

Arizona Council Bulletin

October 2021



Volume LXXVIII, Issue 2



Dearest ESA Family,

Happy Fall!

It was great to see so many of you at the September Council Meeting on Zoom but I miss the hugs! We approved the budget and the calendar for the year (which we missed at convention), be sure to check out the dates in the bulletin. If we get to meet in person in November, Eta Pi and Gamma Iota will be co-hosting in Tucson; fingers crossed!

At the meeting we talked about ideas to help fulfill our purpose of DEEPEN MEANINGFUL CONNECTIONS WHILE LEARNING ABOUT OURSELVES AND EACH OTHER AND CONTRIBUTE TO OUR COMMUNITIES AND IC CHARITIES.

A lot of good ideas were discussed in small groups, one of my favorites for staying connected is thoughts of the day via text to all chapter members. Partnering with chapters in your geographical area was another great idea. More to come!

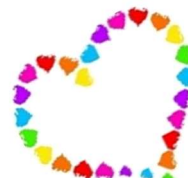
I hope you all are well and healthy and are remembering to try to connect, whether it's sending a note, making a phone call or visiting when it's safe.

Don't forget: Be the reason someone feels welcomed, seen, heard, valued, loved and supported today and try to be the rainbow in someone else's cloud!

Call me anytime to share your thoughts, ideas and advice.

Yours in service,
Shari Stapleton-Smith

A handwritten signature in black ink, appearing to read "Shari".



Page	Table of Contents
2	Membership Chair
3-4	Education
5-6	Philanthropic Chair
7	Jr Past President/ Parliamentarian/ Disaster Fund Chairman
8-9	Western States
10-12	Hope for Heroes
13	ESA Foundation
14	Chaplain
15	Easterseals
15-17	St. Jude
18	Chapter news
19	Calendar
20-26	Fun & Games



1st Vice President

Greetings All,

I hope that you are all doing well and enjoying the start of Fall. It was great to see many of you at our September Council Meeting Zoom. Hopefully soon we will be able to meet in person. If your chapter is holding a rush event or has held one, please send me an email telling me all about it. I am looking forward to hearing all about them and sharing with the rest of the council. If your chapter has not planned a rush event and are looking for some ideas, check out the recruitment section on the ESA website <https://www.epsilonsigmaalpha.org/Recruitment>

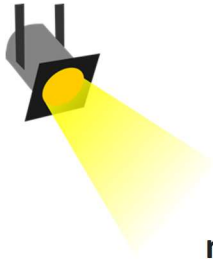
It contains lots of great ideas as well as printable flyers. Please let me know if I can help in anyway.

Throughout this year we need to look for ways to not only grow the Arizona Council but ways to continue to make it better for all our members. I am looking forward working with all of you to come up with some great ideas.

I hope that you all have a wonderful October and look forward to seeing you all soon.

Be Well, Patti





Member Spotlight

Do You Know Me?

This year we are celebrating diversity by learning about the members of the Arizona Council. Each month we will honor a couple of members. It will be so much fun getting to know the members of ESA.



Carol Caldwell – Beta Zeta

When and why did you join ESA?

Joined in 1965. Why: friends with some with whom I played softball and volleyball with

What is your favorite ESA memory?

There are too many to say which are my favorite. Maybe getting to know so many women from different states and Australia and Arizona, Seeing St Jude Hospital, and many more.

Where did you grow up?

Prescott, AZ am a second-generation my mom was born and raised here also.

What is/was your career?

Managing a cutting room in the clothing industry and manager of a convenience store.

What is your favorite food?

Fried chicken, Spaghetti, or most Mexican foods.

What is 1 thing on your bucket list?

Really nothing would like to go back to Australia in their summertime

What is something that we would be surprised to know about you?

Am very stubborn when told I cannot do something.

What is your guilty pleasure? Maybe sweets



Jeff Goldberg – Gamma Tau

When and why did I join ESA?

I joined in 2012 as a founding member of Gamma Tau. Since I was already doing the work of volunteering for St Jude, Easter Seal and other organizations, it made sense to have our hours counted.

What is your favorite ESA memory?

