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*ESA NEWS*

*MAY 2020*

## *News from the President*

Hello ESA Family!

What unprecedented times we are living in right now! Who would have ever thought that we would be going through a 3-month quarantine, stay at home orders in some states, social distancing, panic at the grocery stores and not being able to see and be with our friends? It is certainly not what we are used to nor what we would have asked for, for ourselves and neighbors. I pray that all of our members have stayed healthy. My heart breaks for those people who have lost friends and family members to this virus. I pray that the worst is over and soon we can get back to some kind of normal and be with our friends and families again!

I want to thank all of you for your willingness to “roll with the punches” as we have had to make some changes to the way we do things this year. However, we were able to have Ashley’s Spring Council meeting via email and also voting for the new executive board. Thank you for allowing me to serve as your ESA State President. I am truly humbled that you have entrusted me to this office. I consider it a great privilege and will do my best to make this a great year for all of us!



For those of you who don’t much about me, I was born and raised in Pea Ridge. My mother was a member of ESA in the 70’s and she is one of the reasons I joined. I have been a member since 2010 and it is one of the best decisions I have ever made! I have made so many friends through this organization and gained new skills that I wouldn’t have otherwise. ESA has taught me to step out of my comfort zone and take a leap of faith. I have done things with ESA that I never would have had I not had this opportunity. I have one daughter, Meghan, who has become my best friend. She is a very talented young lady and I couldn’t be prouder! Besides our regular full-time jobs and ESA, we also own a wedding/event planning business, Simple Elegance. It keeps us busy and is something we both love to do! She is the creative side while I tend to take care of the paperwork, organization and try to keep the mothers under control!

Region V is diligently working on a plan for us to be able to still have Ashley’s convention and they will keep us updated as soon as they have definite details. I want to thank Ashley for all the hard work she has put into Arkansas ESA this past year and I hate that the end of her year has been so messed up. But we will have her convention and let her properly close out her year. She’s worked hard and deserves that. Throughout this next year, I hope that my board and I can bring you new ideas to help you grow your chapters and get others as excited about ESA as we are. This organization does great things for our communities, St. Jude, Easter Seals, Hope for Heroes and all the individual causes you all support. Remember that your excitement about ESA is contagious and as others see the good things you do, they will want to be involved too. ESA is Good Friends, Good Works and Good Times!

One note about IC Convention: Due to COVID-19 all voting will be done electronically prior to convention this year. You all will be receiving a ballot via email on July 1<sup>st</sup> from the IC Executive Board. I will be sending out the candidate’s information to all the chapter presidents to share with your members prior to voting. Also, I plan to have a virtual Zoom meeting for us to be able to caucus as we would normally at convention so please do not send in your vote until we are able to have this meeting. Votes are due back July 8<sup>th</sup> so we will have our meeting sometime that week. More information to come! Also, as you all received an email last week, it with heavy hearts that the IC Board made the difficult decision to cancel IC Convention in July. I know it was not an easy decision and we are all disappointed, but they felt it was the right thing to do. Our member’s health is our priority and they felt this was the best decision. They are working out the details to have a mini virtual convention so as those details come out, I will be sure and pass those along. I’m looking forward to going to SERC in Orlando in November and I hope that most of you will consider going as well!

If there is anything different you would like to see in these newsletters, please let me know! Thank you to all of my board members and appointed chairs for submitting articles. Hopefully, these will be informative and useful.

At the end of this newsletter you will find some helpful tips about the Coronavirus scams and also the SERC chapter donation form, nomination form and willingness to serve form.

I can't wait to see you all soon! Until then, keep up the good work, stay healthy, check on your friends and love one another.

With Much ESA Love,

Sandy

## *News from the 1<sup>st</sup> Vice President*

Happy (!?! ) Quarantine!!!

Karen Kitterman here as your Arkansas First Vice President. I never saw myself moving up the executive board, but I am enjoying it and the challenges it is presenting me. For those who do not know me, I have been a part of Beta Alpha, Pea Ridge, for nearly 13 years. My mother-in-law took me to a meeting and signed me up that night. I did not have a say in the matter, but it is a choice I am happy was made for me. The family I gained through ESA has been my everything. I am a widow with 2 great kids. My adult daughter lives in Florida and my son is about to turn 16 and start driving. He is already 6'2" tall and still growing.

As First Vice President for the state, I will be asking absolutely EVERYONE to help me fill my board for next year as the virus has put me way behind the curve. I will be working very closely with Sandy to help her have a successful year and she will be doing the same for me. I am looking forward to our State Convention, IC Convention and SERC (plane ticket has been purchased!)

Quarantine has not changed daily life much for me other than not going to the store as much (although I love Aldi's) and not seeing family as much. I go to work every day – though my shift hours changed to evenings...they suck, I'm not going to lie, but if anyone should contract the virus it only affects half of our work force with a split shift. We are trying to be smart about cleaning and what we are touching and very aware of what we do at home and how that affects what could happen at work. I am ready for things to get closer to normal where I can have normal hours again and so I can go see my mom in California.

My in-laws let me know that they found some more ESA stuff in Miss Ruthie Talburt's belongings and lo and behold – they found Beta Alpha's missing gavel! I always wondered who had it. Mystery solved!

