

# ENDLESS POSSIBILITIES IN ESA

## Arizona Council

September 2017  
Volume LXXIV, Issue 1

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We are about to embark on our journey of Endless Possibilities in ESA and celebrate the 75<sup>th</sup> Anniversary of the Arizona Council of Epsilon Sigma Alpha.

Over 25 years ago, Catherine Ryan Hyde was driving her old Datsun through a rough area of Los Angeles at night. When her car died and began to fill with smoke at a freeway off ramp, that wasn't the worst of her problems. Ms. Hyde saw two men running towards her, one carrying a blanket. In her mind, she knew she was dead. Instead the men pushed past her and proceeded to smother the engine fire with the blanket. The car could have exploded at any moment, killing all of them. They put their lives at risk to help a stranger. After the fire department arrived and the dust had settled, she looked up to thank the men. They were gone, and she realized she could never repay or thank them. Instead she decided to pay it forward and created the Pay it Forward Foundation which was created to educate and inspire students to realize that they can change the world, and provide them with opportunities to do so. Sometimes the smallest thing can have a huge impact, and make a big difference in someone's day. Giving creates an atmosphere of abundance in your own life. When you give, your energies are focused on doing something with the gifts you have not what you are lacking.



This year as we celebrate the 75<sup>th</sup> Anniversary of the Arizona Council, I am challenging each of you to complete 75 random acts of kindness. Write them down, including your name and bring them with you to a Council meeting. If you are unable to attend a council meeting, email them to me and I will make sure they are entered into the drawing. If you complete all

75 acts of kindness by the April Council meeting, you will be entered into a drawing for a nice prize which I will announce at the September Council Meeting and future bulletin articles. Let me share a couple acts of kindness with you from my own journey this summer. One was to encourage the young serviceman who was sitting with the Arizona Council to go ahead of me in the buffet line at the Mixer Party Wednesday night at convention. The other was to leave change for someone who might need it at the grocery store. As you can see, these acts of kindness do not need to be grandiose in scale, they just need to come from the heart.

I would like to thank you for allowing me the honor of representing the Arizona Council at the IC Convention in St. Louis. I have a few surprises that I brought back with me and am excited to share them with you at the September Council meeting. The 13 of us representing Arizona had a great time. We danced the night away on Wednesday to the Roots and Blues Airforce band. We laughed and got a little teary eyed listening to the Keynote speaker share his winning tale. We puffed up with pride as our own Sherry Day, 2016-2017 IC President did an outstanding job encouraging us to celebrate Big Dreams in ESA.

Saturday night we were inspired to do even more great things for the children and families of St. Jude Children's Research Hospital. Though the election may not have turned out the way we wanted it to, I would like to give a shout out to Deana Walters for stepping up and running for Workshop Chairman of the IC Board. I hope that we can encourage her to try again as I know she will make a great addition to the Board. A BIG CONGRATULATIONS to Deana, the IC Hope for Hero's Chairman, Carolyn, the IC Junior State's President's Chair and Patti the IC Junior Webmaster.

The Convention Committee has some big shoes to fill, but I know, with the leadership of our Convention Chairmen, Sherry and Rickie and all those who will be with the leadership of our Convention Chairmen, Sherry and Rickie and all those who will be working on the next IC Convention, we will be inspired to create an equally outstanding experience for the membership attending the 2018 IC Convention in Phoenix. St. Jude has a couple events coming up in September. The Dream House in Henderson is up and I am sure Deana can use some volunteers to help with the house. On September 16, St. Jude is having their walk to end Childhood Cancer.

If you are unable to participate in the walk, consider donating to a member of the Arizona Council or putting together a virtual team. There are also volunteer activities that you can help with. If interested, please send a note to either Wendy or Deana. I look forward to seeing you all at the St. Jude walk on September 16<sup>th</sup> and the September Council meeting on Sunday the 17<sup>th</sup>.

*All my best,*

*Joni Slama*

*2017 – 2018 State President*

*Endless Possibilities in ESA*



## Membership

Summer is over, the lazy, humid days are behind us and the work days begin again. The snow birds and yellow school buses are back on the roads and extra diligence is needed in driving around. Extra diligence is also needed as our ESA year begins again. Our attention reverts back to helping others while we also help ourselves.

