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ESA NEWS

MAY 2021

**News from the President**

Hello ESA Family!

Can you believe we are already a third of the way into the new year?? It’s crazy how time flies! As some of you may have seen, I was able to return to my job on April 1st! Two weeks shy of being furloughed for a whole year! And let me tell you, it feels so good to be back!! It was a rough year for me but I’m thankful you all stood by me and supported me through those times!

State Convention is coming soon!!!! I am so excited to be having this in person convention! I cannot wait until I can see all of your faces again!! I hope that since it has been so long since we’ve been together that we have a larger than normal turnout! We have lots to do in Bentonville/Rogers plus, we are going to have so much fun!! If you’re on the fence about coming, just do it!! Registration deadline is June 1st. Forms are on the website. If you have any questions, you can email myself, Meghan, Trish, Theda or Sarah Newman and we will be glad to help you!

If you haven’t registered for IC, you’re past the 1st due date which now there will be a late fee. But I hope you will all consider going!

At the end of this newsletter, I am including a list of all the executive board and appointed boards. (in case some of you may have forgotten what your role is! 😊) Just kidding! I just thought if you needed to get in touch with someone, you would know who to go to!

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, appointed chairs and chapter presidents for submitting articles. Hopefully, these will be informative and useful.

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 2nd Vice President**



Hello Everyone!

This time last year I suggested we have a do over for 2020 or just skip to 2021. Well I guess the joke was on me because here we are, 2021, and still dealing with this pandemic. I definitely do not want to have a do over for 2020 either.  I am just ready for the world to be healthy and KIND!

I know not a lot is going on in ESA these days, at least for some.  St. Jude is still not holding events here in Memphis and I sure do miss them.  Glad they are taking precautions for our little heroes but hopeful this all winds down soon so we can get back to business as usual.  Speaking of business as usual, how many of you are going to State Convention in June?  It's been a long time since we've all seen each other in person.  Although I am fully vaccinated, you will probably still see me donning my mask most always.  We all have to do what we feel comfortable with and there isn't anything wrong with that.

Despite our pandemic, I hope everyone has found a new way to LIVE life, make a difference, and make new memories.  Can't wait to see you in June.

Be safe and take care,

Cheryl Sell

ESA AR State Council, 2nd VP

**News from the Treasurer**

**A person smiling for the camera

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Happy Spring Everyone!

I am so happy to be moving into warmer weather and days filled with fun! I am even more excited to see all of your lovely faces very soon at State Convention!!

Speaking of State convention, a friendly reminder to please have any receipts turned into me by State Convention on June 18-20.

Everyone loves yummy desserts so I thought I would share one of my favorites. I hope you enjoy!

**CHOCOLATE MINT OREO COOKIE DESSERT TRIFLE**

*This dessert trifle has layers of pudding, mint Oreos, and whipped cream in a glass bowl. Make this stunning treat for any occasion.*

**INGREDIENTS**

·                     12 Oreo Mint Cookies, chopped

·                     1 (3.9 oz) package Instant no cook JELL-O Chocolate Fudge Pudding

·                     2 cups cold milk

·                     2 cups heavy whipping cream

·                     1/4 cup powdered sugar

·                     1 1/2 teaspoons pure mint extract

·                     Optional: 8 drops green food coloring

·                     20 Andes Mints, chopped

**INSTRUCTIONS**

1. Beat pudding mix and 2 cups cold milk with an electric mixer (or whisk) for about 2 minutes. Refrigerate until ready to assemble.
2. Whip heavy cream using an electric mixer with a whisk attachment until you can see light tracks from the mixer. Add powdered sugar and continue to whip. Add mint and coloring. Mix until whipped cream can hold a peak. (Lift mixer up and there is a tip of cream on the mixer). Refrigerate until ready to assemble.
3. Chop Oreos and Andes mints. Set aside.
4. Assemble: Add 1/4 of Oreos to the bottom of each trifle dish. Spoon 1/4 of pudding directly on top of Oreos. Reserve a tablespoon of chopped mints. Add ¼ of remaining mints to trifle, directly on top of pudding. Top with whipped cream. Sprinkle with reserved mints.
5. Serve and enjoy!

