



Arizona Council Bulletin

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SPECIAL EDITION HOPE FOR HEROES

*HOPE for Heroes Chairs
Paula Fisher, Janice Shaproski
and Kendra Sabol*

These wonderful and inspiring articles were left out of the December bulletin. So, we decided to make a special edition to include it all together!

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<https://www.epsilonsigmaalpha.org/HopeForHeroes>



Greetings one and all!

The Hope for Heroes chairs would like to give you an update on the 10 Arizona Council chapters that participated in our **SPECIAL PROJECT** to acknowledge and appreciate our Nation's Heroes. This project is from the heart of ESA to the hearts of servicemen and women who pave the way for our freedom.

ALPHA KAPPA

Dorothy Elkins "I just want to let you know that Alpha Kappa distributed the 25 flags at a Veterans Happy Hour gathering held on Veterans Day. The event was hosted by a friend of mine and he was very happy to see that the Vets got the flags."

ALPHA OMICRON

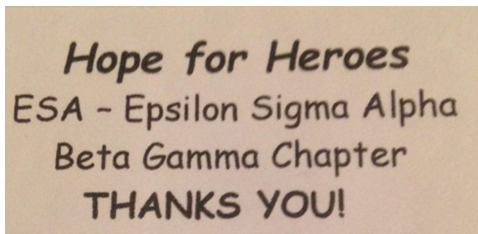
Wendy Williams has been delivering flags and thank you cards personally through her dental office. Terrie Rust "Wendy sees veterans on a daily basis and we thought distributing the notes and flags that way would have a more personal impact. Wendy rocks!"



ALPHA CHI

Suzanne Godard "Due to my schedule I wasn't able to deliver the cards this week. We are hoping to deliver this week. I don't have pictures of the chapter working on them because nobody thought to take pictures. We were having too much fun socializing. The cards will be going to the Sierra Vista VFW."

BETA GAMMA



Held a workshop to complete flag kits.

Janice Shaproski delivered 25 flags and thank you cards to the American Legion to be used in a Veterans Day parade in Mesa.

Paula Fisher delivered 20 flags and thank you cards to the Southeast VA Healthcare Clinic in Gilbert

Kay Hicks delivered 25 flags and thank you cards to the following:

- One to her dentist, Air Force Vet
- One to Carol Faulk, in honor of her husband Phil, who passed away October 30, 2020, an Air Force Vet & friend of Kay's for over 60 years
- One each to Kay and Jerry Hicks, both Air Force
- We love you, Kay, our own Air Force Veteran Chapter member
- Some went to the veterans that attended Kay's 1960 High School Luncheon held this month
- Remaining went to the Elk's Club



BETA DELTA

Liz Castle "At Summerset where I live there are about 1200 homes and they have a Veterans Club. Today the Summerset Vet's club dressed up our cars and drove in a Parade around Cortona Independent Living Center to honor our Vets. What an honor. Most of our Vet's served in WWII and Korea. Thank You for your service to each and every Vet everywhere. God bless you and God bless America."

BETA ZETA

Carol Caldwell had a teacher friend who took 25 flags and the school children decorated, wrote all 25 thank you cards, and completed the kits. Thanks to Kay Hicks who met Carol halfway for lunch at Rock Springs Café (had PIE!!!) and picked up the flags for distribution in the Valley of the Sun.

BETA KAPPA

Chris Goldberg “We have not had a chapter meeting since we received them and we agreed to do them as a chapter, instead of me doing them. We are talking about taking them to the Arizona State Veterans home here in Tucson.”

ETA GAMMA

Deana “We delivered our items to the VA Home in Boulder City, NV on Saturday, November 7 as items must set for 3 days prior to distribution. There are currently 150 residents at the location. We collected toothpaste, toothbrushes, chap sticks, soap, greeting cards, crossword puzzles, pens, notepads, pill boxes, combs, and deodorants. The staff will deliver the appropriate items to those they know need it the worse.”



ETA PI

Had a workshop to complete the flag kits.

Sheri Stapleton-Smith “We had a guest who is a friend of mine, possible new member whose husband works at the VA and said he’d bring them there!”





WARMTH FOR WARRIORS

Looking for a project while you are at home or waiting for someone? If you can knit or crochet this is YOUR project!!! The HOPE for Heroes chairs are requesting slippers for our Veterans here at home and those in your communities.

