



“Believe and Achieve with all your Heart”



Welcome to our special April Council meeting via our bulletin. Thank you to everyone for submitting in articles and sharing with everyone.

During the all the council meetings I shared funny jokes with you. Let’s start of the special April council meeting bulletin with a few jokes:

What kind of stories does the Easter Bunny like best? The ones with hoppy endings.

How does the Easter Bunny travel? By hare

plane.

Thank you to April Aguinaga for getting the “ESA Strong, Special April Council meeting bulletin” put together. We really appreciate your help in getting this out to the ESA membership.

President’s packets are due by April 20, 2020 and you can send them in via email. Please call me if you are able to meet this deadline.

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A special thanks to all of you and your family members that are serving as first responders during this time. We thank you from the bottom of our hearts.

I would like to take a moment and thank everyone for the all the cards, emails and calls regarding our daughter, Theresa Earls and our son-in-law, Dustin Earls. They will remain on lock down at their apartment until both of them show no Coronavirus symptoms for seven days straight. Then they will be able to leave their home. Unfortunately, this may be sometime from now. Theresa and Dustin are thankful for all the cards they have received from all of you.

The Coronavirus has taught me to cherish all those around you even more. Also celebrate and acknowledge all good things in life with those around you. Be thoughtful and kind and patient with one another. Remember that this is a stressful time for everyone.

I wanted to acknowledge and give a shout out to all the ESA chapters that have had or will be having their chapter birthdays. Wanted to celebrate with everyone at the April 2020 Council meeting but we will do that in spirit together. All of you are amazing! It is important that these moments of accomplishment are celebrated!

Happy Birthday to:

- ✂ Delta Omega chapter was chartered on February 8, 2010 and celebrated their 10th birthday.
- ✂ Beta Gamma chapter was chartered on February 10, 1949 and celebrated their 71st birthday.
- ✂ Gamma Tau chapter was chartered on February 13, 2012 and celebrated their 8th birthday.
- ✂ Beta Delta chapter was chartered on February 14, 1973 and they celebrated their 47th birthday.
- ✂ Alpha Kappa chapter was chartered in March of 1944 and celebrated their 76th birthday.
- ✂ Eta Gamma chapter was chartered on March 6, 2016 and celebrated their 4th birthday.
- ✂ Beta Epsilon chapter was chartered on March 15, 1949 and celebrated their 71st birthday.

- ✂ Gamma Iota chapter was chartered on March 27, 1968 and celebrated their 52nd birthday.
- ✂ Beta Kappa chapter was chartered on May 5, 1976 and will be celebrating their 44th birthday.
- ✂ Eta Pi chapter was chartered on May 20, 2014 and will be celebrating their 6th birthday.
- ✂ Alpha Omicron chapter was chartered on June 14, 1956 and will be celebrating their 64th birthday.
- ✂ Beta Zeta chapter was chartered in August of 1956 and will be celebrating their 64th birthday.
- ✂ Alpha Nu chapter chartered on September 10, 1963 and will be celebrating their 57th birthday.
- ✂ Alpha Sigma chapter chartered on October 24, 1944 and will be celebrating their 76th birthday.
- ✂ Gamma Gamma chapter chartered on November 9, 1964 and will be celebrating their 56th birthday.
- ✂ Delta Pi chapter was chartered in November 1984 and will be celebrating their 36th birthday.
- ✂ Alpha Chi chapter was chartered on December 9, 1997 and will be celebrating their 23rd birthday.

Thank you for all that you do to help others. We need your help at this time. We currently have two open positions on the Arizona council executive board. We need you to run and serve on the executive board. You will enjoy the experience and also pave the way for ESA. It has truly been a very rewarding journey for me personally.

Yes, the Arizona State Convention on 5/29/2020 through 5/31/2020 is still scheduled as planned. We will keep the ESA membership updated on any necessary changes because of the Coronavirus.

Yes, there will be an IC Convention in Grapevine, Texas in July 2020. The deadline for registration has been extended to 6/1/2020 for the IC Convention in Grapevine, Texas. The IC Convention will be held on July 15, 2020 through July 19, 2020.

Please email at 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
Arizona Council ESA State President 2019-2020
“Believe and Achieve with all your Heart”

1st Vice President



Greetings Arizona ESA Sisters and Brothers,

I want to share a lovely thought with you all...

What if you were putting together a puzzle in 2018 and you knew that you had 7,639,519,571 pieces currently as of this second and by this next second that number has increased substantially?

What if the puzzle was going to increase to 8,000,000,000 pieces by the year 2024? And what if all the previous pieces since the beginning of the existence of humans totaled roughly 90,000,000,000 pieces?

That is the puzzle that we are all a part of.

Somehow, we fit into this very large puzzle. Every piece fits...somewhere. Where is your piece of the puzzle? Where do you fit in?

To borrow a quote by Deepak Chopra, “There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle.”

Without you the puzzle is incomplete. You are a vital and integral piece. What if you are the missing piece that connects all the other pieces, adding meaning into the lives of others? What if you are that odd shaped piece that just does not seem to fit anywhere else, except perfectly into that one space and into the lives of others?

What if you are the piece that got dropped by someone on the floor and only after searching diligently did someone find the missing piece, meaning you? And then the puzzle became complete.

Could your piece be the one missing from the Executive Board?
Please consider joining us, you'd be most welcome!

