



notes from the journey

ESA IC Newsletter 2020-2021

ESA INTERNATIONAL PRESIDENT LEANN WRAY

SEPTEMBER 2020



A Note From LeAnn

I would like to begin by congratulating all the newly elected officers, state presidents and the appointed board. Each of you play such an important role in ESA. Your dedication and commitment to ESA is greatly appreciated. Thank you also to the IC Headquarters staff. Without each of you our Virtual Convention would not have been possible. The behind the scenes work was daunting; long hours, many Zoom calls and I am sure some sleepless nights. The virtual convention ROCKED, thank you!

Embrace the Journey with ESA is my theme this year. Who ever thought we would begin this year still in the throws of a global pandemic, with masks, social distancing, staying in our homes and ordering food to be picked up? How many members can say they knew about Zoom before March 2020? I sure cannot. But here we are, moving forward, embracing ESA, embracing all our beloved charities that we support and learning new ways of fundraising. One (of the many) things I love about ESA and all our members is that we have never let any obstacles stand in our way of what we believe in.

As we move into our new ESA year, I would like to share some new opportunities for you bring to your states and chapters. St. Jude Memphis Marathon "in-person" event has been changed to a virtual event.



There are still plenty of ways to support St. Jude Children's Research Hospital. Sandy Hongerholt, ESA IC for St. Jude, Sr. along with Lauren Ryan, ESA IC for St. Jude, Jr. will have great information in this newsletter on ways to help raise money for St. Jude.

Our Hope for Heroes program is taking on a new look, but with the same great intent that was brought to ESA several years ago, helping our military veterans and their families. Julene Donnay, Hope for Heroes Chair, will be highlighting some new, exciting ways ESA can support our homeless, disabled, and in need veterans. Welcome Home Vets and Folds of Honor are two organizations you will be hearing much more about in the coming months.

Earlier this year Charlotte Carloni began having Coffee Chats to bring members together, to "see" each other on Zoom and to share how members were handling stay at home, stay safe. As things have progressed, Tracy Swanson and I will begin having bi-weekly chats that will be held in the morning and the evening. Our focus is going to be different, we will sharing different ideas on how ESA members can begin (if you haven't already) to fundraise for the charities you support and invite friends and family to become a part of our events.

ESA may look a little different this year, with a couple twists and turns in the road. Epsilon Sigma Alpha is an organization of members who are not afraid of new challenges, we will make this year one to remember. I am proud and excited to begin 2020-2021 with each of you. You all ROCK!

Hugs, LeAnn

Robin Bussey, 2020-2021 1st Vice President

Hello Everybody! Well, we know that it is Summer in the South-Hot and muggy and when it is not hot and muggy, it is raining. Oh well, what can you do?

Was that not a wonderful virtual IC Convention we had in July? I thought it was awesome! Thank you to everyone that helped make it happen!! I do not want to name names in fear that I might miss someone. It was great seeing all the people that attended, Lynda did a great job on the workshops, the meeting was quick and informative and LeAnn's installation was fantastic! I am really getting the hang of this thing called Zoom.



It is my pleasure to serve as your 1st Vice President this year and I am looking forward to a great year under the leadership of LeAnn. It is one of my responsibilities this year to encourage you dear reader and other



qualified members to accept the challenge of taking on an International Council Office. Dedicated members are needed to share their time and talents to assist in the growth of ESA, plan the future of our organization and help achieve to the goals and ideals of ESA. You can find the form on the ESA Website. If you have any questions, do not hesitate to e-mail me at rbussey@gmail.com or phone me in the evenings (remember I am on EST) at (803) 207-4698. Hope to see my mailbox full!

Robin Bussey
2020-2021 1st Vice President

Denise Holdaway, 2020-2021 2nd Vice President

Hello to All!

I am sure missing my ESA family, but technology and Zoom has made it to where we can at least meet and see each other. Who would of thought so much could happen over the internet? I was hoping to see each other in person somewhere this year, but it looks like God has other plans. He has taught me several lessons that I like and some I don't like during this season of COVID.

