

### Arizona Council Bulletin October 2022

### Volume LXXVI, Issue 2



Greetings All,

It was wonderful to see so many of you at our September Council Meeting. We approved the budget and reviewed the Council's three-year plan. Members in attendance generated some wonderful ideas for moving us forward in the areas of Communication, Education, Membership, Organizational Structure, and Recognition. I will be organizing these ideas and sending them out to you all soon.

If you were unable to attend the council meeting and have ideas on activities for any of these areas, please feel free to send them to me. I shared at the meeting the Purpose Statement that we developed, which is TO DEEPEN MEANINGFUL CONNECTIONS WHILE LEARNING ABOUT OURSELVES AND EACH OTHER AND CONTRIBUTE TO OUR COMMUNITIES AND IC CHARITIES. Page Table of Contents

- 2 Membership Chair
- 3-6 Philanthropic Chair
  - Appointed Board
  - Jr. Past President/Disaster Fund/ Parliamentarian
- 8 Education/Workshop
- 9 Foundation
- **10** Hope for Heroes
- 11-16 St. Jude

6

7

- 18-19 November Council Meeting
- 19-20 Chapter news
- 21-22 Calendar
- 23-30 Fun & Games

October is ESA Recruitment Month and I encourage all of you to look for ways to open the door of ESA to those that are waiting to come in and join us.

Feel free to reach out to me anytime to share your thoughts, ideas and advice.

Take care and Be Well,



Please feel free to reach out to me with any questions, suggestions or concerns. Please call (520) 227-4818 or by email.

Patricia Gale Arizona State President

Patricia



## 1<sup>st</sup> Vice President



Happy Fall to Everyone!

It was so great to see all of you at the September Council Meeting. I truly enjoyed spending time with some of you on an individual basis. We need more of that to regain what we lost during the Covid Period of not being together.

Just want to remind everyone that October is our "Official" recruitment month and if you plan a rush event, please send me the details. I truly want to hear all that everyone is doing. We need to extend our hand of friendship with new people and show them how much fun we have when we do events or just have a social. We need to regain that togetherness we lost.

Here are some rush party ideas: How about "Food with Friends"," Who Does Not Like Chocolate;" how about "Sundaes on Sunday;" or how about a "Wine and Cheese" party. The list can go on and on. Please visit epsilonsigmaalpha.org/Recruitment for more fun ideas. Always feel free to try one of your own. I really do want to you to share your ideas.

Just always remember, you can recruit a new member anytime. If someone ask you about ESA and what it is, extend an invitation to join you at the next event, to a social and of course your monthly meeting. This would be a good example as to why the ESA cards are so important! Remember I said I would help you make them or make some for you. Just need to reach out to me.

Want to also say that if you are a smaller chapter and are close to another chapter, reach out and see if you cannot plan a special fund raiser for St. Jude with them prior to the end of the year. Remember the "\$50 for 50 goes to the end of the year, so you DO have time to have an event. When you get your ideas and plans done, please let me know.

Remember that challenge I issued to all in attendance - to have one new member this year and to plan a new event. If you cannot get your event in prior to end of year, that is okay and if it is after the end of the year, you can plan it for anyone, your local charity that you help, Easterseals, Hope for Hero's, or St. Jude. Remember, those in attendance

said loud and clear that you were ALL with me!! Let us spark the interest in helping others and introducing ESA to new people. Everyone can make a difference. Truly hope to see many of you in Tucson in November. Looks to be an exciting weekend.