There is a saying that goes, “The day I found my calling, I reinvented my story.” That explains part of what my year as 1st vice-president will be. My job is membership. That normally entails getting new members, which is very important for us to survive as an organization. However, equally important in my view is to retain the current members we have. Life is very much like a garden, we need the fresh new buds against the established large, beautiful flowers to make life complete and full. My new story is to encourage both and I hope everyone will enjoy the ideas that I will be putting into place to help. Look upon them as fertilizer and vitamins to strengthen our garden of ESA life. My chapter has already added two people to our group this summer and can’t wait to introduce them to the rest of our membership. I have also heard of several other chapters getting new members. It will be so much fun to nurture them and experience the new growth in our group.

Embrace President Joni’s theme of endless possibilities in the new buds and blooms that we have and will be getting. This will be a year of gardening and I want everyone to put on their gloves and dig in to help. So get your rush parties going.

Chris Goldberg  
Vice President/President Elect



## Random Acts of Kindness

Joni has challenged the Arizona Council to incorporate Random Acts of Kindness into our lives. Here is a website that might give you some inspiration.

<https://www.randomactsofkindness.org/kindness-ideas>



## Philanthropic

I hope you all had a very nice summer. I heard all the wonderful happenings from IC Convention. Congratulations to Sandy Alexander, IC President and her IC Executive board. \$19,485,427 was the amazing total for monies being donated to St. Jude's Children Research Hospital for 2016 – 2017. \$246,331,387 is the amount of monies raised since ESA has partnered with the hospital. Those are incredible totals! Great job everyone!

Don't forget to register at [stjude.org/walkrun](http://stjude.org/walkrun) for the St. Jude walk on 9-16-17. Please make a donation to help St. Jude Children's Research Hospital.

As we begin a new sorority year I want to remind you of a couple of items. Philanthropic reports will be due in November, January and April. In order to be eligible for perfect participation, you must turn in a report each one of these months, even if you indicate "no report". Each chapter will be able to go on the Arizona Council ESA website and get the Philanthropic packets in September. If your chapter is unable to go on the website to get the packet, please call me and I will mail a Philanthropic packet out to your chapter.

A special thanks to all of my committee members for helping. Everyone was so willing to lend a hand. You guys rock!

**++++ Need your help! +++++**

I will be kicking off a special Philanthropic project this year. We will be having a peanut butter drive for the Community Food Bank of Southern Arizona. I have been contacting local businesses and some manufacturer of peanut butter to also donate jars of peanut butter.

I would like for each member to donate at least one jar of peanut butter. Then I ask each member to ask one person they know to donate a jar of peanut butter. Please bring all donations to the September Council meeting. We can really make a difference by getting the peanut butter to the Community Food Bank of Southern Arizona.

+++++

On February 17, 2018 – My husband, Paul and I will be hosting Statewide Event at our home at 4:30pm to 7:00pm. The event will benefit St. Jude Children's Research Hospital. We will be having a home cooked meal for everyone. Event details on the cost and meal will be announced soon. Please put this date on your calendar and come and support the cause. If you are interested in helping with this event, please let me know.

Please email [at\\_pkmadrid@cox.net](mailto:at_pkmadrid@cox.net) or call me and let me know what Philanthropic events that your chapters are having. I will do my best to support all of the Philanthropic projects.

## Philanthropic Continued

### ESA Philanthropic Collectible List 2017 – 2018:

- Box Tops for Education
  - Campbell's Soup Labels – for Education
- Just a note to everyone regarding the Campbell's Soup Labels – for Education. This program is coming to a close as of January 2018. But will be collecting the Campbell's soup labels up until December 2017. Please bring all of your labels to the September and November council meetings. We can make arrangements to get any soup label in December if possible. We can donate these labels to a school that is already set-up with Campbell's company. There are so many schools that need our help.
- Gift Cards – for Military families
  - Lap Robes – for veterans at VA Hospitals
  - Plastic lids screw-off style of all drinking containers (all colors) – to help with dialysis treatment cost
  - Postage Stamps – for the Postal History Foundation
  - Greeting cards – for Military families
  - Manufacturer Coupons – for Overseas Military families
  - Peanut Butter – jars of Peanut Butter for Community Food Bank of Southern Arizona
  - Toiletries – for Homeless shelters, women's shelters
  - Pop Tabs – for Ronald McDonald House
  - Warm Hats – for veterans at VA Hospitals and Operation deep freeze
  - Medication yellow bottles with white lids – for Primavera

Bring all of your collectible items to the September Council meeting in Casa Grande. If you are not able to attend the Council meeting please feel free to contact me at (520) 747-2646 and I will come pick-up your items.



**Karen Madrid**  
**2<sup>nd</sup> Vice-President**

## Parliamentarian

Greetings all

I hope that everyone had a wonderful summer. Chapters that wish to submit proposed changes to By-laws and Standing rules will need to do so by January 16, 2018. Please remember that these changes must be submitted in writing with a signature. If you have any questions, feel free to contact me.

