



Discovering the wonder in ourselves, others, and the world.

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*"You will enrich your life
immeasurably if you approach
it with a sense of wonder
and discovery, and always
challenge yourself to try new things."
-Nate Berkus*

Hello Arkansas ESA Family!!

Wow! I can't believe how fast time has flown by. In May we had State Convention then IC shortly after and now we are almost to Fall Council. Where did the time go?!?! I can't keep up.

First, I want to say thank you! Thank you for supporting and trusting me as your State President this year. I am truly honored. I wouldn't be here today if it wasn't for all of you, so this isn't my year but our year. It's our year to rise above and try new things. It's our year to change to future of ESA. It's our year to do wonderful things. I can't wait to see what we accomplish.

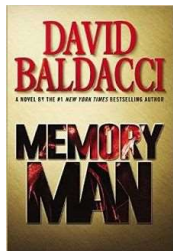
I'd also like to give a HUGE thank you to all that attended, volunteered, and poured their hearts into IC Convention. It was AMAZING!!! Such a memorable experience for me and everyone there seemed thoroughly impressed with everything Arkansas accomplished. So, give yourself a pat on the back and a round of applause because you all deserve it. A very special thank you to Charlotte, Ann, Sonja, Anna, Kathy, Theda, and EVERYONE else that was a part of the core committee that made everything happen. Y'all are rock stars!!

Fall Council is literally around the corner. I had planned on having this newsletter out much earlier but I'm human and life happens. So, I just wanted to let you all know that I do intend to change some things up this year. These changes are very big and don't go against bylaws, but the goal is for these changes to leave us motivated and full of excitement at the end of the meeting. And ya know what? If we try these things and don't like them, we don't have to do them again. But we'll never know if we never try.

I also wanted to add a little flair to the newsletters this year, so I asked my board to add their favorite recipe, drink, book, etc that they are loving right now. I hope you enjoy! Love you all and can't wait to see you all in a week.

XoXo,

Ashley Brown



I am LOVING the Amos Decker series by David Baldacci right now!!! I started the Audible version of *Memory Man* (book 1 of the series) on the way home from the beach this summer and I am hooked. Check it out if you enjoy mystery/thriller type books.



Greeting from Northwest Arkansas!

It was good to see those of you that were at State Convention and to be able to visit with old friends and even some new friends! I love state meetings because I get to see all my friends from across the state! Even though we are not in each other's daily lives, I feel like we have an amazing connection because of ESA. And with the help of social media, I do get to see you more often than 3 times a year!

Beta Alpha is continuously busy! We just finished up with the Miss Pea Ridge pageant and are currently working on our golf tournament. We are hoping for bigger numbers this year to help us grow our scholarship donations.

I am so excited for Ashley! She has worked hard to get here. I hope you will all show your support for her. Encourage your chapters to come to state meetings. I know she has some fun things in store for us this year! I realize that sometimes, cost can be a deterrent but let me share with you what Beta Alpha does to help us with this. For those that want to, each of us bring \$5, \$10, \$20 or whatever amount you want, to each monthly meeting. We keep it in savings until it's time to pay for meetings and hotel rooms. It is sometimes easier to come up with a little bit each month than a big amount all at once. Also, an easy fundraiser is Sonic cards! Who doesn't go to Sonic at least once a week?? I know I go once a day! (gotta have a diet coke, but mainly it's for the ice! 😊) Just go to your local Sonic and talk to them about getting fundraiser cards. They supply them for free, you sell them for \$5.00 and you keep all the profit. Put that money back for state meetings and hotel rooms. Easy Peasy!

Summer is definitely in full swing and it's a great time for some refreshing summer drinks. Here is one of my favorites. This boozy, fruity frozen sangria is an adult version of the icy slushies we slurped down as kids. So refreshing on a hot summer night. Cheers!

Berrylicious Frozen Sangria Slush

- 1 cup red wine
- 1 cup ice cubes, crushed
- 1/3 cup frozen blueberries
- 1/3 cup fresh raspberries
- 1/3 cup frozen strawberries
- 1/4 cup orange-flavored liqueur
- 1/2 orange, juiced
- 1 tablespoon white sugar, or more to taste

Combine red wine, ice cubes, blueberries, raspberries, strawberries, orange-flavored liqueur, orange juice, and sugar in a blender; process until smooth. Serve immediately or freeze.

"Volunteers do not necessarily have the time; they have the heart." – Elizabeth Andrews

This is so true! Most of us have busy lives outside of ESA. But because we have the heart and passion for what we do, we make time for these things that are important to us. Your energy and passion will show as you talk to others about what we do. That will turn into inspiration for others to look up to. They will soon want to do what you do. Recruiting is easy when you show you have heart! Let's make a commitment to raise our membership numbers this year! Let me know what I can do to help!

With Much ESA Love,

Sandy Fletcher
AR State Council 1st VP
Beta Alpha Chapter President



Where has the time gone? Another year is flying by and I'm not sure I like how fast it is going.