This time of year, it is very cold and we are putting on our snugly socks or slippers. If you don't have any maybe you order some from Amazon or make your own. Think of the homeless Veterans that may not even have shoes.

This is a wonderful way for you to share Warmth for Warriors and fill up some of those empty hours. Or perhaps you knit or crochet while listening to the radio or watching TV. Or perhaps you knit or crochet because you love it and it is so darn relaxing. Or perhaps you knit or crochet because you know there is something you can do to help those less fortunate or to show appreciation of Veterans.

Since we are not meeting often face to face and cannot collect these hand-made slippers, the HOPE for Heroes chairs are recommending that you find a veteran or a veteran organization in your community that can give them to those in need.

Please let us know how you are doing as we want to share the good works we are all doing with other ESA members and others. We would love pictures of your finished slippers along with a note of where they were given.

Thank you for all that you do for our Veterans who did and continue to do so much for us.



Yarnspirations

spark your inspiration!



CROCHET LOAFERS | CROCHET



CROCHET | SKILL LEVEL: EASY

SIZES

To fit Man's shoe size

Medium 7/8

Large 9/10

Extra-Large 11/11½

GAUGE

9 sc and 10 rows = 4" [10 cm] with 2 strands of yarn.

INSTRUCTIONS

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus (). Numbers for each size are shown in the same color throughout the pattern. When only one number is given in black, it applies to all sizes.

Note: Slippers are worked with 2 strands of yarn tog throughout.

Sole: With 2 strands of B, ch **16 (18-20)**.

1st rnd: (RS). 1 dc in 4th ch from hook (counts as 2 dc). 1 dc in each of next **11 (13-15)** ch. 5 dc in last ch. *Working into rem loop on opposite side of ch*, 1 dc in each of next **11 (13-15)** ch. 3 dc in last ch. Join with sl st to top of ch 3.

32 (36-40) dc.

2nd rnd: Ch 1. 2 sc in each of first 2 dc. 1 sc in each of next 3 dc. 1 hdc in each of next **8 (10-12)** dc. 2 dc in each of next 5 dc. 1 hdc in each of next **8 (10-12)** dc. 1 sc in each of next 3 dc. 2 sc in each of last 3 dc. Join with sl st to first sc. **42 (46-50)** sts.

3rd rnd: Ch 2 (does not count as st). 2 hdc in same sp as last sl st. 2 hdc in each of next 3 sc. 1 hdc in each of next **8 (10-12)** sts. 1 dc in each of next 3 hdc. 2 dc in each of next 10 dc. 1 dc in each of next 3 hdc. 1 hdc in each of next **8 (10-12)** hdc. 2 hdc in each of last 6 sc. Join A with sl st to top of ch 2. Break B.

Cont as follows:

Sides: **1st rnd:** Ch 2 (does not count as st). 1 dc in each st around. Join with sl st to first st. **62 (66-70)** sts.

2nd and 3rd rnds: Ch 2 (does not count as st). 1 hdc in each st around. Join with sl st to first hdc. Fasten off at end of 3rd rnd.

Upper: With 2 strands of A, ch 6.

1st row: (RS). 1 sc in 2nd ch from hook. 1 sc in each ch to end of ch. 5 sc. Turn.

2nd row: Ch 1. 2 sc in first sc. 1 sc in each sc to last sc. 2 sc in last sc. Turn.

3rd row: Ch 1. 1 sc in each sc to end of row. Turn.

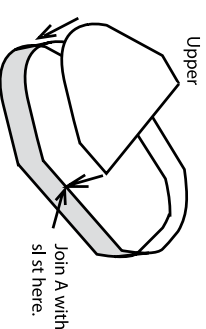
Rep last 2 rows twice more. 11 sc at end of last row.

Next 2 rows: Ch 1. 1 sc in each sc to end of row. Turn.

Next row: Ch 3 (counts as dc). (Yoh and draw up a loop in next sc. Yoh and draw through 2 loops on hook) twice. Yoh and draw through all 3 loops on hook – dc2tog made. 1 dc in each sc to last 3 sc. Dc2tog over next 2 sc. 1 dc in last sc. Turn.

Next row: Ch 1. 1 sc in each st to end of row. Fasten off.

