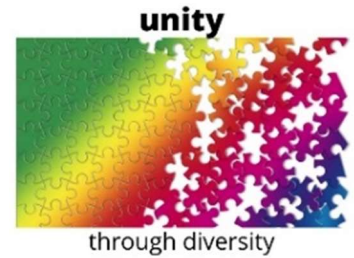


Arizona Council Bulletin

November 2021

Volume LXXVIII, Issue 3



Dearest ESA Family,

Happy Halloween!



I hope you all had a spooky good time seeing all the cute kiddos in their costumes and that no one ate too much candy.



I know you're all wondering about the November Council Meeting. I'm sad to say that not enough people felt safe enough to meet in person. Not enough to cover the cost of holding the meeting. The good news is that more people DID want to come than before so I'm praying for a January meeting in person. I know I keep saying this, we all do, but everyone's health is most important. Please try to zoom if you can, we do manage to have fun even when we're not in the same room.

At the September 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. We'll continue our conversation about keeping the Arizona Council an active and thriving organization at our November meeting.

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!

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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



1st Vice President

Greetings All,



I hope that this finds you all well. As you will have read in Shari's article, we are not going to be meeting in person for November's Council meeting, I am hoping that we will be able to get together in January. I am hoping that you ALL will be able and willing to be part of November's virtual meeting. Meeting virtually isn't my favorite way of attending meetings and many of you may feel the same way, but what I try to remember is that I get to see you all!! Being able to see wonderful faces and bright smiles makes up for the disappointment of not being in person.

I would like all of you to take some time and think about what you would like your role to be in the Arizona Council for the up coming year. Would you like to have an appointment or would you by chance be interesting in holding a position on the Executive Board? Please remember that a position on the Executive Board can be for a year or for more if you wish, it is not required.



A Thanksgiving Thought – “Someone didn’t wake up today, but you did. That’s enough reason to stop complaining, and that’s enough to be thankful for. Never let your troubles blind you to your daily blessings.”

Patricia

Be Well,



Happy November to Everyone!

It is so hard to believe we are on the downside of 2021. As they say, “Time flies when having fun!”

I know in some cases we have had some fun, but I know we have had a few bumps in the road we travel this year, but we have pushed through it all! That is what ESAers do....

As of the writing this article, it looks like there is a possibility that the November Council Meeting is going to happen in Tucson. I know many of you will be anxious to see the members attending. I know it will be an enjoyable day to be able to enjoy each other “live.” If it does happen, please do not bring any of the collectibles as I will not be attending. My husband, Mike was hospitalized with Covid pneumonia, and I cannot take a chance right now with anything. I did test two times, and both were negative. We are just weighing on the safe side of caution right now with the holidays around the corner. He is doing good, and each day gets better. So sorry to ask you to keep storying but I promise I will get them. As soon as I know who will be attending, I would put something out on the Ocotillo Express to see if any members assigned to some of the collectibles will be there. Stay tuned!! Thanks for understanding.

I have updated the Collectibles sheet to add the brown medicine bottles back in. Thanks to Baz Winsor and Collen Lugar for their researching. The medicine bottles need to be washed, labels removed, and the sticky where the label was needs to be off. Hint – you can soak in hot soapy and scrape it off or use WD 40 if you have it. I am sure there are other ways, but I know this work. (There is Goo Gone or Elmer's Sticky Out Adhesive). Please, as of right now we do not want the over-the-counter bottles, i.e., vitamins, aspirin, or any other type of OTC bottles. Just recycle those for now. The medicine bottles will be donated locally in Phoenix. Thanks to Baz for stepping up to take this on.



A reminder, your November Philanthropic Report will be due to me by midnight of November 23. You can email them to me or snail mail. Please contact me if you have any problems or questions. Please remember every minute and every mile makes a difference. By reporting all our philanthropic endeavors will continue to help keep us a not-for-profit organization.

Just an update on the St. Jude Dream Home in Las Vegas. I have been posting via the Ocotillo Express on the progress we are making on the house due to the delays in getting materials. Hopefully, we will have a completed house as of the next Bulletin.

I hope all of you have registered into the VMS (Volunteer Management System). As things start to open, we need to be sure we are registered. This system helps St. Jude track all our hours and efforts to help make these events a success. If any questions, please contact me and I will do my best to help you get registered.

I do hope all of you have a wonderful Thanksgiving. Do not eat too much turkey...need to save room for that pumpkin pie with cool whip...LOL Please enjoy your family and friends and please be safe.