Going to IC in Memphis and being able to visit the St Jude Children's Research Hospital. It put all my years of volunteering, fundraising, and donating to St Jude into perspective.

Where did you grow up?

I was born in Tucson, AZ and spent my first 4.5 years there. We moved to Philadelphia, PA where I did my schooling there thru my first year of college. After that I moved to Florida and when I was 19 enlisted in the US Air Force.

What is/was your career?

I received a degree in Accounting and worked as an Accountant for 13 years before I got my certification as an Educator. I taught from February 2001 until I had to retire in 2013 due to a disability that precludes me from standing to teach Math.

What is your favorite food?

Memphis style barbeque ribs.

What is 1 thing on your bucket list?

I wish to visit Israel and pray at the wailing (western) wall.

What is something we would be surprised to know about you?

For the better part of my life and after my daily work was done, I was a professional Night Club entertainer, where I sang and told jokes and stories.

What is your guilty pleasure?

Watching TV.

Suzanne Godard and the Educational Committee

2nd Vice President

Happy Autumn to All!

Can't believe we are at the end of September already. I guess what they say, "time flies when having fun". I know it has not been the "fun" we wanted to have, but I know some of you have been doing things to help others and having fun while you were helping. That always makes you happy.

If you did not attend the September AZ State Council Zoom Meeting, you missed a great meeting. I have to say it was one of the best and most enjoyable meeting that we have experienced for a while. I know it was a zoom and many don't like to do that, but the interaction, conversations, sharing of ideas was SUPER!! We need to be sure that continues in the coming meetings whether "live" or "zoom". Sharing ideas and opening up in group chats to share thoughts is the way we can do more, create new ideas to share and give any and all the opportunity to have input. Loved it!!

Thanks to Baz Winsor and Colleen Lugar we may have an outlet for the medicine bottles again. I will be updating the philanthropic information sheet. Hopefully, they have spread the word with an article in this newsletter. If not, I will send out a blast via the Ocotillo Express with all of the details on both.

Also, another new idea came up during the meeting. This one is so exciting. I am registering and hopefully will have all the details to share with everyone in the next newsletter. STAY TUNED!! Everyone can participate!

Chapter Presidents and Philanthropic Chairmen, please be sure that you reach out to all the members of your chapters to be sure they are tracking the hours, miles, money, collectibles and donated goods that they have done since our last reporting back in April. The tracking of all of this is so important as all of it helps keep ESA as a not-for-profit organization. If anyone has any questions or concerns, anyone can reach out to me via email or phone. I will do my very best to get back to you within a day or two with hopefully the correct answer and the

one you wanted to hear. Remember, there are no stupid questions, only the one you do not ask!

I again encourage anyone with a project that they have done or that their chapter is doing, please share with all of us. It may be something that another chapter could also do in their area or something that others might be able to do. Sharing is important. We can reach out and help so many that need it. We may never meet those we are helping, but you know in your heart you did make a difference!

I have to tell all about this. Cristol Peppenilli (who came in to visit from New York) and I had a great opportunity to do a live event for St. Jude in an outdoor venue. It was at the Heart of Fashion held at the Las Vegas Baseball Stadium on the 18th of September. It was an amazing evening. Not only being able to do something “live” we were able to raise over \$300,000 for the families and children that depend on St. Jude. It was a win win evening!

Let’s put on our positive thoughts, openly share ideas and possible projects and we are keeping our fingers crossed that we will be seeing each other in person soon.



Please be safe and take care.
ESA Hugs,
Deana Walters
AZ 2nd Vice President



Jr Past President/ Parliamentarian/Disaster Fund Chairman

Jr. Past President/Disaster Fund Chair – Karen Madrid

Treat or Trick! Happy Halloween to everyone. Love this time of year and can't wait to decorate for Halloween.

Hope you all are doing well. Really miss seeing all of you in person. But I am so glad that we can still have our State Council meeting via zoom. Raising money this year looks a little different. Asking each chapter member to donate their spare change to the Disaster Fund. I will be cooking meals for the ESA members and friends and family to raise money for the Disaster Fund. In January 2021, I will have a basket to raffle off for the Disaster Fund as well.

