



Arizona Council Bulletin

February 2023

Volume LXXVI, Issue 5



Greetings All,

It was great to see so many of you at January's Council Meeting. Thank you, Gamma Iota, for being such wonderful hosts. Just a reminder to reach out to Deana if you are interested in serving in an appointed board position for next year. We need members to run for the Executive Board. Please reach out to Deana, Wendy or even me if you have any questions about what is involved. As this new year gets under way I am encouraging you to try setting intentions. Intentions are based on our values and they can serve as an anchoring baseline, instead of being specific and measurable as goals are.

Some intentions to think about are:

- I want to enjoy my life to the fullest.
- May I be humble enough to surrender the thing I cannot control.
- I want to have a healthy relationship with my body, mind and soul.
- I intend to be in tune with the moment

I would enjoy hearing about your intention/plans for this next year.
I hope that you are all well and know that you all in my thoughts.

Until we meet again

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

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Patricia Gale
Arizona State President

Patricia



1st Vice President



Hope all of you had great holidays with family and friends. It is so hard to believe that is 2023!

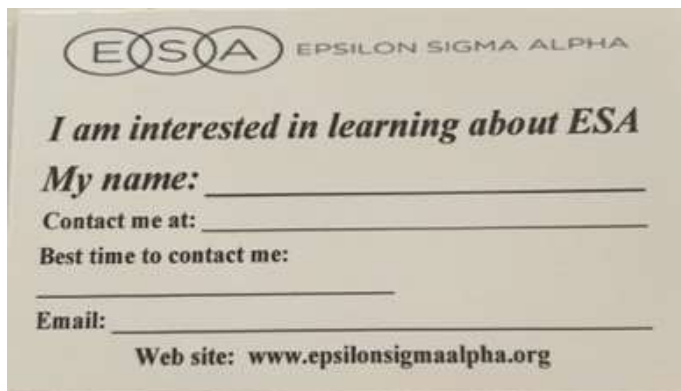
Thanks to all who came to the January Council Meeting. We miss all who could not come and hope to see all your smiling faces in April!


Hope all of you have begun to make plans for a possible new project in the coming months. I want to encourage all chapters to try something different. You never know if it will work until you try it. How about reaching out to help another charity that you have not done before? I am sure there are charities out there who would really benefit from our ESA helping hands! Also, you never know you may meet. A new person who is looking for volunteer opportunities that ESA can offer them and before you know it, you may have a new volunteer or maybe a new member when they see how much fun we have helping others! You now have a new charity and new member(s). You never know until you TRY IT!

I want to encourage all members and all chapters to try new things, think positively and whenever possible, wear your ESA shirts! Always have your information, your ESA business card ready. I have also recreated a business size card that I will share with all of you in this article. We used it at our FUN Bingo for St. Jude in December, and it sparked several people to reach out to us. We (Eta Gamma) are thinking positively that we will have new members this year.

We all really need to do all that we can to grow this year. It takes all working in the same direction. Thinking positive thoughts that we can get out of this slump. If every chapter could get one new member, that would make over 15 new members.

At this time, I want all to help me welcome our new Chapter, Omega Mu in Maricopa. We are hopeful that they will be able to join us at our April State Council Meeting and can make an in person welcome.



 EPSILON SIGMA ALPHA

I am interested in learning about ESA

My name: _____

Contact me at: _____

Best time to contact me: _____

Email: _____

Web site: www.epsilonsigmaalpha.org

I am looking for members to step up and possibly consider an appointment or to even run for an elected office. There are many of us who would be willing to help you and help you go through to dos and don'ts. It really won't hurt, I promise! If you have any questions, (remember there are NO stupid questions, only the ones you do not ask) please reach out to me and I will do my best to answer any questions or concerns that you may have. I am here to help all of you in any way that I can! Just reach out to me if you have any questions on anything. I will do my best to help you better understand.

One last request! At your next chapter meeting/gathering please discuss the possibility of hosting a council meeting next year. We will need chapters to host in September, November, January, and April. Please let me know if it is possible for your chapter!

Take care and please be safe.