Join Upper to Sides: Pin Upper to Sides. Join 2 strands of A with sl st at left corner of Upper. *Working through both thicknesses*, sl st in each hdc of Sides to opposite corner of Upper. *Working across rem sts of Sides*, 1 sc in each hdc around. Join with sl st to first st. Fasten off (see diagram).



Sole and Sides

MATERIALS

Phentex® Slipper and Craft Yarn (3 oz/85 g; 164 yds/150 m)

Sizes

M **L** **XL**

Contrast A Denim Heather (07115)

2 **2** **2** balls

Contrast B Ultra Navy (00857)

1 **1** **1** ball

Size U.S. 1/9 (5.5 mm) crochet hook **or size needed to obtain gauge.**

ABBREVIATIONS:

Ch = Chain(s)
Cont = Continue(ity)
Dc = Double crochet
Dc2bp = Yoh and draw up a loop around post of next st at back of work inserting hook from right to left. (Yoh and draw through 2 loops on hook) twice - 1 dc in each of next 2 dc in each of next 10 dc. 1 dc in each of next 3 hdc. 1 hdc in each of next 10 dc. 1 dc in each of next 3 hdc. 1 hdc in each of next 8 (10-12) hdc. 2 hdc in each of last 6 sc. Join A with sl st to top of ch 2. Break B.



KNIT
SKILL LEVEL
EASY

Design by Nazanin S. Fard

What you will need:

RED HEART® With Love®: 1 skein of 1308 Tan

Susan Bates® Knitting Needles: 5.5 mm [US 9]

Stitch markers, yarn needle

GAUGE: 14 sts = 4" (10 cm), 32 rows = 4" (10 cm) in Garter Stitch. CHECK YOUR GAUGE: Use any size needles to obtain the gauge.



RED HEART® With Love®, Art. E400, available in solid color 7 oz (198 g), 390 yd (357 m) and multicolor 5 oz (141 g), 230 yd (211 m) skeins

SHOP KIT



Slippers for Him

Made with soft, easy-care yarn, these knit slippers will be appreciated by every man. They're a gift idea you can knit quickly in his favorite color.

Directions are for size Small; changes for size Medium and Large are in parentheses.

Finished Size: 5" (12.5 cm) deep x 9½" (10½, 11") [24 (26.5, 28 cm) long]

Special Stitches

K2TOG = Knit two stitches together.

M1 = Make 1 (Increase) – Lift strand between needles to left-hand needle and knit strand through the back loop, twisting the stitch to prevent a hole in the fabric.

SSK = Slip, Slip, Knit – Slip next 2 stitches, knitwise, to right needle, insert point of left needle through the front of stitches, knit these stitches together through the back loop (1 stitch decrease).

PSSO = Pass Slipped Stitch Over – Insert the left needle into the front of the slipped stitch, passing it over the previously worked stitch and off the needle.

SLIPPER (Make 2)

Cast on 45(51, 53) sts.

Row 1 (Right side): K22 (25, 26), place marker, K1, place marker, knit across.

Row 2 AND ALL WRONG SIDE ROWS THROUGH ROW 32: Knit across, slipping markers.

Row 3: Knit across to marker, slip marker, M1, K1, M1, slip marker, knit across: 47 (53, 55) sts.

Row 5: Knit across to marker, slip marker, M1, K3, M1, slip marker, knit across: 49 (55, 57) sts.

Row 7: Knit across to marker, slip marker, M1, K5, M1, slip marker, knit across: 51 (57, 59) sts.

Row 9: Knit across to marker, slip marker, M1, K7, M1, slip marker, knit across: 53 (59, 61) sts.

Row 11: Knit across to marker, slip marker, M1, K9, M1, slip marker, knit across: 55 (61, 63) sts.

Rows 13-21: Knit across, slipping markers.

Row 23: Knit across to marker, slip marker, SSK, K7, K2 tog, slip marker, knit across: 53 (59, 61) sts.

Row 25: Knit across to marker, slip marker, SSK, K5, K2tog, slip marker, knit across: 51 (57, 59) sts.

Row 27: Knit across to marker, slip marker, SSK, K3, K2tog, slip marker, knit across: 49 (55, 57) sts.

Row 29: Knit across to marker, slip marker, SSK, K1, K2tog, slip marker, knit across: 47 (53, 55) sts.

Row 31: Knit across to marker, remove marker, slip 1 as if to knit, K2tog, PSSO, remove marker, knit across: 45 (51, 53) sts.