Patricia Gale  
nacomagale@gmail.com

**Submitted by Lorali Collier, 2017 AZ Council Convention Chair**

Income - Item	#	Budget	Actual	
Registration -members	48	5,520.00	7,609.00	
President's Invitational		300.00	330.00	
Guests				
Mixer	2	50.00		
Saturday Luncheon	2	40.00		
Saturday Dinner	10	300.00		
Sunday Brunch	2	32.00		
Member of the Year		50.00	49.00	
Misc Income		0.00		
		<hr/> <hr/>	<hr/> <hr/>	
		6,292.00	7,988.00	
Expenses - Items				
Loan from AZ Convention		0.00		
Meals				
Hotel		4,325.00	1,078.79	Friday Night
Extra Breakfast		260.00	2,058.30	Saturday Lunch
President & IC Rep		173.00	2,447.73	Saturday Night
Comp Meals		132.00	573.69	Saturday Night
Saturday Dinner		232.00	247.56	Sunday room
Room for IC Guest		245.00	205.74	Sunday extras
Gift		50.00	50.00	
President's Invitational		300.00	362.68	extra is for bartender
Installation		50.00	75.00	
Memorial Service		50.00	75.00	
Member of the Year		50.00	75.00	
Programs		100.00	36.32	
Decorations		250.00	100.00	
Stage		75.00		
Candy			11.23	
Entertainment			200.00	
		<hr/> <hr/>	<hr/> <hr/>	
		6,292.00	7,597.04	
		Balance:	\$390.96	



## September Council Meeting Information

Hosted by the Beta Gamma Chapter

When: Sunday, September 17, 2017

Location: Holiday inn

777 N. Pinal Ave

Casa Grande, AZ. 85122

Phone: 520-426-3500

Registration 9:00 am

Meeting 10:00 am

Cost: \$25.00

Deadline: September 11, 2017

SEND ONE CHAPTER CHECK PAYABLE TO BETA GAMMA WITH LIST OF ATTENDEES

Registration to : Kay Hicks

1629 N. Parsell Circle

Mesa, AZ 85203

FUNDRAISING TABLES CONTACT:

Kendra Sabol @ 602-418-4229

[Email: kasbol@cox.net](mailto:kasbol@cox.net)

Room Rate: \$87.00 plus tax

You **MUST** ask for Epsilon Sigma Alpha Room Block

**Make your reservation at this rate** by August 16, 2017

Rate applicable for September 15 and September 16, 2017

Rate includes complimentary breakfast buffet for 2 people per room each morning





**SAVE THE DATE  
AZ COUNCIL MEETING  
JANUARY  
MEETING**



**WHEN: January 21, 2018**

**WHERE: Viscount Hotel  
4855 E. Broadway  
Tucson 85711**

**Registration: 9 am**

**Meeting: 10am**

**Cost: \$25**

**For tables please call: 520-745-6500**

**Additional information to come in October Bulletin**





## Treasurer

HELLO! To my Arizona ESA sisters and brothers! I hope y'all have had a wonderful summer. I am really excited about this fiscal year, 2017-2018. I think we are going to have a very productive, and fun year!

There are a few items that I need to make sure you are aware of:

1. Individual member State Council dues need to be turned in at the September State Council Meeting. Individual dues are now \$15 per member. Write one check from the chapter. Submit a list of members covered by this check. Bring it to me at the State Council Meeting.
2. Chapter Dues for the International Council are due. I will put copies of the form in the black box at the September meeting. Chapter dues are \$40.
3. FY 17-18 Budget. The FY 17-18 Budget is in the bulletin for your review. A vote to approve the budget will be held at the September State Council Meeting.
4. If you have not received an invoice for your IC Individual Member Dues, please go online to Member profile and make sure your address is up to date. You can pay the dues online, if you don't want to write a check, or haven't received an invoice.

Agape,

Julie Carlberg

AZ State Treasurer



See next page for the 2017– 2018 Proposed Budget

## 2017 – 2018 AZ Council Proposed Budget

### YTD Budget 6/30/17

Income	16-17 Approved	16-17 Actual	Over/Under	Proposed 17-18
401 Chapter Dues	\$2,370.00	\$2,160.00	\$(210.00)	\$2,350.00
402 Roster	\$250.00	\$245.83	\$(4.17)	\$250.00
404 Bulletin Circulation	\$-	\$-	\$-	\$-
406 Interest	\$-	\$-	\$-	\$-
410 Miscellaneous Income	\$20.00	\$13.25	\$(6.75)	\$20.00
411 State Preferential Event	\$1,000.00	\$1,081.00	\$81.00	\$1,000.00
412 State Leadership Event	\$600.00	\$-	\$(600.00)	\$600.00
414 Arizona State Convention	\$-	\$-	\$-	\$-
418 Ways and Means	\$360.00	\$445.00	\$85.00	\$445.00
<b>Total Income</b>	<b>\$4,600.00</b>	<b>\$3,945.08</b>	<b>\$(654.92)</b>	<b>\$4,665.00</b>

