



HAWTHORNE

The State of Missouri Newsletter

Holiday 2023 Issue

Hawthorne Information

Here is the schedule for the first 2024 issue of the Hawthorne:

Winter Issue - Articles to me by Friday, February 2, 2024

Hawthorne published by Friday, Feb, 9, 2024

If you have any problems with dates - please email or call me ASAP. If you have members that must have a mailed copy - please provide me with their full names and addresses.

I will always acknowledge all articles/information sent to me as the items are received to avoid any miscommunications or worry.

Thank you for your help and let's keep communicating!



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HAPPY HOLIDAYS!

*From Brittany Covey - your
2023-24 MSC President and the
Executive Board*



Ruth Williams
MSC President-Elect
2023-2024

Hopefully everyone has enjoyed the beautiful fall weather that we have been blessed with and are preparing for the holiday season. . There is so much to be thankful for, and it is a good time to remember those sisters who are no longer able to attend our functions. Whether they are in care facilities or housebound, the holidays are a perfect time to visit and bring them cheer. There are former members who, for one reason or another, have drifted away from ESA, and what better time to call on them. Perhaps their circumstances have changed, and they are just waiting to be invited back into our amazing group.

It would be great to see what events or get-together outings that you participated in to bring in new members during our October Recruitment Month. Rho Chi kicked off recruitment month with a Fiesta Party Picnic at a local park, complete with Mexican dishes, guacamole and salsa making contests and of course adult Mexican beverages. There were four prospective members in attendance. Please share what recruitment activities your chapter has done or is planning.

Happy Holidays!



Holiday Roasted Vegetables from Delish

Amidst all of the Holiday casseroles we usually end up craving some simple, no-fuss roasted vegetables. And this colorful medley is definitely [worthy of a spot on your Thanksgiving plate](#). The dried cranberries and balsamic vinegar add some sweetness and tartness while the pecans add an extra crunch. We use Brussels sprouts and carrots, but feel free to add extra vegetables or swap in some of your favorites.

The red and green hues of this dish make it a festive side for your holiday spread, but it can go on your table any time of year. Is there ever a bad time for delicious veggies?

Ingredients

- **3/4 lb.** Brussels sprouts, trimmed and halved
- **2** large carrots, peeled and sliced into 1/2” pieces
- **2 tbsp.** extra-virgin olive oil
- **1 tbsp.** balsamic vinegar
- **1 tsp.** chopped rosemary leaves
- **1 tsp.** chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- **1/2 c.** toasted pecans
- **1/2 c.** dried cranberries

Directions

1. Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper.
2. Bake for 20 to 25 minutes, until the vegetable are tender, shaking the pan halfway through.
3. Before serving, toss roasted vegetables with pecans and cranberries.



HOPE FOR HEROES – Sally Yates, MSC Chair

Our Missouri brothers and sisters had an excellent MSC Leadership the first week of October. There was a bake sale, several raffles, interesting and fun Workshops and a great Friday Night Mixer. You will hear more from President Brittany, who did a good job in keeping the agenda on time and progressing smoothly.

The Saturday morning Educational was given by Jim Petitt, a Community Outreach Coordinator with Greater St. Louis Honor Flight. Honor Flight started in Ohio in 2005 flying World War II, Korean, and Vietnam veterans to Washington DC to attend all three memorials. They have now grown to 125 locations and taken over 240,000 veterans to DC. Once they arrive in DC, they are taken on charter buses to the three memorials, Iwo Jima Statue and changing of the guard at Arlington receive a packet of letters from family, friends and volunteers thanking them for their sacrifice and service. The veterans are greeted by a drum & bagpipe ceremony and family parade when they arrive home in St. Louis. The annual cooperating budget for four Honor Flights from St. Louis is \$500,000. For more information go to www.gslhonorflight.org.

MSC brought in \$90 for the Hope for Heroes raffle. Tickets will be sold at Winter Board and MSC Convention, then three winners will be drawn for their choice of items. The three items raffled are a knitted American flag afghan, an angel statue sun catcher. Tickets are \$1/each or \$5/for 6.

I hope to see many of you at Winter Board. I may be combining a collection of items for veterans and their families with Workshop Coordinator, Brenda Fields, but whatever is planned all MSC Chapter Presidents will be contacted in early January of what is need and where it will be going.

I wish everyone a safe and happy Holiday Season! Peace and Love be with you and yours.



DIY HOLIDAY STOVETOP POTPOURRI FROM THE MERRYTHOUGHT

What you need for DIY Holiday Stovetop Potpourri:

- jar
- dried citrus
- rosemary (fresh or dried)
- cinnamon sticks
- cloves
- cranberries (fresh or dried)
- vanilla bean
- an instruction label with a personal note



Stovetop potpourri makes for the perfect holiday gift! Gather and prep all the fixings someone needs to create a sweet-smelling simmer, and put them inside pretty glass containers. To use – mix contents of jar with four cups of water – place on low simmer burner – checking to see if additional water is needed over time.

Alpha Omega - Molly Vehige

PUMPKIN TIME! The chill in the air brings a smile. The colors have been beautiful this year. As I write this, Halloween is around the corner. AO is back to monthly meetings. It has been a quiet time for us. The trip to Kansas City by train went well. The group was small but fun.

We are now looking to our projects close to our hearts. A new family will be given to us from Feed My People. It is a Christmas project we continue year after year. Also, we are beginning to talk and plan for Nurses for New Borns. We will soon be gathering items for the Personal Care packets.

We enjoyed a spectacular day on October 29. Sally set up a day for us touring a hidden gem of South St. Louis, the Miniature Museum on Gravois in the Bevo Mill district. Anne, her mom, Gerri, Sharon, Linda, Caretha and Molly met for lunch at Apollonia, a Greek restaurant. The sad part of the day, Sally our leader, was unable to join us. She was under the weather. We then headed to the Museum. No one had a clue what it would be like. To say we were amazed sells the museum short. It is two floors of beautifully curated period homes in miniature. All types of displays from Ante Bellum Southern Homes to Churches, Tree houses - too many to name. Even a Medieval shop for mesh warrior suits, armor suits and more. The owners were a delight. The other surprise was how many people were there that day. We even observed a young girl on a scavenger hunt provided by the staff. We recommend a visit there.....