OUTSTANDING PLEDGE AWARD

Although all pledges are special, some go above and beyond to do all the little things that enhance others' lives. Each year at Convention we have the pleasure of honoring that exceptional new member with the Gladys Bagley Schaefer Outstanding Pledge Award. The time has come for you to nominate your pledge for this award. The form to nominate is in the President's Packet on the website at, <http://azcouncilesa.com/arizona-council-membership-forms/> .

MEMBERSHIP AND RUSHING CONTEST

I am honored to be able to recognize you and your pledges for all the hard work done this year in gaining and nurturing new members to the Arizona Council of Epsilon Sigma Alpha.

Entry forms for the 2019-2020 Membership and Rushing Contests are on the website at. <http://azcouncilesa.com/arizona-council-membership-forms/>

Please complete the form and return to me at shari.stapleton.smith@gmail.com or 7430 E. Lakeside Dr., Tucson, AZ 85730.

Membership and Rushing Awards will be as follows:

- ✂ · Certificates will be presented to all Chapters participating in Membership and Rushing this year.
- ✂ · First, Second and Third Place State Membership Awards will be based on the percentage of positive growth with the addition of new Pledges and Re-affiliates.
- ✂ · First, Second and Third Place State Rushing Awards will be presented to the Chapters earning the most points through an active rush program, followed by

active participation in Chapter and State Council Activities by their new members.

Yours in service,



Shari Stapleton-Smith



2nd Vice President

“Good things happen, too. Don’t skip over that stuff just because it feels like the sky is falling. It is just as urgent to note goodness and beauty.”

There is so much that is changing in our world now that it can be easy to forget about all the wonderful things around us. I know many of you have had your opportunities to volunteer cut short and that may leave you feeling like there is so much left to be done. This feeling is understandable and many in the volunteer world are struggling with it. I encourage you to use this time to make plans for events that you would like to hold in the future, reach out to fellow ESA members, family and friends by phone, email or video chat, and keep saving those collectibles. There is still so much that we can do as individuals and as an organization.



Send me your chapter’s last Philanthropic reports so soon as you can. You can email or mail them to me. I can’t wait to see all the great things that your chapters have been working on this year. Please let me know if you need any assistance in getting me your reports.

For those of you with Appointed Board positions this year, please remember to send your end of the year reports to Donna Hall. These are such an amazing

resource for the person who will hold that appointment next year and the years to come. Let me know if you need any assistance in putting this together.

“Nothing of significance was ever achieved by an individual acting alone. Look below the surface and you will find that all seemingly solo acts are really team efforts” ~ John C. Maxwell

This is so very true of ESA! Everything that we do is part of an amazing team effort. These teams include chapters, committees and the Executive Board. I highly encourage you to investigate participating on the Appointed Board or Executive Board team. Please reach out to any member of the Executive Board with any questions that you might have.

I am sure that many of you have questions about our State Convention, please know that the Executive Board and Convention Chairs are working hard to put together plans. At this point we have not decided to make any changes to the dates of State Convention. This being said I would encourage you to hold off sending in reservations. We have extended the deadline to May 10th. The Executive Board and Convention Chairs will be meeting around May 1st to discuss the situation. If you have any questions, feel free to reach out to either Donna Hall or myself.



Patti Gale



Join ESA Executive Director Charlotte Carloni on Mondays at 9am MST for a weekly video chat! We'll talk all things ESA, how we're staying sane while staying at home, and even include some fun activities that you can do from the comfort of your own space.

Each week will be different and may even have some special guests joining us on occasion.

Use this link <https://epsilonsigmaalpha.org/ESAcoffeechat> to sign up for the "ESA Coffee Chat" email list. Each week we will send out an email reminder with the link to join the video call.

Secretary

Why to serve on a committee, take an appointment or run for the Executive Board? In accepting to help on a committee as well as accepting an appointment or on the Executive Board, you learn the workings of the Arizona Council and get to know the membership. I think of all the committees, appointments and Executive boards I have served on and all the things I would not know or the people if I hadn't served on them.

When serving on committees, we start our education into how the council and membership works and what that committee does, as each committee is a different learning about the Council. Start with the things that you like such as Philanthropic, something to do with veterans etc. Just remember we who have been there, are willing to help you, so just ask, we promise not to bite.

Each committee, appointment is helping you learn the workings of the Council. I do not regret one moment I spent serving on a committee or Appointment and most of all the Executive Board. I can say honestly if I hadn't served on any of the boards, I wouldn't know how the council worked plus all the friendships I have made thru the years.

So take a chance and say yes - I will serve or help on something. If in doubt, ask for help, we are here to help. As the saying says, Just Do It.

Carol Caldwell
AZ Council Secretary

Jr Past President/Disaster Fund Chair/Parliamentarian

Hopefully, this special April council meeting bulletin is finding everyone SAFE. I know we have several members who have the virus and our prayers are with them. April is normally the month when chapters disburse their funds. For those contributing to the ESA disaster fund, please send them to AZ Council via Deana Walters. Thank you for adapting to this little change and to helping each other. The Executive board has had to set aside our By-Laws due to the current crisis in our country and the restrictions placed upon gatherings. Some events have been postponed or changed, hence an special April council meeting bulletin. None of these changes will be permanent, so no by-law changes have or will be done due to the current crisis. We are always open to any suggestions to improve what we are currently doing or a better way. This is also a combined Jr Past president, Disaster Fund chairman, and Parliamentarian and Easterseals Tucson report.

