Arizona Council Bulletin

March 2021

EPSILON SIGMA ALPHA Volume LXXVII, Issue 6

Dearest Sisters and Brothers,

It seems to me that time is slipping by at an ever-increasing rate. I can't believe that we've all been hanging out in our homes for almost a year now! I'm hoping that many of you have been able to get your vaccines, which brings us one step closer to being able to meet in person.

I hope you all took up my challenge and reached out to a fellow ESA'er by making a phone call or sending a note. I recently spent a week in Oregon because my mom had a hip

through dive

unity

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replacement surgery, and it was a good opportunity for me to remember to try harder to take care of my health. If you could use a little encouragement to remember to take better care of yourself, consider asking a sister or brother in ESA to be a health partner with you; accountability can make it easier to meet goals!

Keep an eye out for an event in March; we are working on plans for a fun and educational time together.

As always, stay safe and remember, tell someone you love them today!

You can ALWAYS call me if you have questions, suggestions or concerns – 831-227-3880. You can email me too.

Yours in service, Shari Stapleton-Smith







Greetings All,

I am hoping that you all are taking care of yourself and those you care about. It is March and our ESA year is a few months from ending. I encourage all of you to consider becoming part of the Arizona Council appointed or executive board for next year. All of you have so many talents that would be a true blessing to the Council. If you have any questions or would like to chat about this, please feel free to reach out to me.

At the end of February, I will be attending this year's IC Leadership Conference. It is being held virtually and should be full of lots of great information that I look forward to sharing with you soon.

ESA Coffee Chats

Join our IC President, LeAnn Wray and Tracy Swanson from Headquarters as well as lots of ESA members from around the country for the ESA Coffee Chats series. On the 2d and 4th Mondays of the month, people gather for friendship and to explore ESA happenings and ideas. Morning and evening options are available. Sign up to receive the ZOOM credentials to join in, more info at www.epsilonsigmaalpha.org/ESACoffeeChat

Demonstration ESA Bingo party

IC President LeAnn Wray and ESA HQ Membership Director Tracy Swanson will be having a demonstration ESA Bingo party. This will be to show how to conduct a Virtual BINGO event. A few games will be played with an online Bingo app so you can see how it works. Also, they will be sharing how to include ESA information and membership tools right into the event and give us a chance to experience the party so you can host one of your own.

The event will be held on Friday, March 26 at 5:30pm. Every ESA member is welcome to join in, but they need to complete their own registration form to receive pre-party instructions and Zoom link. There is a Bingo Card generator that will need to be download on your smartphone before the event or you can use Bingo cards you have printed in advance. If you just want to watch and learn

without actually taking part in the BINGO games, you can do that too with just the ZOOM link. <u>https://www.epsilonsigmaalpha.org/ESABingo</u> **Registration closes on March 12th.**

Remember to reach out and keep in contact with one another.

Take care and Be Well

Patricia Lale.





Hello Everyone,

I do believe spring is just around the corner, especially for our brothers and sisters in the Midwest. It has been one heck of a year...to say the least. Hopefully, we will be seeing some normal things happening soon. Every day gets us closer.....do what you can to help make this happen. Continue to wear your mask and keep some distance when among strangers and washy washy your hands.

I hope some of you have reached out to some of your local charities to see if you can be of help in some form and still be safe. Eta Gamma has had success in one charity in Henderson to help feed children for the weekends. It is not hard work and only takes about 1 and 1/2 hours. 10 people filled 1,400 bags with a bottle of water and food for the weekend. Plus, it is getting out our ESA name in the community. Any one of any age can help and it teaches our younger generation the importance of reaching out and helping others in these crazy.



Stacy's sons – Owen (left picture) & Trevor (right picture)

1st bagging Mike, Leslie, Stacy, Deana, Trevor and Owen 2nd bagging...Mike, Augie, Karen, Deana, Stacy, Conner-Owen's friend and Owen I know many of you may be collecting our collectibles. I hope you will find a place to store all of them until we can meet. If you are around Karen Madrid and have plastic caps, she said she could make arrangements with you to get them.