Please make your check payable to the Arizona Council of ESA and put Disaster Fund in the memo on your check. Please send your check to me at 5672 E. Cooper Street Tucson, AZ 85711. Every donation makes a difference.

Parliamentarian – Karen Madrid



The Bylaws and Standing Rules are available on the Arizona council website. If you need or would like a paper copy of the Bylaws and Standing rules, please let me know. The deadline this year for any proposed changes will be the January Council Meeting.

Sending you all ESA hugs and love today and always. Always here for you! Here to lend a hand if you need anything.

Western States Regional Council

The Western States Council is planning the 2022 Fling in Palm Springs at the Palm Mountain Resort & Spa beginning Tuesday, January 25, 2022 thru Friday, January 28, 2022. If you would like to attend I have attached the registration form.

October 1, 2021: \$100 Deposit Due

Send a check and I won't cash it, UNLESS we have enough interest.

Your check, Zelle or PayPay payments would all be refunded.

IF it has to be canceled because of COVID, NO CANCELLATION fee, EVER.

November 1, 2021: \$300 Second Deposit Due

December 1, 2021: Final Payment Due

Please make checks payable to: Ruth Rockwell

ZELLE Payment: RuthRockwell@aol.com

PayPal Payments: RRockwellA@aol.com

ESA Western States Fling RESERVATION FORM (one for EACH person)

Palm Springs California

Arrive: Tuesday, January 25, 2022; Depart: Friday, January 28, 2022

Palm Mountain Resort & Spa

155 South Belardo Road, Palm Springs, CA 92262 - 760/ 325-1301

3 Nights Accommodations; Porterage; Daily Resort Fee

3 Breakfasts, Lunches, Hospitality & Dinners

Tour of Palm Springs-including Gardens; WS Meeting; Meeting room

History of Palm Springs; Social Hour; ESA Fling Registration

() Single-\$950 () Double-\$750 () Triple-\$710; () Quad-\$690

() 1 King Bed () 2 Double beds

Name _____

Address _____

Phone # (____) _____ Email _____

Roommate(s) _____

October 1, 2021: \$100 Deposit Due

I need to know there is enough interest for us to go further.

Send a check and I won't cash it, UNLESS we have enough interest.

Your check, Zelle or PayPay payments would all be refunded.

IF it has to be canceled because of COVID, NO CANCELLATION fee.

November 1, 2021: \$300 Second Deposit Due

December 1, 2021: Final Payment Due

Please make checks payable to: Ruth Rockwell

ZELLE Payment: RuthRockwell@aol.com

PayPal Payments: RRockwellA@aol.com

Tentative Schedule

Tuesday

2:00-4:00 p.m. Registration
3:00 pm. Hotel Check in
5:00 pm Hospitality
6:30 pm Dinner
After Dinner Drinks and Social Activities

Wednesday

7:00-9:00 "Continental" Breakfast in meeting room
Palm Springs Tour: Gardens, Indian Canyon, Shopping
Lunch
5:00 pm Hospitality
6:00 pm Silent Jewelry Auction Closes
6:30 pm Dinner
After Dinner Drinks and Social Activities

Thursday

7:00-9:30 "Continental" in meeting Room
8:00-8:30: Helping Hands Walk
10:00: ESA Western States Meeting
Palm Springs Historical Society: Women who settled Palm Springs
1:00 pm Lunch at Casino
Free Time
5:00 pm Hospitality
6:00 pm Silent Auction Closes
Palm Spring Village Walk, Dinner
8:30 pm After Dinner Drinks and Social Activities

Friday

7:00-9:30 "Continental" Breakfast in meeting room
Departures : (

Please note that Ruth Rockwell will need your \$100 deposit by October 1st (or shortly thereafter) to confirm hotel and other events.

You may mail checks to her at the following address:

Ruth Rockwell
PO Box 189003, PMB 320
Coronado, California 91178
ruthrockwell@aol.com
619-446-6388

The Flings are always lots of fun with activities, food, and getting together with those we haven't seen from the Western States. Hope you'll join us for a nice little getaway!

Also a reminder that Western States dues are \$2 per member (per year) and can be sent to the WSRC Treasurer, Judith Huntley, 378 Valley View Rd., Sutherlin, OR 97479

Donna Ort
AZ WSRC Rep



HOPE FOR HEROES Welcomes all ESA chapters to the 2021-2022 Arizona Council Year.