While my job as the outgoing IC Treasurer isn't quite finished just yet, I want to thank all who have supported me on my ESA journey. Being installed as the IC 2nd Vice President was so exciting for me. I am glad I was able to be surrounded by my Chapter Family, they mean the world to me. Their support and willingness to go on this journey with me, is just so special. I say all the time "I jump down rabbit holes and they just follow me"; that takes a lot of love.

I really hope all ESA members have marked their Calendars for IC Convention 2021 in Louisville, Kentucky. We are hoping to have a party like none other after all this time of Social Distancing. The dates are July 24-August 1, 2021. We are working on details, but are running a little behind, as our meeting with the hotel has been pushed back to the end of October 2020.



Kentucky and the Carolina's are excited for us to attend and will have lots of fun planned for us. I want to say during this time of not seeing each other or having in person meetings, please remember to reach out to other members and let them know ESA is still vital. New members still need to know we are here and "seasoned" members need to know they are being thought of. I think we still need to make our presence known on social media. Post old pictures of events, if you are doing new things post those. As always, other members around the country just want to see what someone is doing, so we can support each other.

Please stay as safe and healthy as possible!!!! If you ever need me for anything, just reach out. I am happy to help where and if I can.

WE ARE ESA WE CAN MAKE ALL KINDS OF CRAZY THINGS HAPPEN, WE WILL WEATHER THIS STORM, AND COME OUT OF IT WITH A NEED TO CONTINUE ALL THE THINGS WE STAND FOR!!!!

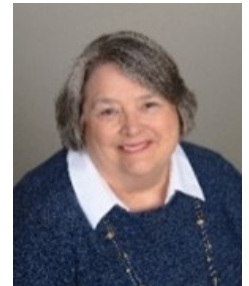
Lots of love and hugs,

Denise Holdaway
IC 2nd Vice President 2020-2021

Brenda Myers, 2020-2021 Treasurer

Greetings everyone!

Hope this note finds you safe and well. We are certainly experiencing a different season in ESA and we are so lucky to have each other! I just want to remind you that International Council dues should now be sent to my address. The dues form with the new contact information is attached in this newsletter. In addition the annual Tax Facts are due to Headquarters by September 15, 2020. This filing is very important to supporting ESA's not for profit status. Both of these forms can also be found in the Member Center of the ESA website.



Feel free to contact me if you have any questions or need any assistance.
ESA Hugs,

Brenda
brendasmeyers@gmail.com

Former Cheer Team Rep Lauren Ryan

I have one last and VERY exciting tool to offer everyone participating in the Membership Challenge or anyone who wants to grow ESA. I have created a 'Tips & Tricks' Membership Recruitment Game!!! This tool can be used as a presentation or a game to challenge members to recruit. There are 31 tips and tricks that anyone can use to start conversations about ESA.

Please contact Lauren Ryan if you would like to receive this Membership Game.
laurengeryan@gmail.com

Zoom Tip of the Month

When sharing a video or music, select the
Share computer sound button on the lower left bar.

☐ Share computer sound

Mary Humphrey, 2020-2021 Recording Secretary



Greetings everyone! Wasn't that an awesome virtual International Council Convention! A huge thank you to all who made it possible!

Congratulations to those of you who have accepted the position of Recording Secretary; for some of you it's old hat and for others, it's a new challenge. Taking minutes is important, as your meeting minutes are the official record of the Chapter or Council. Members must be able to refer to them later if necessary.

Minutes should be as brief as possible, recorded in the order presented during the meeting. Be sure to include the following:

- Date, time and location of the meeting.

- The purpose of the meeting.

- Names of attendees and those who were unable to attend.

- The agenda items. Ask the meeting organizer for a copy of the agenda prior to the meeting.

- Decisions that were made. Record the exact wording of motions, the name of the member who made the motion, who seconded the motion, discussion, and the action taken.

- Actions that need to be done.

- Follow up meeting.