Hugs to you and yours,
Deana



2nd Vice President

Dear Brothers and Sisters of ESA:

Did you know we have our own Inspiration Library on our website?

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

Here are a few ideas from the Library:

- Guide Dogs for the Blind Garage Sale
- St. Jude Motorcycle Ride
- Spruce up a Care Facility
- Thank a Hero with a Card
- Paint & Pour event for St. Jude
- Military Care Packages/Partner with College students



Please take a moment to check out the website and get inspired by all the awesome ideas.

As always, you all deserve congratulations for your last Philanthropic report. If you have turned it in, please email me at wendywilliams7@gmail.com

You guys are the best and I am so proud to be part of this organization!

Love in ESA,

Wendy Williams
2nd Vice President



AZ State Past President/Parliamentarian/Disaster Fund Chair

Dearest ESA Family,

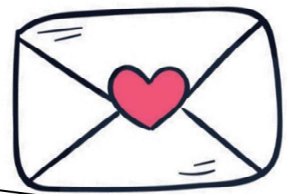
With my Parliamentarian hat on, I greet you! The Bylaws committee received and is forwarding you proposed changes to the bylaws and standing rules. Most of the bylaw proposed changes are updating; however, there is a change proposed to officer's terms and term limits so please read those closely and feel free to contact me if you have any questions. I'd also be happy to zoom into or attend your chapter's meeting if you feel that might be helpful. See you all in April. The proposed changes are in their own attachment.



Yours in service,

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

Shari Stapleton-Smith



February 7 is National Send a Card to a Friend Day. Take a moment and send a quick card out to a friend you haven't seen or talked to in awhile. Just a friendly "hi how are you?" will brighten their day!

Education/Workshop Chair

Looking ahead to our State Convention (June 2-4, 2023 in Tucson), I'm open for suggestions on the kind of workshops you'd like to participate in. All workshops will be mini-workshops so nothing long-winded should be expected! Record your preferences via this link: <https://www.surveymonkey.com/r/JJT952Z>.

Respond soon, and please, only those planning on attending the State Convention should submit survey responses so we actually cater to those who will be present. THANK YOU!

Terrie Rust
terrie_rust@hotmail.com
Education/Workshop Chairman



As Foundation Counselor I would like to thank you for your past support. As you know the Foundation gifts others with scholarships and grants to help further their education and career development. Your dues help the Foundation with these grants. ESA has reset their calendar and all Foundation dues are due in January of 2023 for the year. Please go to the ESA website where you can pay your dues online. As a state I would like to see Arizona stay strong in their contributions and appreciate your continued support.

On another note, the Foundation Fantasy FUNdraiser Event is happening the month of February. What better way to show your love than to give in this month. 😊 Where does the money go you ask? The Foundation has expenses to Headquarters as well as general expenses to keep everything running smoothly. They also fund the expense of the Key Note Speaker at the International Convention. Now, just to make this Fantasy Event a little fun and exciting there will be prizes to the chapter that brings in the most money, to each member of the chapter. Please remember that anyone may donate. You do not need to be a member of the Foundation; however, members will be seeing their invitation to participate coming soon. Also, consider a

donation from not only chapter members but from the chapter itself. Ask business owners if they would like to donate. Every dollar raised, in any increment, is appreciated. Remember, you do not need to be a member of the Foundation, but we wish you were...😊

Many thanks for the support you give the Foundation!
Fondly,
Kathy Riebock, Alpha Chi, Sierra Vista, AZ
ESA Foundation Counselor
520-559-1944, krie77@cox.net



Easterseals

It was awesome to see those who were able to attend the January Council meeting. Hugs to those who were not able to attend.

We raffled off the pretty purse set and \$50 dollar amazon gift card at the January Council meeting. We sold diamond art purse, tote bags and key chains. We raised \$456 dollars for Easterseals.

We will be raffling off a beauty basket at the April Council meeting. Details will be released soon.

If you have any questions, you can contact Baz Winsor or Karen Madrid.



We would love to continue collecting and distributing books to our veterans via our signature "Operation Paperback Project!"

You ask, "How can I help?"