It is an unusual time in our world right now. On Friday morning (April 3rd), Easterseals Blake Foundation sent Jeff a message that they critically needed masks in their group homes. Many people there have physical and mental disabilities and are not able to follow all the CDC guidelines of washing hands and covering coughs so there is an EXTREME risk to fellow residents and caregivers. The request was asking if ESA had people who sewed and would make masks, because the 2000 they had on order are not going to arrive promptly. They critically needed 75 to 100 immediately to prevent the spread of the virus. It is impossible to get masks today, even for health care workers. So, that Friday, I attempted to make a mask from directions on the New York Times website. I made 4 prototypes in 3 hours. It was obvious that I would need help and materials, so I posted that to Ocotillo asking ESA for help. JoAnne Ciolli answered the call and supplied about 50 yards of materials and a lot of bias tape and piping. Elastic is impossible to get, so I made these with ties and the ties were taking a ton of time, so that was a godsend. After the initial learning process and that donation of tie stuff, I was able to make 30 on Saturday with Jeff cutting and me sewing. Jackie Fahey also answered the call and came on Sunday to do some of the non-sewing tasks. A friend of 25 years who works for Easterseals also came on Sunday and we were able to get the other 45 done. 75 masks were delivered to Easter Seals on Monday, the 6th. So 4 people were able to make 75 in three LONG days. YEAH TEAM! Visit the Easterseals face book page for comments.



This disaster can be an opportunity to help others in greater need. As disaster chair, is that also not a part of the job you have entrusted me with? I did receive some criticism about breaking social isolation, but if this was not an ESSENTIAL task, what is? We practiced social distancing with the cutting table in the living room and the sewing machines on opposite ends of the dining room table. Plus, I was reminded of the quote from John Kennedy; My fellow Americans, ask not what your country can do for you, ask what you can do for your country.

Personally, I joined ESA to be of service to others when needed, not just when it is easy and comfortable. We are a service organization. I am also a 21 year veteran who served to keep this country free. I would have been one of those military members who were called up by Gov. Ducey to work at the food banks giving out food to the general public needing it without regard as to whether they are sick or not. That is today's front line. I thank Easter Seals for reaching out to us for help and showing us what hidden talents we had in doing something outside of our box. I have continued to make more since Monday and will share with anyone who needs them.

Chris Goldberg, wearer of many hats
Past State President/Disaster Fund/ Parliamentary chairman



Arizona State Director

Hello,

Welcome to the E meeting! There would have been 15 to 17 Advisory members in attendance.

As Sisters and Brothers, as Executive Board members, as Advisory Board, as Leaders in whatever capacity, which you all are, this is for you:

“ To know that I have helped someone a little or made a day brighter will make my own work easier and cause the sun to shine on the dark days, for we all have them. ‘Tis then a little place of sunshine in the heart helps mightily. And there is nothing that puts so much brightness there as having helped someone else.”
Anon

Hugs and stay safe until we meet again,

Barbara Appleton
State Director



ESA Strong! Special Bulletin

April, 2020

Hi to all my ESA brothers and sisters,

I am so sorry we cannot be meeting in person at this time, but hope you are all staying home and keeping well.

BREAKING NEWS: 2020 ESA Foundation voting Credentials have changed

The following information from the ESA Foundation Board:

“Recent developments about the spread of the Coronavirus (COVID-19) has given the ESA Foundation Board an opportunity to review all of the options for conducting business and to discover new ways to get things done. Therefore, the election of two new board members for the coming year will be by electronic voting.

A ballot will be sent by email to every active member in good standing (dues were paid by February 29, 2020) to your current email address on file. Voting will begin on June 22, 2020 and end on June 29, 2020. You will receive voting instructions with your email ballots.”

As the AZ Foundation Counselor, I need to provide everyone’s current email address and it is important that I have the correct address. If your email address has changed or is incorrect in our state roster, please notify me as soon as possible. Call me at 520-885-1417 or jacquismith@comcast.net. If I don’t have your email address, I will be contacting you by phone.

AZ has a candidate, Terry Rust, running for one of two positions as Director on the Foundation Board.

There will be NO Foundation voting this year at IC but will still have the Fund Fest and annual meeting. I’m still collecting gift cards for our AZ raffle item for the Fund Fest and really could use any help you can give. Thank so much.

Until we can all be together again, hopefully for our convention, please check on your family members and make a phone call to a friend.

Stay Strong, everyone.

Jacqui Smith
ESA Foundation

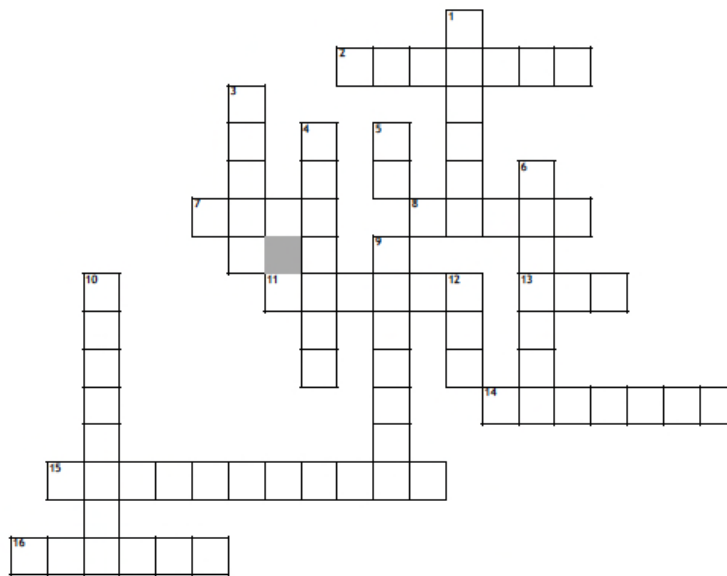
Fun and Games Report

Colleen Luger

Hello everyone, I had a fun game planned for the April Council meeting, but I'll keep that for another time. Please enjoy the ESA Crossword puzzle. Answers will be provided at the end of the bulletin.