I am honored to be moving up the board this year. This journey is not going to be easy for me personally as I am not a fan of public speaking and my goals are to get more comfortable with being in front of everyone, learning my duties as 2nd VP (with Sandy's help), and preparing my board and planting seeds (see what I did there?!) to those who would like to be on my board, appointed or otherwise for 2021-2022.

I mentioned at our last chapter meeting, that I struggle with opening to people and making deep connections, and I always have. So, this year my goal is to hear everyone's story of who they are, where they came from and the struggles and triumphs, they have had along the way. This means I have to tell my story too, and I can't think of a better group to start with than my Beta Alpha family. And who knows maybe we can do the same at the executive board retreat.

I recently read "So You Don't Want to Go to Church Anymore" and I couldn't put it down. It was one of those thought-provoking books, that makes you look at what God is doing around you and His desire for that personal relationship with Him. I can't wait to re-read it and have markers and highlighters ready to mark those passages that just connected with me. If you get a chance to – read it, you won't regret it.

Pray, Hustle, Repeat.

Blessings,
Karen



Hi! Meghan here - your Recording Secretary for 2019-2020! As most of you know, I'm a member of Beta Alpha in Pea Ridge and Sandy Fletcher is my mom. One summer, about 6 years ago, she asked me to

help her with the Miss Pea Ridge Pageants by making the contestant numbers and being a judge. I'm crafty and well, she's my mom, so I agreed to help – but I'm not joining your sorority, I said. Long story short, here I am with 5 years of service, my second year as VP for Beta Alpha, 2 years on the state-appointed board and beginning my first year on the state executive board. Never say never, right? ESA has been a great adventure so far and I've already made so many memories. A special shout out to Kathy Riggs for allowing me to get my feet wet on a state level and be her ice breaker chair. Major props to Trish Villines for trusting me with the awards chair. I had absolutely no idea what I was doing, and it showed, but so many people were constantly cheering me on. As I begin my year on Ashley's board, I want to thank you to each and every one of you for your welcoming arms, words of encouragement and loads of support!

To keep cool this summer, try this super yummy Blueberry Bourbon Smash!

Ingredients:

- 12 mint leaves
- 1 lemon sliced into 8 wedges
- ¼ cup fresh blueberries
- 5 Tbsp simple syrup
- 2/3 cup bourbon
- crushed ice

Directions:

1. In a cocktail shaker, add the mint leaves, lemons, blueberries, and simple syrup; muddle well.
2. Add bourbon and ice; shake well.
3. Fill glasses with crushed ice. Strain bourbon smash into the prepared glasses.
4. Garnish with additional mint spring, lemon wheel or fresh blueberries.

Before I go – I'd like to circle back to my statement from the awards luncheon about chapters turning in award forms. Something was mentioned that it's not about knowing or not knowing how to fill out the forms; that it was about already knowing who the winners were going to be. First, that kind of outlook towards our work in our communities is super discouraging to us newer members. Secondly, did you know that our award forms we turn into state get reported to IC for Arkansas to be eligible for awards at the IC level? So, I really want to encourage each chapter to turn in your forms; it helps the state as a whole. And you never know what changes may come to our awards structure!

See you in Memphis!
Meghan Good
Recording Secretary



I want to start by saying thank you for allowing me to serve on the executive board and trusting me to be a good steward of our money. I feel honored to have this opportunity and I am so excited to be working with such a wonderful group of ladies!

I had a wonderful time at state convention this year where I was able to strengthen existing friendships and create so many new ones. ESA is family to me, and I can't imagine being part of a better organization.

As a friendly reminder, state membership dues are due no later than October 1, 2019. They are \$40.00 per chapter and \$15 per member. Send check with a list of paid members to:

Sarah Fletcher, State Treasurer
2901 S. 26th Place, Apt 1116
Rogers, AR 72758

I will leave you with my favorite quote; "People don't buy what you do, they buy why you do it." – Simon Sinek

Sarah Fletcher
AR State Treasurer



Hello ESA Family! I can't believe it's almost been a month since State Convention and that we are ONLY 6 weeks away from IC in Memphis. I am so happy for Ashley and her new board and know she will do great things this year. I want to thank each of you for all your support and love during last year. You all lifted me up and made the year a fabulous experience. I look forward to joining the Jonquils and being a part of that group.

I hope all of you are staying safe during this flooding and inclement weather. I get mail at 9495 Hwy 7 S. Harrison, AR 72601 if there's any need for Love Fund or Disaster Fund requests.

Much love to everyone,

Trish
Junior Past President



Greetings Arkansas ESA!

In thinking about what to say in this "first" newsletter, so I decided to share a neat little story I came across:

“A little girl wanted to know what the United States looked like, so she asked her dad. He tore a map of the USA from a magazine, and then cut it into smaller pieces. He told her to go to her room and see if she could put it back together. After some minutes, she returned and handed the map to her dad – correctly fitted and taped back together. The dad was surprised and asked, “how had she finished so quickly”? She said, “on the other side of the paper, was a picture of Jesus, and when I put Him back together, then our country came together too”...

