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# Arizona Council Bulletin

December 2019  
Volume LXXVI, Issue 4



## *"Believe and Achieve with all your Heart"*



Happy New Year! It is going to be an awesome year in 2020 with all of my ESA sisters and brothers. You all hold a special place in my heart and I am blessed to have you in my life.

It was great seeing everyone at the November Council meeting. We missed those of you that were not able to attend the meeting. We had interactive workshops at the November Council meeting. Thank you to all those in attendance for your participation. It was a lot of fun and we got great feedback from everyone. We are going to put this feedback into action at the January 2020 Council meeting.

We have ignited the spark with our enthusiasm within Arizona ESA. We have eleven new Arizona ESA members! Keep sharing and inviting people to join ESA. The growth of our membership is very important. We want Epsilon Sigma Alpha (ESA) to be here for future generations.

**Date & Time Reminder:** January 2020 Council meeting. Hosted by Eta Gamma in Henderson, Nevada on Sunday, January 12, 2020 and registration will start at 8:30am and the Council meeting will start at 9:00am. There was a change of date letter send out to each ESA chapter. There was a flyer put in the black box at the November Council meeting.

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Thank you to everyone who donated and or volunteered at any events. You truly are making an impact in so many different communities.

Please share your personal and ESA chapter community projects with everyone. There are so many great projects and we want to know about them. Remember that people in all different communities are helping make the world a better place.

Here are a great story of community awareness and empowering others that I would like to share with you.



It's more than a cup of coffee – Changing the way people SEE other people. Bitty & Beau's Coffee shop has locations in Wilmington, North Carolina, Charleston, South Carolina, and Savannah Georgia. Bitty & Beau's Coffee is more than just a place to grab a cup of coffee – it's an experience. While the shop is run by people with intellectual and developmental disabilities and the customers love the products, they really come in for the unique customer service experience.

This was posted on August 29, 2019 - You might have heard of Bitty and Beau's Coffee in North Carolina, also known as "The Happiest Place in Wilmington." It's the coffee shop founded by Amy Wright and her husband that is unique for its hiring policy: exclusively employing people with intellectual and developmental disabilities, such as Down syndrome, cerebral palsy, and autism. They have over 100 employees and managers working at Bitty & Beau's Coffee so it is hard to feature them all. They post a couple of crew members every couple of weeks on their website. What an inspirational story!

Brenda Meyers, IC Recording Secretary will be our IC Representative for the Arizona State Convention in Casa Grande. Please join me in letting her know how delighted we are that she will be joining us for the festivities. If there is anything that Brenda can help you with, please do not hesitate to reach out to her but don't wait until the last minute to ask for assistance, especially if you are asking her for assistance with a ceremony.

In January, the President's packets will be on the AZ Council website. For those of you, who have items for the President's packets, please be sure to have them to April Aguiñaga by January 3, 2020.

Please have an enjoyable holiday season and a safe and healthy New Year. I look forward to seeing you in 2020 in Henderson, Nevada for the January Council meeting.

Please email at [pkmadrid@cox.net](mailto:pkmadrid@cox.net) or call me at (520) 747-2646 and let me know if you have any questions. Always here to help!

Karen Madrid

*Share your love and friendship! Happy Holidays*

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## 1<sup>st</sup> Vice President

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**Shari Stapleton-Smith**

**1<sup>st</sup> Vice-President**

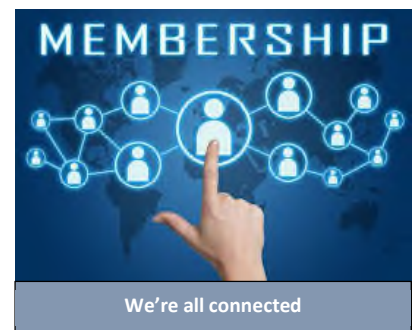
Greetings Arizona ESA Sisters and Brothers,

Oh my gosh, we had SO much fun at the Council meeting. We got together in groups to brainstorm ideas for addressing topics that recurred frequently in the survey results.

The groups came up with some great ideas and then we all voted on which we liked best. There will be a sub-committee of the Membership Committee formed to put these ideas into action. If you'd like to be on the subcommittee, send me an email!

The winners were:

- Communication – This topic had a tie vote so we have two ideas to put in place:
  - Take on a Buddy Chapter. This suggestion is for chapters to reach out to another local chapter and plan some meetings or social events together so they can learn more about each other.



- At the April meeting, members will draw a number for which table they will sit at. This will allow members to get to know each other better.
- Training/Education
  - At the council meetings, have a “moment of ESA History”. The hosting chapter will share some fun, past history with the membership.
- Camaraderie/Fun
  - Saturday night fun on council meeting weekends

There were lots of other great ideas and we'll be sharing these and exploring which ones to add.

## **SURVEY**

Thank you to those of you who have already completed the membership survey! This is really important information for our committee. You can always go back to the survey if you have ideas that you didn't think of the first time you took it.