### Disbursements

501 Roster	\$250.00	\$237.82	\$(12.18)	\$250.00
503 Bulletin Circulation	\$-	\$-	\$-	\$-
504 Bulletin Editor	\$50.00	\$68.69	\$18.69	\$70.00
506 State Preferential Event	\$1,000.00	\$1,032.92	\$32.92	\$1,000.00
507 State Leadership Event	\$600.00	\$17.96	\$(582.04)	\$600.00
510 Dues	\$55.00	\$55.00	\$-	\$55.00
511 President's Expense	\$275.00	\$186.76	\$(88.24)	\$275.00
512 1st VP Expense	\$1,425.00	\$575.87	\$(849.13)	\$1,425.00
513 Officers Expense	\$125.00	\$21.29	\$(103.72)	\$125.00
514 Appointed Board Expense				
Chaplains	\$50.00	\$29.02	\$(20.98)	\$50.00
Circulation	\$-	\$-	\$-	\$-
ESA Foundation Counselor	\$-	\$-	\$-	\$-
Memory Book Chairman	\$50.00	\$50.00	\$-	\$50.00
Properties	\$-	\$-	\$-	\$-
Webmaster/Website	\$150.00	\$150.00	\$-	\$175.00
Educational Director	\$50.00	\$-	\$(50.00)	\$50.00
Financial Secretary	\$15.00	\$-	\$(15.00)	\$15.00
Registrar	\$25.00	\$-	\$(25.00)	\$25.00
516 State Awards	\$130.00	\$53.45	\$(76.55)	\$100.00
517 Miscellaneous Expenses	\$350.00	\$452.00	\$102.00	\$400.00
523 Miscellaneous Charity	\$-	\$-	\$-	\$-
<b>Total Disbursements</b>	<b>\$4,600.00</b>	<b>\$2,930.78</b>	<b>\$(1,669.23)</b>	<b>\$4,665.00</b>

## **Jr. Past President/Disaster Fund Chairman**

Sisters and Brothers,

It's time to start our ESA year once again. To start off the year, I want to thank each and every one of you for all the heartfelt beautiful cards you sent to me over the summer. They truly lifted my spirit and I feel so very blessed to have you all in my life.

We go about our daily lives as though there will always be tomorrow. Tomorrow to do all the many things that are on our mind and on those to do lists we need to get done. Some of you have experienced small and large disasters in your lives and some of you know family and friends that have experienced small and large disasters in their lives. Here in Arizona this summer we have already experienced many disasters in our communities. We have had fires and flooding. Our many ESA members in other parts of the United States and Australia too have seen disasters in their community as well. I am here for you if you experience a disaster in your life. If you have any questions or need help filling out a form.

Many of you know that I suffered (3) Mini Strokes (TIA'S) June 4,5 &7 this summer. What you may not know is that the week I got out of the hospital, my husband and I found out that our male dog (Cooper) had cancer. The Vet did not think the cancer would spread as quickly as it did. The cancer took over his spunky little body very quick. We had to put him to sleep, just two weeks after we started the Kimo Therapy. Animals are a huge part of our lives. To some people they are their life. They bring such joy and unconditional love. When you lose a loved one or an animal, you hurt; your heart aches and have that empty feeling inside. I too experienced those feelings; however I also experienced something that eased my pain. I now want to share with you all a short story I wrote over the Fourth of July weekend up at our cabin.

### **A Special Little Hummingbird**

It was a warm sunny late morning in Pinetop AZ on Saturday, July 1<sup>st</sup>. 2017 at our cabin, a miracle happened.

It was a miracle to my husband, Jerry and me. A beautiful little humming bird came up to one of our humming bird feeders to feed. The miracle to us was that this little bird sat on the feeder perch, without continually fluttering his wings. He was there for quite some time. More and more minutes past and I asked my husband how long has he been there. We reflected back at the approx time he landed and we thought approx. 20 minutes. Jerry had been talking to his daughter when he first landed and we were amazed his wings weren't flapping. More time past again and I asked, now how long? Jerry looked back at the time on his phone that he had talked to his daughter and an hour had come and gone. I named him LITTLE COOPER, because we just lost our dog to cancer the previous day.