P.S.

Always adventurous is our Sally Yates. I asked our members for a recipe to share. Here is her reply!

Jameson Orange Mule

1 1/2 parts Jameson Orange Whiskey

5 Parts Ginger Beer

2 Dashes Angostura Bitters

Dried orange slice for garnish.

Place ice in copper Mule Mug. Add Jameson Orange and Ginger Beer. Stir.

Add swizzle stick, dried orange slice, top with 2 dashes of bitters.

She enjoyed this at a local restaurant 'Country Club Bar & Grill' in the Lamp and Lantern Village, Chesterfield, Mo.







FIVE MISSOURI TOWNS THAT EMBRACE THE MAGIC OF CHRISTMAS by CORIN CESARIC for Missouri Life Magazine

Many charming small towns become especially enchanting during December. Here are five in Missouri where you can stroll downtown and embrace the magic of Christmas while shopping in unique venues for those just-right gifts.

Noel

Since the 1930s, Noel has been known around the world as Christmas City, a pretty large feat for a town of fewer than two thousand people. It's situated on the Elk River, and the peaceful town is actually pronounced as if it rhymes with mole, but most people from out of town prefer to refer to it as No-el, as in another word for Christmas. And when December 1 hits, the locals do, too.

During the '30s, Noel's postmaster came up with the idea to send letters with the Noel postmark. It quickly gained popularity and became an international practice. Each year, thousands of letters and Christmas cards are mailed and dropped off at the Noel Post Office during the holiday season. They are then sent around the world with the special Noel postmark. To receive the Noel postmarks, package up your Christmas cards, and address them to: Postmaster, Noel, MO 64854. Volunteers work in the post office from Thanksgiving to Christmas Eve.

Lee's Summit

More than 500,000 lights and 175 animated figures glow at Jackson County's Christmas in the Park from November 25 until December 31. It's the perfect way for families to enjoy the sparkling lights while still staying warm and cozy inside their cars. The downtown, which has more than sixty retailers and restaurants, also showcases thousands of lights during the holiday season to create a picturesque setting. The downtown holiday lights run from November 20 until January 1.

Starting the first week of November, a Holiday Open House is hosted for the downtown retailers. Here you will find a gift and decorating ideas and classes taught by business owners.

The Saturday after Thanksgiving, Small Business Saturday is celebrated, where you can support places like A Thyme for Everything where cooking classes are offered, and Ivy & Sparrow, a trendy home decor shop. Plus, browse clothing and jewelry boutiques, food and drink spots, and specialty shops to find the perfect gift for everyone on your shopping list.

Warrensburg

Warrensburg completely transforms during Christmas. Local artists decorate store windows, strings of glowing lights are spiraled around poles and trees, vendors roast chestnuts on open fires and shopping specials kick off the holiday season. Santa Claus makes an appearance on his perfectly decorated sleigh. On the first Friday of December, the Holiday Parade goes through town featuring Santa and the local car club. Santa visits with kids and collects the letters they write to him, too. After the Holiday Parade, the large live tree in front of the downtown courthouse gets lit, making it the perfect place for Christmas photo ops.

The first Saturday in December is also an eventful and traditional day. Dickens Christmas is celebrated by the community. Father Christmas arrives on Amtrak to begin the event. There are horse and wagon rides, carolers, art, live music, and more to keep all ages entertained. Watch the Tiny Tim's Soup Competition where more than ten chefs compete. Or drive around the city and see who decorated their home best during the annual light competition held for residents.

Hermann

Take a horse-drawn carriage ride through Missouri's most charming German town. If there happens to be snow on the ground, you might think you've been transported into a scene from your favorite Christmas movie. During the four weekends leading up to December 25, traditional celebrations are held with the seventeenth annual Lantern Parade and Tree Lighting Ceremony kicking them off the weekend after Thanksgiving.

Weihnachtsfest is a traditional Christmas celebration held during the first two weekends of December. The free event is held inside the Pommer-Gentner House and offers traditional German cookies, plus information on how German immigrants' Christmas traditions like the Christmas tree became American traditions.

If you want to see German-inspired crafts and gifts, Hermann is the place to be. The Christkindl Markt at Hermannhof showcases dozens of local artisans, including candle makers, weavers, ornament makers, and bakers. On December 5 and 6, Stone Hill Winery hosts its Kristkindl Markt under the heated pavilion. Enjoy wine, crafts, soups, and seasonal souvenirs.

Walk on East First Street and stop inside Hermann Wurst Haus, a German butcher shop, where a Christmas tree is decorated with homemade sausage links—packed and ready to be purchased. Or get your caffeine fix at Espresso Laine on Schiller Street. Its Christmas celebrations commence the Thursday before Thanksgiving, with an open house that starts at 6:30 am. Seasonal coffees are featured and can be sampled along with homemade scones. Some of the popular Christmas coffees include the Winter Wonderland, a coconut, vanilla, and pecan coffee, and the Peppermint Mocha. There's also a sale on all of the nonelectric toys in the shop, and a tree on its back patio.

To wrap up your Christmas in Hermann, take the Holiday House Tour to see four homes decked out in holiday decor and experience the small-town joy shared by everyone.

St. Charles

For more than forty-five years, St. Charles has been a premier Christmas City in the Show-Me State. Every year, the day after Thanksgiving marks the beginning of Christmas Traditions where there are parades, storybook characters coming to life, carolers, the evolution of the Christmas tree exhibits, and an old-fashioned celebration. The holiday events are held every Wednesday, Friday, Saturday, and Sunday until Christmas Eve.

As you walk along the brick-lined streets and you see the gas lights, you really feel like you are in a Victorian town where you don't really need to suspend your disbelief when you see Ebenezer Scrooge or a vortex of carolers. In your mind, you say that's absolutely valid because the setting looks like a place where those people would be walking around in real life.

