utilize the materials on the IC Website. The Friday night incoming IC President's event, music bingo is not your grandmother's bingo. We enjoyed a variety of music genres. I came in tied for the blackout bingo, but sadly I did not win the "song-off". We also had costume and lip-sync contests. Saturday night gave us a sneak peak to the IC Challenge coming up July 26-30. Be sure to join the IC challenge either by going to the IC Convention in Grapevine, Texas or helping another MARC member who will be attending.

In March, we had the MARC Mid-Year Meeting in East Peoria, Illinois. There is some fantastic planning for the conference. The MARC board and the Illinois State Council are hard at work to bring you a great MARC Conference, on October 13-14. Please look in this issue for the registration form and hotel information. I've got my room booked and can't wait to see everyone there!!!

I have started taking names for my MARC appointed board. If you are interested in an appointment or know someone who would be a great addition to the board in any position let me know via e-mail or a text. I would love to have these positions filled in by the IC Convention in July. If you or someone you know is interested in any of the Elected Offices, these positions need to have a nomination form filled out with credentials submitted to Kim Poling by June 15.

Enjoy your Spring,  
Jill From IL  
MARC Vice-President





When it's time to write these articles I procrastinate every time. I don't know why, I just do. When I do sit down to write, it makes me think back on the wonderful, amazing people I've met; the great places I've traveled to; and the fun I've had in these places with those people I have come to love and can't imagine living without. I also think about the good things I have done for people who are in need. The money we raise for St. Jude, the kids we were able to help at the Children's Therapy Center by volunteering, and the people I serve at the food pantry. Without ESA I may have done these things, but not with the dedication I have found through ESA and the people in it.

I think about all of the things ESA has done for me, I'm thankful that I have tried to give back to the organization through serving on my chapter, state, MARC and IC boards. It is an easy way to support our organization, to affect changes that need to be made, and you get so much out of it. Developing leadership skills, problem solving skills, people skills and getting out of your comfort zone are very important and are skills that you will use in your life outside of ESA.

With all of that said, I encourage you to run for the MARC board in October, I promise you will get as much as you give. It isn't a tough job and you have a great support system. Everyone who has ever held an office is just a text, email, or phone call away and they are always willing. I hope you will seriously consider running for the MARC board. The board needs you; your fellow members need you, and ESA needs you. The nomination form is attached.

Deadline for submission is June 15 th . I hope to hear from you soon!

Love and hugs,  
Kim Poling  
Jr. Past President/Nomination Chair





Hi everyone! We had a great time last weekend in Peoria preparing for this year's Conference in October. Hopefully you can join us.

At our mid-year meeting there were some changes proposed to both By-laws and Standing Rules. We will be getting those together to present to everyone at the MARC meeting at IC Convention. From there those changes can be taken back to your states and we will vote on them at Conference in October.

There is still the opportunity to propose any additional By-laws or Standing Rules changes for the board to consider. You can find the form at:

**[marc-proposedbylaw-standingrulechangeform.pdf](https://esamarc.org/marc-proposedbylaw-standingrulechangeform.pdf)**  
**(esamarc.org)**

Please send completed forms to me at [hahoey@comcast.net](mailto:hahoey@comcast.net).

As always, if you have any parliamentary procedure questions just ask. Happy Spring!

Parliamentarian - Heather Hoey





**Midwest Area Regional Council  
Midyear Meeting  
Embassy Suites by HILTON East Peoria, Illinois  
March 11, 2023**

The MARC board members along with Jamie Atchison and Maria Bingheim, 2023 Local Conference Co-Chairs and Judy Huntley, Registration Committee toured the hotel and conference center with Taylor Holmstrom, Sales Manager, Embassy Suites by HILTON, East Peoria, Illinois.

President Bonnie Templeton called the meeting to order at 10:12 AM and the Opening Ritual was recited.