**News from the Corresponding Secretary**

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Description automatically generated Hey ESA fam! Can you believe it’s already April?! Convention is just 2 short months away and I can’t wait to see you all! Region 1 and the Executive Board have some fun things planned for us. The last time we were together, if you can remember back that far, we talked about having a friendly competition with door decorations. It’s completely up to you on if you want to participate. Beta Alpha has a lot of fun with it! We’ve decorated with a Razorback theme and a Pea Ridge Blackhawk theme. We were going to do shamrocks and pots of gold for Spring Council last year before things went nuts. The possibilities are endless! Whether you choose to decorate your door or not, I truly hope that you all can make it to Bentonville in June for some laughs, celebrations, fellowship and just a wee bit of business.

Don’t forget about your award forms. Turn those in asap so our chairs can do what they need to. The Executive Board realizes that this year was abnormal for everyone and a lot of us couldn’t do a lot of things. Please don’t let this discourage you from submitting your hours and monies donated. We plan to have some additional, fun, superlative awards that everyone will get to vote in and will add some flare to our normal awards celebration. Be on the lookout for that info – chapter presidents will get an email soon! However, it is still extremely important to turn in our typical awards forms. We must turn this information into IC, and we will still celebrate those accomplishments in June. Every penny and every hour of your time makes a difference! See you soon!

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Logo

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Description automatically generated with medium confidence**60 days until Convention!!**

**News from the Recording Secretary**

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Hello and welcome to Arkansas springtime where you don’t choose your clothes until you step out and feel the temp. Don’t you just love the way the beautiful flowers smell, the green leaves on the trees are waving in the wind and the pollen painting your car a new shade of green? (Garage envy!) But better times are coming and soon!

It was great to see so many smiling faces even if it was on the screen. Thank you President Sandy for a great Spring Council meeting and hope it made you more excited about State Convention in June. I can’t wait to at least elbow bump in person. Sure hope that we can welcome many 1st time Convention attendees and double elbow bump all of them. I really feel that this is going to be a great time for all of us so get those change jugs to the bank and send in your registration.

Everyone stay healthy and I am praying very blessed for just a few weeks longer. Really looking forward to seeing you all in June.

Gale French

Recording Sec.

**News from the Parliamentarian**A person in a red shirt

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Happy spring, ESA!

As I am sure most of you are, I am so excited to finally be heading toward warmer days. I’ve already had a few days warm enough to open the windows, and my lilies are starting to peak through the dirt. Fresh air and beautiful days are ahead of us!

Another thing I am looking forward to is my first state convention! It’s so weird to think that I have served as your parliamentarian for a year and still have never been to a state convention. The last 12 months have been crazy, to say the least, and I am so thankful that we seem to be moving in the right direction.

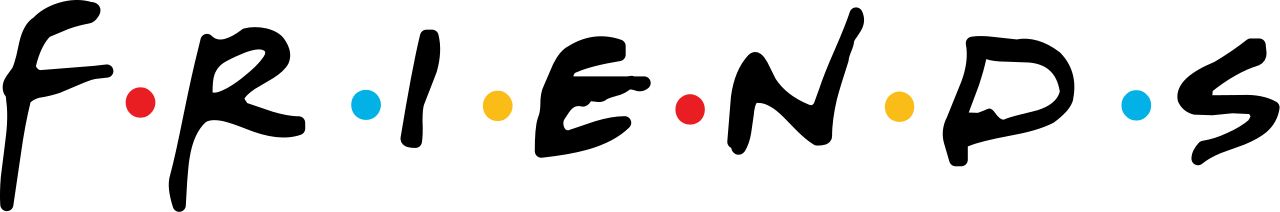
I am so thankful to report that everyone in my immediate family is vaccinated, and for the first time in a year we are breathing a little easier. It has been wonderful to finally get to spend more time with my grandparents again. The college I work at has been holding vaccine clinics every week, and it is so encouraging to know that with each person who comes through our doors, we are a little bit closer to returning to normal life.

Sending all of you health and happiness until we meet again,

Haley







**News from the Appointed Board**

A person smiling for the camera

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Howdy Y'all!

