

## PURPOSE

The purpose of Epsilon Sigma Omicron (ESO) is to provide members with a structural reading program, which is educational and stimulates a desire for self-improvement.

## GOALS

Some goals of the ESO program are:

1. To encourage and support continuing education for club members.
2. To encourage and stimulate self-enrichment and personal growth.
3. To encourage the establishment and continuation of home libraries.

## HISTORY

The Indiana Federation of Clubs established ESO in 1928. From 1930 to 1940 it was incorporated as a national sorority. In 1940, it became a Special Committee of GFWC. ESO became a part of the Education Department of GFWC in 1950. California, the twentieth state to receive an ESO Charter, became Upsilon Chapter in 1954.

## RESOURCES

The most current ESO Handbook and a suggested reading list is available at no charge on the GFWC website at [www.GFWC.org](http://www.GFWC.org).

To access, sign into the member portal. Under your profile, select “my digital library” and search for ESO.

Report forms and other information is available on the CFWC website at [www.CFWC.org](http://www.CFWC.org)

## ESO CATEGORIES

1. American History
2. The Arts
3. Biography and Memoir
4. Business and Finance
5. California History
6. Conservation and Ecology
7. Drama
8. Education
9. Fiction, Classic
10. Fiction, General
11. Fiction, Historical
12. Fiction, Mystery/Thriller
13. Fiction, Romance
14. Fiction, Science Fiction/Fantasy
15. Health and Medicine
16. Home and Garden
17. International Authors
18. Parenting and Families
19. Poetry
20. Reading to/with Children—Picture Books
21. Reading to/with Youth—Chapter Books
22. Religion and Inspiration
23. Science
24. Social Science
25. Sports and Recreation
26. STEM/STEAM books for adults
27. STEM/STEAM books for children
28. Travel and Geography
29. Volunteerism
30. Women’s Studies
31. World History
32. Authors from your State
33. Books About or Talking About Places in California

## WHAT IS ESO?



## EPSILON SIGMA OMICRON

Epsilon Sigma Omicron (ESO) is an honorary educational society. It is part of the General Federation of Women’s Clubs Education Department.

Through ESO Federated Members are given direction in a planned reading for a self-improvement program.

## MOTTO

Our Honorary Society Motto is “Enlighten Thy Own Pathway,” translated from the Greek phrase “Epillampe Ten Sautou Hodon.”

## DID YOU KNOW?

Reading to children/grandchildren is a category!  
(#20/21) Talk about easy to fulfill!



## SUGGESTIONS TO HELP SPREAD THE WORD ABOUT YOUR CLUB AND ESO –

Include a club flyer and ESO brochure in books you donate. Make sure there is a contact method – you may get new members.

Establish a Free Little Library and keep it well stocked. Add 3x5 cards with a place for the reader to write their opinion of the book. Your club contact information could also be added..

Create bookmarks with club information to put in all donated books. Keep them simple and fun.

Start a book group in your neighborhood. Share what you are reading.

Start a kid's story corner in your neighborhood or at a local school.

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## ESO READING REQUIREMENTS

The first three ESO reading levels require the reader to write a brief report on what they learned from the book and their opinion. One or two sentences is sufficient. A plot synopsis is not required.

A report form is located on the CFWC website ([www.cfwc.org](http://www.cfwc.org)). Each report form has room for four books to complete a single category. A cover sheet verifies the level completion.

Reading may be from the GFWC suggested reading list or the reader's choice so long as the book fits to a category. Audio books and Kindle books are also acceptable for reporting. A book may fit into several categories but may only be reported in one of the member's choice.

Reports are submitted to the club chairperson. If there is no club chairperson, the reports are given to the District ESO Chairperson or the Education & Library Chairperson. The district chairperson notifies the State ESO Chairperson of a member's completion of a level and the member's accomplishment is recognized.

ESO participation is entirely voluntary with no time limits. Read and report at your own pace.  
**Remember no books reported at any Level can be included more than once.**

Readers are responsible for tracking their own progress & submitting reports when the requirements of a level have been met.



## ESO LEVELS

**PLEDGE:** A member completes an ESO Pledge application, returning it to the club or District Chairperson to verify participation in the program. (Now hours can be claimed!)

**MEMBERSHIP:** Read and report on a total of 16 books (4 books from 4 different categories). On completion of this level, the member is eligible to purchase and wear the ESO pin and will be awarded a certificate and ID for the level.

**STAR:** Read and report on a total of 40 books (4 books from 10 different categories). The achievement will be recognized with a certificate and ID for the level.

**TORCH:** Read and report on 64 books (4 books from 16 different categories). Recognition will be awarded, and the member will be eligible to purchase and wear the torch guard on their ESO Torch pin.

**CENTURY LEVEL:** Read 100 books. No categories or reports required. A simple list or spreadsheet with author and title is required. A variety of genres are suggested, keeping the ESO purposes in mind. Additional information is optional.

With each 100 books read and submitted, an additional century level is reached. Certificates are awarded for each century completed.

**DIAMOND:** A Diamond Award certificate is given when a member has completed 1,000 books. (Century 10)

Continue to infinity!