We are going to keep the Operation Paperback Project as this is a very unique way to honor our active military and veterans. Please continue to save your new and used books for us to mail to bases overseas and to Veteran organizations and bases here at home. All genre of books are needed and there is a special need for children books. Besides your books, we are asking for a little cash to help defray the Media Mail rate expenses.

We would like to share a note of thanks from the VA in Fort Worth, Texas. "On behalf of the VA North Texas Health Care System, Fort Worth Outpatient Clinic, patients and staff, we would like to extend our appreciation to you for your donation of paperback books. It is through the efforts of community partners like you who allow us to continue the quality of care and services that we seek to provide for our nation's heroes. Your generosity will make an immediate difference in the lives of our veterans and will improve their spirit during their time with us."

Bobbie Kay Scoggins, MBA

Chief, Center for Development and Civic Engagement



For this month, we would like to re-introduce a program you may have participated in the past or may now even participate as a chapter project or as an individual project. The Hope for Heroes Coupon Program (the act of clipping manufacturers coupons from magazines and newspapers) for the members of the military and their families to use to reduce shopping expenses has been an active

program in ESA for many years. The IC Philanthropic reporting 2020-2021 clarified

1. Count manufacturer's coupons donated as part of a service project as the face value on the coupon.
2. Count hours for preparing donated manufacture's coupons.

TROOPONS Bagging Instructions

The commissaries have requested that Troopons be bagged and delivered to them as follows:

1. Cut out the coupons.
2. Sort coupons into two piles by status:
 - a. Expired. Not expired more than 2 months (e.g. if today's date is 10/5/2021, you would cut out coupons with an expiration date that is not older than 8/1/2021.
 - b. Unexpired. At least two months of life left.
3. Sort each of these two piles into four piles by type:
 - a. Food items
 - b. Non-food items
 - c. Baby food/items
 - d. Pet items (like dog food)
4. Stuff them into plastic baggies.
5. Write the status (Expired or Unexpired) and the type (food, non-food, baby, or pet) on them.
6. Total the retail savings of the baggies and write it on them. This helps the organization track the value of the overall program.
7. Mail them to SOT as follows:

Support Our Troops
P.O. Box 70
Daytona Beach, FL. 32115-0070

Only "Manufacturer's Coupons" can be used. They can be from the newspaper, dispensers in grocery stores, tear-pads, and elsewhere as long as they state "Manufacturer's Coupon" on them. No assistance vouchers. No food stamps. No store coupons. No restaurant coupons. No internet coupons.

HOPE FOR HEROES *FEATURED CHAPTER* of the month is Alpha Chi for their HOPE FOR HEROES RAFFLE BASKET

I interviewed Connie Cole, chapter treasurer, to learn about the back story of the decision for a HOPE FOR HEROES project. It all started in late spring or early summer when the chapter decided to do a project to honor our veterans and decided on a raffle basket. The chapter has learned that raffle baskets do work! The chapter members set out to gather items for the raffle basket with the theme of veterans. They checked in with each other as items were made or purchased to avoid duplication and to ensure a well-supplied basket.



Members from Alpha Chi at their recent rushing event.

Their designed plan for the drawing would be November 21, 2021 in consort with November being dedicated to veterans and the drawing will be at the council meeting. Connie says “the raffle basket is a Kathy Riebock design. She put the basket together, created the list of all the included items and wrapped it up nice and tidy in plastic wrap with a bow.” The funds will be donated to various HOPE FOR HEROES projects in Cochise County.

The HOPE FOR HEROES chairs would like to personally thank the following Alpha Chi members for their support to our veterans:

Lois Byrd	Connie Cole	Patricia Gale	Suzanne Godard	Lisa Holmes
Karen Madrid	Kathy Riebock	Chasity Seibert	Theresa Stewart-Martinez	

Please donate to their raffle. I did!!!! The money goes to a great cause.