Hope all has been well on the home front!  Weather is getting nicer. Things are opening back up. Before too long we'll be able to move on with our lives (fingers crossed).

In the meantime, don't forget your educationals! I thought I'd share one of my favorite recipes as inspiration for an educational...

Step 1. Open a bottle of vodka.

\*Did you know that:

1. Vodkas are gluten free. They also have no cholesterol, no sodium, no yeast, no carbs, and no fat. It's just water and ethanol.

2. On May 9, 1945, when the Nazi surrendered to the Soviet Union, there was such a huge party that they ran out of vodka in 22 hours...

3. Vodka originates from the Russian word 'voda', which means water.

4. However, vodka was actually created in Poland (not Russia) as early as the 8th century.

5. The most expensive bottle of vodka is $3.75 million (my birthday is in October, so if you all start saving up now...)

Step 2. Open a bottle of tomato juice (I prefer vegetable juice).

\*Did you know that:

1. Tomatoes are the official state vegetable of New Jersey, the official state fruit of Ohio, and both the official state fruit and vegetable of Arkansas.

2. Why the confusion? The supreme court ruled it was a vegetable, but didn't reclassify it botanically, so it's still a fruit. ...all because of taxation...

3. While tomatoes are associated with Italy, they actually originated in Peru.

4. The heaviest recorded tomato was 7lbs 12oz and grown in Oklahoma in 1986.

5. The largest single tomato plant covered more than 610 acres and is (was?) in Walt Disney World Resort in Florida.

Step 3. Mix to your liking. Bloody Mary complete!

\*Did you know:

1. January 1st is national Bloody Mary day.

2. Bloody Mary's are considered one of the best hangover drinks.

Don't like Bloody Mary's? Try one of these variations:

\*Bloody Pirate: use rum instead of vodka

\*Bloody Maria: use tequila instead of vodka

\*Maria Verde: use gin instead of vodka and add a splash of tomatillo sauce.

\*Michelada: use beer instead of vodka. This is also one of my favorites!

\*Virgin Bloody Mary: omit the alcohol.

...and, the educational is complete! Hope y'all learned some stuff!

Happy Drinking!

Amy Barnett

Educational Chair

**Finance Chair**

Happy Spring!

I hope you are enjoying the warmer weather. I know I am. I love sitting out on our deck after work. The See’s Candy sales are going well. We have made around $168.00. This will end 12/31/21. This is an easy way to raise money with no contact. This isn’t your ordinary candy most people have for a fundraiser. It’s the best chocolate I ever had. Here is the link. <https://www.yumraising.com/secure/epsilonsaa_esa_arkansas38/candy?h=Chr_Wil2264&c=fb4424>

I will have 2 baskets to raffle off at convention. 1 is a wine basket and the other is a Razorback basket. It has a Razorback door hanger made by Laurie Byrd. She is the mother or Mary Beth Byrd from The Voice.

Let’s don’t forget the beautiful quilt…I will have tickets for you to purchase and take back to your chapters. We will draw for it at the 2022 state convention. I will remain the finance chair another year. I hate I will miss seeing all of you in June. My job comes first. I can’t wait until I retire in 18 months! That is all I have for my report. I do want to share this amazing easy recipe.

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Enjoy!

Love and hugs to all,

Christie Williams

Finance Chair

**Chaplain**

A person smiling for the camera

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Chaplain’s Report, April 2021

**CAN YOU HEAR THAT!**

An old man decided his wife was getting hard of hearing so he called her doctor to make an appointment for a hearing test.

The doctor said he could see her in 2 weeks and meanwhile he told the old man to do this simple test.

“*Start about 40 feet away and speak in a normal tone and see if she hears you. If not go to 30 feet, then 20 feet and so on until you get a response.”*

So that evening his wife was in the kitchen cooking dinner and he decided since he was in the living room that was about 40 feet from the kitchen. He was going to test and see if his wife could hear.

*“Honey, what’s for supper?”*  **NO response.**

He moves closer. *“Honey, what’s for supper?”* **NO response**.