If you haven't taken the survey yet, please take a moment to do so.  
<https://forms.gle/xik6SBtSFsJkPYW19>

If you'd prefer to take the survey on paper, each chapter received a copy in the black box so be sure to get one from your chapter representative and send it back to me. If you need me to send you another one just let me know via email at [shari.stapleton.smith@gmail.com](mailto:shari.stapleton.smith@gmail.com) or call me at 831-227-3880.

Save the date: Saturday, March 21, 2020 for the preferential event which will be combined with a Handbag Happy Hour fundraiser in the Phoenix area.

Yours in service,



Shari Stapleton-Smith



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# 2<sup>nd</sup> Vice President

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Greetings,



First of all, thank you for being so generous with your giving of gift cards for our state Hope for Heroes collection. You all are simply amazing. I know that you all give back throughout the year, but just in case you are looking for some new/different ways to give back during this

holiday season, here are some ideas:

- Bake cookies and take them to neighbors or to police and fire stations
- Pack stockings for the homeless – stuff a pair of socks with granola bars, water bottles, toothpaste, feminine hygiene products, etc.
- Sign up for a holiday themed 5k walk/run for a good cause.
- Take pet food, toys, blankets and towels to an animal shelter.
- Get a jump on the new year by cleaning out closets, cabinets etc. and donate the items
- Serve meals at a local shelter
- Donate to Toys for Tots, Angel Tree or any adopt a family program. May schools have programs like this directly connected to their students, check and see
- Donate blood

**Save the date:** Saturday March 21, 2020 for the Handbag Happy Hour fundraiser in Phoenix. This will be combined with our State Preferential event.



Have a wonderful and happy Thanksgiving.  
Patti Gale



**NOTICE – Date change for  
January council Meeting!**



*Eta Gamma invites you to join us in Vegas  
as we begin a New Year to*

*“Believe and Achieve with all  
your Heart”*

*When: January 12, 2020*

*Where: Mountain View Club House, 148 Day Street,  
Henderson, NV 89074*

*Hotel block: Fiesta Casino, 777 W. E. Lake Mead Pkwy.,  
Henderson, NV 89015*

*Deadline to book rooms is January 2, 2020*

*Phone # is (888) 899-7770 under ESA AZ/NV State Chapters*

*Room Rate \$79.00 for Friday & Saturday, \$39.00 for Sunday*

*Hello  
January*

***Ready to come back to VEGAS!!***

***When: January 12, 2020***

***Location: Mountain View Clubhouse***

***148 Day Street, Henderson, NV 89074***

***(Entrance is on Arroyo Grande)***

***Registration will be at 8:30AM and Meeting at 9:30AM***

***Registration Information***

***Mail Form to: Cristol Peppenelli***

***1825 Mountain Ranch Ave.***

***Henderson, NV 89012***

***(Phone # (315) 939-9485)***

***Deadline is January 2, 2020***

***Please complete information below:***

***Cost per person is \$25.00***

***Chapter Name \_\_\_\_\_ # Attending \_\_\_\_\_***

***(include names of members attending) Amount Enclosed \$ \_\_\_\_\_***

***Raffle Table Reservation: yes or no \_\_\_\_\_***

***Any Dietary restrictions: \_\_\_\_\_***

***HOTEL: Fiesta Casino Hotel -- DEADLINE: January 2, 2020***

***777 W. Lake Mead Parkway, Henderson, NV 89015***

***702-558-7000 or 888-899-7770 ESA AZ/NV Chapters Conference***

# **ANNUAL SPAGHETTI DINNER TO BENEFIT ST. JUDE**

**Sponsored by Gamma Iota Chapter**

**WHEN: Saturday, Feb. 15, 2020 from 4:30 – 7 PM**



**WHERE: Nelle Athouguia's home  
9521 E. Sellarole Road  
(south of Golf Links and Harrison)**

**DONATION: \$15 per person**

**Meal includes spaghetti and meatballs, salad, dessert, drink**



ESA Arizona State Council  
April Council Meeting

Hosting Chapter: Beta Gamma #1056

WHEN: Sunday, April 19, 2020

Registration: 9 AM

Meeting: 10 AM

WHERE: DoubleTree by Hilton, Phoenix  
North

1020 N. Metro Parkway E

Phoenix, AZ. 85051

(620) 997-5900



COST: \$25

Room rates: \$105 + tax Room block under AZ Council  
Deadline to **RSVP : Wednesday, April 8, 2020**

Send one chapter check, Payable to: Beta Gamma  
Please include a list of those who will be attending from  
your chapter and fund-raising tables to:

Kay Hicks at 1629 N. Parsell Circle, Mesa, AZ 85203

Questions: call Kay Hicks at 480-296-9864 or Email to:  
[kfhicks@cox.net](mailto:kfhicks@cox.net)

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# St. Jude

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Our next big events are the Radiothons both in Las Vegas and Phoenix and we are once again looking for volunteers for those two events.

December 5th and 6th is the iHeart Las Vegas event. If you are looking to make a trip to Vegas and help, please let Deana Walters know of your interest and copy Cyndi and Wendy on any emails. Be sure to include details on day and times.