We were in disbelief this was happening, because in the 17 years we have owned our cabin we only saw a few humming birds come and go. The little fellows never just hung out with us. We

## Jr. Past President/Disaster Fund Chairman Continued

would come up to the cabin and fill the feeders, hope to see the little birds flapping their wings, getting nourishment, and enjoy what a beautiful day it was.

After a couple of days at our cabin, it would then be time to pack up, go down the mountain and go back to our home in Glendale, AZ.

This trip was so very different. The little hummingbird not only was there 20 minutes, he was there for over an hour. We decided to take a walk and said by to “Little Cooper”, we’ll be back in just a little while. He was still there on the same branch when we came back from our walk. We then went to town and said, by again. He was there when we got back. Several hours had gone by and this little guy sat on the same branch from 11:00am till 5:00pm. It seemed as though he just wanted to hang out and be with us for that day. Our dog always loved going to the cabin and hanging out with us on the front porch. Little Hooper was still on that same branch when we left for dinner that night. When we got home from dinner, he was gone. He didn’t come back the next day. I was sad that “Little Cooper” had not come back to visit. My husband said, that is because Cooper isn’t coming back. As sad as it is Cooper is gone. He came down from heaven to comfort us yesterday, to help us heal. I then had to rename this little guy if he did come back. His new name is HOOPER.

It is hard to explain how we felt. On that Saturday afternoon, Hooper warmed our hearts. Hummingbirds as you know are always flying and their wings continue to flutter, even as they stop to drink from the feeders. This little bird, as we watched him, was so at peace and so at ease with our presence, all we could think of was, it was a sign from “GOD” or “AN ANGEL”. This beautiful little creature was there for us. Even though we came and went from our front porch, HOOPER was there on the same little pine tree branch waiting for us to return. Sitting there peacefully and filling our hearts with love and helping us grieve our beloved dog “COOPER” that lost his life to Cancer.

There is long time cliché you have all heard many times. “God Works In Mysterious

Ways” Liz Montgomery



## Ocotillo Express

ESA Members,

It has been such an honor and a pleasure to serve each and every one of you as your State Chaplain. It is now come time for me to turn the reins over to Jacqui Smith as AZ State Chaplain and her Co-Chaplain Carol Caldwell. You will all be in very good hands.

My new email is: [esatheresa@yahoo.com](mailto:esatheresa@yahoo.com)

Agape,

Theresa Stewart-Martinez

AZ State Chaplain 2016-2017

## Ocotillo Express Continued

Good Afternoon to all:

This is to let you know that if you have any information or news please contact either Jacqui [Smith at jacquismith@comcast.net](mailto:jacquismith@comcast.net) or Carol [Caldwell at crccarol8@gmail.com](mailto:Caldwell at crccarol8@gmail.com). Below is what has been sent for to us over the summer.

Thank you

Carol Caldwell & Jacqui Smith  
AZ State Co-Chaplains 2017-2018

### From the Beta Zeta Chapter

Darlene Calvert fell and broke her hip but is home now and doing good and having physical therapy. She has also had cataracts removed from one eye and will be having the other eye done in a couple of weeks. She could use some thinking of you cards. Darlene Calvert 752 Main Cottonwood, AZ 86326

### News from Beta Delta:

Shirley Phillips is in St Joseph's hospital undergoing some tests. Thinking of You cards may be sent to her home at 7541 E Pima St., Tucson, AZ 85715.

Connie Harrold's recent colon surgery went well and she has no cancer. She will begin 12 weeks of preventive chemotherapy on August 22nd. Send cards to her home at 1917 S. Augusta Circle, Tucson, AZ 85710.

### From the Alpha Omicron Chapter,

Celebration of Joan "Josie" Maceau 8/21/1924 ~- 8/10/2017

Come join us in remembering a life enjoyed and well lived, Saturday, September 9, 2017 - 3:30 to 6:30 at The Refuge Cafe, 4727 North 7th Avenue, Phoenix, Arizona 85013

Eulogy at 4:00 , followed by laughter, toasting, stories and memories. The Catholic Charities parking area by the Cafe is available for our use.

### From Chi Rho:

Dawn Kostreva's husband has been seriously ill and in the hospital for surgery. He is home and doing much better. Dawn and he husband Jim could use some thinking of you cards. Send to Dawn Kostreva, 2846 War Eagle Dr., Lake Havasu City, AZ 86406

### From Gamma Tau

To the AZ Council,

Thank you for the well wishes. Progress is but most definitely getting there. I will see everyone in September.