Happy Thanksgiving from Vegas to all of you!
Hugs from Vegas from me to you!
Deana

Arizona Council Collectibles

Items & Collector	Philanthropic Reporting
Postage stamps JoAnne Thompson	(trim to ¼" around the stamp) 1 minute per stamp
Pop Tabs Deana Walters	1 cup = 185 tabs @ 1 min. each 1 oz = 108 Tabs @ 1 min. each
Lap Robes / Hats for Hope (knit or crochet) Fran Gale and Deana Walters	Time spent making hats is counted. If you <i>purchase yarn</i> , count the cost as a <i>cash donation</i> . If you use <i>donated yarn</i> , only count your <i>time</i> making the hats If you <i>purchase a hat</i> , count the amount spent as a <i>cash donation</i> .
Coke & other plastic bottle caps Patti Gale	1 minute per item
Greeting Cards (whole) Karen Madrid	1 minute per card
Toiletries Phoenix – Louanne Stephens Vegas – Deana Walters Tucson – Trudie Sofias	1 minute per item
Prescription Medicine Bottles Baz Winsor	1 minute per bottle (please remove labels)

NEW

** Box tops are now on an app and not physically on items as well as Labels for Education.

*** If you have items you want to possibly deliver prior to our next “LIVE” meeting please contact Deana Walters via email, text or phone.

Updated 10-2021

Jr Past President/ Parliamentarian/Disaster Fund Chairman

Hope everyone had a Happy Halloween. Wishing you all a very Happy Thanksgiving and a blessed holiday season.

Thank you to those who have donated to the Disaster Fund. Please make all donations payable to the Disaster Fund. You can mail your donations to me or our State Treasurer, Roxanne Vitt. I really appreciate all your support. I will be raffling off a basket for the Disaster Fund in January.

Thank you to everyone for sending greeting cards to my grandson, Aidan. He is at home and recovering from brain surgery. He will be on IV antibiotics for a little while longer and is doing well. Aidan loved getting cards from everyone. Your kindness brought a smile and happiness to my grandson.

Parliamentarian

The deadline this year for any proposed changes will be the January Council meeting. 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 Bylaws and Standing rules are available on the Arizona Council website. If you want a paper copy mailed to you, please let me know. The deadline this year for any proposed changes will be the January 2022 Council meeting.



If you have any questions, please feel free to contact me at 520-747-2646 pkmadrid@cox.net. I am always here to lend a hand to my ESA sisters and brothers.

Karen Madrid

Chaplain

To you all,



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

Louanne and Patti

Greetings one and all!

If you like to knit or crochet then this is the project for you! This time of year the Warmth for Warriors Project is especially important. Keeping your feet warm is the name of the game! The Hope for Heroes Chairs are requesting slippers for our Veterans here at home and those in your communities. Think of the homeless Veterans that may not even have shoes.



This is a great project for you to share 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 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 veterans organization in your community and helping those in need.

Please let us know how you are doing as we want to share the good works we are 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 do so much for us

Janice, Paula, and Kendra

Hope for Heroes feature chapter is the Alpha Omicron Chapter for their veteran's project.

The back story to this beautiful animal story:

Terrie Rust, Philanthropic Chairman, was looking for a project that involved animals, since that was a focus of our IC President.

Now for the feature story:

In the "Journey" Magazine, Epsilon Sigma Alpha, Robin Bussey, 2021-2022 IC President says "My presidential focus is 'All of Our Furry Friends'. The objective of

this focus is to promote, support, advocate, or volunteer for projects that would benefit any type of animal; furry or not, big or small. You could support the service animals that help our police, military or the handicapped. You could solicit donations, volunteer at a shelter, or even give an animal a new home. You could promote therapy programs that take animals to hospitals, nursing homes, assisted living, and memory care communities in your area. It is amazing to see what animals can do in these environments. Once again, think outside the box. These opportunities are endless.”

The Alpha Omicrons stepped up in a big and furry way. Finding an organization that helped veterans by providing dogs saved from the pound was a perfect choice!! Soldier’s Best Friend <https://soldiersbestfriend.org/>

The chapter sponsored a tee box for their November golf tournament and funds came from the chapter treasury. The hands-on project they are doing is preparing Christmas cards that Soldier’s Best Friend sends to active military. The chapter members donate the Christmas cards they prepare.