Silent roll call: President, Bonnie Templeton, Vice President Jill Shull, Parliamentarian Heather Hoey, Treasurer Brittany Rosenmund, ESA Foundation Chair Alley Gary, Secretary Amanda Rowland, Hope for Heroes Chair Jill Richards, Chaplain Julie Whitaker, Ways & Means Chair Kathleen Grissom, Local Conference Co-Chair Jamie Atchison and Marian Bingheim and local conference registration committee member Judy Huntley were in attendance.

Local Conference Co-Chairs Jamie Atchison and Maria Bingheim presented the Conference budget as well as the registration form for the MARC Conference in October. October 13-14th 2023. Attached please find the local conference report with detailed items discussed, and also the registration form, program ad form, and the budget. Rhonda Rawlings is the conference treasurer/registration chair for the ESA MARC 2023 Conference. Jamie will also send a room requirement and A/V request form to President Bonnie and other MARC board members to review the room set-up and A/V needs, the deadline will be August 1, 2023, to submit those.

Vice President Jill Shull, share her theme and logo, *"On your MARC,"* it is still being developed, and is based on the MARC logo. Jill is working to fill her committees and noted that only one nomination form has been received to date, the submission deadline is June 15, 2023. Jill's focus is on communication, and she's plans to hold Zoom meetings with the executive board and MARC reps to keep the connection flowing.

Secretary Amanda Rowland motioned to dispense with the reading of the minutes as dispersed via email and Jill Shull, seconded. No discussion. Motion carried.

President Bonnie Templeton shared the proposed Bylaws and Standing Rule changes with the board, she asked Parliamentarian Heather Hoey to review and prepare them to submit to the membership for review, have them posted to the MARC website, and in the MARC Program book so members will be ready to vote on them at the October annual conference. It was suggested that, if needed, to find a meeting space to hold an open forum on Friday, October 13, after the leadership and before the mixer



for members with any concerns to discuss those in an open forum. Jamie Atchison will request from the hotel a room to meet and advise.

Treasurer Brittney Rosenmund provided the Treasurer's report, and the proposed budget was discussed.

Ways & Means Chair Kathleen Grissom suggested a few different ideas for the Ways and Means projects. She will take the boards feedback to her committee and present the projects once decided upon.

It was also suggested we bring back the MARC Marketplace and provide tables around the meeting room for those interested; it was noted that the items would need to be moved to a secure location overnight, there might be room in the registration office, however, the local committee is not responsible for moving these items.

Hope for Heroes Chair Jill Richards reported that Anita Dixon, Gold Star Mother and Patti Latch, Founder and Director of America's Gold star Families will be speaking on Saturday. Jill will be asking members to donate birthday cards and/or national chain gift cards for the children of the Gold Star families who have lost a parent.

ESA Foundation Chair Alley Gary reported \$771 was raised at the 2022 conference per the minutes, however, the balance online showed \$841 was donated per the Foundation report. She is unsure where the extra \$70 came from, perhaps it was collected after the conference and not part of the official minutes.

For the ESA Foundation fundraiser at the 2023 MARC Conference, Alley Gary will lead the Heads and Tails game with membership as a fundraiser to support the MARC scholarships.

Chaplain Julie Whitaker is contacting each state to get information for the celebration of life. Every state will need to send Julie the names of departed members for the celebration of life procession.

President Bonnie Templeton shared the following correspondence:

From Pam Mitchell, Audit Chair with her suggestions to prepare for the audit. Pam would like to have copies sent to her quarterly of statements and transactions.

From Brenda Fields, Webmaster, requested everyone to check out the newly updated MARC website and advise any corrections or future ideas to keep the content up to date.

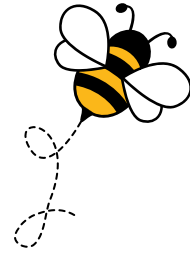
From Jennifer Sparkman, Communicator, please submit articles for the next reMARCs by March 20, 2023.

Closing Ritual was recited, and the meeting adjourned at 3:20 PM.