Remember, I am only a phone call or email away. PLEASE, I truly want to hear from you on your pledging and new events! Enjoy the cool weather, if it ever gets here..... Hugs from me to all of U! Deana



# **2<sup>nd</sup> Vice President**

**Dear Brothers and Sisters of ESA:** 

Ideas to Spice up Your Philanthropic Program: These are several ideas from the ESA Website (<u>https://www.epsilonsigmaalpha.org/Workplace</u>)

- Hallway Golf -- Form teams, get clever, and create golf holes throughout your workspaces. (This is a fun one to do with donated canned goods if that's a cause you like, otherwise, just make your golf holes however you like). Employees pay to participate in the golf, prizes for the winners and "best-hole" designers plus snacks for everyone.
- Literacy Lunch Reserve the conference room and invite co-workers to bring a sack lunch and new children's book to donate, ask the company to provide dessert, and invite a speaker from the Headstart classroom or group you're donating the books to who will thank everyone in person and share the impact your gifts will have. Your company may even be willing to match the number of books donated with a company book donation.
- Valentines for Soldiers (also could be Halloween cards) Purchase some paper and art supplies and host a "Drop-in" card-making party, then mail the cards to deployed soldiers or drop them drop by the Family/Morale/Welfare office on a nearby base. You can even invite co-workers to share names/addresses of friends/family in the military and send your cards to those people. Serve cupcake papers full of Valentine/Halloween candy for everyone who comes by to make cards.
- Professional clothing donation Invite everyone to bring a new or gently used item of professional clothing to be shared with the shelter or organizations for low-income job-seekers. Invite a guest from the shelter to come speak briefly about the impact your gift will have, and get your HR staff to have a fun "wear jeans to work" day or week for everyone who donated.
- Chili Cook-off Everyone loves a chili cook-off throw down. Each chef selects a cause they'd like to support if they win, the whole organization can make a donation to attend a fun lunch event where they can come sample all the entries (sell tickets to friends/family too). Celebrity judges add to the fun (local media or sports personalities, company leaders). Winner gets bragging rights, a trophy/plaque/suitably fancy chef hat or apron along with the privilege having their cause receive the donations.

- Walk/Run to End Childhood Cancer benefiting St. Jude Children's Research Hospital. This event takes place nationally in September in dozens of cities across the country. If there's one near you, create a team to raise funds and walk together in person at the St. Jude event. If not, create a walk-style event and raise funds in your local community. Try forming a group that walks together at lunch for a week in September or hosts a walk in a nearby park or on the company campus. Costumes, food, and decorations really add to the fun of this activity.
- Minute to Win It/Games party Create some fun and active games for individuals or do it in teams. Charge an entry fee of canned goods for the food pantry or cash be donated to a charity, get some clever prizes, ask HR to provide some snacks for all and a pizza party or pizza gift cards for the winners.
- **Beers and Bears** Find a fun happy hour venue near your workplace to partner with who will offer discounted drinks/food to anyone from your organization who attends and brings a new teddy bear to be donated to first responders in the community to give to children they assist.
- **Dog toys and "furry therapy"** Invite co-workers to bring in old t-shirts and use them to make dog toys for shelter dogs [click for instructions]. Kick it up a notch and invite the shelter staff to bring adoptable dogs for a visit after you make the toys to receive their gifts "in person".
- Birthday bags Make "Birthday bags" to donate to the food pantry, allowing low income families the fun of making a homemade cake for their family member. Each birthday bag contains a cake mix, candles, card, and frosting. Co-workers can bring either a \$5 cash donation to help sponsor a bag or an item(s) from the list. Ask HR to sponsor some bags along with providing cake and ice cream for employees who join in, and encourage participation with a drawing for a free half-day of vacation donated by HR.
- Massage Monday find some massage professionals willing to donate their time in exchange for promotion of their business then invite co-workers to drop in and donate for a quick shoulder or back rub and a snack.
- Trivia This works for both individuals or teams, and you can do it on site or partner with a bar or restaurant that already has a trivia set up. Entrants can seek "sponsors" for their entry fee from friends/family and then bring their sponsors/cheering section to the contest. Provide food and some fun trophies/prizes for both the trivia contest winners and those collecting the most donations for the cause.

These are some great ideas for your Chapter or for you to take to your Workplace. Enjoy!

As always family, you are the wings of an angel. You always amaze me. Love you all,

Wendy Williams 2nd Vice President







## Jr. Past President/Disaster Fund Chair/ Parliamentarian

Dearest ESA Family,

Greetings,

As we move into fall, your chapter may have ideas about changes to the bylaws. If you do, please send them to me for committee review by January 13.