I wish you all a happy and healthy Easter season!

April Showers ESA Fun!



Across

2. Our State Council has collected a million (plus) of these
7. The Sea of Tranquility is found on the ____
8. ESA was founded in this State
11. These garden bulbs were once used as currency
13. Lucille Ball was famous for this color of hair
14. ESA's Best state council ever!
15. ESA Headquarters are located in this city in Colorado
16. The capital of Spain

Down

1. In 1972, ESA adopted this organization as it's major philanthropic project (short name)
3. This US President appeared in TV Show 'Laugh-in'
4. The official flower of ESA
5. This element is the 14th number in the periodic table
6. This profession puts shoes on horses
9. What was the middle name of the musician John Lennon (The Beatles)
10. ESA Colors are ____ and ____
12. How many degrees of Pallas Athene Awards

Hope for Heroes

GREETINGS

The AZ Council Hope for Heroes program has new inductees. Civilians! Medical professionals who have become America's front-line soldiers fighting COVID-19, and the many essential workers serving throughout our communities. We honor one and all.

The USS Roosevelt. Recently, a well-drafted letter to the AZ Republic opinion page caught my attention. The writer provided some insight to the mission of the USS Roosevelt and its Captain Brett Crozier. Allow me to share a portion of the letter.

~By the nature of his command we must assume that the captain is an intelligent man. He would understand the grave responsibility of pulling his vessel off the defense line before normal rotation deployed at any given time. Those not at sea are resting their crews, undergoing overhaul or being re-fueled, which takes about two years. He also understands that the expertise and complex training of an aircraft carrier crew cannot be replaced overnight. Had the majority of his crew become ill with COVID-19 virus (many were) before reaching port and being quarantined, the Roosevelt would likely be out of service longer than the required two weeks. Once his actions were public, he had to be relieved of his command. He knew that when he acted. Military higher command is rife with politics. By forcing Acting Secretary of the Navy Modley to act more quickly, he was sacrificing his career in the service for his country.~ Jim Barber

Sadly Captain Crozier is now infected as well. While protocol is necessary, looking out for the men women who serve under you is leadership at its best. A salute to all past and present military.

Please let me know of military organizations your chapter supports. Thank you for all that you do. Continue to hunker-down and be safe. Miss you all!

Sheila McClure



Greetings ESA sisters from sunny Sierra Vista! I hope everyone is staying safe, healthy, and sane during this shelter in place period, sane being the operative word. J “Open, Open, Open”, won’t it be nice to see that word again? Well, we of the Yearbook Committee are “Open”. We want your photos! Please peruse your phone and send any ESA photos (with captions of who is in the picture and the event) to Karen’s daughter, Theresa Earls. Email is memorybookpics@yahoo.com. We would like to chronicle this year, as whacky as it has been, for Karen. Many thanks!-Kathy Riebock

ESA Historical Moment

Adelia Prichard organized the National Reading Society in 1929.

The original program of ESA focused on studying “The Writings of Mankind”, a series of great works acknowledged by prominent American educators.

The Twenty Volumes by Charles H. Sylvester, especially selected for the exclusive use of Epsilon Sigma Alpha Sorority, were published in 1924.

Excerpts from “Constitution and By-Laws Of The Epsilon Sigma Alpha; National Educational Sorority, National Headquarters, Kansas City, MO:

Article II

Sec.2. To promote cultural and intellectual development through constructive reading and membership association.

Sec 3. To accept and carry into effect the educational program as outlined and adopted by the National Executive Council.

Article III

Sec 7. The Chapter shall have an Educational Director, who shall supervise, assign and direct the educational program of the Chapter.

Said Director shall be appointed by the Field Secretary or authorized representative of the National Sorority.

Sec 8. She shall serve for fifty-two weeks from the date of ratification of her appointment by the National Executive Council,

or until such time as her chapter has completed program of First Year Reading Guide.

The Educational Director shall make assignments to members from the adopted Reading Guide of the National Sorority. "The First Year Reading Course of Epsilon Sigma Alpha is designed to awaken interest and to permit you to sail, so to speak, along the coasts of the world's literature.

The Second and Third Year Reading Courses will deal more systematically with the greatest group of writers, with the great centers of civilization in mankind's past, with the facts, ideas books and persons known to cultivated people everywhere on earth.

These courses, as a whole, will give broad, sweeping views of history, religion and philosophy, science, art drama and poetry.

When they have been completed, the student will need no further guidance or

She shall make such other assignments from the text material as will add to the value of the educational program.

Reading Guide (FIRST YEAR) ESA, copyright, 1930

assistance but should be able to do what all persons---however learned – must eventually do – gain close, detailed understanding of knowledge by a lifetime of study of personal interest and appeal.

The First Quarter of the First Year is given to History, the Second Quarter to Religion and Philosophy and the Third Quarter and Fourth Quarters, respectively, to the Greek and Roman civilizations which have so greatly

Influenced all Occidental literature.

Against the background thus acquired all later reading and study will be seen in proper perspective and will afford understanding and enjoyment not otherwise gained.”