1. You can collect books
2. Keep track of the number of books you have collected
3. They can be donated to several different organizations
 - A. VFW posts, Vietnam Veterans of America and various Veteran organizations.
 - B. Local schools and libraries

- C. Mailed to our troops overseas.
- D. Donate monies for postage (make checks to Arizona Council).

Any questions please contact:

Hope for Heroes, Chair
Janice Shaproski
Yolanda Chislon
Paula Fisher

Dear Brothers and Sisters in ESA,

HAPPY NEW YEAR!!

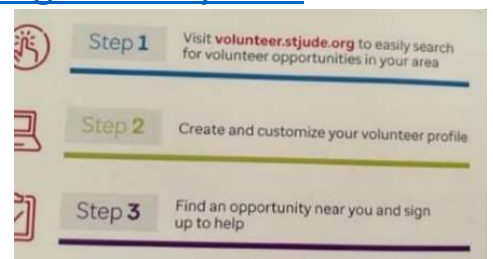
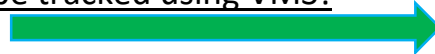


FIRST – A big THANK YOU to all of the ESA members who have volunteered their time, energy and donations for many of the St. Jude FUNdraising events throughout the Winter. Below are additional opportunities that you can help carry on the mission of St. Jude and the calendar of events.

If you haven't done so, please create a profile in the St. Jude Volunteer Management System (VMS).

Visit: [St Jude Volunteer Management System](https://volunteer.stjude.org)

The three step process shown here will help get you started.
Your hours and miles can easily be tracked using VMS!



ST. JUDE CALENDAR of EVENTS

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

- What an outstanding FUNdraiser!! By now, we all have learned that the efforts of our members and other in the community helped to raise **\$9,250** for the kids of St. Jude. Special thanks to Connie, Karen, Kathy and the whole Alpha Chi Chapter for their great work for a great cause!

***KMLE 107.9 Country Cares for St. Jude Kids Radiothon* December 8-9, 2022**

- This Audacy Phoenix radio station hosted a radiothon for two days to secure Partner in Hope monthly donors in support of St. Jude. Volunteers reported early morning or stayed late to man the phones each day. These volunteers and the KMLE radio community raised over **\$331,110** for the kids of St. Jude! Thank you to all that made this annual Radiothon a huge success!

***BINGO for St. Jude* December 10, 2022 – American Legion Post #40, Henderson, NV**

- Eta Gamma Chapter in Henderson, NV hosted a great night of FUNdraising bringing in over **\$1200!**

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

- Legends for Charity® 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* See featured race 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®. Choose to run for a reason, and you can earn a VIP race weekend experience, free race entry and more!

Humana Rock 'n' Roll Las Vegas Marathon and Half—February 25-26, 2023

Volunteer Opportunities:

- **Thursday, Feb. 23**, 3-6 pm, Expo Booth (Prize Wheel and Photo Booth)
- **Friday, Feb. 24**, 10 am-6 pm, Expo Booth (Prize Wheel and Photo Booth) 2 Shifts-10am-2pm, 2-6pm
- **Saturday, Feb. 25**, 9 am-5 pm, Expo Booth (Prize Wheel and Photo Booth) 2 Shifts-9am-1pm, 1-5pm
- **Sunday, Feb. 26**, 4pm-9pm, Location To Be Determined (Cheer Spot Support)

NOTE: All opportunities will be loaded in Volunteer Management System (VMS) by February 1st.

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

St. Jude and ESA - \$50 For 50 The results are in! The 2022 campaign closed at the end of December with extraordinary results. ESA raised a whopping **\$188,255** in the ESA \$50 FOR 50 Challenge and the #1 state (Arkansas) raised **\$22,519**. Arizona raised a grand total of **\$16,053** and finished in #3 position behind Texas. You can still get the commemorative 2 inch pin by visiting: [ESA](#) & [St. Jude 50 Year Partnership Pin](#)



Want to show off your support for the kids of St. Jude?