If you'd like to participate on the committee, please let me know.

If you have any questions about the Disaster Fund, please contact me and I'll try to help. There is a link below to the ESA Website. After you sign in you can find any forms you need to apply for funds. If your chapter wants to make donations, please send them to our Treasurer, Connie Cole.

https://www.epsilonsigmaalpha.org/member-center/chaptermanagement/forms/international-council-forms

**Disaster Fund Information:** 

The purpose of the ESA International Council Disaster Fund is to assist an ESA member whose home and/or personal belongings are destroyed or damaged extensively by one of nature's causes -fire, flood, etc. Assistance may also be given when a member incurs heavy financial responsibility due to a debilitating illness or accident, which involves the member or their spouse or immediate family who resides in the home due to physical or mental impairment whom they have legal guardianship over and are legally responsible. If you believe you might be eligible for assistance, please go to the link below and read the Guidelines for Application. All information is kept confidential, please feel free to reach out to me if you have any questions.

Yours in service,

Shari Stapleton-Smith



## **Education/Workshop Chairman**

Education/Workshop Chairman, Terrie Rust If you missed the educational workshop at the September State Council Meeting covering Advance Directives, here is the link to free forms (https://www.azhha.org/tlc\_forms) and the link to the state registry (https://healthcurrent.org/azhdr/) that were shared.

During the Council Meeting, several attendees mentioned their interest in programs covering the history of ESA. Although our ESA history is generally covered during a chapter's new member orientation, similar programs are frequently held for Founder's Day or Ideals focus. In years past, exemplary chapter education programs (of all types) submitted for judging were collected and housed in what was endearingly called The



Speckled Box. The Box still exists! (It is actually a file box.) A number of education programs covering ESA's history (as well as many other topics) are available through the Speckled Box. I plan to have the Speckled Box available at our Council Meetings and State Convention. Attendees are welcome to look at the available programs and I'll be glad to copy any selected programs for you.

Although the State Education Committee is no longer requiring or requesting chapter education programs be submitted for judging, any chapter that feels their program could benefit other chapters is free to submit it to the State Education/Workshop Chairman for consideration of inclusion in the Speckled Box.

**Terrie Rust** 

terrie\_rust@hotmail.com

Education/Workshop Chairman Terrie Rust





Greetings from the Foundation!

Many thanks to all that already support the Foundation through donations, endowments, and membership. I hope each of you take the time to go to the website and become a member this year. If you have any questions please don't hesitate to contact me. 520-559-1944, krie77@cox.net



Fondly,

Kathy Riebock, Alpha Chi, Sierra Vista, AZ ESA Foundation Counselor



ARIZONA STATE ROSTERS:

I had the pleasure of distributing the new State Rosters to each of the chapters present at the Council Meeting in September. To the Chapters not present - - these will be mailed (or have been) to you.

I do have a FEW extra copies - - if you want one (or more) please let me know. Some will be present at the November Council meeting - - check with Wendy Williams.

A couple of changes should be made to your roster copy: GAMMA TAU chapter has been disbanded. CLIFF SMITH is now a member of the Eta Pi Chapter. JOHN VITT is now a member of the Alpha Omicron Chapter.

If you know of any other changes to be made please let me know.

Have a happy Fall......Hugs, Jackie Young - - Roster Chairman





Hope for Heroes Chairs challenge each chapter to donate (4) gift cards that will be given to families in need during the holiday season. In partnership with employees from SSG Conrad VA Healthcare Clinic. Purchase as many gifts cards as you would like to support anywhere from one person to multiple families.

Please bring to November Council meeting or mail to:

Paula Fisher 13201 South Wakial Loop, Unit 1085 Phoenix, Arizona 85249

#### Dear Brothers and Sisters in ESA,

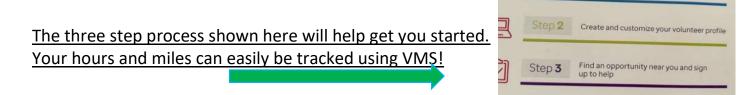


#### Fall is upon us!

**FIRST** – A big THANK YOU to all of the ESA members who have volunteered their time, energy and donations for many of the St. Jude FUNdraising events throughout the Summer. Below are additional opportunities that you can help carry on the mission of St. Jude and the calendar of events.