Almost every day, we see and hear about the issues and problems within our nation. It can be so overwhelming for us much of the time. But I believe this little girl has the simple understanding of the answer in these difficult times: Jesus. The book of 2 Chronicles 7:14 tells us that “when my people, who are called by my name, will humble themselves and pray – I WILL hear them, and heal their land”. Sounds like that little girl has a pretty good grip on that promise, agreed? We can never fully understand the impact of our prayers, but we have a bible full of promises that tells us God does. The bible also teaches that the most benefit can come when pray together, “for where 2-3 are gathered together in my name, there I am on their midst”.

I would urge each of us, to set aside a time during our ESA “get togethers”, to offer a collective prayer for our Nation - for those leaders in authority in our federal, state, and local governments. Remember to include our schools and educators, that they will lead and inspire their students in the right direction. Remember to pray for our *awesome organization*, Epsilon Sigma Alpha – that we will continue to grow and do good in our cause. I pray that this coming year, will be amazing for our State chapters, and that we may see tremendous success in what we do for others. I pray blessings on each of our members, for their service and commitment to ESA.

For those that were able to attend I.C. in Memphis, it was “so very humbling” to see what we were able to accomplish at our State level, (4th in St Jude – with \$1.68 million), and then even more so at the I.C level, of over \$22 million for St Jude. (And there are so many other causes we have helped as well). I was so very blessed to be able to spend the entire week in Memphis, and be part of a number of different activities. I was blessed to make so many new friends, that I look forward to staying in touch with throughout the year, and seeing at future ESA events. I sat in meetings where members were recognized for their years of service – and when they mentioned one with 70 years of service – my eyes teared up. What a life of commitment that represents, what a living testimony that lady is, to all that know her. So if I was asked, “what is one thing you took away from IC”, it would be that I was given just a small glimpse of the “bigger picture” of what we do – as members of Epsilon Sigma Alpha. We bring love, service, and blessings to so many people, and it lets me know, that we are part of something great. I will remind all of us of an amazing statement from Danny Thomas, when he said - “If I were to die tomorrow, I now know why I was born”... I think I understand what he meant...

Here’s looking forward to an amazing year for all of us, Amen?

See you again next newsletter!

Larry

Arkansas Chaplain



Hello to all from the philanthropic chair! There's a lot of excitement in my life right now: my son just graduated high school, summer begins what feels like the busiest part of Beta Alpha's

projects, and my family is about to go on a month vacation! And then it's July...



Even before I was "voluntold" to do this job, I was always interested in what other chapters were doing in their communities to stay connected, bring in money, get new recruits, etc. So, now that I get to look behind the scenes, I thought I'd list a few of those projects. I hope you'll see something that inspires you to start a new project in your own chapter:

Salvation Army, Goodwill, Women's shelter, etc.
Arkansas Children's Hospital, American Red Cross, etc.
Food Pantry
Animal Shelter
Halloween carnival, trunk or treat, spook trail, etc.
Nursing Home
Pageants, homecoming, concession stand, etc.
Angel tree, gift cards

I realize that some chapters may not have enough able bodies to commit to something entirely, but some of these could be as simple as partnering with another organization. And some could be as easy as writing an article for the newspaper saying you're taking donations for local food pantries, or maybe you ring the Salvation Army bell, or maybe you provide extra bodies at the concession stand. I hope this article inspires at least one chapter to do something that they may not have thought of otherwise! I know I have a few ideas!

See you in Memphis!
Amy



CONGRATULATIONS TO PRESIDENT ASHLEY AND THE NEW BOARD!

President Ashley asked each of us to send something fun—like a book recommendation, our goals, project that we are working on, etc. So, I decided to share with you a book that I have just finished reading. It is really good--

“Where the Crawdads Sing” by Delia Owens. It is a story about a Marsh girl who lives along the North Carolina coast. To quote the New York Times Book Review “Painfully beautiful...At once a murder mystery, a coming-of-age narrative, and a celebration of nature.” It is one of the best books I’ve read.

It is that time again when we need to look at our SERC By-Laws and Standing Rules to see if anything needs changed. You can find a copy of the by-laws on the SERC & Arkansas websites (www.esa-serc.com & www.esaar.org) The deadline to get any changes to me is **June 15.**

Also, don’t forget to remind your chapter treasurer to send in the chapter’s donation of \$ 10 to SERC. You need to send it to **Laura Gnewuch, 2313 Grande Valley Circle, Cary, NC 27513.**

Also, I have an easy recipe for Popovers. They are delicious.

POPOVERS (makes 6)

3 eggs

1 Cup Flour

½ Cup milk

½ Cup Ice Cold Water

½ tsp sugar

½ tsp salt

Grease popover pans with butter &a then spray.

Beat eggs; add rest of ingredients and beat until smooth.

Bake: 450 degrees for 10 minutes

350 degrees for 45 minutes

Prick with sharp knife 10 minutes before the end of baking time to allow steam to escape.

You can use large muffin pans; however, the popovers are not as pretty.

Thanks!

Theda Hall

SERC Rep