Respectfully submitted by Amanda Rowland, Secretary

Approved by Bonnie Templeton, President





Hi friends,

The MARC year is halfway over. We spent the past weekend in Peoria exploring the city and the hotel. It was a great weekend thank you to the convention hosts Jamie Atchison and Maria Bingheim. I wanted to talk with you all today regarding the budget and the fact that the cost of things is increasing, but we aren't seeing an increase in the funds coming in. Kathleen has some GREAT ideas for Ways and Means this year and really wanted to make sure that everyone comes ready to support this cause. If we can't at least make the amount we budgeted for Ways and Means we will be operating on a deficit and as a philanthropic organization, we can't do that. If you have any ideas or want more information, please feel free to reach out to me.

Hope to see quite a bit of you in July (if not all!!).

Hugs

Britt

Brittany Rosenmund 2022-2023 MARC Treasurer.



# Midwest Area Regional Council Epsilon Sigma Alpha



Balance on hand as of 10/08/2022	+	-	\$ 11,233.89
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## Expenses:

Ck 1000Jill ShullLeader Ship Hotel	\$ 1 97.94
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Ck 1001Bonnie TempletonGavel Guard	\$ 21.00
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Total Expenses:	\$ 2 18.94
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## Income:

Total Income:	\$ -
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Balance on hand as of 3/16/23	\$ 11,014.95
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  MARC PROPOSED  2023-2024 BUDGET	BEGINNING BALANCE		CURRENT BALANCE	
	Balance of \$8069.85 as of 10/08/2022		\$ 11,233.89	
	CURRENT		ACTUAL	
	BUDGET 2022-2023		as of 3/16/2023	
			Difference	PROPOSED
			as of 3/16/2023	BUDGET 2023-2024
INCOME				
Ways and Means Fundraisers	\$ 3,000.00	\$ 2,500.00	\$ -	\$ 3,300.00 \$ 2,400.00
Conference Profit	500.00	\$ 100.00	\$ 2,454.00 \$ (46.00)	500.00 \$ 100.00 \$ 6,300.00
Repayment of Conference Loan	6,100.00		\$ 500.00 \$ -	
Miscellaneous			\$ -	
TOTAL INCOME			\$ 2,954.00 \$ (46.00)	
EXPENSES				
MARC Spring Board Meeting	\$ -		\$ -	\$ -
IC Dues (pd in Sept for the next year)	\$ 45.00			\$ 45.00
President Expenses				
IC Conv Registration/Travel/Hotel	\$ 1,200.00	\$ 500.00		\$ 1,200.00 \$ 500.00
MARC State Visit Registration/Travel	400.00			400.00
MARC Conference Registration/Travel				
President Elect Expenses				
IC Leadership Registration/Travel	\$ 1,000.00		\$ 923.90 \$ 76.10	\$ 1,050.00
Other Expenses				
Ways and Means Chair	\$ 35.00			\$ 35.00
Chaplain	\$ 75.00			\$ 75.00
Presidents Gavel Guard	\$ 30.00	\$ 21.00		\$ 9.00 \$ 30.00
MARC REPS State Convention Mileage (@ 0.58.5)				\$ -
MARC REPS State Convention Other			\$ -	
MARC Conference Speakers	\$ 1,500.00	\$ 100.00		\$ 1,500.00
IC Ad	20.00	\$ 150.00		\$ 100.00
Website				\$ 20.00
IC Audio	\$ 100.00	\$ 500.00		\$ 150.00
Bond (Due April 2024)	5,655.00			\$ 536.00
Miscellaneous***				\$ 100.00
Conference Loan	\$ 445.00			- \$ 500.00
TOTAL EXPENSES			\$ 85.10 \$ 6,241.00	
OVER / UNDER				\$ 59.00

\*\*\*Miscellaneous\*\*\*

Total Miscellaneous***		
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# Hope for Heroes

Greetings from Your MARC Hope for Heroes Team- Jill Richards, Brittany Covey, and Ruth Archambeau. We all are getting excited for MARC in Illinois and our committee is thrilled to have our speakers come and share their stories with us.