If you haven't done so, please create a profile in the St. Jude Volunteer Management System (VMS). Visit: <u>St Jude Volunteer Management System</u>

Step 1



#### ST. JUDE DREAM HOME – LAS VEGAS Volunteers Needed!

#### <sup>o</sup> OPEN HOUSE TICKET PROCESSOR VOLUNTEERS

- SEVERAL DATES ON SATURDAYS AND SUNDAYS - Starting October 1 – October 9 Saturday Shift is 9:00 am – 5:00 pm; Sunday Shift is 12:00 pm – 5:00 pm Contact Deana Walters (317-294-9027) or log into the St Jude Volunteer Management System at: <u>St. Jude Volunteer Management System</u> and sign-up for a shift!

THANK YOU to all that have made the trek to Las Vegas to volunteer!

#### ST. JUDE WALK/RUN – PHOENIX WHAT A SUCCESS!

SEPTEMBER 24<sup>th</sup>. We made some memories supporting a mission! '<u>Team ESA AZ</u>' had many volunteers and walkers participate in this National event. What a turn-out to support the mission of St. Jude. Thank you to Team Captain Suzanne Godard for spearheading



Visit volunteer.stjude.org to easily sean for volunteer opportunities in your area <u>Team ESA AZ</u> and to each of the volunteers, walkers, donors and cheerleaders who made this FUNdraising a success!

#### ST. JUDE WALK/RUN – HENDERSON SMALL TEAM SUCCESS!

Deana Walters reported that the seven members of '<u>Team ESA Henderson</u>' raised a whopping \$4,515.00! Super job Making Memories-Supporting A Mission!

#### **ST. JUDE CALENDAR of EVENTS**

*Halloween Pin-up Promotion* October 1-31, 2022—various locations Various partners participate in a Halloween pin-up promotion, collecting on-site donations on behalf of St. Jude Children's Research Hospital. View participating locations at stjude.org/Halloween.

#### **BBQ for St. Jude and Silent Auction, too!** November 18-19, 2022

Silent Auction Starts at 6:00 am November 18<sup>th</sup> and runs through the BBQ on November 19<sup>th</sup> [4:00 – 9:00 pm]. Tickets for the BBQ must be purchased by November 7<sup>th</sup> and are \$25.00. Sponsored by Alpha Chi Chapter. **BBQ Tickets:** Contact Connie Cole 520-403-4895 or <u>conniecoleaz@gmail.com</u> **SILENT AUCTION:** https://app.galabid.com/esaauctionforstjude

#### **KMLE 107.9 Country Cares for St. Jude Kids Radiothon** December 2022 [Dates TBA]

This Audacy Phoenix radio station will host a radiothon for two days to secure Partner in Hope monthly donors in support of St. Jude.

#### *Legends for Charity* Thursday, February 9, 2023- Hyatt Regency - Downtown

Legends for Charity<sup>®</sup> is one of the biggest charity dinners held during Super Bowl Weekend. The essence of this event embodies the heart of Pat Summerall, where broadcasters from every network can come together to honor one of their own. www.legendsforcharity.com

#### **St. Jude Heroes** Various dates—see featured races below

St. Jude Heroes nationwide are running races in teams and individually to help raise funds for the kids of St. Jude Children's Research Hospital<sup>®</sup>. Choose to run for a reason, and you can earn a VIP race weekend experience, free race entry and more!

To search the full list of partner races and view fundraising incentive levels, please visit stjudeheroes.org.