Before all this virus stuff started, I made a lifestyle change to move to a Paleo diet and it has been the best decision I ever made. Not only do I feel great – I have lost some weight and I am learning some great recipes and just simple food combinations that I love. Grocery shopping takes 3 times as long, because I read every single label to make sure I do not pick up something with an ingredient I cannot have.

I cannot wait to see you all again and hope to see many of you soon!!

Blessings,

Karen



## *News from the 2nd Vice President*

Greetings from Collierville, TN!

I don't know about y'all, but 2020 needs a do over! Or...let's just skip to 2021 please. I hope everyone is well from the pandemic and if not, prayers for a quick recovery. Please let us know if you need anything.

Our new ESA year has definitely started off in a strange way as well as our year we just ended. Last year I served on Ashley's executive board as corresponding secretary. Those of you that were at State last year know from the skit what the title really was, LOL. This year I am serving as 2<sup>nd</sup> VP and I am excited to be on Sandy's board as we see Today's Vision, Tomorrow's Reality.

Here are a few things about me. I was raised in Blytheville, AR and married my handsome husband Mike almost 36 years ago. We have lived in the Metro Memphis area around 34 years, minus 3 years we lived in MI. I am a proud Mom to Jennifer Arbeit, also an ESA member and current President of Delta Pi, and a bonus mom to Ashley Brown, member of Delta Pi and AR's Jr. Past President. Lucky grandmother to two beautiful and smart girls, Chandler Arbeit and McKenna Stonecipher. Member of Delta Pi, Collierville since I helped start the chapter in 2012 with Denise Holdaway. When not working as an Executive Administrator at AOC or teaching people how to ride a motorcycle, you can usually find me riding my motorcycle with my husband, volunteering for St. Jude, spending time with family/friends, or shopping.



What have y'all been doing during the quarantine? Besides working at home from the kitchen table, with my husband working in the dining room, I have taken advantage of this time to clean closets and purge a LOT. I must confess...I have more than enjoyed rolling out of bed and stumbling to my computer to work from home. I could get used to that. Ok, ok, after 9 weeks I am used to that! My dog Harley now has a personal door man at his beck and call. Yep, it's ME! He can wait all day while we are at the office, but let us work from home, he NEEDS to go out every 30 seconds!

At the beginning of Safer at Home we cooked every day. Now we indulge in takeout and it's a whole new ball game in our house with that scenario. Same for grocery shopping. We wipe off **everything** with Clorox wipes before it enters our home and wash EVERY piece of fruit/veggie before it goes into the fridge, and that's not just rinsing with water. We've gotten lazy and if it isn't perishable, we let it decontaminate on its own in the garage. When we get takeout, one person opens the containers and dumps on a clean plate and the other person nukes it for 30 secs or so. And yes, we are mask wearers too. I have wipes, masks, gloves, and hand sanitizer in my car, purse, motorcycle, and home. I can turn going to Sonic for a Blast into an adventure! I am sure those watching (and probably reading this) are laughing at me and I say you're welcome for my comic relief. Does anyone else do this? Hmm...just us? Well, we're still going to do this. It makes us feel safe.

Delta Pi has had meetings, socials, and educationals via Zoom. Sure was great to see some familiar faces even though I couldn't hug them. We even did an escape room via Zoom!! That was soooo much fun! The Memphis SJWR 2020 meetings have also started via Zoom as well

I'm going to close with a helpful tip: If you happen to be hanging out with Julio down by the school yard, steer clear of Rosie, she's the queen of Corona.

Love and miss y'all! Take care,

Cheryl Sell  
ESA AR State Council, 2<sup>nd</sup> Vice President

## News from the Corresponding Secretary

Hi ESA friends!

Meghan, here! I miss all of your beautiful faces so much! For those of you that don't know me, I'm Sandy's daughter and will be your Corresponding Secretary this year. I've been in ESA for 6 years and this is my second year on the State Executive Board. This year looks a lot different than what we're used to – canceling Spring Council, rescheduling State Convention and now canceling IC. While the safety of our members will always be our biggest priority, knowing I won't see most of you until September makes me a little sad.



I've been working from home since March 16<sup>th</sup> and my company hasn't laid out a plan for returning to the office just yet. I don't mind it though! I've enjoyed the time at home and virtual happy hours with my coworkers. I started out spending my extra time at home deep cleaning and reorganizing my apartment. That got old quick and I moved over to baking! I've made a whole lot of mini bundt cakes, cookies and brownies. And I've got a super cute mini pie pan that I can't wait to try out! I hope you all are finding new, fun things to try while you've been social distancing. I included the strawberry cake recipe I tried out and it was a huge hit! I can't wait to see all of you soon!

Meghan Good

### Easy and Delicious Strawberry Bundt Cake!

*\*makes about 10 mini Bundt cakes*

#### Cake Ingredients

- 1 white cake mix
- 3 TBS flour
- 1 small box strawberry Jello (DO NOT use sugar free)
- 3/4 cup vegetable oil
- 3/4 cup water
- 1/2 cup frozen sliced strawberries with juice
- 3 large eggs
- 2 tsp vanilla extract



#### Strawberry Glaze

- 1.5 cups powdered sugar
- 3 TBS of the crushed strawberry juice
- 2 TBS melted butter
- 1 tsp vanilla extract
- 1/4 tsp almond extracts

#### Instructions

1. Preheat oven to 350 degrees
2. In your mixing bowl, whisk together the cake mix, flour, and jello to combine dry ingredients.
3. With mixer on low, pour in the oil, water, and strawberries with juice.
4. Add eggs and vanilla
5. Increase mixer speed to medium/high and beat for 2 minutes
6. Pour into heavily greased bundt pan and bake for 37-40 minutes. (Insert a toothpick in the middle of the cake, if the toothpick comes out clean, without any batter on it your cake is done).
7. Allow cake to cool for 10 minutes, then invert pan onto a cake plate.
8. Whisk together all ingredients for the glaze, drizzle over almost cooled cake.