Our first guest will be Anita Dixon, mother of Sgt. Evan S. Parker US Army, who was killed in action. Evan was deployed to Iraq October 2004 from the 100-442 Battalion Schofield Barracks/Ft. Shafter Flats (487th), Honolulu Hawaii. Evan was a Field Intelligence Support Team (F.I.S.T.), responsible for locating and deactivating the Improvised Explosive Device (IED). She will be sharing her story and the story of her son who was killed in the line of duty while in Iraq in 2005. Anita is a Gold Star Mother and loves to share Evan's story, which is now her story, to help other Gold Star Mom's.



Our second guest is Patti Latch, Founder and Executive Director of Gold Star Families will be joining us and sharing her story and why she founded Central Illinois Gold Star Families. Gold Star Families serves those who have experienced any military loss through active-duty service from all branches of the US military, representing all conflicts. Bringing families of the fallen together to honor their sacrifice and provide hope and healing allows survivors to bond with others who have experienced a similar loss. Under Patti's leadership, the organization significantly expanded to provide services and programs to Gold Star Families across the nation: Birthday Cards for Children Program, Fallen Heroes Trees of Honor Program, and Scholarships for Military Dependents Program.



The Birthday Card for Children Program's mission is to provide Honor, Hope and Healing to the children who experienced the loss of a parent through active-duty military service and let them know they are not forgotten. After a child is registered through their website, on every birthday (through age 18), that child will receive a birthday card in the mail, signed by one of the Gold Star Families associates, along with a Wal-Mart Gift Card they can use to buy something special for themselves.

At MARC, our members are being asked to bring blank birthday cards with envelopes and Wal-Mart gift cards in the amount of \$20.00 to help wish those children of our fallen heroes Happy Birthday.

The Hope for Heroes Committee hope to see you all at MARC. We are eager to have these two remarkable women inspire us with their stories.

Thank you! – Jill Richards, Brittany Covey, and Ruth Archambeau





FOUNDATION™  
EPSILON SIGMA ALPHA

# \$5 GAME

## *Heads or Tails*

- ✓ 1 GAME FRIDAY, \$5
- ✓ 1 GAME SATURDAY, \$5
- ✓ PARTICIPANTS WILL STAND AND CHOOSE HEADS OR TAILS
- ✓ LAST ONE STANDING WINS 50% POT IF THEY CHOOSE CORRECTLY
- ✓ PROCEEDS GO TO 2 MARC FOUNDATION SCHOLARSHIPS

Questions: Alley Gary, MARC Foundation Counselor  
[alleygary@gmail.com](mailto:alleygary@gmail.com)



# SAVE THE DATE

APRIL 11TH  
2023  
7:30PM CT

## THE ABC'S OF PARLIAMENTARY PROCEDURE

A LIGHT AND INFORMATIVE  
WORKSHOP CONDUCTED BY OUR  
VERY OWN REGISTERED  
PARLIAMENTARIAN,  
*ROSALIE GRIFFITH.*

*THIS WORKSHOP WILL INCREASE  
THE CONFIDENCE OF CURRENT  
AND FUTURE PARLIAMENTARIANS  
AND ALL OFFICERS.*

FOUNDATION MEMBERS WILL  
RECEIVE AN ELECTRONIC INVITE.



### **ESA Foundation Fund Fest**

Tuesday, July 25, 2023  
Grapevine, TX



**Join us for the Fun!**

To donate prizes or sign up to work: [esaffundfest@gmail.com](mailto:esaffundfest@gmail.com)



# ESA: Supporting Heartspring through the Years

## Thank You, Epsilon Sigma Alpha



The Kansas State Council of Epsilon Sigma Alpha (ESA) has supported Heartspring as their State Philanthropic Project since the late 1940's raising more than \$650,000 for the children and families of Heartspring.