I listed several ideas for you and your chapter to possibly do in the last bulletin. I do hope you have attempted to do one or more of them. Please drop me a note and let me know. I am anxious to hear about anything any of you are doing. I really miss seeing all of you.



One possible suggestion that I have not mentioned. Eta Gamma's Philanthropic Chair, Leslie came up with an idea. She is doing latch hook and we are making pillows for the children leaving the Safe House here in Henderson. She has recruited a couple other chapter members to start doing latch hook. I have attached a picture of the first ones that we took to the Coordinator at the Safe House.

Leslie and Safe House Coordinator Bianca

One thing I know you can do right now to help raise funds for St. Jude and Easterseals is to contact Jeff Goldberg and get some raffle tickets and encourage your co-workers, family, and friends to purchase one or more. They are \$20 each or 6 for \$100. A bonus is that you could possibly win too! It will be a win win for St. Jude, Easterseals and 3 other ticket holders. 3rd place will get 10%, 2nd place will get 15% and 1st place will get 25% along with 25% for St. Jude and 25% for Easterseals. Please consider this project. You will help make a difference as each \$1.00 makes a difference. The drawing will be at State Convention, so you have ample time to get out there and sell, sell, sell! Percentages amount will be based on total dollars that WE raise in our selling efforts. So, as I said before, get out there and SELL—SELL!

St. Jude good news....Las Vegas will have another Dream Home in 2021. The ground-breaking has not been set yet but I know it will be sometime soon. The media launch will be as before in July. More details to follow as soon as they are confirmed. Stay tuned!!

If you have any questions or concerns, please reach out to me or any of our board members. We are here to help in any way we can. I do ask that if possible, please join us on any zoom meeting even if it is on your phone. We miss seeing you and/or hearing your voice. You help make all success of our council, so we need to see you and hear from you.



Remember - Easterseals money is due by 3-31-21. Please be sure you get it in. These moneys are important to many of all ages and all disabilities! You can help!

Please take care and be safe! Hugs from Nevada to all of you.

Deana Walters



Greetings All,

Louanne and I hope that this finds you all doing well and staying safe. This is a reminder to please send any good news, such as birthdays, new grandchildren or great-grandchildren or other good news that you may have experienced. Also let us know the sad news of illness, death, or just ask us to send a thinking of you card. Sometimes when you don't feel great or you are down and you receive cards from your sisters and brothers, it can lift your spirits.

Send any information pertaining to illness, death, need for cheering up to Louanne Stephens <u>is4louanne@aol.com</u> and/or Patti Gale <u>nacomgale@gmail.com</u>

Taking a break

Take a break from hurting words and say kind words. Take a break from sadness and be filled with gratitude. Take a break from anger and be filled with patience Take a break from pessimism and be filled with hope. Take a break from worries and trust. Take a break from complaints and contemplate simplicity. Take a break from bitterness and fill your heart with joy. Take a break from selfishness and be compassionate to others. Take a break from grudges and be reconciled. Take a break from words and be silent so you can listen.

Louanne and Patti

Jr. Past President/ Disaster Fund Chair/Parliamentarian

Jr. Past President/Disaster Fund – Karen Madrid



Happy St. Patrick's Day!

Thank you to those who have donated to the Disaster Fund. I will also be cooking homemade meals and delivering to ESA members in the Tucson area for donations for the Disaster fund. I will be reaching out to some of my ESA Tucson sisters and brothers to bring you homemade meals. The meals can be package up and left by your door.

There will be a raffle basket for the Disaster fund. There will be a flyer with the list of items and you can purchase a ticket to winner. All the items will be mailed out to the winner. Details coming soon!

Remember all checks should be made payable to the Arizona Council of ESA and put Disaster Fund in the memo on your check. Please send your check to 5672 E. Cooper Street Tucson, AZ 85711. Remember every dollar makes a difference to our ESA membership for the Disaster Fund.

Parliamentarian – Karen Madrid

Please remember to discuss the Standing Rule change that was put in the February bulletin with your ESA chapter members. We will be voting on the

Standing Rule change at the April Council meeting.

Please consider running for the Arizona ESA Executive board for 2021-2022. You'll broaden your perspective, enhance your skill set, and gain a new network of individuals that will enrich your life. It is truly an amazing journey! I feel that serving on the Arizona ESA Executive board has given me personal growth and passion. It has been an honor to serve on the Executive board and work with all of my ESA brothers and sisters.