Hope for Heroes Chairs
Paula Fisher
Janice Shaproski
Kendra Sabol



Happy Fall everyone,

I have great news! The ESA Foundation Fund Fest will again be held in person, July 26, 2022, during the IC Convention. This means we will want to have a raffle basket from AZ for the auction. I'm asking all chapters to donate gift cards or AZ items for this event. I will also be doing raffles at our council meetings with the proceeds going for gift cards. Thanks for your help.

The ESA website for applications is: <https://epsilonsigmaalpha.org/scholarships>

The Foundation Annual meeting will also be held in person at the IC convention. The date is Wednesday, July 27, 2022.

Foundation Scholarship applications are now open online. Please help get the word out to all schools and students. Call me if I can answer any questions (520-885-1417). We need to see more scholarships awarded this year.

Wishing you a Happy Halloween,

Hope to see many of you for our convention/council meeting.

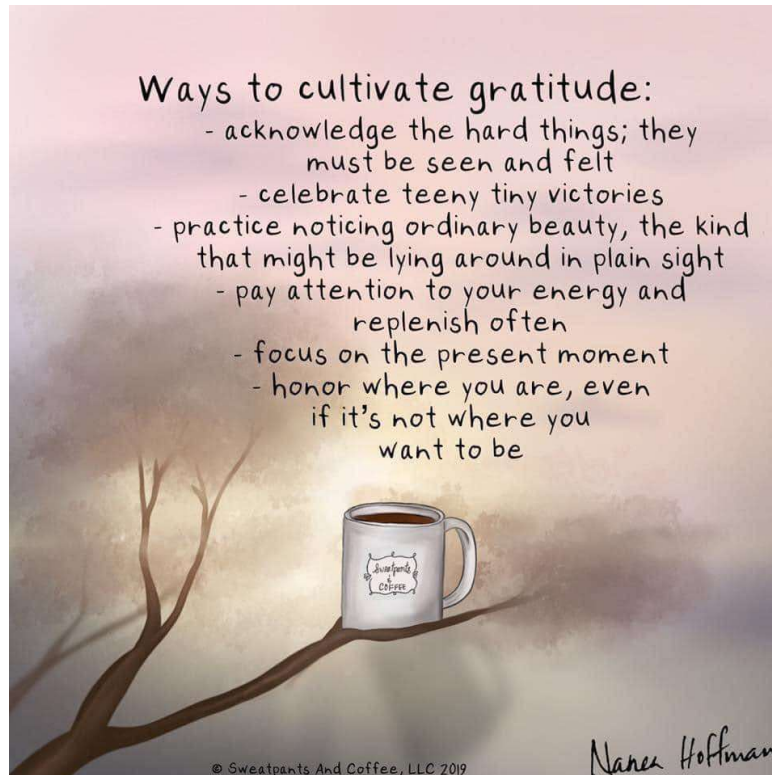
Jacqui Smith
ESA Foundation Counselor



Chaplain

Greetings to all,

We hope that you are having a wonderful fall. We are looking forward to hearing all your news, so please remember to loop us in. Here is a thought from us to you...



Send any information pertaining to illness, death, need for cheering up to Louanne Stephens js4louanne@aol.com and/or Patti Gale nacomgale@gmail.com

We also look forward to hearing about happy occasions.

Continue to send any information you want to be shared with the members about events coming up, selling or needing to purchase an item, basically anything you may want your sisters and brothers to know, to Carol Caldwell at crccarol8@gmail.com and it will be put out on Ocotillo Express.

Stay Safe and Well,

Louanne and Patti

Easterseals

EASTERSEALS - PHOENIX

<https://www.swhd.org/support-us/volunteer/>

Please contact Annette at

asutfin@swhd.org or phone (602) 633-8416. Volunteer and help out in the coming weeks!!

Baz Winsor, Easterseals Phoenix Chairman

480-945-9370 bazwinsor@q.com

EASTERSEALS - TUCSON

<https://www.easterseals.com/blakefoundation/get-involved/>

Call 520.327.1529 ext 7077 or email Events@blake.easterseals.com.

Chris Goldberg Easterseals Tucson Chairman

520-306-7907 gold4us2@comcast.net

St. Jude

Dear Sisters and Brothers of ESA:

Another successful year with our St Jude Walk/Run. A few of them decided to swim for St Jude! What great memories. So far our totals are \$7818.00. We still have until December 2021 to raise money for the walk.