Each Saturday and Sunday kick off with a Santa Parade. This is a perfect time to see all characters at once, including a plethora of international Santas. If you want something out of the ordinary, visit on Wednesdays and Fridays when Krampus Karnival is celebrated. This is when some of the more creepy but still family-friendly traditions of Christmas are showcased with trolls, skeletons, and of course Krampus, a half goat and half demon from European folklore, who takes over Santa's spot at the Train Depot.



Limoncello Bars Recipe **from the kitchen**



PREP TIME - 30 minutes - **COOK TIME** - 25 minutes – **MAKES** - 24 bars

INGREDIENTS

FOR THE CRUST:

- 12 tablespoons (1 1/2 sticks) unsalted butter, plus more for the baking dish
- 24 full-size graham cracker sheets (about 12 ounces), or 3 cups graham cracker crumbs
- 1/4 cup granulated sugar
- 1/4 teaspoon kosher salt

FOR THE FILLING AND TOPPING:

- 6 medium lemons
- 6 large egg yolks
- 2 (14-ounce) cans sweetened condensed milk
- 1/2 cup limoncello
- 1 cup cold heavy cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract
-

INSTRUCTIONS

MAKE THE CRUST:

1. Arrange a rack in the middle of the oven and heat to 350°F. Lightly coat the bottom and sides of a 9x13-inch glass baking dish with butter. Line the bottom and two long sides with a sheet of parchment paper long enough to hang over the sides by 1-inch to form a sling.
2. Melt 12 tablespoons unsalted butter in the microwave or on the stovetop. Break 24 full-size graham crackers into large pieces and place in a food processor fitted with the blade attachment. Add 1/4 cup granulated sugar and 1/4 teaspoon kosher salt. Pulse until fine crumbs form, about 15 (1-second) pulses.

3. Transfer the crumbs to a large bowl, drizzle with the butter, and stir until combined and the crumbs are evenly moistened. Transfer the mixture into the baking dish and press with your hands or the bottom of a measuring cup into an even layer.
4. Bake until fragrant and starting to darken around the edges, 12 to 15 minutes. Place on a wire rack and keep the oven on at 350°F.

5.

MAKE THE FILLING:

1. Finely grate the zest of 1 to 2 medium lemons until you have 1 tablespoon plus 2 teaspoons. Juice the zested lemons plus more as needed until you have 1 cup.
2. Place 6 large egg yolks in the bowl of a stand mixer (or large bowl if using an electric hand mixer). Beat with the whisk attachment on low speed until combined, about 15 seconds. With the mixer still on low speed, gradually pour in 2 (14-ounce) cans sweetened condensed milk. Gradually increase the speed to medium and beat until thickened, about 2 minutes.
3. Add the lemon juice, 1 tablespoon of the lemon zest (cover and refrigerate the remaining for the topping), and 1/2 cup limoncello and beat until just combined, about 20 seconds. Pour the mixture into the crust.
4. Bake until the filling is just set in the middle, 20 to 25 minutes. Place the baking dish on a wire and let cool completely, about 1 hour. Refrigerate for at least 4 hours or up to overnight. Make the topping right before serving.

5.

MAKE THE TOPPING:

1. Place the reserved lemon zest, 1 cup cold heavy cream, 2 tablespoons powdered sugar, and 1 teaspoon vanilla extract in the bowl of a stand mixer (or large bowl if using an electric hand mixer). Beat with the whisk attachment on medium speed for 1 minute. Increase the speed to high and beat until stiff peaks form, 3 to 4 minutes.
2. Grasping the excess parchment, lift the slab out of the baking dish and place on a cutting board. Use a knife to score into 24 bars. Transfer the topping to a piping bag fitted with a large star tip and pipe rosettes onto each bar, or use a spoon to dollop the cream onto each bar. Fully slice and serve.

3.

RECIPE NOTES

Make ahead: The graham cracker crust can be made up to 1 day in advance. Let cool, then cover tightly in plastic wrap and store at room temperature. Unwrap before filling and baking.

Storage: The bars can be refrigerated in an airtight container for up to 1 week. To freeze, wrap in plastic wrap, place in a freezer-safe container, and freeze for up to 4 months. Thaw in the refrigerator for 1 hour or at room temperature for 15 to 20 minutes.



Foundation News

We are quickly reaching the end of 2023! In many ways, this is very important time for the ESA Foundation. We have talked about most of these in the past but it never hurts to send a few reminders.

Dues

Foundation membership dues must be received by Headquarters by December 31. You will receive reminders in the mail in November. Email reminders will be sent on December 1st and 15th. Headquarters staff will be on holiday break starting December 20th so please get dues paid before that date. Remember, paying dues online is quick and easy.

Are you having a gift exchange Christmas party in your chapter? Gift a member with a membership in the ESA Foundation! This would be a great gift for a new member.

Turnaround Fund

Are you having a holiday fundraiser during the holidays? Send your donation check to the turnaround fund, they will send you a check made out to the organization of your choice for you to mail. Individuals can also use the Turnaround Fund for their personal donations. The Turnaround Fund form, as well as detailed information about using the fund, is on the ESA website, Scholarships and Endowments, Turnaround Fund.

ESAF Pathway Program

This is a new program that provides a way to thank, honor or recognize a person, group or anyone by donating to the Foundation in their name. You can purchase a virtual brick, in various contribution levels, to form a pathway to pave the way to a brighter future for everyone involved with the Foundation.

Scholarships

Scholarships are open!! Now is the time to share the information about the ESA Foundation Scholarship program. Deadline for applications is February 1, 2024. If you have never looked at the scholarships available to Missouri students, go to the Foundation, Scholarships and Endowments website and scroll through the Missouri list. This would also be a great gift for a chapter to donate to one of our scholarships-maybe the one created by your chapter, your council or a member. Share the scholarship information with anyone and everyone! We want to award ALL our scholarships next year.