Find the best method you are comfortable with to record the minutes; whether it's using a notepad, a voice recorder, or recording the meeting on your phone. During these "unprecedented" times, with meetings being held via Zoom, ask the host to record the meeting. This will either be saved to their computer (free version) or to the cloud (paid version). They can then share the recording with you. I experienced this a few weeks ago; it worked great.

There is nothing you can't do! Have fun!



Jaycee M. Peak, 2020-2021 Workshop Coordinator



Hello!

Here we are getting ready for another amazing ESA year! Congratulations to the 2020-21 State Presidents. Each of you have conquered many road blocks that came with the pandemic while continuing to spread the good works of ESA, awesome job!

We are beginning the plans for the Workshops at the 2021 IC Convention in Louisville, KY. Your comments, requests and ideas for what you would be interested in seeing at convention are important. Please do not hesitate to reach out to me for workshops to have available.

I look forward to communicating with you monthly, providing you with some worthwhile inspiration, hope you enjoy! This is from Biscuits, Butter & Blessings.

Bringing out the Best in People – Are you the kind of person who encourages, inspires, and brings out the best in people? Most of us would like to believe we do but would be hesitant to answer the question, with good reason. The question is better answered by those who know you. There are some people who choose to believe the best of others, even a serial killer. Though presented with undisputed facts in criminal court about the individual, they will doggedly stick to their opinion about the person they believe in. But God doesn't want or expect us to wear blinders and pretend everyone we know or meet is hunky-dory. Instead, He instructs us to be wise as serpents and gentle as doves (Matthew 10:16). Wise yet gentle, savvy yet sweet.

Faith Check – The artist Michelangelo believed that every block of stone has a statue inside of it, and it's the task of the sculptor to discover it. Jesus didn't take people at face value either. He saw the possibilities in them. Whether others saw a rag-tag group of fishermen, Jesus saw faithful disciples. While others disdained to acknowledge a lowly prostitute. Jesus saw a wounded woman who would be transformed into a radiant woman of God.

Celeste Webb, 2020-2021 Parliamentarian

Greetings from Central Illinois! We are experiencing some cool weather this week, 58 degrees this morning with a high of 76 today. August in Illinois is never this cool!



The weather in Illinois is not the only unusual thing this year! Due to the COVID 19 Pandemic the ESA International Council Board, 2019-2020, utilized Section 5 from Article 6 of the IC By-Laws. This section states "in cases of inability to call an International Convention and hold a regular meeting due to nationwide crisis, the Nominating Committee shall present candidates for office and election shall be by mail in accordance with the method determined by the IC Executive Board. The Executive Board may also devise means to transact business and to declare the officers chosen by mail vote duly elected during such emergency." Our leaders worked very hard to put this into action and the 2020 IC election was completed by electronic e-mail vote. The results showed, by utilizing electronic voting, members were able to become successfully involved in a secure election process.

Electronic "Zoom" meetings have quickly become the norm for many organizations, ESA included. The 2020-2021 bylaws committee had our first meeting August 3rd. The committee will have weekly Zoom meetings to look at proposed changes to the bylaws in regards to the voting process. ESA needs to keep up with technology as we move into the digital future.

All members who voted received a survey on the voting process. The results show that the process was very favorable to the membership. Members felt informed enough to make knowledgeable decisions. Overall, electronic voting was exceptionally received by the individual members as a success.

If you have a proposed amendment to the by-laws they must be submitted to me, Celeste Webb, by January 1, 2021. After approval by the IC Board, the proposed amendments shall be distributed to the State Presidents and the website no later than April 1, prior to the convention.

Hope everyone is staying safe! Carpe Diem! Celeste

Membership Updates

Tracy Swanson, ESA HQ Membership Director

Getting Back in the Game with ESA!

COVID is here for a while, and we can't stay on the sidelines and wait it out if we plan to be a healthy, vital organization when everything settles down. So we're all looking for ways to get ESA activities going again safely, either with safe social-distance in-person events or online ones. **"Up Your Game for ESA"** is this year's membership theme and it's perfect for challenging times

September Membership Focus: Retention

Try a game night to have some chapter fun, either safely socially-distanced or a virtual event. Virtual events are safer for larger groups now, enjoy your own chapter friends or try partnering with another chapter, online makes it easy to gather people who don't even live near each other.