A comment from the pool!



Super fun to swim for the kids at St Jude. Great idea for the photo by Shari Stapleton Smith and Patti Gale. So blessed to have friends that know technology. Can't wait to volunteer in person at events with all my ESA sisters, brothers, friends and family.

**Karen Madrid & Patricia Gale
jumping in the pool for St. Jude!**



Karen brought up a great point. Due to Covid at this time we are not sure when we will be able to volunteer in person. We will all look forward to being able to participate in person and see each other again.

Until then we will continue to participate via Zoom and keeping up all of the good work.

Love in ESA & Have a wonderful Halloween!
Jeff, Deana and Wendy

*May the witch,
which here is seen
bring you luck
on Halloween.*



From Las Vegas walk, the family of Deana Walters

Left picture: Cristol Peppenilli, Kahla Vitz, (Stacy's daughter), Mike Walters, Stacy Vitz, Owen (Stacy's son), Golden is Lexie and Australia Shepherd is June!

Right picture: Kahla and Owen ... Stacy's children, Deana's grandchildren



Alpha Omicron awards lunch June 19, 2021



Alpha Omicron celebrated getting back together June 19th at the home of Jackie Young.

Fern Porter received her 65th service pin, Glenna Denton received her 60th year, Marsha Evans received her 20th year dangle. Amaya Cornelius, Jenny Young and Jan Vinson received Pallas Athene awards.

Date	Event & Location
September 19, 2021	Was virtual
November Council Meeting – November 21, 2021	Hosted by Eta Pi/Gamma Iota TBA
January Council Meeting – January 16, 2022	Hosted by Alpha Chi TBA
April Council Meeting – April 3, 2022	Hosted by Beta Gamma TBA
Arizona State Council 78th Convention June 3-5, 2022	TBA

<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.

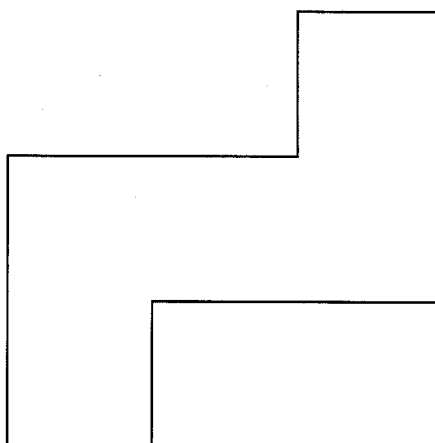
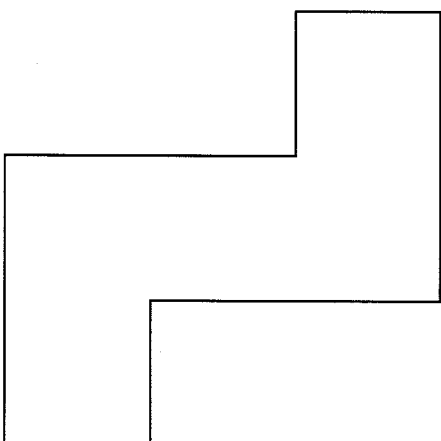
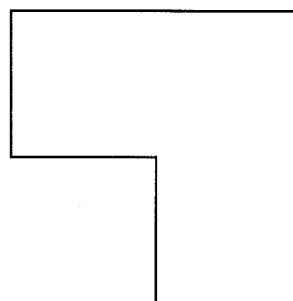
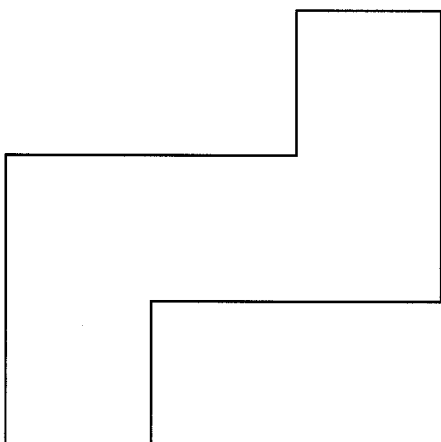
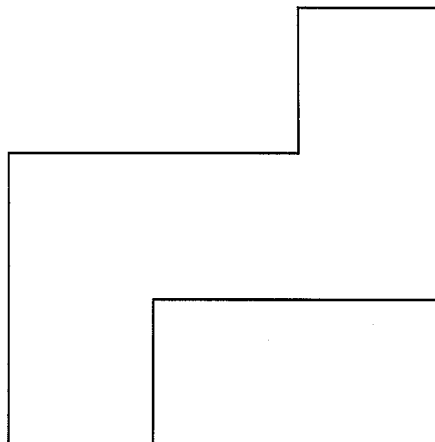
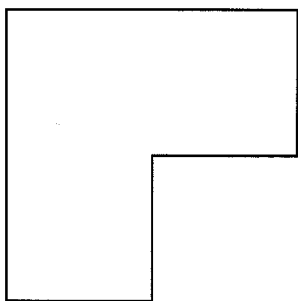
Here are all the ways to reach me.