"The women of Epsilon Sigma Alpha have donated countless hours of service, hundreds of thousands of charitable dollars, and gifts in kind, all to ensure the children of Heartspring receive top-of-the-line education, therapy, and the opportunity to be a kid," Director of Philanthropy Mandy Fleming said. "Their love and support for the children at Heartspring make them partners in every way."

The organization has been supporting Heartspring for about 80 years, but it has been around since 1929 when a group of individuals came together in Jacksonville, Texas, to learn, grow and prepare themselves for an ever-changing world. During World War II, they expanded to include philanthropic and public service projects participating in the United Service Organizations and The American Red Cross. They also were one of the first groups to support the March of Dimes. And, of course, the Kansas Chapter began its affiliation with Heartspring and have continued ever since.

"Many of our members shared with me that our continued support is due to seeing what a difference Heartspring makes in these children's lives," Pam Mitchell, ESA KSC 2nd Vice President, said. "It takes very special people to do their work and it takes money to provide them with the teaching tools and equipment they need to make a difference."



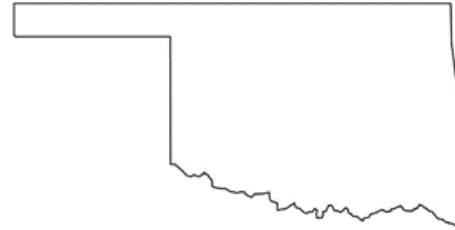
In addition to the funds raised, the women of ESA have participated in a number of different projects. Many participate in the Adopt A House/ Adopt A Classroom project where chapters send items monthly to the students of Heartspring. They also help put together some of our students' favorite activities---the Family Weekend and Day of Love Dance.

“It takes all of us in ESA to bring together these events,” Mitchell said.

“Participating with the children is a highlight for all of us.”

In addition to changing the lives of the children Heartspring serves, ESA has also changed the campus that they live and grow on. They were integral in raising funds for the tree house, an outdoor learning space, that is still used today.

Heartspring cannot thank this group enough for all they do.



## Oklahoma News

Linda Jones Oklahoma State ESA President 2022-2023

[www.oklaesa.org](http://www.oklaesa.org)

I find March to be a busy time. Whether it's getting ready for an ESA meeting or event, a family outing or just trying to catch up with friends, I usually have to plan a dish for the occasion. Here is one that I rely on because it is easy to make and a crowd favorite, because everyone loves bacon! Enjoy!

### Maple Caramel Bacon Crack Bites

★★★★★

4.70 from 13 votes

These Maple Caramel Bacon Crack Bites are bite-sized bits of heaven! Only 4 ingredients and SUPER easy to make. You can easily double or triple this recipe!

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Appetizer, Treats Cuisine: American Servings: 30

Author: Hayley Parker, The Domestic Rebel

#### Ingredients

- 2 (15 count pkgs) frozen phyllo cups (30 total)
- 1 lb regular-cut bacon any flavor/smoke preference, such as peppered, hickory-smoked, maple flavored, etc, but I would recommend not using thick-cut as it will be too heavy and big for the delicate phyllo cups, cut in half cross-wise
- 3/4 cup brown sugar
- 1/2 cup maple syrup I used pancake maple syrup, but real deal syrup will work

#### Instructions

1. Preheat oven to 350 degrees F. Line a rimmed baking sheet with parchment and lightly grease it with cooking spray. Place the phyllo cups onto the baking sheet and set aside briefly.
2. Fry the bacon in batches in a large skillet, cooking until the bacon is just about done but not crispy. The bacon should be on the chewier side, as it will continue to cook more as you bake it. Drain the bacon onto a paper towel-lined plate and let cool briefly before chopping into tiny bits.
3. Scoop a 1/2 tsp of brown sugar into each phyllo cup and add a small squirt of maple syrup on top. Fill past the brim of the phyllo cup with bacon, mounding it into the cup. Sprinkle with the remaining brown sugar.
4. Bake for approx. 12-15 minutes or until the phyllo cups and bacon are crisp and the maple caramel is bubbly and caramelized. Cool for about 5 minutes before serving.