"Life itself is your teacher, and you are in a state of constant learning." Bruce Lee

The Educational Program at the January Council Meeting was about making trying new things. Did anyone leave the meeting and try something new? I'd love to hear about the things you tried and whether or not you've stuck with it. Drop me an email or a text and let me know! (<u>suzannegodard@gmail.com</u> or text 520-991-5657)

The Educational Committee is still looking for reports to read. We don't care if they are late, or if you don't think they are good enough. We want to read about what you are doing!

Email your reports to <u>suzannegodard@gmail.com</u> or snail mail them to me at:

Suzanne Godard 2160 E. Fry Blvd Ste C5 PMB 324 Sierra Vista, AZ 85635

Trivia Time!!

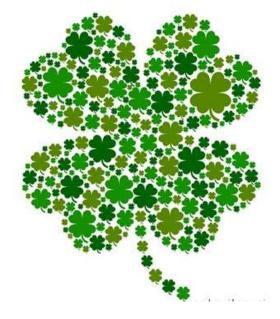
So far, Shari Stapleton-Smith, Liz Montgomery, Kendra Sabol and Mindy Udall have answered Trivia Questions. They are going to win some great prizes!! Does anyone else want great prizes (or maybe you just want to show how smart you are?? Here are the answers to the last set of questions:

- 1. What is the deadline to apply for Foundation Scholarships? **February 1st**
- 2. Who is the current IC Recording Secretary? Mary Humphrey
- Which fast food giant once made bubble gum flavored broccoli?
 McDonald's
- 4. Which letter of the alphabet doesn't appear in any US state name? **Q**
- 5. True or False: Cows have upper front teeth. False

New Questions

Email (<u>suzannegodard@gmail.com</u>) or text (520-991-5657) the answers to these questions. Answers and winners will be revealed in the next bulletin. There will be prizes!!

- 1. How many degrees are there in the Pallas Athene program?
- 2. What was the total in gift card donations made to Hope for Heroes this year?
- 3. What fundraiser occurred on November 11th for Easter Seals?
- 4. What year was the post-it note introduced?
- 5. How many times has the design of the U.S. Flag been modified since 1977?



ST. PATRICK'S DAY WORD SEARCH	C
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SURPRIZING FACT!!!



It is illegal to wear someone else's Medal of Honor, but not illegal to pretend you have one.

US Criminal Law forbids unauthorized wearing,



manufacturing and sale of military decorations and misuse of the Medal of Honor with a heavy penalty. In 2006 President George W. Bush signed into law the Stolen Valor Act which allows for a prison sentence up to one year on anyone falsely claiming to have received the Medal of Honor (other decorations 6 months). The Supreme Court struck down this Act on

June 28, 2012 ruling that it violated the right to free speech guaranteed by the First Amendment.

Max Thompson (1922-1996) was a Sergeant, U. S. Army, Company K, 18th Infantry, 1st Infantry Division. He was born in North Carolina, entered service at Prescott, AZ. He was cited for action on October 18, 1944 near Haaren, Germany. He was under attacked by enemy infantry supported by tanks and preceded by heavy artillery fire and his unit incurred heavy casualties. Seeing the Germans about to overrun one of his platoons, he first picked up an abandoned machinegun and fired on the enemy until tank fire destroyed the gun. He then picked up an automatic rifle and continued firing whole standing alone, until he halted the lead elements of the attack. He then took up a rocket gun, firing until he set a light tank afire. Finally, during the same action while attempting to silence three pillboxes, he advanced alone within 20 yards of one and, though wounded, forced the enemy to abandon it. His leadership caused the eventual clearing of the other two.