He moves to the dining room about 20 feet away. *“Honey, what’s for supper?”* **NO response.**

He moves to the kitchen doorway. *“Honey, what’s for supper?”* **NO response**.

He moves behind her at the stove. *“Honey, what’s for supper?”*

She swiftly turns around and loudly says, ***“For the 5th time, CHICKEN.”***

**Moral of the story**

Don’t always assume the problem is with someone else.

We need to laugh. Laughing is good for us. Hope you can find something to smile about and maybe even chuckle a little.

Hope to see you soon. Sign up for your vaccines!

Blessings,

Sarah Newman

**St. Jude Chair**

A person smiling for the camera

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Hello ESA Arkansas family!

I am always amazed – every single time I log onto the St. Jude website, to see what the latest “miracles” are that they are involved in. The headlines on a recent article did just that… **“Researchers offer new strategy to stop COVID 19”.** Wow… Anyone have goosebumps now? The short version of the story is that the researchers have discovered how the virus activates its “inflammatory cell death actions”, so based on that, they found that certain drugs that already in use, could be repurposed to battle part of COVID 19. A simpler explanation is: they are focusing on prevention of the life threatening part of COVID 19 – the inflammation, lung damage, and organ failure. This is especially crucial to their patients, as their studies have also shown that bone marrow transplant patients are at a much higher risk from COVID 19 than others are, and bone marrow transplants are so common as part of the treatment there. Once again, our support of St. Jude is helping the world. We can all stand proud to be part of this, amen?

If you haven’t lately, I would encourage you to visit the St. Jude website, (stjude.org) and take a look around. They have a new “virtual tour” of the campus, news pages, and always new and inspiring stories in the “meet the patients” section. There is a feature article on a “27 year later” survivor, who was diagnosed just after high school, and now married with kids and a healthy life. He credits a “faith in God, sense of humor, and trust in St. Jude” for his survival. He too is part of the St. Jude Life Study, where St. Jude follows him and other patients for the rest of their lives to see how their treatments continue on in patient lives. Just one more amazing thing about St. Jude, right…?

Looking forward to seeing everyone at State Convention… Stay safe, and see you then.

Larry

**2021 Convention Chair**

As of this date, the Arkansas State Convention, is only **65** days away. Whoopee! I can hardly wait as well as the Beta Alpha, Beta Omicron, Beta Upsilon & Kappa Sigma chapters**. We can’t wait to see everyone. So, get your registration in as soon as possible to help us better plan for tables, programs, food etc. Registration forms can be found on Arkansas website** [**www.esaar.org**](http://www.esaar.org)**.** And, the hotel is letting us have the whole ballroom so we can be safely distanced at our meetings and food events. The hotel is bending over backwards to ensuring that we have a safe and virus free convention.

The theme of the convention is **“Vision Changes The World.”** Date is June 18-20, 2021 at the DoubleTree Suites in Bentonville, AR. Registration is $115 per member if paid by June 1, 2021, $135 after June 2, 2021 and $ 145 after June 8, 2021. The room rates at the Double Tree are $114+ tax and are all Suites; so, three (3) people per room would be comfortable. Phone # for the Double Tree is 479-845-7770. Be sure to say this is the group rate for the ESA Convention. Address for the hotel is 301 SE Walton Blvd, Bentonville, AR. 72712.

And, we are planning a Crystal Bridge or Momentary tour on Friday afternoon. So get your bags packed and ready to see NW Arkansas. The Pinnacle Hills Promenade Shopping Mall is less than 2 miles away, the Native American History Museum is only 3 miles away, Chrystal Bridges Museum and the Momentary are 4 miles away and Walton 5&10 Museum is 3 miles from the hotel. There is a complimentary 5 mile shuttle service. Plus there are many more sites to visit.

Trish Villines, Meghan Good and I are ready to help you have a good time! So, get those registrations in as soon as possible. It will be good to see all of you!

Theda Hall

Convention Chair

**Awards Chair**

Awards will be a little different this year. It has been a crazy year.