## **MARC Report**

Judy Huntley and Kathleen Grissom, Reps

On March 10<sup>th</sup> and 11<sup>th</sup>, Judy and I attended the Mid Year MARC Planning meeting in E. Peoria. Illinois will be hosting MARC on October 13-14, 2023 at the Embassy Suites in E. Peoria. The theme will be Octoberfest!!

Hope for Heroes will have speakers Anita Dixon, a GoldStar Mother, as well as Patti Latch, the Founder and Director of America's Gold Star Families. Foundation will have a fun "Heads or Tails" event. Ways and Means is bringing back the Market Place where members can rent a table for the weekend to sell their own or Chapter wares/items. There will also be another purse and/or separate item Auction, along with gift cards associated with that item (ie coffee cup, fishing pole, golf club). This last is to involve the men of MARC (members or husbands!) in our auction.

Much discussion was held throughout the day of the need to increase the Treasury. But, the "bottom line" is simply this: due to the current low balance and per discussion at our 2022 MARC meeting in Tulsa, OK, the members need to generate at least \$3000.00 during MARC. We ask that you please plan to attend and that you participate in the many Ways and Means fundraisers.

We will honor and install Illinois Omega Nu member Jill Shull. Jill's theme will be focused on "Communication".

It's going to be an Octoberfest like no other ... so come early and stay late, you won't want to miss out on the FUN!!



The Illinois State Council invites you to mark your calendar to attend, Oktoberfest, the 38th annual conference of Midwest Area Regional Council in East Peoria at the Embassy Suites by Hilton East Peoria Riverfront Hotel & Conference Center October 13 – 14, 2023. Your stay includes:

- ✓ Complimentary parking ✓ On-site restaurant
- ✓ Complimentary Wi-Fi in guestrooms ✓ Indoor pool
- ✓ Free made-to-order breakfast ✓ Fitness center
- ✓ Complimentary evening reception ✓ Pet-friendly rooms
- ✓ Non-smoking rooms ✓ Business center
- ✓ Room Rates: \$139 Single/Double; \$149 Triple: \$159 Quad plus 12% tax
- ✓ Conference room rate 2 days prior & 2 days after (based on availability)

East Peoria, Illinois is within a day's driving distance for the majority of our Midwest members and also easy to get to for those members outside the Midwest as everyone is welcomed to join in the Oktoberfest themed conference. If you prefer to fly, the General Wayne A. Downing Peoria International Airport currently provides service to 13 destinations on three airlines. With popular nonstop destinations and convenient connections, you can go ANYWHERE through PIA on the following airlines: Allegiant Air, American Airlines, United Airlines, check out schedules at [www.flypia.com](http://www.flypia.com)

What's nearby: The East Peoria Levee District is a vibrant mixed-use development and major shopping destination for the greater Peoria area. The Levee District is home to retail, restaurants, and services, along with office, hotel and civic components. Must see sites: Caterpillar Visitors Center, Home of the Peoria Chiefs Baseball, Home of the Peoria Rivermen Hockey, Paradise Casino, Bass Pro Shop, Costco, Target, Wal-mart, Aldi's, Ulta, Gordmans, Texas Roadhouse, Chili's, Shogun, Culvers, Tequilla's Mexican, Steak 'n Shake, Johnny's Italian Steakhouse, Chick-Fil-A, Chipotle, Panda Express & Discover Peoria and So Much More at [www.peoria.org](http://www.peoria.org) Check out the MARC Website (password required) MARC Conference Page for Registration Form, Ad Program form, Leadership details, and much more at <http://www.esamarc.org/marc-conference.html>





Hosted by Illinois State Council

Midwest Area Regional Council  
38th Annual Conference  
Embassy Suited by HILTON  
East Peoria, Illinois  
October 13-14, 2023