## News from the Parliamentarian

Hello, everyone! My name is Haley Markle, and I am a member of the Beta Upsilon chapter of ESA. I am excited to serve as your parliamentarian this year! Just to tell you a little about me, I am an academic advisor for a program called Educational Opportunity Center at North Arkansas College, and I just finished my graduate work for a degree in College Student Personnel Services. I have two cats – Ace and Ziva – who have done a great job keeping me company during quarantine.

I am SO ready to be out of the house, and get back to something that at least resembles normalcy, but I've been trying to make the best of being at home – lots of reading, TV, and baking. I actually came across old Supermarket Sweep reruns one night, and I had to stop and watch. When I was younger, my grandma and I watched a LOT of game shows together, and that was always a favorite. I also discovered an amazing recipe for Monster cookies that has everything you could want in a cookie – peanut butter, oatmeal, chocolate chips, and M&Ms! They're a lot, but they're delicious!

I can't wait to see you all! Stay safe!

P.S. – Here's a link to the cookie recipe. You won't be disappointed. <https://sallysbakingaddiction.com/soft-baked-monster-cookies/>



F•R•I•E•N•D•S

# *News from the Appointed Board*

## *Educational Chair*

Hello ESA family! Hopefully this quarantine isn't driving you crazy! I'm in charge of educationals this year and looking forward to seeing what everyone does with their chapter.

Is anyone trying educationals over Zoom? How about online? The Winchester House was offering a free virtual tour on their website not long ago. Crystal Bridges had a virtual art gallery for viewing. I'm sure there are numerous other videos and tours depending on your interest. Our world is changing at the moment, so take advantage of this access while you can!

I'm still going to work, so I'm not as stir crazy as others. Of course, many of my exercise classes, etc. are now at inconvenient times for those of us that still drive to work! So, we have our own adapting. But I'm not complaining, since I am fortunate enough to still have a job. The lack of afternoon and weekend engagements means that I have started reading more and de-cluttering my house (and just being lazier in general...).

Best of wishes to everyone and hopefully we'll meet soon!

Amy Barnett



## *Finance Chair*

Hello to my amazing ESA family. I am currently serving as your Finance Chair. I previously served this position when Bebe Hewitt was the Arkansas President. I am a past state President. This is my 25<sup>th</sup> year in ESA. My favorite thing about being in ESA is the friends I have made. I love spending time with all of you.

I am what they call an essential worker. I am still working. I work for Staplcoth. I work in the cotton services division. Agriculture is considered essential. I know one of the mills that buys cotton from us was asked by President Trump to make some mask. They agreed and made 10 million mask from cotton grown in the USA! Pretty awesome if you ask me.

I have been married to Kent for 27 years. We don't have any children. We do have 2 fur babies. We have a standard poodle named Trotter. He is almost 80 pounds and sits in my lap all the time. He is just a little spoiled. We also have a lab mix named Remi. Kent loves to fish and hunt. He is currently fishing on a pro staff team with Crappie Masters. He has been on The Pursuit Channel. I am so proud of him. This has always been one of his dreams.

I have 2 older sisters and a younger brother. I was born in El Dorado, Arkansas. We moved to Blytheville when I was in the 2<sup>nd</sup> grade. My daddy took us to see his sister in California that summer. My cousin took us one night to show us where all the movie stars lived. The next morning it was all over the TV that Sharon Tate had been murdered. Yep, we were riding around the area about the time it happened. By the way, my Aunt we went to see just celebrated her 100<sup>th</sup> birthday this past November. She still lives in California.



I have some ideas I will be sending the board to approve for our state finance project. I will also have some raffle items at our state meetings. (surely we will get to meet sometime soon!)

I hope you are all staying safe. I can't wait to see your beautiful faces.

Love,

Christie Williams

## *SERC Counselor*

Congratulations to President Sandy and the new board. Hopefully, we will be able to have a real convention and get them installed.

As I sit here in front of my computer, I am thinking "when will this be over." I am ready to see everyone, get together, share our stories and just be with my ESA sisters & brothers. I am impatient and am tired of staying home. But, isn't that all of our sentiments! Hopefully, this pandemic will be over, and we can all move on.

My closets are reorganized, my office closet has been cleaned out, I have planted flowers for the first time in many years, did two big projects for my Alaska clients, cleaned up my office and have eaten tons of food. It is so easy to go to the refrigerator or the pantry and get some snacks. Think I have gained 5 # during the last couple of months.

But then again, the show must go on. As your Arkansas SERC Rep and SERC 2<sup>nd</sup> VP, as of now, we will still have the SERC Conference that is scheduled for November 5 – 7, 2020 at the Grand Orlando Resort @ Celebration in Kissimmee, FL. As soon as I find out more info, will let you know.