Leo Thorsness was born in Walnut Grove, Minnesota in 1932. He was cited for action in the skies over Viet Nam. While on a surface-to-air missile suppression mission, Colonel Thorsness wingman was shot down by intense antiaircraft fire with its 2 crewmembers abandoning their aircraft. In spite of being a single aircraft with low fuel in an extremely hostile environment of surface-to-air missiles, antiaircraft defenses and enemy aircraft, Colonel Thorsness directed search and rescue forces to the downed crewmembers and provided top cover over the rescue area while destroying one MIG-17, damaging another and driving three others away. Further, although critically short on fuel himself, Colonel Thorsness helped avert further possible loss of life and a friendly aircraft by electing to recover at a forward operating base, thereby allowing the other aircraft to receive much needed priority fuel from an airborne tanker aircraft.

Jay Vargus was a Major, USMC, Company G, 2nd Battalion, 4th Marines, 9th Marine Amphibious Brigade. He was born in Winslow, Arizona on July 29, 1937. He was cited for action on May 1, 1968, in the Republic of Vietnam. Although wounded from action the previous day, then-Captain Vargus led three combined companies in an attack across an open rice paddy against a fortified village. Organizing and reorganizing and again wounded, Captain Vargus inspired his men to continue their advance. A number of enemy bunkers were destroyed and the objective seized. Though wounded a third time during the three day battle, Captain Vargus continued to lead, and, observing his battalion commander wounded, proceeded to carry him to safety.

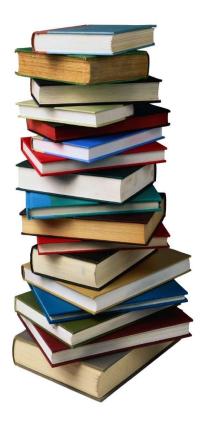
Leonard Wood (1860-1927) was born in Winchester, New Hampshire. In January 1886, then Lieutenant Wood was serving as an assistant surgeon stationed with the 4th Calvary at Fort Huachuca, Arizona Territory. During the final campaign against Geronimo in the summer of that year, his bravery, leadership, and keen sense of purpose resulted in his award of the Medal of Honor. He voluntarily carried dispatched through a region infested with hostile Indians, making a journey of 70 miles in one night and walking 30 miles the next day. The latter part of the journey on foot was replete with harsh weather conditions and unforgiving terrain. Also, though a surgeon, he volunteered to lead a detachment of soldiers which was without an officer. For several weeks, Lieutenant Wood was in close pursuit of Geronimo's band, constantly expecting an encounter.

HOPE for Heroes Chairs,

Janice, Paula, and Kendra

HOPE FOR HEROES 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 wanted to share with you the reasons for the requests for books from the military:

"Books are needed to stimulate my 93-year-old father. The more pictures the better. He loves history, golf, baseball and football." Through your donations, I was able to send him 3 books on gold and 2 coffee table size picture books

"Accepting large shipments for unit in Afghanistan. No USO or MWR and losing post store due to COVID and drawdown. Mail is limited and delayed – can use as much support as possible to improve quality of life. We'd love a nice mix of fiction and non-fiction books." Through your book donations I was able to send him 12 books of fiction and mystery.

"I am currently deployed to the Middle East. I am putting this request in for my entire company of Soldiers. We will be extremely appreciative of whatever we can get. We would especially like military history and autobiographies." **Through your book donation I was able to send 8 books on military history and autobiographies.**

"Accepting large shipments for a huge 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 appreciated as we cope with limits due to COVID. Appreciate books on self-help." Through your Book donations I was able to send 5 books on self-help and 13 books on romance. 26 books were sent to Fort Benning, Georgia. Their request list for the soldiers and families included fiction, mystery and romance. Through your book donations these books were sent.

We will take any books on any subject matter. Glad I could find a home for the books on golf and military history and the large coffee table books. Please consider donating your books.

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



Hi everyone,

The Foundation is hosting **Totally Rad 80s Gone Bad**, a Virtual Murder Mystery event on April 17th a 5pm MST. This event will help support the funds that would have been raised at the Foundation Fund Fest during IC convention. Entry fee for admissions begin at \$ 25.00 with sponsorships available. See the next page for information. **You must register online** at: esa-foundation-event.square.site

Also, the next ESA Foundation Workshop will be held virtually on March 16th, 6:30 pm. This workshop will focus on the "Changes in the Educational Landscape". There will be several outside speakers sharing their experiences. I will send out more information on how to register when that is available.