Name State \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Email Address Phone \_\_\_\_\_  
Emergency Contact Phone \_\_\_\_\_  
Travel Plans: Driving: Flying: Airline Flight # Date \_\_\_\_\_  
Names of Roommates: \_\_\_\_\_  
Name Tags Yes No (I will bring my own) Program Book Yes PDF Only \_\_\_\_\_

**Registration Fees** (includes meeting fees, food, A/V, 12% tax & 25% service charges)

**Postmarked By 9/12/2023**

Registration for Conference and Leadership \$175.00

Registration excluding Friday Leadership \$150.00

**Partial Registration**

Saturday Lunch only \$ 50.00

Saturday Banquet only \$ 65.00

**Postmarked After 9/12/2023**

Registration for Conference and Leadership \$190.00

Registration excluding Friday Leadership \$175.00

**Partial Registration**

Saturday Lunch only \$ 65.00

Saturday Banquet only \$ 80.00

**Walk-in Registration After 10/1/2023**

Walk-In Cash or Money Order Only \$205.00

**Youth Meals (Under 12 years old) \***

Friday Lunch \$22.00

Saturday Lunch \$22.00

Banquet \$22.00

**Total Enclosed \$** \_\_\_\_\_

**Current Officer /  
Offices Held**

(Check all that apply)

MARC Exec Board

MARC Appt Board

MARCette

IC Exec Board

IC Appt Board

ESA Foundation

ESA Headquarters

1st Time Attendee

Guest

Youth Attendee

**No refunds after 9/12/2023**

**Medical Dietary Restrictions** (additional charges may apply) \_\_\_\_\_

**Mail to:** Rhonda Rawlings, Conference Treasurer & Registration Chair P.O. Box 581 Neoga, IL 62447

Email: [esarawlings@gmail.com](mailto:esarawlings@gmail.com) Phone: 217-621-4637

**Hotel Information: Embassy Suites by Hilton 100 Conference Center Dr, East Peoria, IL 61611 Phone: 309-694-0200**

Group Code: EPS for Group Rate click link to make a reservation [<ESA MARC 2023>](#) \_\_\_\_\_

**Room Block honored until September 21, 2023**

Room Rates: \$139 Single/Double; \$149 Triple; \$159 Quad per night, plus tax. \$15 additional charge for river view

\*Room rates honored two days prior / after conference based upon availability

Complimentary self-park, in room Wi-Fi & free breakfast and manager's reception.

Pay by Credit Card processed via Square (4% service charge applies)

Name on Card CC# \_\_\_\_\_

Exp Date CVS (Note: CC# & information will be blacked out and shredded after processing) \_\_\_\_\_

All cancellation requests must be made in writing, postmarked by 9/1/2023, if approved, a \$15 cancellation fee applies; one-time only member to member transfer registration is allowed by 9/1/2023 with a \$15 processing fee. \$45 processing fee applies for returned checks.

\*Registration Chair will contact you with youth meal choice Approved 3/23/2023



MIDWEST AREA REGIONAL COUNCIL  
EPSILON SIGMA ALPHA INTERNATIONAL

NOMINATION FORM

We, the members of the \_\_\_\_\_ State Council, submit the following name in nomination for the  
office of \_\_\_\_\_ of the Midwest Area Regional Council.

NAME: \_\_\_\_\_ MEMBER NO. \_\_\_\_\_ ADDRESS: \_\_\_\_\_

\_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

\_\_\_\_\_ EMAIL: \_\_\_\_\_ QUALIFICATIONS: (Include

all levels of ESA, IC, MARC, State, Chapter service. Also include Special  
Awards, Pallas Athene Degrees, Years in ESA, Life Active Memberships, Convention Attendance, Leadership  
Conferences, etc. You may continue qualifications on reverse side of the form or attach a separate sheet.)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
State Council President

I accept the nomination for the office: \_\_\_\_\_ of the Midwest Area  
Regional Council, and if elected will fulfill the duties to the best of my ability.