I encourage each chapter to send in the \$10 Donation to SERC. As I say before the show must go on. Chapter Presidents have your Treasurer to submit this donation to our SERC Treasurer, Tammy Jo Gregg. The form is printed in this newsletter and is on the Arkansas website as well as the SERC website.

In addition, I have included the forms for Elected and Appointed positions in SERC. I will be running for SERC 1st Vice President and hope to see some more Arkansas members on the board.

The SERC Finance Project is a raffle with four (4) different prizes: A holiday wreath, a patriotic mesh wreath, a St. Jude quilt and of course, the 50/50 drawing. The tickets are 1 for \$6, 2 for \$10 and 6 for \$20. How easy can this be. Send your check and form (enclosed) to Tammy Gregg, our SERC Treasurer. The drawing will be held on Saturday night at the banquet.

On each Monday, I have been attending Charlotte Carloni's ESA – Coffee Chat Zoom meeting. It has been interesting, and I get to see many of my ESA friends from other states. I know that President Sandy has been tuning in also. If you would like to join us, just let either Sandy or myself know and we will give you the Meeting ID # and the password. Zoom is a free app and can be easily downloaded. My niece set one up for our family and it is great getting to see and visit with everyone, even though we can't be together.

Agape'

Theda Hall  
SERC 2<sup>nd</sup> VP

"My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet."

Classified Ad: "Single man with toilet paper seeks woman with hand sanitizer for good clean fun"



# Chaplain

Hello, ESA family.

Hope all of you are safe and are healthy.

It is good to reach out to others during a time of isolation. Send someone a text, call them on the phone for a chat, or have something delivered to them if they live alone and have difficulty with mobility. Knowing that you care will make them feel better.

During these times of uncertainty, we can learn lessons from the Book of Job. (INFO BELOW from a website on the Book of Job) Remember Job felt God had deserted him and could not understand why he was being punished.



1. Bad things happen to good people.
2. In the midst of suffering, never lose hope in God.
3. Our friends may fail us in the midst of misery, but God never does.
4. Even in the middle of **God's silence**, His presence is with us.
5. Wisdom comes from fearing God's anger and turning away from evil.
6. **God is with us even in a storm.**
7. God is in control.
8. Sometimes when we are suffering, we are tempted to sin.
9. Sometimes **we take our anger out on our friends or family.**
10. After repentance and forgiveness comes BLESSINGS.

## **Lessons from the Book of Job-what to say and not to say to someone who is suffering**

**DO NOT SAY**.....(Job's friends listened at first and then they gave him all kinds of advice)

1. They are in a better place or they are not in pain anymore.
2. You will get married again.
3. You can always have other children or at least you have children
4. IT IS TIME you got yourself together. (Every person goes through the stages of grief in their own way and on their own time table)
5. I am sure it will be better soon, or you tell them God's plans are always best. (When someone is grieving or suffering it is usually best just to be there and LISTEN)

## THINGS TO SAY

1. You are not alone. I will be here **whenever you need me.**
2. **I can't imagine** how painful this must be. (Don't assume your pain will be the same as theirs so phrase your words carefully)
3. What can I do to help?
4. Grief is a normal and natural reaction. (Each person takes a different amount of time to walk this road)
5. If they need time alone, RESPECT that.
6. **Acknowledge you don't know what to say.** (**LISTEN** is the best thing to do)
7. Give them a hug. (If social distancing has been relaxed)
8. **LISTEN!**
9. Let them know you are thinking about them.
10. Invite them to take a walk, a ride or take them a meal and remember to **LISTEN!**

There are many websites to research for more information on what to do when someone is grieving.

Our IC chaplain is Patricia (Patti) Gale. She will send the IC Chaplain's report to me on Sunday evenings.

I will try to forward to you by **Monday**. Please remember if your chapter reports the loss of a member or their immediate family, include their physical address, **EMAIL address, and CELL #**. If they prefer this information is shared **ONLY with our state**, please state that in your message. Otherwise, I will forward it to the IC Chaplain.

Blessings and love to all of you,

Sarah Newman

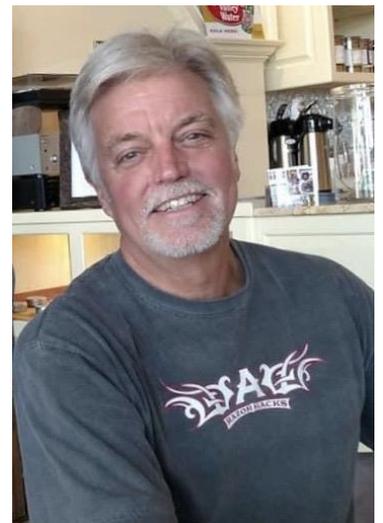
## *St. Jude Chair*

Hello Arkansas...

Here we go again with another amazing year for ESA! As we all know, it has certainly started off differently from any we have experienced in the past. More than ever, we have a chance this year to accomplish some amazing things, and represent our state proud. I am privileged to have been asked by Sandy, to once again serve as our St Jude Coordinator for our state. It will be my honor to do so.

As Sandy has asked, just a few things about me to introduce myself to those that don't know me, and to reacquaint with those that do...