Beta Gamma Chapter of Epsilon Sigma Alpha

Prepared by Kendra Sabol

Senior high Youth Award

Long time no see, to say that I have missed your smiling faces is to put it mildly. Since I am an octogenarian have been self-quarantine since March 9. Praise the Lord, I am in my own home and not a nursing home. Praise the Lord, I have friends and neighbors who have shopped for me. Praise the Lord, my daughter and 2 grandkids from Oklahoma came to visit, grandsons returned April 4 but my daughter, Charlotte stayed until April 10. Melody, my furbaby, had an operation on April 8. Melody is 14 years old and I was very worried about her having surgery but she came through with flying colors. Praise the Lord, I am grateful for the many blessings I have received during this crisis.

Like you, I am praying for the many 1000's that have been physically hurt by this and the millions that have been financially hurt. Thank God for the those who risk their lives to help others and keep the country going. Before the crisis, we talked about how divided we were, but now we are talking about being together as one.

The future maybe be a little different, but as long we face it together we'll continue to be the greatest country. Because our April Council Meeting was a casualty of the crisis you did not get the opportunity to the applaud the winner of the Senior high school youth. After reading her essay and seeing her grades and letters of recommendation. I can tell you that she is truly and outstanding woman, both academically and many other ways. The essay question “What is definition of an outstanding individual and how do I personally meet this definition”. She starts her essay by saying “An outstanding individual has 3 attributes, they must be a compassionate leader, have a kind but resilience heart and the ability to inspire. I have spent my life surrounded by outstanding individuals that possess these qualities.” she then proceeds to talk about her

father, mother and grandmother having influenced on her life. Luckily, I think almost everyone knows both her mother and grandmother.

The winner is our very own DESA Caitlyn Vasko. Congratulations Caitlin.



Read Caitlin's essay on the next page.

Report from Shirley Albertson, as transcribed to April Aguinaga over the phone.
April apologizes for any errors.

What is the definition of an outstanding individual, and how do I personally meet this definition?

An outstanding individual must have three attributes, they must be a compassionate leader, have a kind but resilient heart, and the ability to inspire. I have spent my life surrounded by outstanding individuals that possess the qualities.

My father has always been a natural-born leader. He has spent the past ten years creating and growing his own company. As a child, I would attend social events with my parents, and I remember watching in awe as my dad controlled the room. He taught me from a very young age that his booming voice and proud stature were only a small reason he could successfully lead. He taught me how to lead with compassion.

My mother is another excellent example of an outstanding individual. For as long as I can remember, my mom has liked to stand up for the underdog. My mom believes in people and will fight to make their lives better. She will also take on the monsters under the bed. Now, this may sound like an exaggeration, my mother is, of course, not a wonder woman, but she is pretty close. Her work in ESA has inspired me to count my blessings and give back to those who are not as fortunate as me. Her work with schools, ranging from the struggling school districts of Arizona to universities across the state, has taught me the value of education. Through her accomplishments, she has taught me the benefits of a kind heart.

Lastly, my grandmother is a woman who never fails to leave me star-struck. When I see her give speeches to hundreds of people from memory, there is no feeling to describe what it is like to know that I used to dance around the house in her high heels. She has also, to almost a greater extent, been a part of my ESA journey. Her passion for the charities ESA supports is unmatched. Her ability to talk to someone and make them feel special is a trait I dream of inheriting. My mother and grandmother led me to ESA. They are the reasons that, for the past eight years, I have been a DESA and the reasons I cannot wait to be an official member. Through this organization, I have experienced too far too many outstanding individuals to name.

Over the past four years, I have attended Sandra Day O'Connor High School. I have tried to be involved in as many activities as possible. As part of that effort, I joined HOSA (Health Occupation Students of America). I became an officer of the club in my first year. Over the last four years, I have aided in growing the HOSA club from an unorganized group with ten members to a prospering club with 45 members. I did this by using the compassionate leadership skills my father taught me.

I also joined the Model UN club and am using my mother's passion for justice to fuel my competition this spring. I will be competing in the International Justice Council event. I am also working with my school to set up and run a voter registration drive to ensure that no matter what side of the political spectrum my peers are on, they can appreciate and utilize the privilege of voting in the next election. My grandmother's love of charity has inspired me to take part in even more events. These events range from ESA St. Jude radiothons to volunteering at the library. As I look towards my future, I see myself aspiring to inspire others the way my grandmother does. By utilizing the lesson people throughout my life have taught me, my father's compassionate leadership, my mother's kind heart, and my grandmother's ability to inspire, in my everyday life I hope to be, and continue being, an outstanding individual.

Caitlin Vasko
January 17, 2020



Chapter News

Alpha Chi

Here is a picture of the Virtual Alpha Chi meeting held on April 4th.



As appointed board, I'm Properties and Financial Secretary. I've included a funny poem, because we all need some therapy.

Cheap Therapy by Geoff Weilert

When a package arrives I quickly open it wide
And hastily remove all the stuff found inside.
I discard all items except the plastic wrapped
That piece with bubbles in which air is trapped.

I spread the sheet and look downward with glee.
And with two fingers, I pop one, two, then three.
I feel quite content and my face gets a glow
I pop some more and move on to the next row.

I'm feeling so good I can't think of stopping
As the room fills with the sounds of popping.
Every worry and care and each little trouble
Floats away with the pop of each air bubble.

When I finally reach the end I feel quite mellow
All that popping has made me a contented fellow.
If you are like me, and contentment is a rarity,
Get some bubble wrap: It's cheaper than therapy.