What is the mission of this organization? “Soldier’s Best Friend provides U.S. military veterans living with combat-related Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI) with Service or Therapeutic Companion Dogs, most of which are rescued from local shelters. The veteran and dog train together to build a trusting relationship that saves two lives at once and inspires countless others.”

I was curious about this organization so I looked it up and want to share a few interesting facts.

- Once a veteran is accepted into this training program, they will be paired with a dog adopted by this nonprofit from a local shelter or with a dog already owned by the veteran.
- They will live and train together from that point forward.
- Training is comprised of private and group sessions two days a week for a minimum of six months.

- Training locations are in
 - Phoenix
 - Tucson
 - Prescott
 - Sierra Vista
 - Flagstaff
- They take veterans out of state; but out of state veterans will have to travel or relocate to Arizona.
- All placement and training fees are at no cost to an eligible veteran.
- The veteran will be responsible for transportation and housing.
- All funding for Soldier's best friend is from charitable donations.

The members of the Alpha Omicron chapter are:

- ★ Amaya Cornelius
- ★ Glenna Denton
- ★ Marsha Evans
- ★ Jacque Frusetta
- ★ Ann Jaccaud
- ★ Patsy Miller
- ★ Grace Mullenix
- ★ Fern Porter
- ★ Terrie Rust
- ★ Jan Vinson
- ★ Roxanne Vitt
- ★ Wendy Williams
- ★ Jackie Young
- ★ Jenny Young

Hope for Heroes chairs want to express our appreciation to the Alpha Omicron chapter for honoring our veterans in such an unique way.

We want to challenge other chapters to do a project for the Veterans and as you are planning or doing an event, please let us know.

Janice, Paula, and Kendra

Paula Fisher – pdfmba12@gmail.com

Janice Sharposki – bronco155@gmail.com

Kendra Sabol – kasabol@cox.net

Hi everyone,



It may seem early, but now is the time to pay your annual dues before the February 28th deadline. This saves the ESA Foundation the cost of mailing out renewal notices in January. You will be receiving email reminders this month. Is your current email address on file in the Member Suite? If not, please update this information soon so you don't miss out on any communications.

And if you are not already a member of the ESA Foundation, now would be a great time to join. Initial dues to join are \$ 25 and the annual renewal is only \$15. An easy and affordable way to feel a part of the important things the Foundation is doing. I would love to answer any questions you might have, just give me a call.

We need your help in getting out the Scholarship program information. Applications are down from this time last year. I am listing a few of the AZ scholarships that received no applications last year. Let's work together to award them this year.

- Alpha Omicron #2520 Chapter Presidents' Honorarium Endowment
- Alpha Omicron # 2520 Arizona
- Denton Family Honorarium Endowment

I am so grateful for all you do for the ESA Foundation and wish everyone a very Happy Thanksgiving Day
Love and Hugs,
Jacqui
ESA Foundation Counselor



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.



Carolynn Carter – Gamma Iota



When and why did you join ESA?

My dear friend, Charlene Torchiana, asked me to join Gamma Iota in 1974. I was interested in ESA because of its combination of social, educational and philanthropic opportunities.

What is your favorite ESA memory?

So many great memories these past 45 years – but a highlight was when I first received the 1976-77 Educational Yearbook 1st place award, as well as W-O-Y for Gamma Iota that year. I was relatively new to ESA and felt so honored by the recognition.

Where did you grow up?

Though born in Southern California, I grew up in a small town (population of 1,500) in SE South Dakota (many Norman Rockwell-like memories). Returned to Southern California for high school and college.

What is/was your career?

I enjoyed 35 years of teaching elementary grades and training teachers (district staff development; Reading Recovery +). My focus was primary-age and helping children learn to read. I retired in the mid-90's.

What is your favorite food?

I love Mexican food as served in Arizona (especially a good chile relleno) as well as Chinese food.

What is 1 thing on your bucket list?

Traveling – international trips were wonderful, but will now focus on U.S. sites – maybe a rail trip across Canada.

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

My Red Hat activities include a costuming group, so I have a collection of red and purple Victorian dresses and bargirl outfits to wear (and a drawer full of rhinestone 'bling').

What is your guilty pleasure?

I love flan (and almost any kind of dessert).



Liz Montgomery – Alpha Sigma



When and why did you join ESA?

I joined ESA in 1982, because I wanted to help people. My mom "Marge Cunningham" Pledged me. I used to help her with chapter meetings and parties when I was a teenager.