We are a "blended family", and I have been married to my amazing wife (Anna) for almost 18 years. She and her mother (Jean Cure), had been involved with ESA for many years prior to us getting together – so you could say "I married into it"... (And I have never looked back!) My "relationship" with ESA started years ago in 2002, where I met many of you on the top of the hotel on the lake in Hot



Springs, at that State Convention. I finally became a member in 2014. (And then here we are, 18 years later). Together, Anna and I have 6 children, (my four + her two = the Brady Bunch), and they currently range in ages from 28 to 38. And on top of those blessings, we are expecting our 10<sup>th</sup> grandchild in a few months. It is NEVER dull around our house. (And yes, they are some future ESA recruits...) I am still in the restaurant business some 20+ years later, and Anna is still in the hotel business many years later too. 14 years ago we moved to Vilonia, Arkansas – and shortly after formed our Chapter, Delta Nu. The short version of the story is, that ESA has been part of our “family”, as long as we have been a family – with no signs of slowing down.

So my contribution objective this year will be to help coordinate support for St. Jude – plain and simple.... And how awesome a cause that is! Our state has held countless events and fundraisers for St. Jude – radiothons, golf tournaments, concerts, walk runs, and so many others too. However, the need at St Jude never stops - childhood cancer still exists – so their need never stops. That is where WE come in, and it will be so this year more than ever. As I mentioned at the beginning, this year is different from any we have ever seen. The COVID-19 pandemic has changed the world as we know it, we have ALL been affected, and certainly St Jude has. Recent reports are that ALSAC has had to lay off 150+ employees due to the virus, as is the case with so many other places too. This year, those children will need our help more than ever... Our state has risen to the challenge for many years, and I know we can do it again this year. We have a chance to serve like never before. Soon, we will get back “closer to normal”, we will have our State Convention, and I am so looking forward to seeing our Arkansas ESA family again, so we can get started doing what we do – SERVE OTHERS! (along with having some fun too...) More details and inspiration coming soon!

See you ALL very soon!

Larry Oberste

## *ESA Foundation Chair*

### Important Information:

E SA Foundation Members: Recent developments regarding the spread of the new Coronavirus (COVID-19) has many organizational leaders re-evaluating their meeting plans and Foundation is no different.

This has given the ESA Foundation Board an opportunity to review options on how they continue to fulfill their obligations to the membership when conducting business. Technology has given them the opportunity to explore ways to conduct business and get things done in a very efficient way.

Therefore, the Board has taken the appropriate measures to conduct the election of two new Directors for the coming year by electronic voting. Every paid voting member of the Foundation will have an opportunity to vote electronically.

A ballot will be sent to every active member in good standing (meaning dues have been paid) with a current email address on file. I have verified Foundation members email addresses with membership rosters on our web page.

Voting will begin on June 22<sup>nd</sup> and end on June 29<sup>th</sup>, 12 midnight MT. Instructions on voting will be included in the email with your ballot.

The ESA Foundation Board of Directors has tested this system and found it to be very simple, safe, secure, anonymous, and efficient. Once your vote has been submitted it cannot be changed.



ESA Foundation  
Board of Directors Candidates for 2020

One (1) Director, Beth Sherron, leaving the board this year. Tammy Akines was appointed to fill the position left by Su McDonell when she resigned from the ESAF Board last year. There are three (3) candidates for two (2) positions on the ESA Foundation Board of Directors.

The Candidates are:

**Tammy Akines** is from Star City, Arkansas. She is happily married to Arlin Akines for 32 years and they have 2 children and 1 granddaughter.

Tammy has worked for Simmons Bank for 36 years and is currently working in the CIF Department as CIF Account Specialist III, working closely with IRA's, Certificate of Deposits, Checking, Savings, Health Savings Accounts and Trusts. Other banking experience includes Proof & Transit Department, Research and CD Servicing. She has received the American Bankers Association Diploma courses including Accounting, Principles of Banking, Personal Trust Services, Marketing, Law and Banking, Economics, Business Writing and Effectiveness Training. Tammy also works part-time for Dillard's Department Store as a Sales Associate for the past 15 years as an Estee Lauder Beauty Consultant

Tammy joined ESA in 1995. She is a member of Beta Chi Chapter of the Arkansas State Council. Tammy is a Life Active member of the ESA Foundation and is a Past State President of the Arkansas State Council and a Past SERC President. Tammy is currently Treasurer of the ESA Foundation Board of Directors.

Tammy has fund raising skills thru ESA, ESAF, church, United Way of Southeast AR and the United Way Allocations Committee. She credits her Public Relations Skills from her job at Simmons Bank and through ESA and the ESA Foundation. She has taken several accounting and various other computer classes including Word and Excel.

Tammy says, "I would love to continue to serve on the ESA Foundation Board. It would thrill me to get to continue to promote each of the Foundation programs through the education efforts for our members and nonmembers. It is wonderful how the ESAF makes a difference.

**Kimberley Mandrell** joined ESA in 1995. She has served as Chapter President and All City Council President and President-Elect. She has served as State President (MO), Treasurer (Michigan and MO), Vice President, Parliamentarian (MI and MO), Care Committee Chairperson, Foundation Councilor (2yrs). Kim has been MARC Communicator, President Elect and President (2015-2016). She has served as ESA Foundation Chairman (2016) Vice Chairman (2013, 2014, 2015, 2017), Secretary (2018), State Counselors' Chairman (2013, 2014), Co-Newsletter Chair (2018), Procedure Manual Chairman (2013-current) and Foundation Advisor (2019).