October Membership Focus: Recruitment

Once you get the hang of virtual or social-distanced in-person events, try one that includes inviting a few guests who you think would make great members. October is always Recruitment Month in ESA. The world is hungering for friendship, fun, and good stuff to do -- it's ESA's time to shine!

November: Come to LeAnn's Celebration Party

Have you heard? LeAnn is having a Fabulous Friday Family Feud ESA party on Zoom in November to celebrate our October Recruitment successes, YOU can earn an invitation! We'll play ESA's version of this famous TV game show for crazy prizes and good fun. It'll be loud, it could get crazy, and it will be a ball! To earn an invitation:

1. As a chapter, host a recruitment event (virtually or safely in-person) and welcome a new community member between September 1 and October 31, and all your chapter members will be invited to the Zoom party. OR
2. Individual members (MALs) may also sponsor a new community member and receive an invitation.

WIN A "CHARLOTTE" VISIT FOR YOUR STATE:

If your state has the most new community members by percentage at the end of October, you'll win a visit from Charlotte at one of your future state events. Currently, Georgia is in first place but lots can happen during Recruitment Month – go for it!

ESA HQ has other GREAT resources for you on the website:

epsilonsigmaalpha.org/ESALife

- Game ideas, party ideas, clever educational projects all that can be done at a safe distance or online. These projects were all created by the attendees at the IC Convention Membership Workshop – create your own or pick one of these and start planning your event today.
- Zoom instructions/getting started info created by Executive Director Charlotte Carloni specifically to help ESA members get comfortable with Zoom.com technology for meetings and activities.

epsilonsigmaalpha.org/membershiphost – membership host tips and tools for talking ESA. Choose the in-person kit or online kit depending upon your event.

epsilonsigmaalpha.org/ESACoffeeChat – register to join IC President LeAnn Wray and me on Zoom on the 2nd and 4th Mondays of the month to visit with ESA friends and get the latest on our ESA topic of the day.

All members welcome!

Contact me if I can help support your officers or chapters in retention, recruitment or chapter development tracyswanson@epsilonsigmaalpha.org



Madeleine Kurzynski, Association of the Arts

So excited to have this position! I am looking forward to all the beautiful items our members will be submitting. The talent in ESA is amazing and I cannot wait to show all of them in Louisville next year. With all this quarantine time we are having, we should be able to get all sorts of items to share. But if you are anything like me, I am thinking about a lot of stuff to do but thinking is as far as I get!

I want to share with you the categories that will be judged:

Division I – Visual Arts

Division II – Photography

Division III – Crafts (Painted Art)

Division IV – Crafts (Mixed Media)

Division V – Needlework (Fibers)

Division VI – Quilting

Division VII – Holiday (Ornaments & Decorations)

Division VIII – Presidential Division

Viewers' Choice



I am sure that several items were ready for Texas so please bring them to Kentucky. No one's work should go unnoticed! If you have any questions or concerns about Association of the Arts, please feel free to contact me at Maddyski18@gmail.com or 513 505-8307.

In ESA love,
Madeleine Kurzynski

Sandy Hongerholt & Lauren Ryan, ESA for St. Jude

St Jude Walk Run Events are going VIRTUAL! While we are sad that we cannot volunteer at these events in person we can still make a HUGE difference by registering for the Walk and FUNDRAISING!!!! Don't want to register yourself? Then donate directly to the ESA National Team or to an ESA Friend who did!

Go to this website to get involved:

https://fundraising.stjude.org/site/TR?pg=national_company&company_id=2051

Make sure you select ESA as your Company.

We have committed to raise \$75,000 for the Walk/Run this year. Let's exceed that goal for the Kids at St. Jude!!!

St Jude Chili's Day will be September 30th. Chili's will be giving back to St Jude on Dine in & Take Out Orders!