Pages 15-16 include the <u>New form</u> for the ESA Turn-Around Funds. Please use this updated form when sending any chapter donations through the turn-around funds. And again, thank you for all you do for the ESA Foundation.

Love you all, Jacqui Smith ESA Foundation Counselor



WITH THEIR HIGH SCHOOL CAREER COMING TO AN END, THE STUDENTS OF MAYHAM HIGH BATTLE IT OUT OVER WHO WILL BE CROWNED PROM KING AND QUEEN. AS THE NIGHT UNFOLDS, THE ROYALTY WILL BE REWARDED AND AN INNOCENT LIFE WILL BE CLAIMED. CAN YOU FIND THE CULPRIT IN THIS CRAZY MADNESS FILLED WITH NEON, NAUGHTINESS, AND NARCISSISTIC BEHAVIOR?

ADDIL 17, 2021 AT 5PM MST (4PM DST, 6PM CST, 7PM EST)

Join these totally tubular teens and far out faculty for a night of mullets and mayhem!

> Reservations must be made online: esa-foundation-event.square.site General Admission entry (\$25.00) Rad (\$50) | Tight (\$100) | Righteous (\$250) | Tubular (\$500 & up) *All sponsors receive 1 admission. **All donations are tax deductible.



 Enclosed is my Cha Please charge my: 	FOUNDATION EPSILON SIGMA ALPHA ND FUND REQUEST FORM eck-Please make all checks payable to ES VISA Master Card Discord	CK# A Foundation ver Card	NS DT Please return this form to: ESA FOUNDATION (970-223-2824) 363 West Drake Road Ft. Collins, CO 80526
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11/29/2020	All Contribution	ns are Tax Dedu	ctible Page 1

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All Contributions are Tax Deductible

Dear ESA Brothers and Sisters:



In writing an article for Ocotillo Express, I was inspired to donate to St Jude. St Jude will be sending one lucky donor into space on the Inspiration4 space ship. It will be an all civilian crew and passengers. Wouldn't it be something if I won a seat on the ship. In reality I don't think I would be the lucky draw, but I was lucky the moment I donated to St Jude. Knowing the fight is not over. We do have another opportunity that is more realistic in winning. I'm talking about our very own 50/50 raffle. Of the first 50%, that money will be split between St Jude and Easter Seals. The other 50% will be divide to 3 winners. \$25 to the first place winner, 15% to the second place winner and 10% to the third place winner. So far, we have raised \$640 and more coming in.

Do you know of friends and family who have helped in the past? Go ahead and ask them to purchase a ticket, you might be surprised. Although these are tough times, some things have not changed and that is the good feelings you have when you support one of these two organizations.

Remember we have only a few months left until the drawing. Tickets are \$20 each and 6 for \$100 and the drawing will be at convention.

If you have entertained the idea of having a fundraiser for St Jude, please let us know so we can assist you in your needs.

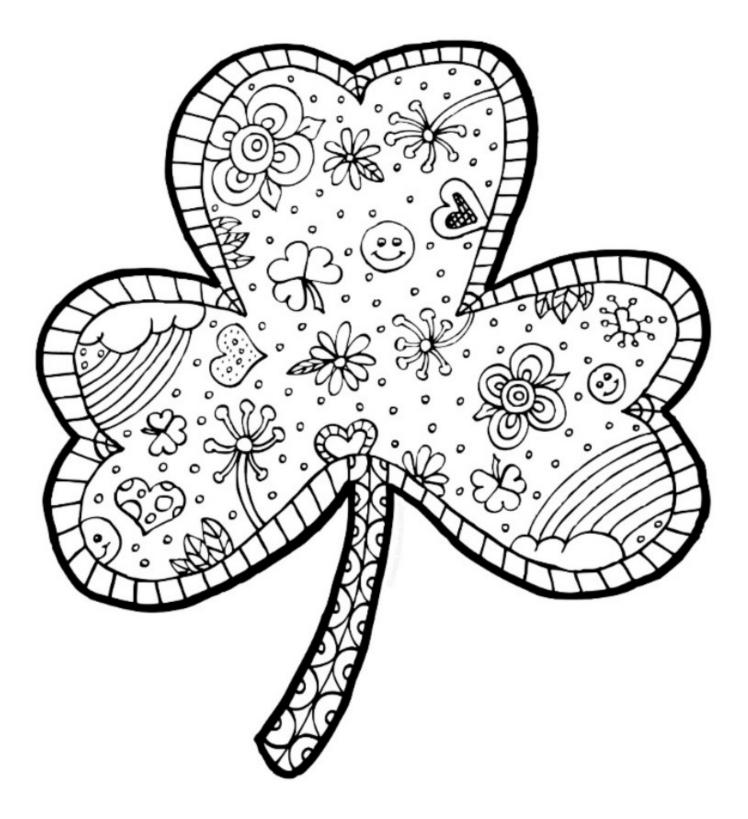
In the spirit of the upcoming St Patty's Day, here is an Irish blessing for you.