Some chapters have not had meetings or projects, if they had

it was very few.  We will have a different awards presentation for

2020 - 2021.  There will not be a 1st, 2nd or 3rd place award,

but a certificate of achievement. For 2021 - 2022 year if everything

goes as planned we will be back to some normalcy .  You can print award

forms from the [esaar.org](http://esaar.org/) website.  Forms will need be mailed to the state

chairman by May 31st, due date is June 1st.  If your chapter decides

not to submit awards form or just some, please email me at [dkpatton1@cox.net](mailto:dkpatton1@cox.net)

It will help me know how many awards I will be receiving.

I have missed the state meetings they been mini vacations for

me.  I enjoy seeing my sisters & brothers around the state.

**Here are two hors d oeuvres recipes. I hope you enjoy.**

**Shrimp Cheese Triangles**

**2 pkgs. English muffins**

**2 sticks margin ( I use butter)**

**2 cans tint shrimp, drained**

**2 - 5oz jars old English cheese spread**

**1 to 2 medium cloves garlic, minced**

**Tobacco sauce to taste**

**Separate English muffin halves and freeze.**

**Combine margarine, cheese, garlic and Tobacco sauce.**

**In saucepan and heat, stirring until smooth.**

**stir in shrimp.  Let cool.  Spread on frozen English muffin.**

**Refreeze.  Cut in quarters and broil until hot.  (96 triangles)**

**NOTE:  While frozen, these may be packaged and stored**

**in freeze and smaller amounts used at a time.**

**Bud’s Meatballs**

**1 pound ground beef**

**1 pound ground sausage**

**1/2 cup onion chopped fine**

**2 cups bread crumbs**

**2 tablespoons chop parsley**

**2 teaspoons salt**

**2 beaten eggs**

**Preheat over to 350 degree**

**Make in 1 inch balls and brown in skillet.**

**Put in baking dish pour over.**

**10oz jar Apricot jam**

**1/2 cup BBQ sauce**

**Put in oven for 30 minutes.**

**Have use store brought frozen meatball.**

**Debbie Patton**

**Awards Chair**

**SERC Counselor**

**Yes,** we are going to have a SERC Conference this year. It will be at The Inn at Opryland in Nashville, TN on October 29-30, 2021. Registration is $125 thru Oct 8, 2021 and $140 after Oct 8, 2021. The hotel rates are $165 per night plus tax for a single, double, triple or quad. The hotel offers free parking. Call hotel for reservations: Event: Epsilon Sigma Alpha/Southeast Regional Council or visit the website: [www.marriott.com/hotels/travel/bnagi-the-inn-at-opryland-a-gaylord](http://www.marriott.com/hotels/travel/bnagi-the-inn-at-opryland-a-gaylord) hotel.

Nashville is a quirky sort of place. It’s a big town with a small town feel – a little bit of country-a little bit of rock and roll. It is call “Music City”.

And, I can’t even begin to tell you all the sites you can visit in Nashville, TN. How about Ryman Auditorium, Grand Ole Opry, RCA Studio B, the Nashville Zoo and Country Music Hall of Fame, just to mention a few. This would be a great place for the whole family to visit. Did you know that Nashville was once called “Athens of the South”. The Nashville Parthenon is a full scale replica of the original Parthenon in Athens.

So, make plans to go to Nashville for the SERC Conference. Will see you there.

Theda Hall

SERC Representative



**Chapter News**

**Beta Alpha – Pea Ridge**

A group of people posing for a photo

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Hello from Pea Ridge! Beta Alpha is slowly getting back to our normal events and schedule. We just completed our “Egg My House” finance project and raised over $400. It’s a really fun event that the community enjoys. People sign up with us through Facebook and the evening before Easter, we go around to those houses and scatter 40 candy-filled eggs on their lawn. We leave a basket of goodies by the front door and use chalk spray paint to make bunny tracks leading up to the basket. We’re currently volunteering in the concession stand at the youth baseball games, and we’ve been busy with the rest of the region gearing up for Convention. I hope to see you all there! We are planning to have all age groups back at the pageant this year. I’m super excited about it! The pageant funds our scholarships and other philanthropic events so it will be nice to replenish what we lost this past year. We have two potential new members too! We’re thankful that all of our members have remained healthy and are looking forward to a great year!