Jeff Goldberg



## St. Jude

Dear Sisters and Brothers:

We hope you all had a wonderful summer. We look forward to serving you and our New State President Joni Slama. With Joni's theme *Endless Possibilities* I am sure each one of us are on our way to reach our goal of 75 acts of kindness! We are so excited for 2017-2018!

The St Jude Walk is fast approaching September 16th. We are needing about 20 volunteers in various areas.

Please sign up as a volunteer or as a participant in the walk!

The website is: <http://walk.stjude.org/AZCC> **St Jude Walk/Run to End Childhood Cancer, Phoenix, Az.** We would appreciate any donations to Team ESA AZ, Joni's Angels or Team ESA Henderson. Every dollar makes a difference! If you can't walk or volunteer, there is always an opportunity for our virtual walk. If you plan on volunteering please call Wendy at (480) 321-9611 so I can get you placed. Virtual walk website: [www.epsilonsigmaalpha.org/member-center/make-a-difference/st-Jude/virtual-marathon](http://www.epsilonsigmaalpha.org/member-center/make-a-difference/st-Jude/virtual-marathon). You will need your ESA member # to log on. **(See following 2 pages for how it looks online for ESA's Virtual Marathon)**

Deana is having a ball with our Las Vegas Dream Home. On August 2nd our grand opening sell-a-thon we sold over 4,000 tickets in 24 hours! We are half way there folks! If you know of anybody in the State of Nevada we encourage them to buy their ticket now! We are still needing volunteers for weekends in September and the first weekend in October. Please notify Deana for details and have a great time in Vegas! The number to purchase a ticket is 1-800-378-5386 or [dreamhome.org](http://dreamhome.org). (You must be a resident in the state of Nevada). Deana's phone (317) 294-9027 and her email [is dwaltesa@att.net](mailto:isdwaltesa@att.net).

Remember What Happens in Vegas Stays In Vegas!!!!

More to come: Stay tuned!!

Love,

Wendy & Deana



# ESA's Virtual Marathon

Just because you can't make it to Memphis for the St. Jude  
Memphis Marathon

(<http://www.stjudemarathon.org/stjude/v/index.jsp>)



vgnextoid=b6bbb065d488d310VgnVCM100000290115acRCRD) this year doesn't mean you can't participate as Team ESA and raise money for the kids! ESA's Virtual Marathon is designed to allow you to fundraise, promote ESA and St. Jude, and even run (or jog, or walk) a marathon for St. Jude!

This year, the money you donate towards St. Jude's Memphis Marathon goes towards your IC Challenge registration fee. If you donate \$200 through Team ESA then your registration fee will be waved! Anything below \$200 will be deducted from your IC Challenge registration costs.

## So what's this all about?

- As a chapter, commit to walking or running the equivalent of a marathon (26.2 miles) during October and November, 2014.
- Join the (<http://www.facebook.com/events/790316677654296/?context=create&source=49>) ESA Virtual Marathon event on Facebook ([https://www.facebook.com/events/1698855800338665/?context=create&previousaction=create&source=49&sid\\_create=592566774](https://www.facebook.com/events/1698855800338665/?context=create&previousaction=create&source=49&sid_create=592566774)) to communicate with all the other virtual marathoners across the country - share you success, tips, and encouragement!
- Consider getting a group to do it with you. It could be your chapter, class, church book club or a group of friends and family! A couple days a week, walk a mile or two so that in a couple weeks you'll have completed your 26.2 miles!
- Ask friends, family, coworkers, etc. to pledge money per mile, or simply give a donation, in support of your efforts.
- Track your miles and dollars raised on a cool thermometer (like this!) ([/epilonsigmaalpha/media/ESA\\_Public/images/right\\_column/right%20images/thermometor\\_edited-1.jpg](/epilonsigmaalpha/media/ESA_Public/images/right_column/right%20images/thermometor_edited-1.jpg)).
- Once all your donations are collected, make a donation to the (<http://fundraising.stjude.org/site/TR/Heroes/Heroes?>

pg=team&fr\_id=20064&team\_id=51513&pw\_id=1941)Team ESA page

([http://fundraising.stjude.org/site/TR/Heroes/Heroes?](http://fundraising.stjude.org/site/TR/Heroes/Heroes?team_id=35549&pg=team&fr_id=4820)

team\_id=35549&pg=team&fr\_id=4820). When you make the donation, be sure to list your chapter name, number, and state - that way we will be sure your chapter gets credit! All donations must be in by December 1, 2014.