Signed: \_\_\_\_\_

RETURN BY JUNE 15  
TO: Junior Past President  
Midwest Area Regional Council  
Kim Poling  
esakimmip57@gmail.com

# RECIPE SPOTLIGHT

## Banana Pudding

### Ingredients

2 cups cold milk  
1 (5 ounce) package instant vanilla pudding mix  
1 (14 ounce) can sweetened condensed milk  
1 tablespoon vanilla extract  
1 (12 ounce) container frozen whipped topping, thawed  
1 (16 ounce) package vanilla wafers  
14 bananas, sliced

### Directions:

Place milk and pudding mix in a large bowl; beat with a whisk for 2 minutes. Blend in condensed milk until smooth.

#### Step 3

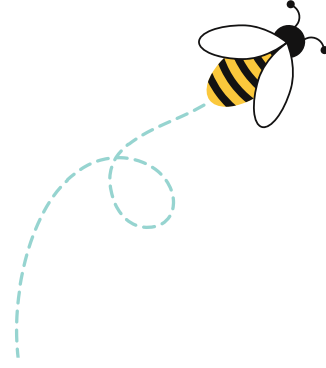
Stir in vanilla, then fold in whipped topping.

#### Step 4

Layer wafers, banana slices, and pudding mixture in a glass serving bowl. Chill until serving







# Taco Cake

## Ingredients:

This ingredient list is adjustable to your individual taste. Such as..You can substitute steak, ground beef, chorizo for the chicken breast. If you are not a fan of garlic...Leave it out. if you want to add something...Add it

- 2 Chicken Breasts (cooked and shredded) (i have used leftover or canned chicken)
- Minced Garlic (to taste)
- 1 small can of chopped green chilis
- 1 pkg 10" tortilla shells
- 1 pkg 8 oz guacamole
- 1 can refried beans'
- 1 pint sour cream
- 1 pkg 8 oz fiesta blend shredded cheese
- 1 small can of sliced black olives
- 1 small onion (diced)
- 1 tomato (diced)

Combine chicken, garlic and green chili's

Layer 1 10" shell onto the center of a cake plate. Spread guacamole to cover almost to edge of the shell. Add another 10" shell. Then add refried beans, shell, chicken mixture, shell, spread sour cream on this layer with the onions, olives and tomato.

REPEAT all of your layers.



## Kerry's 'AMAZING' Sangria



### Ingredients

- 1 Large bottle of cheapest Dry Red Wine (i've started using 1/2 bag of boxed wine)
- 1 Liter 7UP or similar
- 1 Can of Frozen Lemonade
- 1 Empty lemonade can of Water (if adding ice don't add water)
- 1 C. Sugar
- Round slices of orange, lemon, and lime for garnish (If i have time i put them into a jello ring with water and freeze) in punch or large bowl

Combine all ingredients and enjoy.

What do you think of these recipes?  
Do you have an amazing recipe for something?

SHARE YOUR RECIPE ON OUR FACEBOOK PAGE!

Midwest Area Regional Council of Epsilon Sigma Alpha International (MARC)

SCAN ME 



# Laughs



What did the triangle  
say to the circle?

You're pointless.



**I was addicted to the hokey pokey, but then I  
turned myself around.**

Why do cops stink???

Because their on Duty!

Ha ha 😏



What's Forrest  
Gump's password?

1forrest1.



**A termite walks into the bar and asks, 'Is the bar  
tender here?'**

*funny* →





*Be all you can bee with ESA!*



Got an article? Pictures? Great ideas from your Chapter's Events?  
Share them with MARC!

### **reMARCs Due Dates:**

March 20th, 2023

June 20th, 2023

August 20th, 2023

### **Contact:**

Jennifer Sparkman, MARC Communicator

Email Address: [jmsparkman7@gmail.com](mailto:jmsparkman7@gmail.com)