#### **Featured Races**

St. Jude Memphis Marathon Weekend—December 3, 2022 Humana Rock 'n' Roll Arizona Marathon and Half—January 14-15, 2023 Humana Rock 'n' Roll Las Vegas Marathon and Half—February 25-26, 2023

#### MARK YOUR CALENDAR TODAY TO VOLUNTEER/ATTEND THESE GREAT EVENTS!

#### Want to show off your support for the kids of St. Jude? Celebrate the ESA and St. Jude Partnership?





Inspired by patient artwork, this limit-edition 2 inch round lapel pin with rubber backer commemorates the 50th anniversary of the partnership between ESA and St. Jude Children's Research Hospital. Proceeds benefit St. Jude Children's Research Hospital.

Order your special-edition 50th anniversary pin now! Proceeds will be donated to St. Jude. Pins will be available through 2022 and quantities are limited, so don't delay!

ORDER HERE: 50 Years of St. Jude & ESA

LOVE TO ALL, John and Deana



# St. Jude Walk-Run



### St. Jude Walk-Run Arizona















## NOVEMBER 2022 Council Meeting Hosted By Alpha Chi

SUNDAY, NOVEMBER 20, 2022 REGISTRATION 9AM MEETING 10AM COPPER ROOM RANDOLPH GOLF COMPLEX 600 S. ALVERNON TUCSON, AZ 85711

### **RSVP BY OCTOBER 18**

SEND ONE CHAPTER CHECK PAYBLE TO ALPHA CHI WITH LIST OF ATTENDEES TO CONNIE COLE 2476 E KALISPELL SIERRA VISTA, AZ 85650 (520) 403-4895



### **Chapter News**

#### Alpha Chi Rush Event - Mary Kay Facials!!

We didn't have any pledges so we introduced the Mary Kay gal to ESA!



Date	Event & Location
Nov. Council Meeting	Copper Room – Randolph Golf Complex
Hosted by Alpha Chi	Tucson, AZ
November 20, 2022	RSVP by October 18!
Jan. Council Meeting Hosted by Gamma Iota January 21/22, 2023	Tucson, AZ
April Council Meeting Hosted by Beta Gama April 16, 2023	Mesa, AZ
Arizona Convention June 2 – 4, 2023 Arizona Council State Convention Tucson	Tucson, AZ
IC Convention	https://www.epsilonsigmaalpha.org/about/ic-
July 25-30, 2023	<u>council/convention</u>
Grapevine Texas	Embassy Suites by Hilton - DFW airport North