Here is the website for more information: <https://www.chilis.com/st-jude>

Email Sandy or Lauren if you have any questions, need help or want some ideas!

Sandy Hongerholt <shongerholt@yahoo.com>

Lauren Ryan <laurengeryan@gmail.com>



SAVE THE DATE

2021 International Council Convention

in

Louisville, Kentucky

"Talk Derby with ESA"

July 28 – August 1, 2021

Louisville Marriott Downtown

Plan now to attend!

Hope for Heroes, Julene Donnay

Thank you LeAnn Wray for this awesome appointment to work with the Hope for Hero's projects and provide leadership for all of the states to stay connected and make a difference in the lives of our Veterans and their families. This year, we will be supporting your goals to make a difference and build programs in all states that we have active ESA Chapters.

The first program that everyone heard about if they were on the IC Convention Hope for Hero's Workshop is Welcome Home Vets. This is a very engaging program that is being introduced to everyone from Past IC President Terri' Olson's home state of Minnesota. Welcome Home Vets is a National Program that is 100% Volunteer ran. They provide services to get our homeless vets going again in their own apartments by supplying a 'Welcome Home Kit' which includes everything needed to start life again and get back on your feet. In Minnesota we are fortunate to work with Rick and Gretchen Peterson who are managing this program with the support of the MN Elks Club. There are hands on opportunities for collecting supplies, and serving as the hands and feet to deliver the kits to the veterans when they are placed in an apartment. The volunteers spend the time meeting them at their new apartments and making sure they receive the kit and delivering exactly what they need to live. There are also opportunities to do fund raising projects to provide the funds to purchase all of the supplies which averages \$300-500 per vet. Examples of those projects could be holding a "Welcome Home Shower" and collecting gift cards for groceries, Walmart, Target etc. that could be shared with a program in your area. Hands on projects like a Wine/Beer Tasting events at a local Elks Club, or a collection drive for new products (see kit contents) that could be used in the home deliveries. The opportunities are wide open for you to consider.



The association between the Elks Club and the Welcome Home Vets program is valuable for ESA members because they have resources that we may not and their very connected with the Veterans Administration. It allows for us to get involved in this great project and make a difference in helping a veteran get back to living their lives that they have helped to defend.

There are opportunities across many of the states that we have ESA Chapters. I will be working with the Local Chapter and Rick and Gretchen to find those state contacts for you. We will also be receiving a list of suggested steps to take in connecting with a local chapter, or possibly getting one started if there isn't one in your immediate area. I will be reaching out to the Hope for Hero's chairperson in your state directly to keep these connections going. If you don't have a chairperson this year, I will be contacting the State President.

The second program that we will be expanding on across ESA is the Folds of Honor Program that is providing scholarships for family members of a fallen or disabled veteran. This organization was started by a veteran PGA Lt Col Rooney after observing a fallen soldier being removed from a plane he was on and thought of his own children that were left behind. This program is nationwide as well and we have a lot of opportunities to support them with both financial donations, working at their golf tournaments that are held in just about every state, or hosting your own tourney – think how fun a miniature golf tournament would be, or an event at Top Golf or similar Golf Dome that could be done in the winter! We know several states already work with this program, and this year we would like to make sure we expand the information and opportunities across all of the ESA Chapter states.

President LeAnn Wray would like to make sure all states have the necessary connections to build on these programs in your states which is my role. So, I will be spending a lot of time communicating, being your link to these organization and others and sharing your stories across ESA through this newsletter. Please take some time to check out the <https://epsilonsigmaalpha.org/HopeForHeroes>

Which provides you links to these and other projects that may work well in your state. Please put my phone number on Speed Dial (does that even exist anymore?) 612-805-9098. If you text me, expect a response the same day. E-mail me at Julenedonnay@aol.com and I will get back to you same day (unless I'm climbing a mountain) and most of all, communicate within your state membership the important role that we all play in keeping our Veterans top of mind this year. The goal is to do whatever we can to help in as many ways as possible.



notes from the journey

News from States & Regions

Arizona



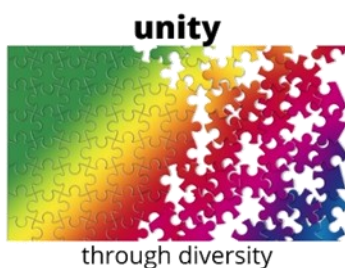
Greetings from Arizona!