Suzanne Godard

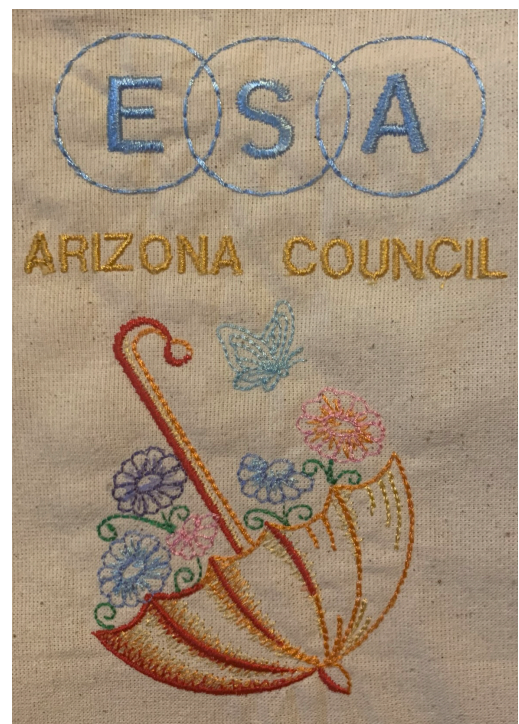
Beta Gamma

Beta Gamma was going to be selling these special edition ESA book totes to help raise funds for our charities. Made by our Chapter Sister Barb Daher, they are \$10 each.

I can either mail the tote to you, or bring it to our meeting in May. If you would like it mailed, I will let you know what the extra will be for postage.

Please email Colleen Luger if you would like to purchase one at cnluger@yahoo.com.

Heavy duty cotton tote. Holds up to 35 pounds. 13" drop handle; measures 16.5" X 15"

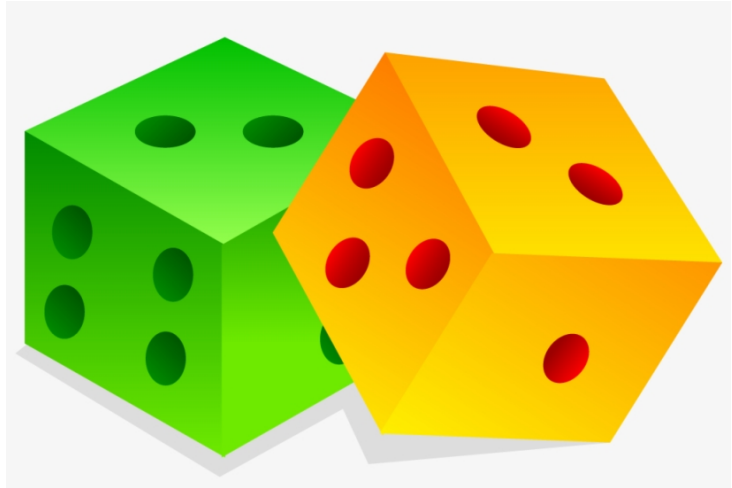


Arizona Convention

Let the Good Times Roll

The 2020 Arizona State Convention will be held on May 29th through 31st at the Holiday Inn in Casa Grande (777 N Pinal Ave). A chapter registration form can be found in this year's

President's Packet online or we can send one to your chapter, just let us know. Membership registration price is \$110.00. The room rate at the hotel is \$96 per night. This is based on two people per room and will include two breakfast tickets. If there are more than two people in a room additional breakfast tickets can be purchased at the front desk for \$10. Friday's night mixer will begin at 6pm and will only include snacks, not a full meal. A flyer will be coming out shortly. Please let us know if you have any questions.



Please call or email Patricia Gale (520-227-4818), nacomagale@gmail.com or Donna Hall (602-403-6602), Donna.Hall@iesupply.com if you have any questions.

Donna Hall and Patti Gale – Co-Convention chairs.

Mail form and one chapter check (made payable to “ESA Convention Account”) to the address below-

Jacqui Smith
7774 E Marquise Dr. Tucson. 85715

Event will be held at Holiday Inn Hotel Casa Grande 777 N Pinal Ave, Casa Grande AZ 85122

2020 ARIZONA STATE CONVENTION REGISTRATION

Please submit payment for entire chapter at the same time. Make sure you add up the total at the bottom and that your check total matches.

Deadline is May 1, 2020

The price for all members is \$110.00. This price includes all of the events below.

Only non-members can purchase individual events.

For registration postmarked after the deadline please add \$1.00per event. (Late Fee)

NAME	CHAPTER NAME OR GUEST	FRIDAY NIGHT \$20.00	AWARDS LUNCHEON \$20.00	SATURDAY NIGHT BANQUET \$35.00	SUNDAY BRUNCH \$20.00	TOTAL
TOTAL						

Dear ESA Presidents:

Subject: Member of the Year

It is time again to begin considering who is doing the most to write a successful future for your chapter this year and believes in ESA with all their heart! Start looking now, because we would like to honor that member this year at our State Convention.

Please complete the Member of the Year nomination when your chapter has made its choice and return the form to me with the \$9.00 check. Please make the check payable to ESA, Arizona State Convention 2020. This fee covers the Member of the Year gift. We will be posting about it in upcoming ESA bulletins as well.

Should your Member of the Year person be unable to attend and you would like them to be recognized, just mark the application "Not Attending". You will still need to include the \$9.00 check AND the name of the person who will pick up the Member of the Year gift at State Convention.

We look forward to hearing from your chapter and presenting your special Member of the Year at our State Convention.