April Aguiñaga
 april_aguinaga@hotmail.com
 602-904-1530
 15602 N. 59th Lane
 Glendale, AZ 85306

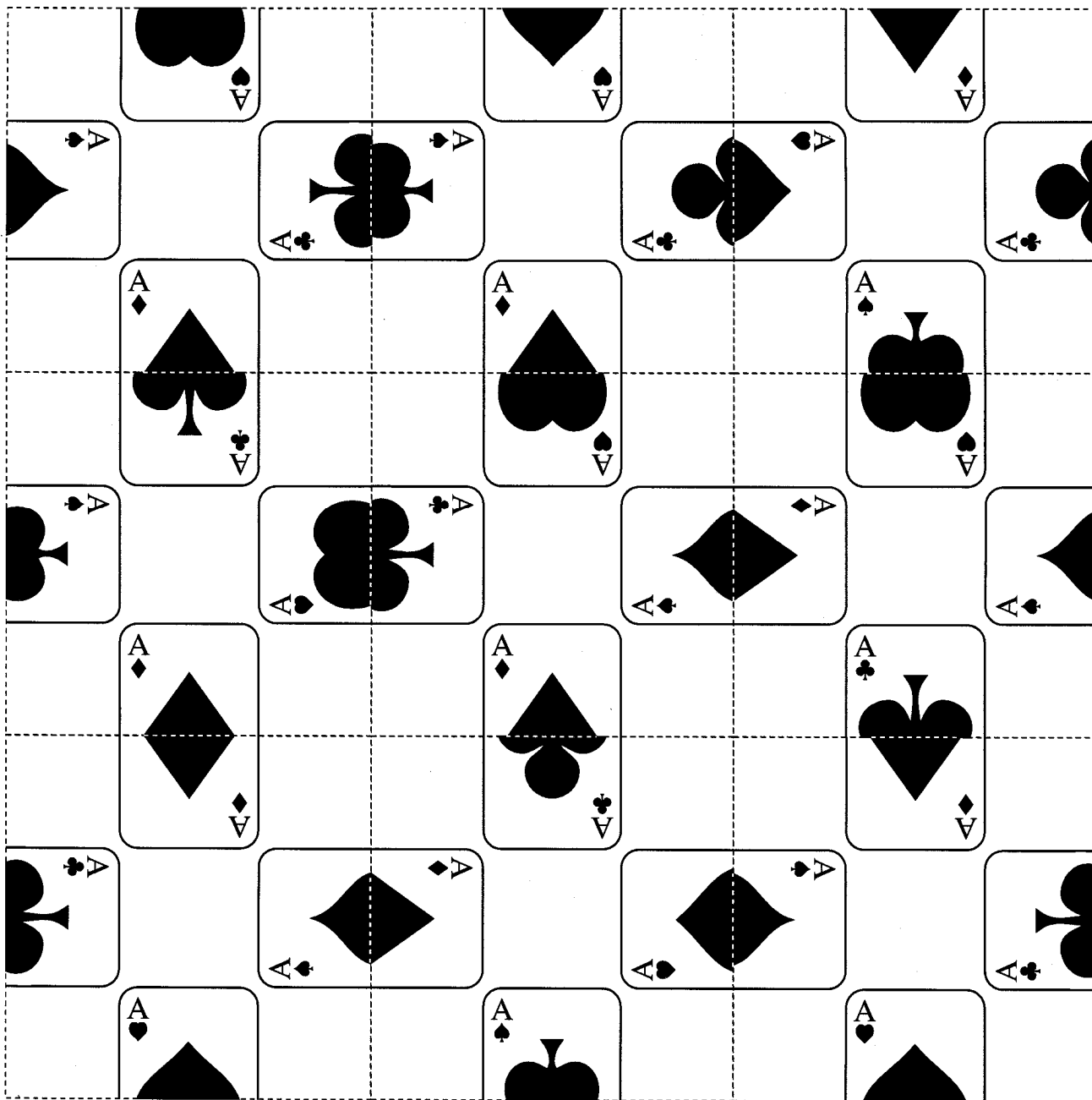




THE CUT-UP CROSS PUZZLE

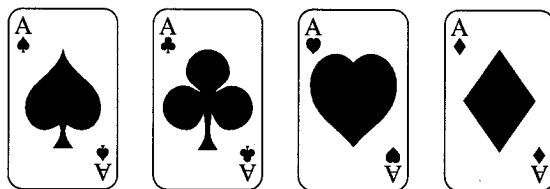


Instructions: cut out the 6 pieces shown above, put the pieces together to form a cross.



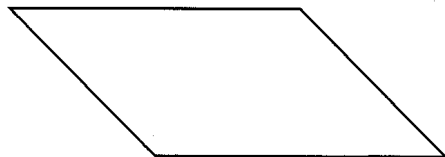
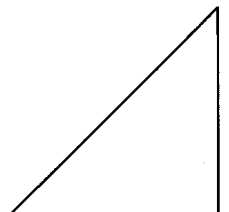
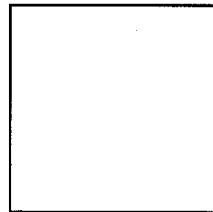
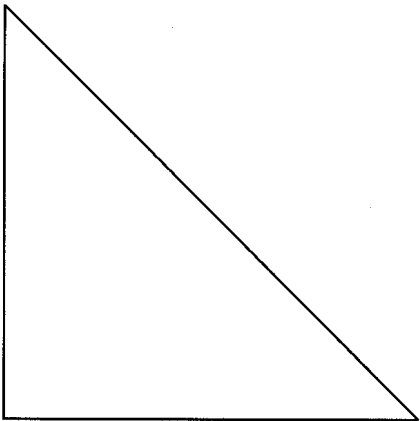
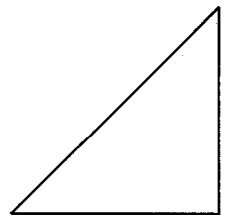
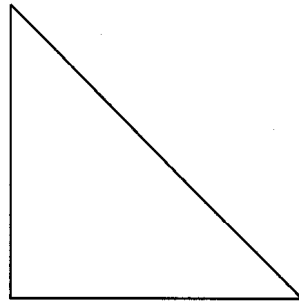
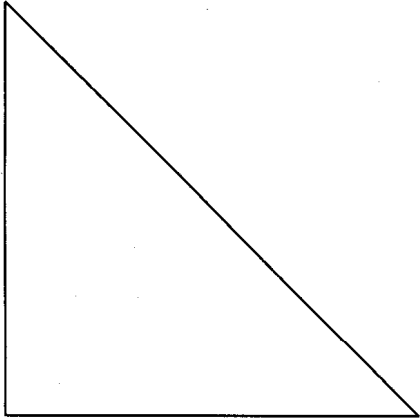
"Four Aces" Puzzle - An Edge Matching Puzzle

Cut out the 9 squares by cutting along the dotted lines. Object is to arrange the nine small squares into a large (3 X 3) square. As you put one square next to another, make sure the 2 adjacent squares make a complete card. Where the pieces touch they must create an Ace (spades, clubs, hearts or diamonds).





THE CUT-UP SQUARE PUZZLE



"Cut-Up Square" Puzzle - Classic Tangram Puzzle

A square has been dissected into 7 pieces. It is up to you to put it back together.