Board of Directors

Nominations for the open Director's positions have been received and approved by the Board. There are three candidates for three positions so no voting will be necessary. The candidates will be featured in the next Foundation Newsletter.

Have a wonderful holiday season everyone,

Sharon George, Foundation Counselor



Pomegranate Tablescape from the Pioneer Woman



For holiday table décor that's simple and beautiful, look to this stunning DIY pomegranate tablescape. No floral training required.

To create this 5 minute floral Christmas table runner, you'll need...

Seeded eucalyptus

5 pomegranates

Scissors

How to Make a Trailing Flower Arrangement

Separate your eucalyptus, grouping the stems in 2's by size. Place the largest branches on opposite ends in the center of your table. Layer the second largest branches on top of each side, stems meeting each other in the middle. Snip pieces of eucalyptus to fill in the center, fanning them outward until full. Lay them on top or tuck them under the other stems. Add your pomegranates, starting in the center. Keep them in a consistent line, group them together or allow them to "fall" sporadically. Face the prettiest side of the pomegranates to the place settings. The eucalyptus will dry after a few days, but remains beautiful.



Beta Kappa – Carolyn Lamb

Beta Kappa Chapter of ESA is selling raffle tickets for a hand knitted shawl of fine quality alpaca yarn. The color is off white. A friend of one of our members knitted it and would sell it for \$150.00. It should not be machine washed or dried.

Tickets are \$5.00 for one ticket or \$10.00 for three tickets. Tickets were sold at Leadership Conference and will be sold again at Winter Board and at Convention. If you will not be at either event but would like to purchase a ticket or tickets, please send cash or a check (made out to Beta Kappa) to Carolyn Lamb 7333 Gerardini Dr. Hazelwood, MO 63042. I will put your name on the number of tickets you purchase and drop them in the basket. The drawing will take place at Convention. Please include your name, address, and phone number so we can contact you, if you win, and get the shawl to you after the convention.



WILL YOU WIN?

ESA Strong

Fun Event Ideas

Keep your ESA bonds strong by creating activities that you can enjoy together with ESA friends. All of these could be adapted to include some invited guests, and online only events can even be adapted to be "public" if you like.



Seedling Exchange --Deliver an invitation to members and guests along with a different variety of seeds to each about 6 weeks before the exchange so they have time to grow 24 seedlings from their packet. Host a Zoom social for the group during growing season and culminate with a party in the driveway or park to enjoy to swapping varieties. Each grower goes home with a lovely assortment plus some new friendships.



World Class Museum Tour – many museums worldwide are offering free virtual tours, which make for a fabulous “travel” educational. Invitations include a link to the museum tour of your choice (everyone watches the tour in advance), a recipe for a drink or dessert from that country, and a link to the Zoom party where you’ll enjoy the treats you created and talk about all the good stuff you saw and learned.



Virtual Beer Tour – Safely enjoy a flight via a virtual tasting party. Invite a guest host/beer expert to help you select 4-6 beers for your tasting. Send invitations with the list of beers so everyone participating can purchase their own (a liquor store may be willing to offer a discounted package price for participants). Invitation so include a link to join the live Zoom event tasting, where your beer expert will walk everyone through the unique characteristics of each. All the beer lovers in the household can join this one.



Chapter Recommendation – Online Painting Classes

“Several of us have taken some of the online classes provided by our local Painting with a Twist studio. We connect through conference calling so we almost feel like we are in the same room. We also have a group text so we can take pictures at different stages and share with each other. So much fun! Just the thing needed to lift spirits! We are definitely planning to patronize this business more in the future!”

- Karen A. /Zeta Nu Chapter of Colorado Spring, CO

From IC Membership Workshop -- Pot Parties

“Our IC membership workshop breakout group brainstormed the idea for a series of online educationals or socials all with “Pot” as part of their themes done via Zoom. Facebook live videos could be cute invitations posted on your chapter Facebook page, unique idea with a fun play on words. Share/demonstrate Insta”pot” recipes, make fun painted “pot”, crock “Pot” recipes night, hold Me in Your “Pot” (make beautiful/useful pot holders) garden in a “Pot” (herb/flower/vegetable garden in a pot, “Pot of Gold” (Chapter History or party with a purpose)”– Susan W./Beta Epsilon Chapter of Frankfort, KS

Beta Tau Chapter-Terri Breedlove

Leaves have turned and most have fallen and Beta Tau is running full speed ahead.

In September we hosted an event at Pottery Island to benefit Easter Seals. I am pleased to report we sent \$280.19 to Easter Seals Midwest.

Julie, Christy, Joan, Tawnya, and Kaleigh our Elan attended MSC Leadership in St Peters a great time was had by all. Kaleigh won the heads or tails fundraiser for St. Jude. It looks like it was a lot of fun.

Julie, Christy, Kathy and Terri made a road trip to East Peoria to attend the MARC conference. We learned how to polka and Julie even blew the Alp Horn! Speakers sharing their St. Jude stories as well as a Military Mom sharing her story of the loss of her son and the founder of a Gold Star Families. Julie installed as MARC Parliamentarian for 2023-24.

On October 28 several members were supposed to volunteer at The Bluffs Retirement Center assisting as needed with a car show. It was cancelled due to cold weather.

In November several chapter members will road trip to St. Charles to attend the Rho Chi Lunch/Auction to benefit St Jude.

Our chapter has adopted Welcome Home a community for veterans as our holiday family this year. Our wish list has been distributed and shopping has already been started.

In December we have our Annual Christmas Party Dinner and we reveal our secret sister and draw names for our new one. Fun times for all.

Julie and Joan will be traveling for the Memphis Marathon for St. Jude, Way to go Julie and Joan.

We wish you many blessings until we meet again.