Kim has 10 years of experience working with a dog rescue group, where she maintained databases for the rescue team and spoke to foster homes, creating personality profiles for the dogs so they could be permanently placed in appropriate homes.

Kim is a Chemical Engineer, who graduated from University of Michigan in 1992 and has had process engineering, supervision, and project management job responsibilities since then. She is an extensive user of all Microsoft products and considers herself an Excel junkie. In her current job at Mallinckrodt, Kim is supporting a project to upgrade and move current software applications to new servers for five different systems. She is the system admin for 3 different computer systems. She is also responsible for data analysis of the quality system for management review at the corporate level.

Kim volunteers for AFS, a student exchange organization. In her role, reviews and approves all MO student travel waivers. She created a database to track the status of the travel waivers and share with her team.

Kim is detailed and dedicated. She is team focused and hardworking. She regularly takes the lead to drive action items to completion. She is a focused taskmaster. She has been an ESA Foundation member for over 19 years and is a Life Active Member as well as a planned giver. Kim has enjoyed working with the ESA Foundation board over the last 8

years. Kim is excited to see the way the Board is expanding into the future and would be honored to serve another term on the ESAF Board.

**Terrie Rust** is from Phoenix, Arizona. She has one son, Dylan, who, along with his wife, Jill, have 3 adopted children and are foster parents to 2 others. Dylan is a former IC Junior Youth Award winner and was the Chuck the Dog mascot (!) when Terrie served as Walk the Dog Event Chairman.

An educator for over 25 years, Terrie's career took her to India, as well as other international locales. She served as an Albert Einstein Distinguished Educator Fellow in Washington, DC. She is currently an independent educational consultant, working with a Phoenix non-profit. She holds 2 Masters degrees and an Education Specialist (EdS) degree (between a Master and Doctorate) in Organizational Leadership. She has authored awardwinning book chapters and journal articles. She has served in numerous leadership positions in volunteer and professional organizations. Terrie's leadership skills, computer expertise, writing and editing expertise, and experience with scholarships and finances would support the Foundation's activities.

Terrie was the Arizona Council State President for 2008-2009. She has also served on the IC Appointed Board as Senior St. Jude Chairman, Webmaster, and on the Nominating Committee. She served on the Arizona Council as Foundation Counselor for several years and has volunteered at numerous IC Foundation events. Terrie is a Life Member of ESA, having recently celebrated her 40th year in ESA. She is a member of Alpha Omicron Chapter of Phoenix and has been a member of the Foundation since 1992.

Terrie says, "I believe service to the ESA Foundation as a Director must entail an unbiased approach in order to keep the best interests of the Foundation in the forefront. Supporting all the programs the Foundation has to offer will help keep the Foundation strong into the future. My desire is to help that become a reality."

Sonja Robertson, ESA Foundation AR Chair



## Chapter News

### Alpha Alpha - Fort Smith

Hello and much love to our Ark Sisters and Brothers from Alpha Alpha. This has been a very stressful time for all of us and I pray that you all have been staying safe and healthy. We are all doing great here and really looking forward to the end of this and getting back to normal activities. Alpha Alpha has not met since our Valentine's Party so we are ready to get going on some projects and fun. Looks like it will be a bit more time before we will all be together as a state but let's continue to pray for each other that God will protect all of us from the virus around us and especially those that are in the hot spots in Ark. We will remain ESA strong! Can't wait to see all of you in a few months. – Gale French, President

### Beta Alpha - Pea Ridge

Hello from Pea Ridge!

What a whirlwind these past few months have been! COVID-19 has definitely presented some challenges for Beta Alpha's calendar this year. Since our chapter is smaller in size and we have such a large space to meet, we've been fortunate to be able to continue our regular monthly meetings. We always meet on the first Tuesday of the month, so we were able to have chips and queso and margaritas all together for Cinco De Mayo!

We had to make the tough decision to reschedule the Miss Pea Ridge Pageants and our golf tournament – our biggest money makers that fund all our other service projects. The pageants have been pushed to August and the golf tournament to September. We chose to cancel our "Breakfast with the Bunny" event but were able to still go through with "Egg My House" since we weren't making contact with people during our deliveries.

We got together for a social distancing picnic one afternoon. It was a lot of fun! We're also planning a virtual "Cooking with Amy" class at the end of the month. I'm really looking forward to that one! My theme for Beta Alpha this year is 'Glitter, Sparkle, Shine but most of all be Kind'. I got the idea from a Christmas present I purchased for some friends last year. There were Kindness Cards that had different sayings on the back like "You Rock" and "You have a great smile". The purpose was to keep a few on your person and pass them out to strangers and spread kindness. I really loved the idea and wanted to do something similar with Beta Alpha. I was able to get some business cards from Vista Print with our theme and contact info on them. There's a blank space on the back to write our message and our name and number. Not only are we spreading kindness, we're also spreading ESA's name. Hopefully we'll get some new pledges from it!

I hope everyone is staying safe and finding fun ways to still serve and make a positive impact on those around you. I can't wait until we get to see you all!

Meghan Good, President



## *Beta Omicron - Rogers*

Hello! I am trying to help Bridgette with our rather choppy progress, if you can call it that. Situation is much like yours. We voted on our new officers in March but have not been able to install them yet. I am good with Bridgette and her board to take over. We are going to have to get creative to get our installation of officers and secret sister party done before it is time to have another change!