We've been busy despite the pandemic. Our Convention which was originally scheduled for May 31st has been moved to September 19th and we'll be doing it via Zoom. The IC Convention was so successful that we learned that we really can do it! We're having a Trivia Night the night before to raise funds for St. Jude and Easter Seals. We're still working out the details, I'll share how it went next month.

We've been having weekly Zoom Happy Hours which have helped some of us feel more connected. We've had a Hat Party, Game Nights, and regular old conversation. I usually have a few questions to get the conversation started.

Some of our fundraising chairs are working on facing the challenge of fundraising while in isolation; if any of you have come up with good ideas, we'd love to hear them!

Here's to seeing each other in person soon!
Shari Stapleton-Smith



California



"DE COLORES EN ESA"

California State Council cancelled their convention to be held in May and it was rescheduled for August 7 - 8, 2020 but it was cancelled again, due the COVID-19, so Marcella Gauna, the new CSC President decided to go ahead with the installation and it was emailed to all the members so they could enjoy it and visualize how it would have been live. She could not have the 2020 Leadership either, so she decided to do it the same way and she got a lot of good feedback on both ideas. So now she is installed as the new CSC President.

The state of California has been quite for the last several months, we are waiting to see how things plan out, with hopes that our Regional Councils and Chapters can get to together soon. We miss seeing each other, but social media helps a lot, at least we can keep in contact with each other.



Illinois



Adrian Sperduto, President

Hello, my ESA family and happy summer! I hope everyone is finding a way to enjoy their time and safely get together with those that mean the most to you. I know my summer has been looking very different with no traveling, but I have been taking the opportunity to read more, do some projects around the house, and put some puzzles together with my Mom.

Another way the world has adapted to the current times is by bringing more of our world online to continue to be together and get things accomplished. ESA Headquarters and the International Council did an absolutely fabulous job of doing that with our IC Convention this year, didn't they? They have inspired us in IL, along with the desires of our membership, to host our convention/fall board meeting virtually this year. We are really looking forward to finding new and exciting ways to hold our get-togethers online and get more participation.

I am looking forward to the time when I can safely travel around Illinois to visit all my fellow members in person, but until that time, we will do the best we can to connect in any way we can. My personal chapter has even decided that each month we take going to take turns and send each other little gifts in the mail. Just one more way to stay in touch with each other.

Out of great change, comes great growth. Though many things in the world are uncertain, one thing I know for certain is that ESA will come out on the other of this a stronger and better organization. I love being a part of the growth and change and can't wait to see how IL ESA members contribute to it all. Have a wonderful rest of your summer and I look forward to seeing as many of you as possible in September!

Indiana



Brenda Campbell, President



Hello all! Indiana ESA has been doing our best to adjust to the many changes due to the pandemic. Our State Convention being moved from June to September, is just one example. Though our 2020-2021 officers assumed their roles in June (the original date of Convention), we certainly wanted to make every effort to still get together, even in a modified event. So, through great effort and various adjustments, Indiana State Convention will be a one-day event filled with business and fun. We want to celebrate DeOn's wonderful year and recognize the accomplishments of our membership, while continuing our efforts in our philanthropic endeavors.

While much of our fund-raising has been affected, still some events carried on. In true ESA fashion, members continued to meet challenges and adjust find what they could do to keep moving forward, and keep giving.

Though we cannot gather as we like, I am inspired by the ways ESA has found to continue to come together to support one another in all of the circumstances of life. Even in these uncertain times, may we all take LeAnn's advice and Embrace the Journey.

Wishing you Faith, Hope and Love,
Brenda J. Campbell



Michigan



Hello Everyone!