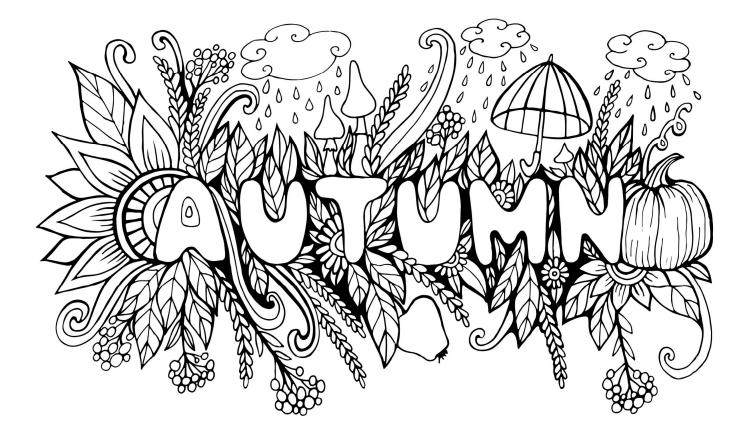


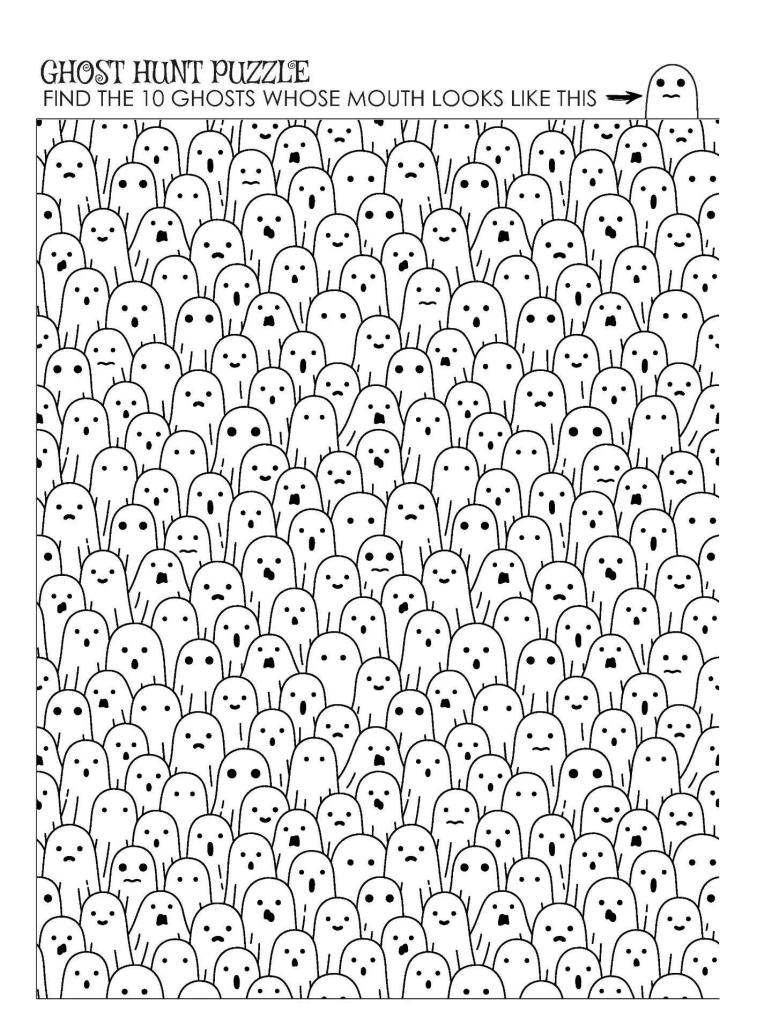
#### http://www.facebook.com/ArizonaESA

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.

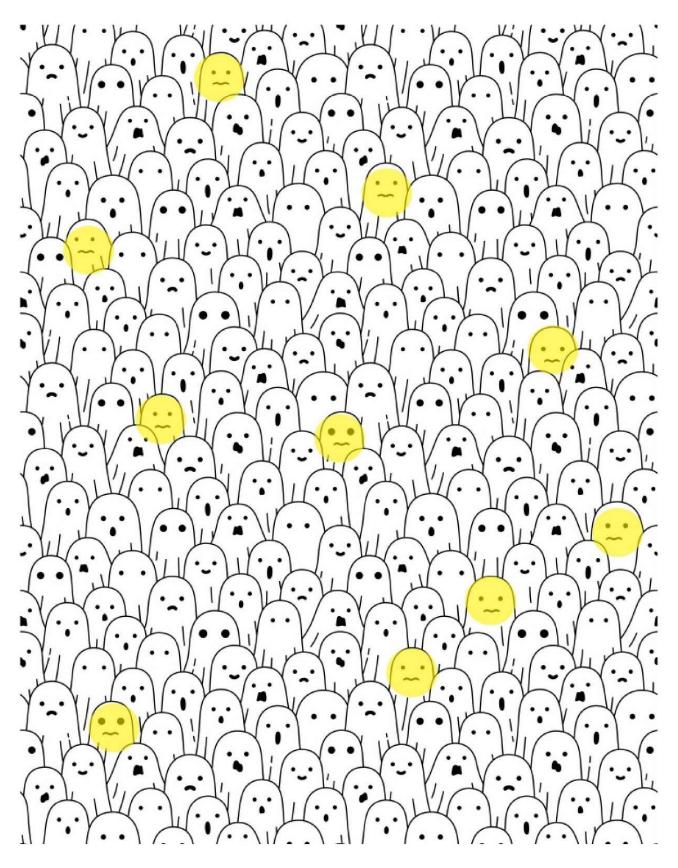
Here is the Arizona Council website **http://azcouncilesa.com** If you need a login and password please reach out to me.