Applesauce Bread Baked in a Jar
Submitted by Terri Breedlove – Beta Tau from
The Best of the Best from Michigan Cookbook

2/3 cup shortening

2 teaspoons baking soda

2 2/3 cups sugar

1 teaspoon cinnamon

4 eggs

2/3 cup chopped nuts

2/3 cup sugar

1/2 teaspoon baking powder

2 cups applesauce

1 1/2 teaspoons salt

3 1/3 cups flour

1 teaspoon cloves

Cream the shortening and 2 2/3 cups sugar together. Beat in eggs, 2/3 cup sugar and applesauce. Sift together dry ingredients and blend into first mixture. Mix Well. (You can now add the optional chopped nuts) Pour into well-greased pint jars. (Wide Mouth with no neck), filling half full. Bake at 325 degrees for about 45 minutes. (I usually place the jars on a baking sheet) Remove one jar at a time from oven; wipe the sealing edge clean. Put on lid and ring and screw tight. Jar will seal as bread cools. Store as you would regular canned goods. Enjoy! Note I do a fair amount of canning so I have a wide mouth funnel I use to fill the jars usually the edge is clean. Makes 8 pints



LAST MINUTE GIFT IDEAS

From Delish, Better Homes and Gardens, Southern Living and House Beautiful

Coffee/Hot Chocolate Mug Mixers



Ingredients & Supplies you will need

- *Spoons:* For this project, I went to a local thrift store and picked up a variety of vintage-looking spoons. I think they turned out great! You can also use disposable plastic spoons.
- *Chocolate Melts:* I love to decorate each spoon with a different design! Try alternating the spoons with white chocolate, dark chocolate and milk chocolate.
- *Decorations:* I also added some sprinkles; feel free to use any color! And, for a bit of toffee flavor, I also added some toffee chips. Just keep in mind those will take a bit longer to melt!

How to make a Chocolate covered spoon

1. Start by melting the chocolate melts! Melt each chocolate (dark, milk and white) in separate bowls. Melt the chocolate over water bath or double boiler (or in microwave). Melt the chocolate slowing, stirring frequently. If the chocolate starts to clump or doesn't melt smoothly, add 1/2 teaspoon of shortening.
2. Make the chocolate coffee mixture. Combine half of the dark chocolate with the instant coffee and stir until well combined. Spoon this mixture into spoons as shown in video, making it smooth across the top. Place the spoons into refrigerator to set the chocolate quickly!
3. Dip the chocolate coffee spoons into your choice of dark chocolate, milk chocolate, white chocolate and then add your desired garnishes. I also like to drizzle contrasting colors of chocolate to make the spoons extra special!
4. Let the chocolate set completely before placing the spoons into decorative bags.

How to Use Chocolate Spoons

To use these coffee spoons, heat a cup of milk or non-dairy milk until it's steaming hot. Dip the spoons into the milk and let the chocolate milk for a couple minutes, then stir. Or for a super special drink – stir into a piping hot cup of coffee.

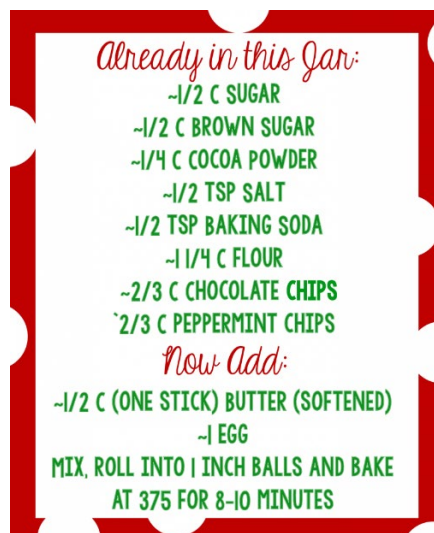
Christmas Cookie Mix in a Jar Gift Idea



Layer the following in this order:

- 1/2 C Sugar
- 1/2 C brown sugar
- 1/4 C cocoa powder
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 and 1/4 C flour
- 2/3 C chocolate chips
- 2/3 C peppermint chips (I used some Andes mint peppermint chips that are seasonal. Any sort of mint chocolate should work.)

Instruction Sheet to include with the jar:



Cookie Cutter Candy Containers



Gift an assortment of candy using cookie cutters to stylishly separate each sweet. Line a box with parchment paper, place cookie cutter, and then fill with candy.

Peppermint Bark



Ingredients

- **12 oz.** semisweet chocolate, chopped
- **12 oz.** white chocolate, chopped
- **1/2 tsp.** peppermint extract
- **8** candy canes, crushed

Directions

1. Line a baking sheet with parchment paper. Fill the bottom of a large pot with 3" water and bring to simmer over medium heat. Reduce heat to low, then place a large heatproof bowl on top. Add semi-sweet chocolate and stir occasionally until chocolate has melted. Stir in extract. Pour into prepared baking sheet and spread into an even layer with an offset spatula. Refrigerate until set, about 20 minutes.
2. Over the same pot of barely simmering water, place another large heatproof bowl. Add white chocolate and stir until melted. Pour over set semi-sweet chocolate then top immediately with candy canes. Refrigerate until set, about 20 minutes.

Holiday Toffee



Ingredients

- 35 saltine crackers
- 1 c. (2 sticks) butter
- 1 c. packed brown sugar
- 1 3/4 c. semisweet chocolate chips
- 1 bag red and green holiday M&Ms
- 1 jar holiday sprinkles

Directions

1. Preheat oven to 350°. Line a baking sheet or jelly-roll pan with tin foil and coat with cooking spray. Line the baking sheet with Saltine crackers. Set aside.
2. In a medium-sized saucepan, melt butter and brown sugar. Bring to a boil, stirring continuously, and let cook until bubbling, about 2 minutes. Pour mixture over crackers in an even layer and bake 12 to 15 minutes.

3. Top immediately with chocolate chips and let melt. Smooth chocolate out into an even layer, then top with red and green M&Ms and holiday sprinkles. Cut into squares, then cool until the chocolate has hardened.

Slow-Cooker Apple Butter



Active Time: 25 mins. **Slow Cook Time:** 10 hrs. **Yield:** 5 cups

Apple butter is a fruit spread that is made by slowly cooking apples, sugar, and spices until they're soft and tender. The mixture is then blended or mashed until it is smooth.