Most of our chapter is designated in the "at risk" group for catching this virus. I think I can speak for the whole bunch of us that that label was a bit of a shock. I remember asking "just when did we get old!?" So, we have all been trying to follow the stay safe guidelines and as a result we have not met in person since March. Thankfully, all of the reports met the deadlines and our business was taken care of for 2019-2020. We are trying to use email to set up committees and such for Bridgette to carve out her plans. Also, thankfully, our new board is tech savvy enough to meet virtually and I think they will do fine until we can meet again in person. Hopefully, that will be in September.

We have a number of projects that we have done for years and will continue to do as long as there is a need. We participate in the Benton Co. Sheriff's Halloween Carnival, an event that free for everyone in the county and has grown tremendously over the years. And it is so much fun! At Thanksgiving and Christmas we collect food to donate to Samaritan House. We are also trying to work our way into helping with the free lunch program they run for the community. Along those lines, there is a Ronald McDonald House program at Mercy Hospital that provides an evening meal for parents of the ill children in the hospital and we are working our way into helping with that. Another long-running project is the Christmas Purses we put together for the ladies at Restoration Village. We enjoy trying to be creative with those and we are told that the ladies have a great time opening them. They turn it into a party. The trick to all of these things is going to be getting the finished product all together and delivered. We will figure it out.

I would like to tell you about new projects we plan but for all the reasons discussed above, we don't have those outlined yet. Hopefully we will get another chance to share that news. The worst part is that we miss each other. Telephone and text is great for keeping in touch but nothing replaces a hug around the neck and the sparkle of a beautiful smile. We are looking forward to that!

Love to you and all our ESA sisters until we can meet again,  
Lavonna Thomas and Beta Omicron

## *Beta Upsilon - Harrison*

Our latest official meeting was held in March. Since then, our chapter has handled necessary voting and communication by email. We canceled our spring events including the Mr. and Mrs. Harrison Pageant and the Crawdad Days. We have tentatively planned to resume our regular meeting in June. Events currently planned for this fall include our Harvest Homecoming and our annual St Jude's garage sale fundraiser.

Take care and stay safe! Dianna Grace, President Beta Upsilon Harrison, Ar.



## *Delta Pi - Collierville*

Delta Pi has been working hard to stay in touch with each other during this quarantine. We've had a planning meeting to discuss events for this new year. We've also done a couple socials. The first one was just to catch up and check in with each member to see how they were doing during this time. The second social was a virtual escape room! We truly enjoyed it and are thinking about doing another! We've also had an educational with a licensed counselor who gave us tips on how to cope during quarantine. We hope to have another educational during the month of May such as a virtual tour of a museum. All these events have taken place over Zoom. We are feeling very encouraged to stay in touch with each other and keep our meetings, socials and educational on track for the year. We hope our ideas can inspire other chapters to hold virtual events during this uncertain time.

Jennifer Arbeit, President  
Delta Pi #5554

## *Delta Nu - Vilonia*

Members of the Delta Nu Chapter are staying home and staying as safe as possible. We have not had a chapter meeting the last few months and we have not worked at Simmons Area in North Little Rock since there has not been any concerts at the arena due to the virus. Since there was a need for extra food at the Food Bank in Vilonia our chapter donated money to help support families in the area.

We all missed getting together for our state convention at Red Apple Inn. We are ESA strong and looking forward to the time we can all be together to celebrate Today's Vision, Tomorrow's Reality' with the group.

*"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."*

Jessie Johnson – President Delta Nu Chapter

## *Theta Epsilon - Blytheville*

What's happening in Theta Epsilon? Well we're like everyone else and just trying to navigate the world of Covid 19.

Our 2020/21 executive board just continued from the previous year so installation although we had planned a little social which didn't happen. I had already agreed to serve as president another year so that worked out well. Made a few changes on our appointed board.

We had a "ZOOM" meeting in April with 11 members and it was wonderful to see everyone's smiling faces and discuss a little business. A mask to mask meeting with social distancing, hand sanitizer, etc. is planned for Monday, May 18th at our usual meeting spot. In the next few weeks, we will be putting our new calendar in place with what may be many dates saying "TBA" and present it at June Meeting.

Many hugs, love and prayers to everyone. Stay safe.

Kathy Fruchtnicht (Fru)  
President  
Theta Epsilon, Blytheville  
A Royal Walk with ESA 👑🌸

## *Zeta Chi - Hot Springs*

We haven't been able to do much. We finished the St Jude's fundraiser in Feb. and made a record amount, over \$24000. We just barely got the Easter Seals Bridge Marathon finished the day before the shut-down was announced. We weren't able to have a March meeting because the place where we meet has been closed and still is. We haven't had installation of officers for the same reason. But all the officers from last year are continuing on and so are the appointed officers, except our publicity person. The new publicity person has taken over without installation and is doing a bang-up job. Officers are as follows:

Ann Martin, president

Peggy Holt, vice-president

Secretary, Penny Formby

Treasurer, Roberta Hatcher

Education Chairman, Anne Head

Publicity, Coni Hall

I didn't realize how much I didn't know until after Ann Becker left last year.

Ann Martin, President



Thank you!

# KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do  
to avoid a Coronavirus scam:



## Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



## Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



## Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



## Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).