- Watch the Virtual Marathon Facebook page on December 6th as our ESA members who are attending the marathon will post updates, photos, and videos of their experience! It will almost be like you're THERE!

### Create a Donation Page!

You're registered. Now is the time to your personal St. Jude donation page! Create your personal account and be sure to join Team ESA. Click here to get started!

([http://fundraising.stjude.org/site/TRR/Heroes/Heroes?fr\\_id=20064&pg=tfnd&s\\_promoCode=Fundraiser](http://fundraising.stjude.org/site/TRR/Heroes/Heroes?fr_id=20064&pg=tfnd&s_promoCode=Fundraiser))

Create a page for yourself or one for your whole chapter. To create one for a whole chapter, one person must be willing to enter their personal information. Make sure to tell us if specific money from a chapter team should be credited to a specific person's IC Challenge registration fee.

Otherwise, it will not be counted towards challenge registrations. When prompted to choose an event, please choose the Memphis Marathon.

Once you register you will also receive a code that can be written on check donations when they are submitted so the money is properly credited to you.

Make sure to visit the Team ESA page to find your name listed on the list of contributors!

Use your St. Jude donation page to help raise money for the miles you cover. Tweet about it, send it out on via email, post it on your friend's Facebook wall, or hang it on your neighbor's front door! Be creative and find unique ways to tell people about the awesome cause you are participating in!

### Register for ESA's Virtual Marathon here:

First Name:

Last Name:

Chapter:

State:

Email Address:

Thank You for Registering!

Can't make it out to the St. Jude Memphis marathon? You can still participate and raise donations just by exercising on your own!



## Easter Seals – Phoenix

Hello Everyone! I hope each of you had a wonderful summer and that you are looking forward to getting together with your ESA Sisters again for a new year of possibilities!

I attended a tour of the Southwest Human Development facilities in Phoenix over the summer and learned so many things about the vital services they are providing for Arizona's children in need. I encourage you all to attend one of these tours which are always held on the 3rd Thursday of the month unless there is a holiday. Visit [www.swhd.org](http://www.swhd.org) for details.

There will be lots of events throughout the year such as the annual 'Walk With Me' event, the 'Diaper Drive' and multiple Warehouse Projects to sort and/or deliver children's books where your help would be so awesome and so appreciated. When opportunities to serve arise through the year I'll give you a shout out so watch the Ocotillo Express for more information!

Daphne Henry-Hernandez  
Easter Seals – Phoenix



“ Kindness is realizing that we're all in this together. ” 

– RAKtivist

## ESA Foundation

Greetings everyone,

It was a pleasure to serve as your ESA Foundation counselor this last year and I look forward to serving again this year. Over the next few months the Foundation will be getting the things ready for this year's endowment application process. If you know someone who may be interested in applying encourage them to sign up for an email reminder when things are ready to go.

The link for this reminder is [www.epsilonsigmaalpha.org/ScholarshipReminder](http://www.epsilonsigmaalpha.org/ScholarshipReminder)

Patricia Gale  
nacomagale@gmail.com



## Western State Regional Council WSRC

Here's an update from the Western State Regional Council WSRC meeting at IC convention in St. Louis this past July.

The new officers of WSRC are:

President: Wanda Leyes - CA

Vice President: Jerie Longacre - WA

Secretary: Bonnie Berger-AK

Treasurer: Judith Huntley – OR

Past Pres/Parliamentarian: Mary Lambert – OR

Don't forget about the Western States Fling in Bajamar, Ensenada, Baja California, Mexico, Tuesday, January 9, 2018 thru Friday, January 12, 2018.

Another important Item is that the WSRC dues will be increased to \$2.00 per member effective with the 2018 IC convention. I will be collecting dues for this year at \$1.00 per member at the September Council Mtg. This will entitle you to receive the Western Ways newsletter. The new Western Ways Edition if Carol Caldwell – AZ.

Hope to see all of you at the September meeting in Casa Grande.

Donna Ort

AZ WSRC Rep



**Donna Ort &  
Carol Caldwell**



AZ Council isn't the only thing celebrating 75 years. Each issue we'll focus on a person, group or thing celebrating Diamond Jubilee of 75 years in 2017-18.



## Alaska Highway

Constructing the Alaska Highway in 1942 to defend against Japanese attack, workers (mostly the US Army) also faced the possibility of surprise encounters with angry or unfriendly grizzlies, black bears, wolves, wolverines, lynx, moose and elk. In spite of an often-hostile environment and tremendous construction challenges, the highway was finished in less than a year, and further invasion of North America was prevented.