Sincerely,

Mindy Udall
Julie Bartanen
Member of the Year Chairpersons





**2019-2020 Believe and Achieve With all Your Heart
ESA MEMBER OF THE YEAR**



Chapter: _____

Name of Member of the Year: _____

Will She or He be attending the Member of the Year presentation?

_____ Yes _____ No

Number of years the person has been in ESA? _____ year(s)

Why did She or He choose to join ESA (1-2 sentences please)?

Please describe how your *Member of the Year* believes with all their heart (use sentences or adjectives to complete this portion of the application). We will share this at convention.

Please complete the Member of the Year form when your chapter has made its choice AND return the form by May 15, 2020 with a \$9.00 check. The check should be made payable to ESA, Arizona State Convention 2020. *This covers the cost of the gift presented at the convention.

Please return to: MINDY UDALL, 1976 N. Lemon Tree Lane #2, Chandler, AZ 85224
The deadline is May 15, 2020. If you have questions, please call 480-529-8813 or email her udallm@yahoo.com

Association of the Arts

Hello and welcome to the April meeting bulletin.

Hope this finds you and your families well.

Since we are all mostly staying in, it's an excellent time to do all those things we've (I've) been putting off, while other more exciting things were happening. Like I'm going to maybe clean out the fridge and wipe down all the shelves...you know, and someone calls needing a sub at their Bridge table...well, sure I can be there, see you soon.

Now we are mostly staying home, essential outings only, so it's a good time to finish the fridge, sort through closets, etc. I've cleaned 112 spoons of my spoon collection and only have about half that many more to do..whew. Then I've been working on my Arts project, are you?

There will be an Arizona Convention at some point. It's pretty much day to day until we see what CDC says and what is happening in Arizona. Let's be ready with a beautiful grand showing. The Best Of, in each category will be recognized and then the Best of Show!

Until the "all clear", stay safe.

Hugs from

Barbara and Cristol
Co-chairs Association of the Arts



**ARIZONA COUNCIL
ASSOCIATION OF THE ARTS
ENTRY FORM**

#	Division I - Visual Arts	#	Division VI - Crafts (Mixed Media)
	Oil Paints or Acrylics		Jewelry & Beading
	Drawing, Pastel or Charcoal		Rubber Stamping
	Watercolors		Decoupage
	Sculpture		Greeting Cards
	Woodwork		Glass
	# of Entries in Category		Wood
#	Division II - Literature	#	Division VII - Needlework (Fibers)
	Poetry		Embroidery
	Short Story or Essay (500 Words or Less)		Needlepoint
	# of Entries in Category		Quilting
#	Division III - Photography		Crochet
	Black & White or Color Photo		Knitting
	Graphic Design		Cloth Weaving
	Computer Assisted Design		Latch Hooking
	# of Entries in Category		Stuffed Animals
#	Division IV - Crafts (Painted Art)		# of Entries in Category
	Painting	#	Division VIII - Any article displaying AZ State President Logo/Theme
	Calligraphy (Matted for Display)		Please Describe
	# of Entries in Category		
#	Division V - Wearable Art		# of Entries in Category
	Sewing	#	Division IX - Holiday (Ornaments & Decorations)
	Smocking		Please Describe
	# of Entries in Category		
Name			
Chapter Name & Number			# of Entries in Category

Revised 2020

Entrant is responsible for delivering entry and
Picking up entry following Convention display

Submit Form By May 15, 2020 to:
AZ Council Assoc. of the Arts Chairman
Barbara Appleton
8250 E. Koralee Pl
Tucson, AZ 85710

St. Jude

Special Bulletin Article April Council Meeting

Hello,

Hope everyone is staying safe and well. Since we will not have the opportunity to give our council meeting report in person here are a couple of the topics we would have covered.

We hope you all have submitted your checks to St Jude for this year. We are grateful to all the chapters that participated in the ALSAC events and who did a booked event. Your support is what made the total we will reveal in June possible. You are amazing.

Are you going to IC in Grapevine Texas? I hope so. If so, be sure to register for the IC challenge 2020. Join in the fun as we “fly around the world” visiting St. Jude’s international clinics and celebrate the new global spirit of cures at St. Jude. Whether you are in first class or coach, we promise the flight attendants will cater to your every need and the flight will be smooth. Be prepared to sit back, relax, and enjoy your “Journey Around the World” ... without ever leaving Texas!

Wendy and I still would like to encourage you all to register for the for the St. Jude Volunteer Management System. It gives you up to date information on events in the area! If you need any additional information, feel free to reach out to us and we will help as we can.

Now for a little knowledge share on St. Jude and their work with Influenza research to protect patients and benefit the world. Did you know?

St. Jude is a World Health Organization (WHO) Collaborating Center focused exclusively on the threat to humans from influenza viruses of animals. It is one of six WHO Collaborating Centers operating under the WHO Global Influenza Surveillance and Response System (GISRS).

St. Jude was first designated as a World Health Organization Collaborating Center for Influenza in 1975 and has retained that distinction for 40 years.

Our Vision

Our vision is that the St. Jude WHO Collaborating Center will continue to provide timely research and expert guidance to prevent and control influenza outbreaks for decades to come.

St. Jude has been distinguished as a Center of Excellence for Influenza Research and Surveillance (CEIRS) by the National Institute for Allergy and Infectious Diseases (NIAID) since 2007.

This national-level distinction, renewed with a second seven-year award in 2014, reflects our expertise and robust ongoing research efforts in influenza.