December 12th and 13th is the KMLE Country Cares event. Cyndi is looking to work with the St Jude office in Phoenix to secure dedicated slots for ESA that we can then fill with all those that can or want to work the event. Please send an email to Cyndi.

Has your chapter booked an event for St Jude? Please be sure to go into the ESA website and open your booked event. Also, send information to Cyndi and Wendy so we can share your great ideas, events and results! Just go to <https://epsilonsigmaalpha.org/StJudeForms> and select booked event form. Once the event is over you will submit the completed event form. I am very happy that my chapter, Delta Pi, has a booked event, Pumpkin Rolls for St Jude. Looking forward to hearing how the chapters are meeting the booked event challenge!

St. Jude has a Facebook page to keep you up on current events:

<https://www.facebook.com/StJudeArizona/>

Love in ESA:

Cyndi & Wendy



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# Easterseals

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## Easterseals – Phoenix – Southwest Human Development

The next "Walk With Me" event will be held March 28, 2020 location TBD. Put the date on your chapter calendar. CONTACT ANNETTE SUTFIN AT [asutfin@swhd.org](mailto:asutfin@swhd.org) for more information.

Your help at any of the above events will help Easterseals Southwest Human Development's disabilities programs by providing children and their families with the many tools needed to reach full potential and live healthy productive lives. Thank you for any help you can give!

### EASTER SEALS TAKING ON DISABILITY TOGETHER

Below is the monthly challenge list.

December - Time to relax and enjoy family; if hosting a Christmas gathering pay \$1.00, if not pay \$.75

January - HAPPY NEW YEAR; if you made a resolution pay \$.50, if you have forgotten and not paid anything; pay \$1.00 per month you have missed Face with rolling eyes

February - It's sweetheart month! Pay the price of your favorite chocolate bar; if you don't ...then each chocolate you eat pay \$.75 - un huh

March - Money is due March 31, so count your bank and add \$1.00 to your grand total Heart Eyes

April, May and June - if you have not given all year, pay \$3.00 to jump start next year's challenge. If you have given all year, pay \$1.50 to start your bank for next year!

Have fun with your chapter challenge for Easter Seals!

Ann Jaccaud  
Easterseals, Phoenix



## Easterseals – Tucson – Blake Foundation



contact Blake Foundations at (520) 327-1529, extension 7077 or [amather@blake.easterseals.com](mailto:amather@blake.easterseals.com).

Let Theresa know if you want to be part of this new service opportunity. [esatheresa@yahoo.com](mailto:esatheresa@yahoo.com) 520-234-0566

Theresa Stewart-Martinez  
Easter Seals, Tucson



### ESA Foundation Counselor

Just a reminder the Scholarship application process is now open for students to apply online. The website is: [www.epsilonsigmaapha.org/scholarships](http://www.epsilonsigmaapha.org/scholarships)

The deadline for applications is January 31, 2020.

Looking forward to seeing everyone at the Council Meeting.

Jacqui Smith

ESA Foundation Counselor





<b>Date</b>	<b>Event &amp; Location</b>
 <b>January Council Meeting</b> <b>January 12, 2020</b>	Hosted by Eta Gamma Henderson, NV
<b>Western States Fling</b> <b>January 5-12, 2020</b>	7 day cruise to Mexico, via Los Angeles, CA
<b>IC ESA's Annual Leadership Training Conference</b> <b>February 6-9, 2020</b>	Holiday Inn & Suites - DIA Hotel Denver, Colorado
<b>Preferential Lunch</b>	March 21, 2020 Phoenix, AZ
<b>April Council Meeting</b> <b>April 19, 2020</b>	Hosted by Beta Gamma Mesa, AZ
<b>Arizona State Council 77<sup>th</sup> Convention</b> <b>May 29-31, 2020</b>	Hosted by Alpha Chi TBA
<b>IC Convention – 73rd Annual</b> <b>July 15-19, 2020</b>	Embassy Suites by Hilton - DFW Airport North, Grapevine, TX <a href="https://www.epsilonsigmaalpha.org/about/ic-council/convention">https://www.epsilonsigmaalpha.org/about/ic-council/convention</a>

**Have you seen the calendar link on the AZ Council Website?**  
**Check it out!**

**<http://azcouncilesa.com/events/>**

# Bulletin Reminders

The Bulletin deadlines are the 15<sup>th</sup> of each month for the upcoming month



January – NO BULLETIN  
February – Jan. 15  
March – Feb. 19  
April – March 15  
May – April 15  
June – June 10

Include pictures with your submission – we love hearing what our members and chapters are doing. Otherwise you will see lots of pictures I take attending meetings or find on Facebook!

<http://www.facebook.com/ArizonaESA>

You do need to have your own Facebook page to view ours.

If you are using Facebook, **Like** us so you will keep updated that is happening in ESA as well as the Arizona Council.

Here is the Arizona Council website <http://azcouncilesa.com>

If you need a login and password please reach out to me.

Here are all the ways to reach me.

April Aguiñaga

april\_aguinaga@hotmail.com

602-904-1530

15602 N. 59th Lane

Glendale, AZ 85306