Most of our Michigan members have been more or less, stuck inside, but still remain busy. Keeping up with the world around us, some of us are making masks to distribute, still driving elders to their appointments and still contributing to our charities.

We're keeping up with our monthly chapter meetings through the wonders of Zoom. As most of you had to do, we canceled our State Convention last May, but this month we will have a convention with all the trimmings thanks to one of our chapters, Lambda Chi and Zoom.

The highlight for us here in Michigan was the installation of IC President, LeAnn Wray. Whom by the way, is a member of Lambda Chi!

We're all looking forward to having a great year and wishing you all a healthy and happy year ahead as well.

Gail Basile
Michigan State President

Ohio



Hello from Ohio

I hope that all my ESA friends are continuing to be healthy and safe during these uncertain times. Like most states, Ohio is learning to do things differently than before. Meetings and chats are now on Zoom and at least we can see each other! Working on projects is different but Ohio is still finding ways to help our charities. Ohio's St. Jude Walk is right around the corner (Sept 26) and several members have started their fundraising. Other monies being raised are for animal shelters and MS. Ohio's annual Quilt Retreat was cancelled but still money was able to be donated to the hospital. Some ladies were able to get together and quilt for a day or even longer. Even though we cannot out in large groups, Ohio is still staying busy doing what we can. We also have started a program called "Everyday Heroes in Ohio". This is just a way to share some good news about some heroes in Ohio have affected our lives during the pandemic. I have asked our members to share a story about someone they have met that has done something special. We need to hear and see the good in people for a change. There are so many that do so much! Let us Celebrate Them!

Ohio will be having our 1st Zoom Meeting in September and I cannot wait to share all the good ideas that Ohio has come up with. We also will be holding our 1st virtual BINGO at the meeting. All of us in Ohio wish everyone a successful year and hopefully we will be able to get together soon.

Love you guys,

Madeleine Kurzynski
Ohio State Council President
2020 - 2021

South Carolina



Terry Holifield

We are organizing and learning new things like zoom, we have a St. Jude Walk coming up in September and then Oct 3 will be our social distancing Fall council meeting-picnic at Sondra Kucklick's home along with a virtual meeting for those who can't attend. We have a Santa Claus "Claus for Cause" event every Christmas. We find families that are having trouble buying Christmas for their children. We had 150 one year, mostly homeless teens living on the streets of Charleston, some were foster care children, some were in hiding because of abuse. Santa tried to give them what they needed and even fulfilled a few wants.

We are trying out zoom Bunco games to have some fun and maybe raise some monies; a yard sale is also in the works. A location is key To raising the most monies. Donations for the local schools for supplies to help the teachers, copy paper, Santi wipes, paper towels, etc. Voting by email regarding bylaw changes, etc has been easier than I thought it would be. Hoping we can have some bigger events in 2021. Also, since we didn't have a convention last June, we are going to schedule one for next June. The theme is " Navigating through Nature" at Santee State Park in Santee, SC June 4-6,2021.

COPING THROUGH A PANDEMIC

We are looking for articles on the things you are doing to cope during Stay at Home Orders. Please send them to Jennifer@SplendidIce.com by the 15th of each moth.

From the around the web...

⇒ Keep your work and home life separate

Try to replace this stressor by setting boundaries. Keep your bedroom for sleep and relaxation only. Stick to another room for work—preferably one with a table or desk—where you can set up your workspace for maximum productivity.

⇒ Stay active with regular exercise

Getting outside in the fresh air for your exercise will also help to soothe your stress. If you don't have a yard to work out in, you can still go for a safe jog or walk (while keeping your distance from others). The mental health benefits of spending time in nature and visiting green spaces are incredible, so get out there if you can, take a deep breath of air, and enjoy the feeling of the sun on your skin.

⇒ Learn a new skill or language

Always wanted to learn to play the guitar or canning veggies, well we have plenty of time to practice these days. Why not get a life long benefit from this crazy time.

⇒ Talk to people regularly

It's more important than ever to check in on each other emotionally and provide support, encouragement, and distraction during this stressful time.