We hope to see you all soon when we can be together and celebrate Arizona ESA. Until then take care and be safe.

Cyndi and Wendy

Easterseals

Easterseals – Phoenix – Southwest Human Development

Spring Greetings to all Arizona Council members -

What a spring this has turned out to be for 2020! So many Easterseals projects have been changed or canceled. It has become impossible to get together with others because of the coronavirus pandemic. All sports events have been canceled along with the “Walk With Me” fundraiser in Scottsdale which became a virtual event. About the only thing that can be done is make facemasks for use in group homes and home visits. Much thanks to those ESAers that have stepped up to make them.

The need to help out with children's early development has not changed. We just are having to go about helping in different ways. SWHD Easterseals has more than 40 programs that focus



on children ages birth to five ranging from early development, mental health, disability services and early literacy to name a few. These essential services will always be there and monetary support is greatly appreciated.

Stay home, stay safe and maybe we can meet again soon. Looking forward to that!

Ann Jaccaud
Easterseals – Phoenix

End of the April Council Meeting

Closing remarks:

While social distancing and stay-in orders keep communities apart, all of us are finding ways to connect and help one another. Please stay in communication with one another. My Alpha Chi chapter had a video chapter meeting in April. It was a great meeting and it was awesome to see and talk with all of them.

On behalf of the Arizona ESA Executive board we are glad that we could have this “Special April council meeting bulletin”. We can connect with one another and stay informed.

I am looking forward to seeing you all in person very soon. For now, sending everyone virtual hugs and love to you and your families. Stay safe and we will gather together soon.

Announcements:

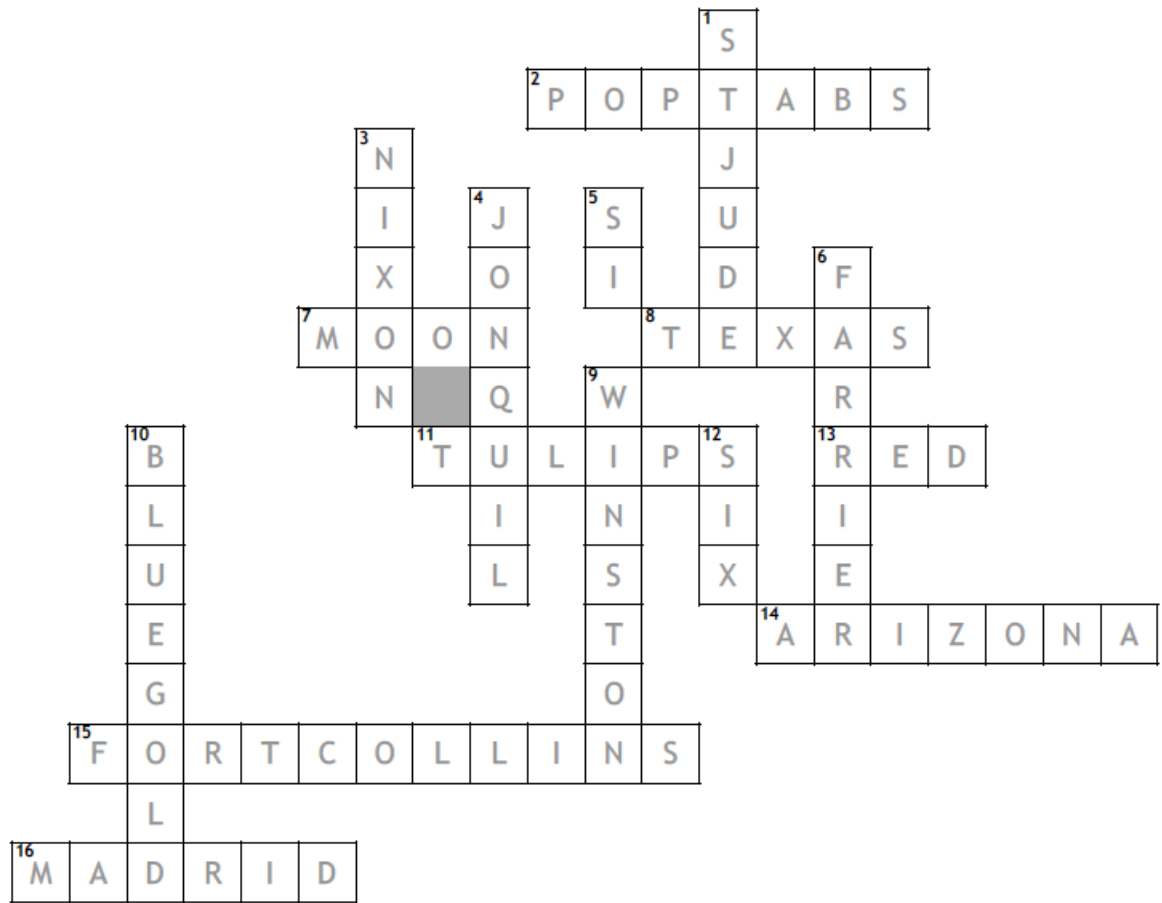
1) 5/29 – 5/31/2020 – State Convention at Holiday Inn located at 777 N. Pinal Ave Casa Grande, Arizona 85222. Hosted by the Alpha Chi Chapter.

2) 7/15 -7/19/2020 – IC Convention in Grapevine, Texas

Karen Madrid
Arizona Council ESA State President 2019-2020
“Believe and Achieve with all your Heart”



Answer to Fun & Games Crossword



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