Here are all the ways to reach me. April Aguiñaga april\_aguinaga@hotmail.com 602-904-1530 15602 N. 59th Lane Glendale, AZ 85306





### SOLUTION



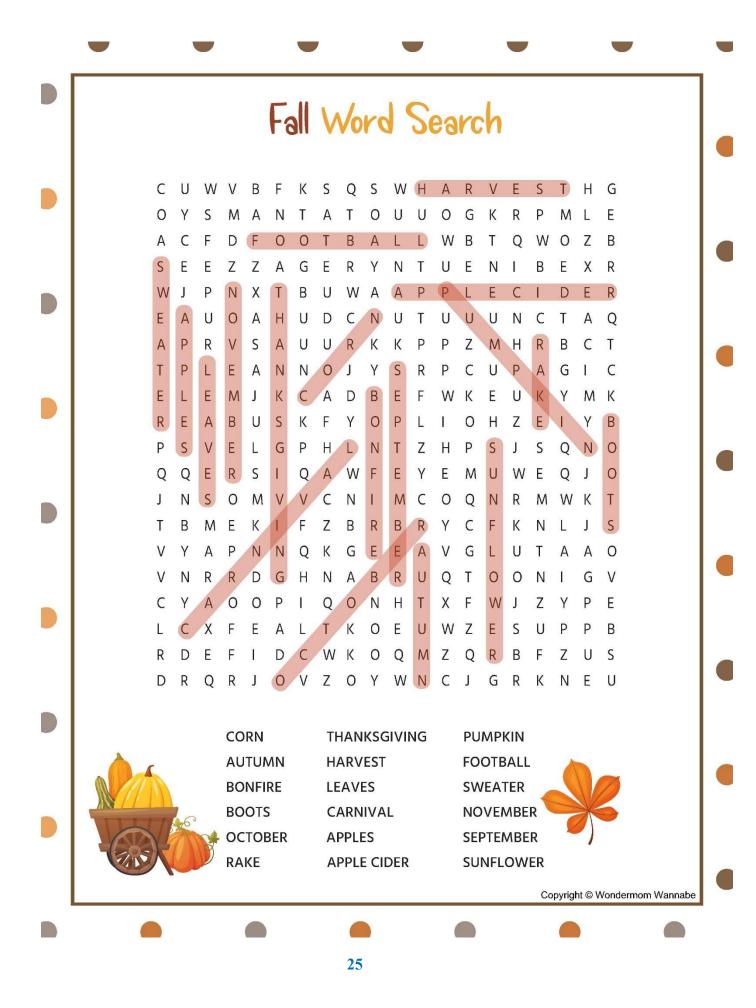


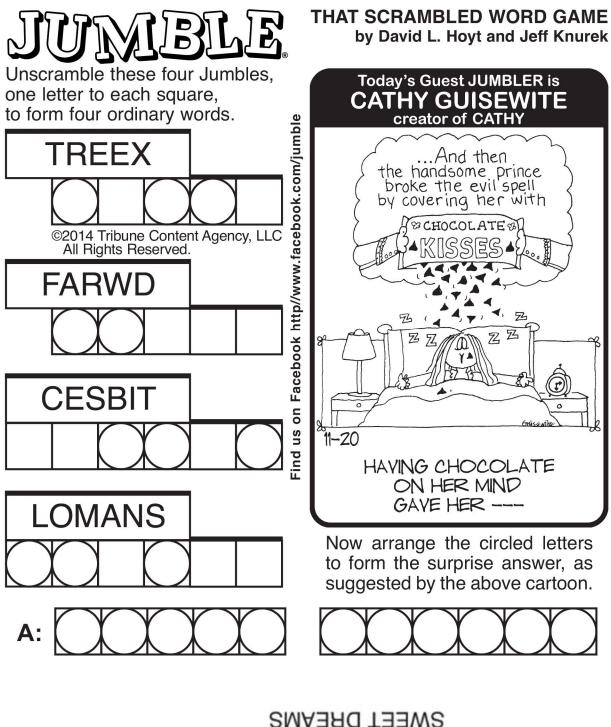
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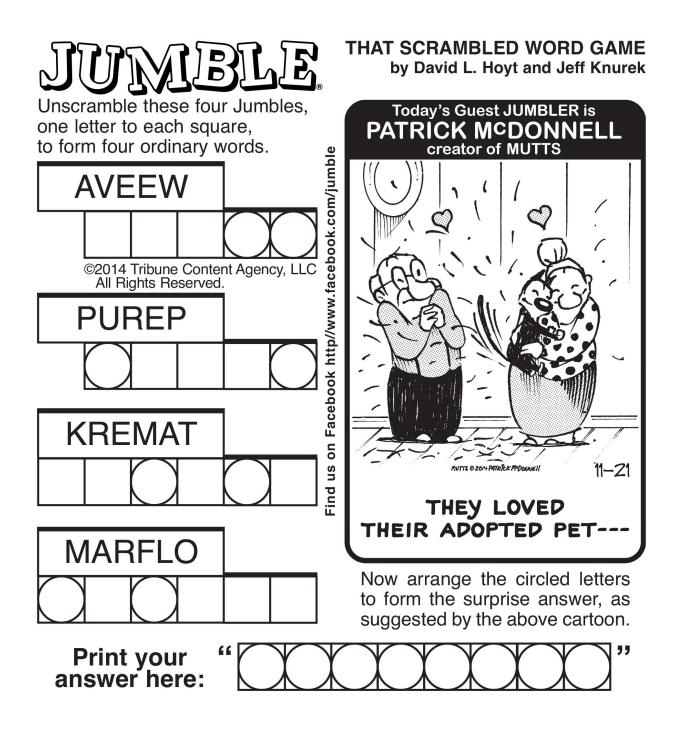
> CORN AUTUMN BONFIRE BOOTS OCTOBER RAKE