## Stay in the know.

Go to [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).



Federal Trade Commission

If you see a scam, report it to

[ftc.gov/complaint](https://www.ftc.gov/complaint)



**SERC Chapter Donation Form  
2019 -2020**

Date Mailed: \_\_\_\_\_

Chapter Name: \_\_\_\_\_

Chapter President Name: \_\_\_\_\_

Chapter President's Email Address: \_\_\_\_\_

Treasurer's Name: \_\_\_\_\_

Treasurer's Address: \_\_\_\_\_

\_\_\_\_\_

Treasurer's Email Address: \_\_\_\_\_

Donation Amount Enclosed: \_\_\_\_\_

Please mail donations to:

**Tammy Gregg**

1328 Hunts Bridge Rd.

Easley, SC 29640

864-836-7528 (home)

864-483-1538 (cell)

[tammyjo21@yahoo.com](mailto:tammyjo21@yahoo.com)

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For Completion by the SERC Treasurer

Date Received: \_\_\_\_\_ Check # \_\_\_\_\_

Date Deposited: \_\_\_\_\_ Date sent confirmation: \_\_\_\_\_

**SOUTHEAST REGIONAL COUNCIL  
ELECTED OFFICE NOMINATION FORM**

**Please print or type on this form.**

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Phone- Home: \_\_\_\_\_ Work \_\_\_\_\_ Cell: \_\_\_\_\_

Address- \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_

Chapter: \_\_\_\_\_ State- \_\_\_\_\_

Occupation \_\_\_\_\_

Employed by \_\_\_\_\_

Nomination for the office of \_\_\_\_\_

Second Choice - \_\_\_\_\_

Joined ESA in \_\_\_\_\_

Are you a Life Member? Please circle one. Yes – No

Number of Conventions/ Conferences attended:

State- \_\_\_\_\_ SERC- \_\_\_\_\_ IC- \_\_\_\_\_

**Please circle one.**

Have you been an active member for the past 2 years? Yes – No

Are you and your Chapter & State in good standing with IC? Yes – No

Is your State in good standing with SERC? Yes – No

If nominated for Recording Secretary, do you take accurate notes and type? Yes – No

If nominated for Treasurer, are you at least 21 years of age and bondable? Yes – No

If nominated for First Vice President, have you served as an Elected Officer of SERC- ESA for 2 years? Yes – No

Number of Leadership Seminars attended: (Do not include Mini Seminars at IC.)

Headquarters \_\_\_\_\_ State \_\_\_\_\_ Out of State \_\_\_\_\_

Other - ESA Sponsored \_\_\_\_\_

How many ladies have you pledged? \_\_\_\_\_

Do you have your First Pearl? Yes – No

What is your highest Pallas Athene Degree? When was it earned?

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_ 4<sup>th</sup> \_\_\_\_\_ 5<sup>th</sup> \_\_\_\_\_ 6<sup>th</sup> \_\_\_\_\_

**Page 2- SERC-ESA ELECTED OFFICE NOMINATION FORM  
Chapter Offices held (Show dates for elected offices only)**

*Chapter Elected Offices:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Chapter Appointed Chairs:***

***Chapter Appointed Committees:***

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Area Council Offices held (Show dates for elected offices only)**

*Area Elected Offices:*

*Area Appointed Chairs:*

*Area Appointed Committees:*

\_\_\_\_\_

**State Offices held (Show dates for elected offices only)**

*State Elected Office:*

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**State Appointed Chairs:**

**State Appointed Committees:**

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**SERC Offices held (Show dates for elected offices only)**

*SERC Elected Offices:*

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*SERC Appointed Chairs:*

*SERC Appointed Committees;*

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\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Assn. of Arts \_\_\_\_\_

Election Teller \_\_\_\_\_

Administrative Asst. \_\_\_\_\_

Awards \_\_\_\_\_

**IC Offices held (Show dates for elected offices only)**

*IC Elected Offices:*

\_\_\_\_\_  
\_\_\_\_\_

*IC Appointed Chairs:*

*IC Appointed Committees:*

\_\_\_\_\_  
\_\_\_\_\_



**WILLING TO SERVE FORM**

**Please type or print on this form.**

**Yes, I am willing to serve the Southeastern Regional Council of ESA in an appointed capacity.**

Name \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Email: \_\_\_\_\_

Chapter Name/Number \_\_\_\_\_ State Council \_\_\_\_\_

Number of years of ESA service \_\_\_\_\_

Husband's name \_\_\_\_\_

Give three choices of the committees on which you would like to serve:

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

If the above choices were filled, would you be willing to serve in another capacity?

Circle or highlight one: Yes – No

List the offices that you have held and the committees on which you have served.

(If needed, continue on the back.)

Chapter: \_\_\_\_\_

\_\_\_\_\_

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State Council: \_\_\_\_\_

---

SERC: \_\_\_\_\_

---

IC: \_\_\_\_\_

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***(Signature of Nominee)***

***Four (4) copies*** of this Nomination Form must be postmarked by **June 15, 2020** and mailed to the SERC 1<sup>st</sup> Vice President.

Terri Sayre

**1<sup>st</sup> Vice President/President Elect, SERC**

[tsayre@cox.net](mailto:tsayre@cox.net)

2200 Ormond Blvd

Destrehan, Louisiana 70047