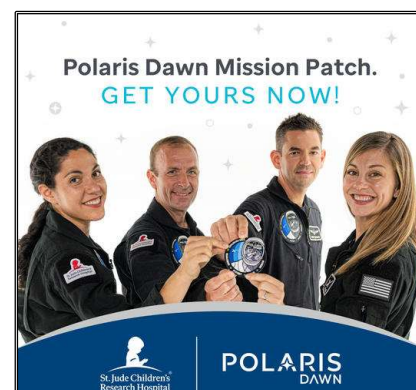


SpaceX Mission to Benefit St. Jude Children's Research Hospital

About the Mission

No earlier than March 2023, SpaceX's Falcon 9 rocket will launch the *Polaris Dawn* mission from historic Launch Complex 39A at Kennedy Space Center in Florida. Dragon and the *Polaris Dawn* crew will spend up to five days in orbit, during which they will work towards the following objectives: Highest Altitude Space, Health Impact Research, In-space Communications, and the First Commercial Spacewalk.

The Crew of ***Polaris Dawn*** and SpaceX have consistently supported and donated to the Mission of St. Jude.



You can get the patch worn by the Crew for a donation of at Least \$25 to help expand the St. Jude mission globally.

To get your patch, visit:

[SpaceX and Polaris Dawn Patch for St. Jude](#)



KMLE 107.9 Country Cares for St. Jude Kids Radiothon!

Pictured is the final numbers raised by ESA Volunteers at the 2022 KMLE 107.9 Country Cares Radiothon for St. Jude kids

Special **THANK YOU** to Henry, David, Sandy, April, Barb, John and Michelle for manning the phones for this successful FUNdraiser!

LOVE TO ALL, John and Deana

Pictures from the Alpha Chi St. Jude Dinner, raffle & silent auction in November.







**Beta Gamma is collecting
new and used sneakers
Bring to the April council meeting**

These shoes go to “**GotSneakers?**” a company that keep sneakers out of landfills. They give the new sneakers or used sneakers in good condition to secondhand markets and damaged footwear is recycled to reuse materials or to waste into new energy.

<https://gotsneakers.com/>

Beta Gamma gets a check after they send in the sneakers.

Wanted

- any color, type or size
- for men, women and children



**Contact any
Beta Gamma
member if you
have questions**

ESA ARIZONA
80TH
STATE CONVENTION
"WELCOME TO WONDERLAND!"

June 2-4, 2023

**MORE DETAILS TO
COME!**



**We don't have a room block yet, so please
don't try to make a reservation.**

For questions, please contact
Shari Stapleton-Smith, Convention Chair

Embassy Suites by Hilton Tucson East
6555 E Speedway Blvd, Tucson, AZ 85710

Chapter News

Beta Gamma



I was honored when I was asked to join ESA, Beta Gamma chapter. I was able to meet and get to know a lot of wonderful and fascinating women who have encouraged me.

Our chapter had the honor of assembling and donating 17 boxes of food for the veterans and their families for Thanksgiving. For Christmas we partnered with the American Legion, VA Southeast and Mesa Clinics, where we were able to bless many families and children with gifts that they would not otherwise have had. They were able to have a wonderful Christmas. **(pictures below and on next**

page)

It is so uplifting to be a part of this wonderful organization and I cannot wait to become more involved.

I would like to thank my Sponsor, Paula Fisher for inviting me.

Pam Wojtkun **(wearing red top – next to Deana Walters)**



Alpha Chi First Pearls

5 members received their First Pearl Awards – pictured are Cindy Fulbright & Rosa Villafane with their fellow chapter members – Kathy Riebock, Karen Madrid & Connie Cole



Alpha Kappa

Christmas pictures

The annual Christmas/Holiday party was held at Shalimar Country Club where the food was great but the fellowship was better! Secret Sisters for 2022 were revealed and new names were drawn for 2023. We were able to donate to the adopted family approximately \$500, in gifts, gift cards, and food.

The business meeting for January was presented by Jennifer Marko on making "Charcuterie Boards", Jennifer took this up as a hobby during the quarantine for Covid. She showed several examples of the woodwork and our refreshments for the evening were served from one of the boards. Members also brought gift cards in the amount of \$450 to be distributed to foster teens, and gifts/gift cards for the family we adopted. Several members volunteered at a 'store' as Elves (shopping aides) where selected families in the Tempe Elementary School District could shop for their families at no charge. The Store was sponsored by the Tempe Kiwanis Clubs and Tempe Impact for Education and all items were donated!