What is your favorite ESA memory?

I don't have any one favorite memory that stands out. I do have many fond memories of out of town trips for ESA.

Where did you grow up?

I grew up in the Phoenix area.

What is/was your career?

My career as a young adult was primarily in the restaurant industry. I have owned 3 different restaurants. I also worked many years in outside sales.

What is your favorite food?

My favorite food is pizza.

What is 1 thing on your bucket list?

My 1 thing on a bucket list would be to travel back to Italy. My husband (Jerry) and I would like to do that with someone familiar with the locals and the countryside to experience it locally instead of as a tourist.

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

You all would be surprised to know I don't need to be busy every moment of the day. I am a great "Couch Potato" at our cabin surrounded by the ponderosa pines.

What is your guilty pleasure?

My guilty pleasure is Haagen-Daz Caramel Cone ice cream.



Dear Brothers & Sisters of ESA:

We hope you all wore your best costume and had lots of candy for Halloween!

INSPIRATION

Attached is a picture of Hayley Arceneaux, her story is an inspiration for us all to read. The photo above was when she was 10 years old to now. When she arrived at St. Jude she had been diagnosed with Osteosarcoma, there was the possibility that she wouldn't live. While she was in space, she had the opportunity to speak with the St. Jude patients here on earth. To show them what is possible. To inspire them to reach for the very dream that might be furthest away. When she arrived back, she returned to the St Jude Campus to cheers and applause.



NEWS/UPDATES

A photo opp 300 miles from home

Astronaut and former St. Jude patient Hayley Arceneaux posed with a picture of her younger self for a portrait to inspire us all.



Gideon is a 3 year old little boy who is undergoing Melanoma treatment at St. Jude. He found comfort in his cars, so now he is giving them to other children at St. Jude.

<https://www.stjude.org/inspire/blogs/perspectives/patient-gideon-gives-kindness-through-toy-cars.html>

Around the World – City of Smile Foundation gives hope to children with cancer in Armenia. This organization in Yerevan is part of the St. Jude Global alliance working to end childhood cancer. <https://www.stjude.org/inspire/series/around-the-world/city-of-smile-foundation-gives-hope-to-children-with-cancer-in-armenia.html>

Please go to the <https://www.Stjude.org> website and read more details on all of these inspirational stories.

See next page - Volunteers are needed for Alsac/St. Jude at the Hot Chocolate 5K on Sunday December 12th. Please let Wendy Williams 480-321-9611 know if you will be able to volunteer. Jeff also sent this out on Ocotillo Express last week.





Volunteer with ALSAC/St. Jude at the Hot Chocolate 5k/15k December 12, 2021 | Phoenix, AZ

St. Jude Children's Research Hospital® is the official charity partner of the Hot Chocolate 15k/5k, and we are looking to support this race series with the help of you.

Available Opportunities :

- Finish Line passing out medals to the race participants at the finish of their 15k race or 5k race.
- Encouraging participants to make a \$3 donation to St. Jude by collecting tear-off tags on the race bibs.

How to register:

- Go to <https://stjude.venturesendurance.com/>
- Click your city
- Register and select an open opportunity



Art by St. Jude Patient, Caleb

Deana Walters will be updating us with pictures of the Dream Home as soon as it is completed.

Thanksgiving is for Family, Friends, Love and a time for caring. If you know of an ESA Sister or Brother or a family friend who is alone, please invite them and make their day special.

Love in ESA,
Jeff, Deana and Wendy

EASTERSEALS - PHOENIX **SWHD Easterseals - Phoenix**

Easterseals

Annette Sutfin announced there are volunteer shifts now open for Warehouse Wizards with lots of projects in the coming weeks. Tasks vary including: sorting dental supplies for volunteer projects, addressing thank you letters for donors, painting primer on Little Free Library kits, sorting gently used books and more!
<https://www.swhd.org/support-us/volunteer/>

The warehouse is air-conditioned, wear close-toed shoes, and volunteers should have a completed application packet on file. 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

Easterseals/Blake Foundation - 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

You are invited to a Zoom meeting.
When: Sep 19, 2021 10:00 AM Arizona

Register in advance for this meeting:

<https://us06web.zoom.us/join/zoom/register/tZEpfu2urTlqH9cDpc2jsm9lFgXRPJyPoZxl>

Date	Event & Location
November Council Meeting November 21, 2021	Virtual – register for the link – see Ocotillo Express

<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