Typically, apple butter is spread over biscuits, toast, or pancakes. But it also makes a great addition to cheese boards, and can be spooned over yogurt and ice cream.

Ingredients

- 5 lbs. mixed apples, peeled and cored (such as Gala, Granny Smith, Fuji, Brandywine, or Golden Delicious)
- 3 cups granulated sugar, divided
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cloves

How to Make Apple Butter in a Crockpot

Apple butter is just about the easiest recipe you can make. While you can make apple butter on the stovetop, your slow-cooker makes this recipe super easy.

- **Step 1. Prep the apples:** Start by washing, peeling, and coring your apples. Then, cut them all into about 1-inch cubes. No need to get out a ruler; just try to keep them all about the same size to encourage even cooking.
- **Step 2. Add apples to slow cooker with sugar:** Pile those apple cubes into a 6-quart slow cooker. Give it a shake, or a stir so the apple pieces settle and allow you to get every piece in there. Add half the sugar—1 1/2 cups—over the apples. Give everything a good stir to combine. Cover, and cook on HIGH for 6 hours.
- **Step 3. Add the spices:** After 6 hours, uncover the crockpot, and add the remaining 1 1/2 cups sugar and all of the spices. Get ready, because it's going to smell like absolute heaven.

- **Step 4. Stir and cook some more:** Stir everything together really well, then re-cover the slow cooker, and cook on LOW for another 4 hours, or until the apples are extremely soft.
- **Step 5. Behold, your apple butter:** After four hours have passed, uncover the slow cooker to reveal the apple butter bliss. The apples will have broken down even more in this time, and will have darkened to a deep amber color thanks to the spices.
- **Step 6. Blend the apple butter:** Transfer the warm apple mixture to a blender (in batches, if needed). Since the mixture will be hot, remove the center insert of the blender lid, and cover with thick kitchen towel—otherwise the lid might pop off, and you and your kitchen could get splattered with hot (albeit delicious) apple butter. Blend to desired consistency. Transfer blended apple butter to a bowl, and repeat with remaining apple mixture. Stir both together to combine.

[How to Store Apple Butter](#)

Divide the apple butter evenly between sealable jars or containers, and let cool completely before storing in the refrigerator up to one month.

[How to Gift Apple Butter](#)

Homemade apple butter makes an easy and delicious holiday or host gift. To get the jars ready for delivery, apply a round gift tag sticker to the top of each jar, and write the recipe name so that recipients know what they're getting. If you're feeling fancy, place each jar on a square of burlap, gather the edges up around the jar top, and tie with a ribbon or jute to secure.

MSC LEADERSHIP MEETING MINUTES

October 7, 2023

Meeting started at 8:36 am

Claudia Hatton gave an opening thought

Brenda Fields gave an Intentions workshop that was presented at IC Leadership. We all learned the difference between Intentions vs Goals and picked our word for the year.

Honor Flight Presentation given by Jim Petitt, Community outreach coordinator.

Honor Flight started in Ohio in 2005 flying World War II, Korean and Vietnam veterans to Washington DC to see all three memorials. It has grown to 125 locations, which has taken over 240,000 veterans to DC. In November, the St Louis branch will be taking their 104th Honor Flight. Once they are in DC, they are taken on charter buses to the memorials, also to Iwo Jima Statue and changing of the guard at Arlington. When flying back there is a mail call where family and friends or volunteers have provided letters to the veterans for them to read on the flight back. Once they land there is a drum and bagpipe ceremony along with a family parade. There is no cost to the veterans yet the annual operating budget for St Louis to

provide 4 Honor Flights is over \$500,000. If you are interested in more information or on how to volunteer or donate to this great organization go to www.gslhonorflight.org.

Cindee Leong moved that we dispense with reading the minutes since they were sent to the chapter presidents and appeared in the last issue of the Hawthorne. Also announced that a silent roll call was taken using the Leadership registration.

CHAPTER NAME	# PRESENT*	# TOTAL**
Alpha Iota	0	9
Alpha Omega	4	8
Beta Eta	1	5
Beta Kappa	3	6
Beta Omega	0	8
Beta Tau	5	12
Delta Iota	0	3
Delta Phi	0	6
Eta Pi	0	7
Gamma Delta	0	8
Gamma Eta	2	13
Iota Omega	0	7
Lambda Chi	0	10
Rho Chi	17	28
Sigma Delta	2	9
Sigma Tau	0	11
GRAND TOTAL	34	150

*based on registration

**based on dues paid to treasurer

Treasurer Report – Kim Mandrell

Beginning Balance 4/15/23	\$21,209.48
Income	\$5,166.00
Expenses	\$2,412.20
Ending Balance 10/5/23	\$23,963.28

Few Notes:

- There was a typo on the last Treasurer Report on Starting Balance, after adjustments the numbers match the checking ledger.
- Expense April 20 V3: The amount was for the MSC President IC Registration and Dinner, money in budget.
- Winter Board will cost \$10 more than budgeted for the President, will take the difference out of the contingency.

- Need to turn in your vouchers as soon as possible, especially need all of them before State Convention so items don't carry over into the next year.
- Sharon George presented that the books were audited and found to be in order.

St Jude Report – Senior, Julie Whitaker & Junior, Joan Yates

From IC Missouri total for 2022-2023 was \$1,310,973, which meant we were not only in the top 10, but number 4!