The January business had us doing a 'Word Search'. The first three words we saw was meant to be a forecast of what 2023 held for each one. Lots of laughs! We spent some time on reflecting on the past year, good times and hard times and what helped to get us through the year. We shared some goal setting for 2023. The January social found us playing Bunco. Most for the first time! It was loads of laughs and something we will definitely do again!

Be watching in the next bulletin for information on the annual Spring Fling Luncheon and _____. There will not be a Fashion but it will be a fun Fund Raiser!

Date	Event & Location
April Council Meeting Hosted by Beta Gama April 16, 2023	Mesa, AZ
Arizona Convention June 2 – 4, 2023 Arizona Council State Convention Tucson	Embassy Suites by Hilton Tucson East 6555 E. Speedway Blvd Tucson, AZ
IC Convention July 25-30, 2023 Grapevine Texas	https://www.epsilonsigmaalpha.org/about/ic-council/convention 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

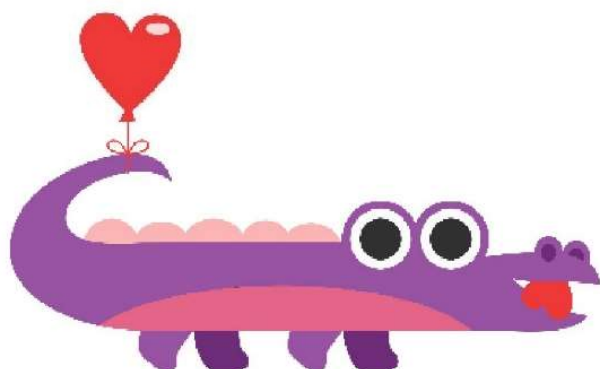
15602 N. 59th Lane, Glendale, AZ 85306



To:

From:

CR **4** **you**
razy



To:

From:

Happy
Valentine's
Day



To:

From:

My Heart
Belongs to
You



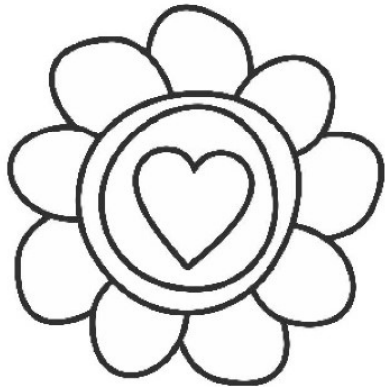
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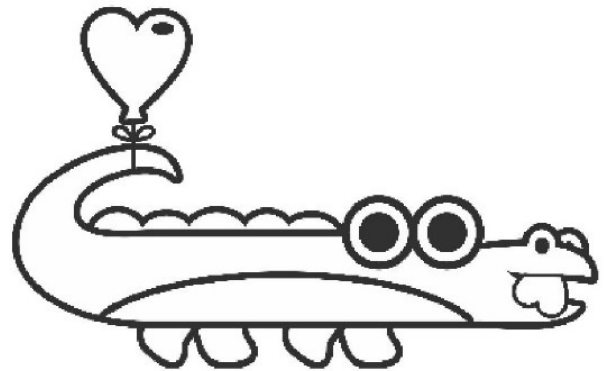
LOVE
BUG



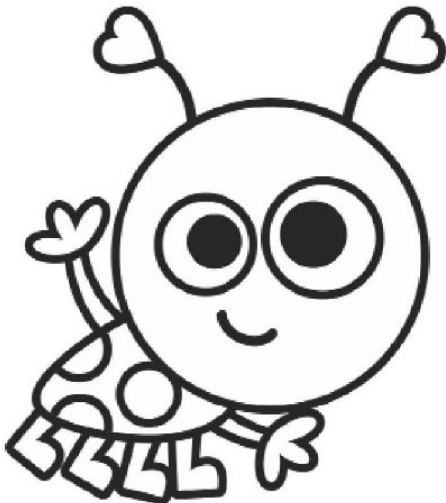
Happy
Valentine's
Day



Crazy
4you



LOVE
BUG



My Heart
Belongs to
You