Row 33: K1 (P1, K1) across.

Row 34: P1 (K1, P1) across.

Rows 35-37: Repeat Rows 33 and 34 once, then Row 33 once more.

Bind off all sts in pattern, leaving a long end for sewing.

FINISHING

Thread a yarn needle with the Slipper's long end. Folding Slipper in half, with right sides together and matching stitches, sew back and bottom seam.

ABBREVIATIONS

K = knit; **mm** = millimeter; **P** = purl; **st(s)** = stitch(es); **tog** = together; **()** = work directions in parentheses as indicated.

PROJECT GIFT CARD

DEADLINE DECEMBER 18, 2020

The HOPE for Heroes chairs would like to challenge ESA chapters to match our donations by donating three gift cards to support our holiday partnership with the VA and the American Legion. Our vision is to partner with the American Legion and the VA for the Christmas holiday and ESA's contribution to holiday baskets will be the gift cards.



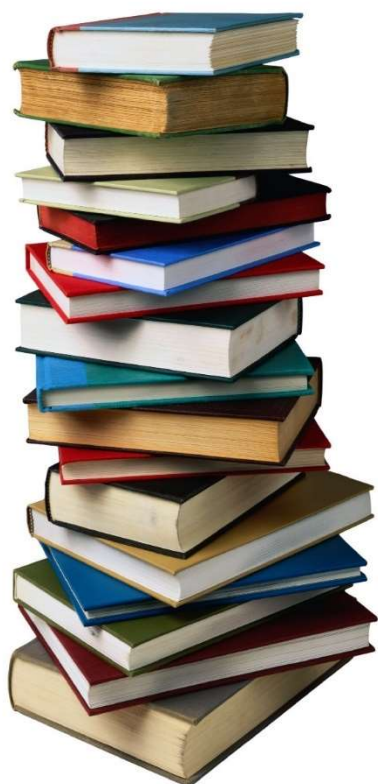
The American Legion has allocated funding for 50-75 veteran families in partnership with the VA and ESA of the Arizona Council. All veteran families will be vetted for "need" by the social workers at the VA of Southeast VA HealthCare Clinic where Paula Fisher is the Administrative Officer. The gift cards from the chapter challenge of three gift cards from each chapter will be placed in the gift baskets for toys and other items the families would choose.

This project supports military families during Christmas. We will also gladly accept gift cards from individuals.

We especially appreciate your dedication and commitment to our nation's heroes and their families.

Please mail your gift cards to:
Paula Fisher
13201 S. Wakial Loop # 1085
Phoenix, Arizona 85044

OPERATION PAPERBACK



We need your hard back and soft back books and a little cash so the HOPE for Heroes Chairs can mail Books to military locations overseas and to veteran's organizations in the states. If you write a check, make the check payable to the Arizona Council ESA and designate it Hope for Heroes. Mail your check to Kendra Sabol (28806 N. 49th Way, Cave Creek, AZ 85331) to be recorded for reporting purposes and Kendra will send the check to the Treasurer of the Arizona Council to be designated for Hope for Heroes.

If you are donating books, you can leave your monetary donation with the books also.

I shipped my own books to Fort Wainwright, Alaska. Here is the request: "We need books for a large company of soldiers and families in Alaska. We are setting up a free library at our hanger for soldiers to bring books home to their families. Any help is greatly appreciated as we cope with COVID. All genres welcome. "

I was honored to speak at both sessions of the ESA Coffee Chat about Operation Paperback. Excited to see some traction on Facebook with such comments "I am writing from Memphis. This is so easy! Thank you for the information on Operation Paperback!. I also mailed a box of old cell phones for Soldiers and envelope of coupons to our Airman and Family Reserves."



Operation Paperback (a 501c3 organization) began in 1999, sending its first shipments to Kuwait and Saudi Arabia. They match donors of gently used or new books with individual soldiers, military units, their families, or veterans' groups who have requested books. You can select a recipient from the list, enclose a note with your books, and even order USPS pick-up from your home. Super-easy Hope for Heroes project to take on from home with books you already have. [Read the inspiring thank you notes from soldiers on their site and sign up to volunteer as a donor.](#)

Another ESA member noted on face book: "can you give the address to send the paperbacks please. I have some I would send."

Another ESA Member noted on face book: "ESA Website has all the info."