You travel through 3 “zones” you’ll be passing through on the Alaska Highway: British Columbia, Yukon and Alaska. You may see Bald Eagles, birds, bison, Brown Bears and Black Bears, woodland caribou, elk, grizzlies, lynx, mountain goats, moose, Stone’s sheep, and numerous whitetail and mule deer.

You can read more about this wonderful bit of wilderness at <http://celebratealaskahighway.com/safe-happy-alaska-highway-wildlife-viewing/>

## Arizona Council Calendar

<b>Sept. 16, 2017</b>	St. Jude Walk with Me Phoenix, AZ
<b>Sept. 17, 2017</b> Council Meeting Registration 9:00AM Council Meeting 10:00AM Cost \$25	Holiday Inn 777 N. Pinal Ave Meeting Casa Grande, AZ Phone: 520-426-3500 Hosted by Beta Gamma
<b>Nov. 19, 2017</b> Council Meeting Registration 9:00 AM Council Meeting 10:00 AM	Details TBA Hosted by Alpha Kappa, Tempe Cost \$25
<b>Jan. 9 – 12, 2018</b> Western States Fling	Bajamar, Ensenada, Baja California, Mexico
<b>Jan. 21, 2018</b> Council Meeting Registration 9:00 AM Council Meeting 10:00AM	Viscount Hotel 4855 E. Broadway Tucson 85711 Hosted by Beta Delta, Tucson Cost \$25
<b>March 2 - 4, 2018</b>	IC Leadership Conference 2018: Details TBA
<b>March 11, 2018</b> Preferential Luncheon	Details TBA Tucson, AZ
<b>April 15, 2018</b> Council Meeting Registration 9:00AM Council Meeting 10:00AM	Henderson, NV Council Meeting 10:00AM Hosted By: Eta Gamma Cost \$25
<b>June 1-3, 2018</b> AZ State Convention	75th Arizona Council State Convention Details TBA, Phoenix, AZ Hosted by Delta Pi
<b>July 14-22, 2018</b> IC Convention	Sheraton Grand Phoenix Phoenix, AZ

# Highlights from ESA IC 2017

## St. Louis, MO

The total amount raised by ESA for  
St. Jude Children's Hospital was \$19,485,427 for 2016-2017!  
An all-time high for 1 year!



ESA has raised \$246,331,387 over 45 years!





Arizona sisters  
serenade Miss Sherry,  
Patricia Gale, Donna  
Hall, Cyndi Sklad,  
Suzanne Goddard



Oh my, is that Miss  
Sherry decked out  
in denim?



Sherry with daughter  
Carolyn Vasko



# Miss Sherry Day 2016 - 17 ESA IC President



## These Arizona Sisters are Super Heroes!



Kendra Sabol, Ann Jaccard, Wendy Williams and Deana Walters



Kathy Riebock,  
Deana Walters &  
Wendy Williams

Kathy presented a sold  
out bracelet making  
workshop at IC





IC President Sherry Day & Sandy Alexander with ESA members receiving their 40 year pins. Kendra Sabol front left.



Donna Ort (back row 2<sup>nd</sup> from left) received her 50 year pin at IC

Sandy Alexander installed at IC Convention as 2017-18 IC President "Live by Inspiring Others to Fly"  
2017-2018 Executive Board at IC Convention, St. Louis, Missouri  
Sherry Day, far left.



Arizona Council President Joni Slama with other state presidents and IC Sandy Alexander.





## From the Bulletin Editor

Thank you, President Joni for giving me this appointment.

Thank you, Carol Caldwell for your unending support.

I'm very grateful to you, my Arizona brothers/sisters for emailing me articles, sharing their photos and memories. I'm looking forward to a wonderful year celebrating the Arizona Council's 75<sup>th</sup> Diamond Jubilee.

You may have noticed photos of the author's included with their article. This will help us put a face with the name of the person and their appointment. That way when we see each other at the Council meetings we know each other a bit better.

Please email or call or write so I can include what is happening in your chapter and your ideas with the Arizona Council. This bulletin wouldn't happen without you!

Upcoming Bulletin schedule:

October – Due Sept. 10

November – Due Oct. 10

December – Due Nov. 10

*January - No bulletin*

February – Due Jan. 10

*March – No Bulletin*

April – Due March 10

May – Due April 10

June–June 10



April Aguiñaga

[april\\_aguinaga@hotmail.com](mailto:april_aguinaga@hotmail.com)

602-904-1530

15602 N. 59<sup>th</sup> Lane

Glendale, AZ 85306

If you would like to read the IC ESA Bulletin here is the link to their website –  
ESA IC News Bulletin Website - <https://sites.google.com/view/esa-ic-newsbulletin/home>