Total for all of the states for 2022-23 was \$19,826,651

Lifetime accumulation was \$361,279,730

Missouri accumulation is over \$19 million

IC Recap – Brittany Covey

- 21 Missouri members attended
- Foundation Fund Fest raised over \$19,000. Event was chaired by Sandy Hosack, lot of Missouri members were volunteers.
- Workshop - decorated over 400 pair of shoes that were donated to a local charity.
- Headquarters introduced the 'Power of Us' for 2023-24 celebrating the power of us.
Submit article & pictures of your event in the following areas by May 31, 2024:

Education – Service - Association

Go to www.epsilonsigmaalpha.org/PowerOfUs

- Had a fun state night out at Rainforest Café followed by IC fundraiser Lip Sync Battle, both were a lot of fun.
- Celebrated Claudia Hatton for 35 years with ESA and Julie Whitaker for taking a 1st for her poem and 2nd for her photo in the Association of the Arts.
- Jean Joyce wasn't able to make the IC Convention because she was busy at St Jude Children's Research Hospital receiving her Volunteer of the Year Award. Way to go Jean! We heard your speech was the best.
- Many of the Missouri members participated in the St Jude IC Challenge which raised over \$45,000. It was 'Christmas in July' where there were photo ops, scavenger hunt, crafts, etc.
- Hope for Heroes had a speaker from Defenders of Freedom, who help post 9/11 veterans with transition to civil life with financial assistance and traumatic brain injury.
- At the Easter seals workshop, they announced ESA has raised an accumulated amount of over \$5.7 million since 1984.
- There was an Axe throwing workshop.
- Finally at the banquet - Brenda Meyers from OH was installed as the new IC president with a theme of 'Connect through ESA' and Angie Butenschoen was installed as treasurer.

MARC Report – Becky Hatton

- Next weekend in East Peoria, IL with 19 members attending.
- Ways & Means is asking each state to bring a purse with gift cards valued at least \$250 for an auction, plus two wine bottles.
- Executive board recommendations not to vote on the changes because in Article XV Section 2 - Written notice of proposed amendment wasn't forwarded to the members of the general board by June 15. In addition, the changes aren't ready to be voted on, no explanation for the change is provided and there are sections that aren't complete yet.
- Kim Mandrell, Sigma Delta, made a motion to vote down the proposed by-laws changes, motion passed.
- State night out will be Friday at 5:00pm, at Kelleher's Irish Pub, 619 Southwest Water St.
- Discussed upcoming MARC elections, where positions are contested:
 - o Recording Secretary
 - Brittany Rosenmund, MI
 - Beth Pompa, KS
 - After discussion recommend to vote for Beth Pompa
 - o Treasurer
 - Alley Gary, IN
 - Jill Richards, KS
 - After discussion recommend to vote for Alley Gary
 - o Parliamentarian
 - Julie Whitaker, MO
 - Kathleen Grissom, IL
 - Obviously vote for Julie

Foundation Report - Sharon George

- Scholarships for 2024-25 school year are open - Sept 1st thru Feb 1st.
- Last year awarded 124 scholarships to students in 31 states and Australia.
- For this year, letters mailed to 500 schools' counselors in MO.
- Workshop 'Endowments and Scholarships 101' will take place via zoom on Nov 2nd
- At 7:30 pm CST.
Need to register – an e-blast sent out the week of Oct 2nd with registration.
- Membership dues are due by Dec 31st, paying your dues means you will be eligible for voting next year and help fund the foundation. Dues are annually \$40 or life active \$500 (can be done in 2 installments of \$250). Dues can be made online, if you pay want to pay by check make sure to use the new form which has the new Headquarters address and the new dues amount. Reminders about dues are sent out in early in November, so if you pay before then it will help reduce printing and postage costs.

- Remember anyone can be a foundation member.
- At IC, Missouri received two awards:
 - o 2nd Place – Most money to Foundation Fund Fest
 - o 2nd Place – Most money sent through Turnaround Fund
- Even though there was recent elections, there will be a second set of elections for three directors so the terms align with the calendar year. Election will be in December.
- Pathway Program is a new program to benefit Foundation. You can purchase a ‘virtual brick’ to honor a member or group. You can get more information at:
 - o www.epsilonsigmaalpha.org/ESAFPathway.

Self-Care Workshop - Brenda Fields

- Brenda gave two fun hands on workshops on how to make bath salts and Kool-Aid lip balm.

Philanthropic Report – Anne Murry

Anne gave a presentation and demonstration on an on-line form for chapter year-end Philanthropic Reporting. It looked very easy and will make that report much easier.

- o Form will be available on the website
- o Means someone won't have to re-key the information that you would normally mail in because information can be downloaded into an excel file.
- o You will get an email copy of the data you sent.
- o When entering data just enter the digits, i.e., no commas, no dollar signs \$, no words (like hours), etc.
- o For Chapter and Local Projects just enter the Organization name and hours, separated by commas. For example, Lafayette Industry – 43 hrs. Humane Society – 37 hrs., etc.
- o If this goes well Anne can set up this on-line form for other year-end reports.
- o You can still print and mail the year-end report, if needed.

Membership Report - Ruth Williams

- October is recruitment month. Need think outside the box for people to engage; married couples (men love helping at events), talk with co-workers, empty nesters, etc. Talk about upcoming events, invite them to fun events like fiesta picnic at a park, Pickleball, paint or pottery party, tea luncheon, etc.
- Need to also make sure we retain current members. Reach out to MAL, Delta Tau recently disbanded, need to keep them engaged. Reach out to members who health prevents them from making the meeting.

- If you bring in a new member by 10/31 you will be entered in drawing for dues paid for a year. If you bring in 4 new members your dues will be paid for 2 years. Bring in 10 members and have your dues paid for life.

Ways & Means Report - Christy Fritschi & Tawnya Moroni

- For the Leadership raised \$696; \$430 from punch board gift cards, \$66 pot of gold, \$115 lottery board, \$85 table rentals (plus \$32.50 donated back from Sandy from pot of gold)

2024 MARC Conference – Brenda Fields

- Torchbearers will be hosting, but will need all Missouri members to help.
- Event at Sheraton Westport, Maryland Heights have a hotel rate of \$159/night for 2 queens or 1 king, plus throwing in a hospitality room, \$175 registration. Everything has to be approved by the MARC board next weekend.

-

2024 Winter Board - Kathy Loyd

- February 16th & 17th at Courtyard by Marriott in Columbia. Registration is \$75, hotel is \$119/night for 2 queen or 1 king.
- Please come.

-

New Business

- Brittany switching email specifically for ESA business to Brittany.covey81@yahoo.com

Chapter News

- Rho Chi St Jude Luncheon - Nov 11th, if register by Oct 12th you will be entered into a drawing for \$100.