THANKSGIVING HARVEST LEAVES CARNIVAL APPLES APPLE CIDER PUMPKIN FOOTBALL SWEATER NOVEMBER SEPTEMBER SUNFLOWER

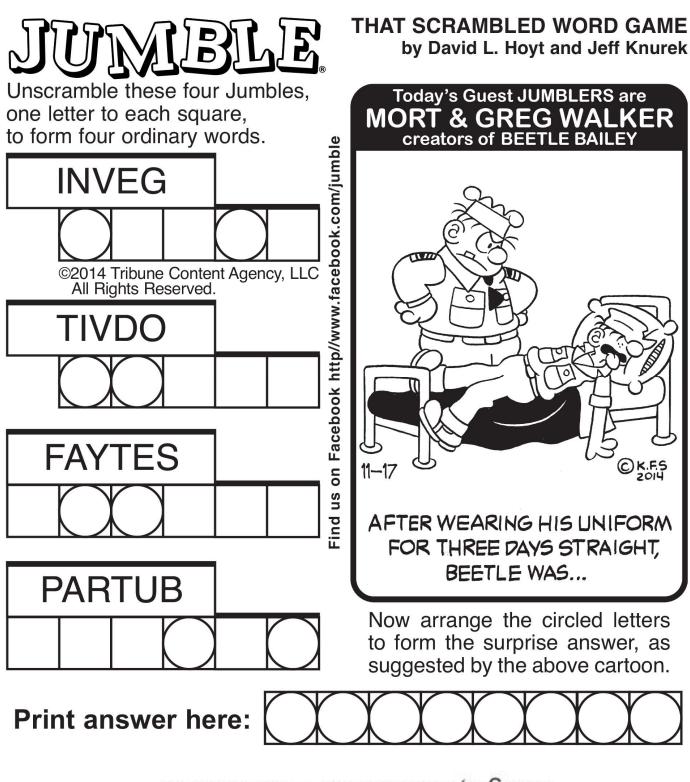




Answer: Having chocolate on her mind gave her –



Jumbles: WEAVE UPPER MARKET FORMAL Answer: They loved their adopted pet – "FURREVER"



Jumbles: GIVEN DIVOT SAFETY ABRUPT Answer: After wearing his uniform for three days straight, Beetle was - FATIGUED