May your troubles be less, Your blessings be more, And nothing but happiness Come through your door.



Love in ESA,

WENDY WILLIAMS, PHX JEFF GOLDBERG: TUCSON DEANA WALTERS: VEGAS





Easterseals - Phoenix

SWHD Easterseals - Phoenix news

Ann Jaccaud

Walk with Me will be March 15-20, 2021

Residents of the Valley of the Sun are invited to join Southwest Human Development and presenting sponsor, the Arizona Coyotes, for the 13th annual Walk With Me from March 15-20, 2021. The event will be a week of sociallydistanced and virtual activities as participants raise funds to support programs and services offered to more than 140,000 children and their families each year. <u>https://www.swhd.org/walk-with-me-fundraiser-for-kids-with-disabilities-</u> <u>returns-in-march/</u>

If you would like to volunteer please contact Annette Sutfin at asutfin@swhd.org

Easterseals - Tucson

Easterseals/Blake Foundation Tucson news

Chris Goldberg

Here is the link to upcoming opportunities with the Blake Foundation – at this time we're not sure if they will be using volunteers but will keep you posted. <u>https://www.easterseals.com/blakefoundation/get-involved/events/</u>

If you would like to volunteer please contact <u>amather@blake.easterseals.com</u> or by phone at (520) 327-1529, extension 7077



Saint Patty's Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once. We recommend you use a pencil.

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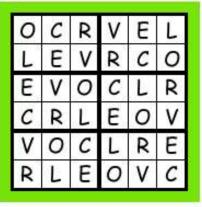


Saint Patty's Sudoku

RAINBOWS

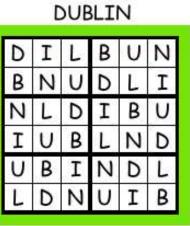
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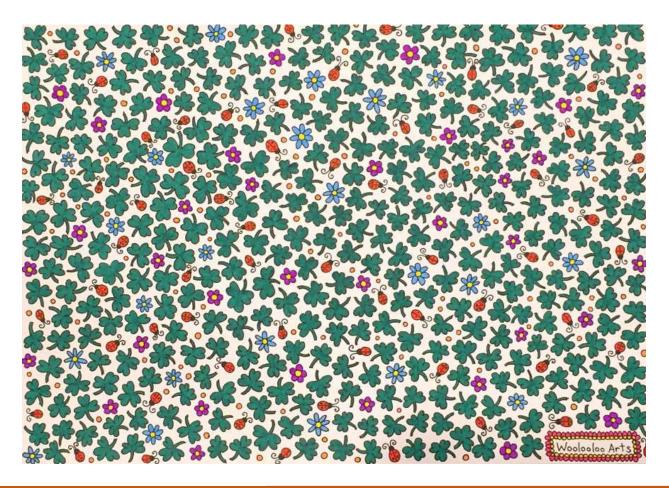
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Can you find the 4 Leaf Clover?



Date	Event & Location
April Council Meeting – April	Hosted by Beta Gamma
18, 2021	TBA
Arizona State Council 78th Convention June 4-6, 2021	ТВА
74 th Annual ESA 2021 IC	Louisville, Kentucky – Marriott Downtown
Convention – July 28-August 1,	<u>https://www.epsilonsigmaalpha.org/about/ic-</u>
2021	<u>council/convention</u>

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 <u>http://azcouncilesa.com</u> 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