Upcoming Dates

MARC Oct 13 & 14 East Peoria, IL

MSC Winter Board Feb 16 & 17 - Columbia

Meeting ended at 2:21 pm.

Respectfully submitted by

Cindee Leong,

MSC Recording Secretary 2023-2024

Rho Chi – Brenda Fields – Rho Chi President

Hello from Rho Chi.

It is that time of the year, we are working diligently to prepare for our 43rd Annual Luncheon Auction on 11/11. Ruth Williams, Sandra Wilmes and Mary Alice Vinson are leading the charge. Sandra's house looks like a full-fledged gift shop. Lots of great things will be available at the auction.

We have had time to have a bit of fun in between. We had a rush picnic and a winery social. Our picnic was a Mexican themed event with a salsa and guacamole making contest. Ruth Williams was the clear winner and I might add the only entry. Both were amazing so she would have won if there were other entries as well. LOL!

Our Social at the Bella Vino Winery in Old Town St. Charles was organized by Becky Hatton...it was fun. We laughed really hard. We were kind of loud but I am going to blame that on the acoustics. For those of us that were disappointed they didn't get Bread Pudding at MARC (Me), I was able to have Pumpkin Spice Bread pudding that afternoon. Delicious!!

And here are some photos:



Christmas Cookie Dip



This Christmas Cookie Dip is an easy holiday dessert recipe that your guests will love!

Prep Time 5 minutes **Total Time** 5 minutes **Servings** 2 cups of dip

Ingredients

- 1/2 cup Greek vanilla yogurt
- 3 oz. cream cheese softened
- 3 tbsp. butter softened
- 1 tsp. vanilla
- 1/4-3/4 cup powdered sugar plus more to taste
- 2 tbsp. flour
- 1/3 cup red and green sprinkles
- gingerbread men cookies vanilla wafers, sugar cookies, fruit, etc. for dipping

Instructions

1. In a medium bowl add the cream cheese, yogurt, and butter and then blend together with a hand mixer until light and fluffy. Add in 1/4 cup powdered sugar, flour, and vanilla. Blend again until well incorporated. Taste and add in more powdered sugar if you want a sweeter dip.
2. Fold in the sprinkles with a spatula. Stir very slowly and lightly so you don't melt the sprinkles. You may get streaks of color in your dip!
3. Cover and refrigerate for at least two hours before serving.

Recipe Notes

Note: This dip is on the tangier side due to the use of Greek yogurt. Add more sugar until it tastes as sweet as you prefer. I have decreased the amount of flour used in this recipe by half. I use 1/4 cup in my original recipe, but after a few comments, I decreased it to 2 tbsp. If you want more of a cookie dough texture use the original amount of 1/4 cup.





MSC WINTER BOARD

FEBRUARY 16-17 2024
Courtyard by Marriott Columbia

Name: _____

Chapter Name/#: _____

City/State: _____ Phone #: _____

Email: _____

Please check the following if it applies to you:

- State Officer Chapter/City Council Pres. 1st ESA Winter Board
- State Chairman IC Officer/Chairman ESA Foundation Director
- Pledge Torchbearer Guest

Registration	#	Per Person	Total
Registration before January 17, 2024		\$75	
Late registration after January 17, 2024		\$80	
Walk-in (meals as available) CASH ONLY		\$85	
No refunds after JANUARY 29, 2024			
		TOTAL	

Registration includes Friday night dinner, Saturday breakfast and lunch.

Special menu request due to health reasons: _____

Make check payable to: Rho Chi – Note “2024 MSC Winter Board” on check.

Mail form and check to: Kathy Loyd, 5619 NW Hwy N, Blairstown, MO 64726
[c] 660-44-3310; [h] 660-202-1374; email: kathybloyd@gmail.com

Courtyard by Marriott Columbia
3301 LeMone Industrial Blvd., Columbia, Missouri 65201
GROUP CODE: MSC – WINTER BOARD

Reservations: 573-443-8000 or 1-800-MARRIOTT

Or register online:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1695137430942&key=GRP&app=resvlink>

Room rate: \$119.00 per night + tax (Check-in 3:00 PM/Check-out 12:00 PM)

Room types: Double Queen & Standard King

Room block deadline: January 17, 2024. If rooms are still available after January 17, the hotel will honor the price.

Orange-Glazed Pecans - From Country Living Magazine



Working Time – 15 Minutes – Total Time – 1 Hour 15 Minutes
Makes 2 cups

Ingredients

- **1 1/2 tbsp.** unsalted butter
- **2** teaspoons orange zest, plus 2 tablespoons juice
- **1/4 cup** packed brown sugar
- **3/4 teaspoon** kosher salt
- **1/4 teaspoon** ground cinnamon
- **2 cups** pecan halves

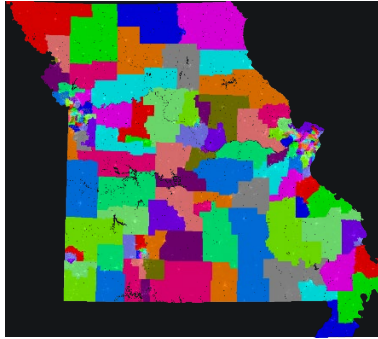
Directions

1. Line a rimmed baking sheet with parchment paper. Melt butter in a large skillet over medium-low heat. Add zest and juice, brown sugar, salt, and cinnamon. Stir to combine.
2. Add pecans and stir to coat. Cook, stirring occasionally, until pecans are toasted, 10 to 12 minutes. Remove from heat and spread on prepared baking sheet. Cool completely.



DIG INTO A FEAST OF CREATED-IN-MISSOURI FOODS

FROM MISSOURI LIFE MAGAZINE



- 1. St. Paul Sandwich** - The St. Paul Sandwich doesn't exactly make sense on paper, but it sure makes sense in execution. Egg foo young, a Chinese-American omelet consisting of eggs, mung bean sprouts, and minced white onions, topped with an all-American combo of lettuce, tomato, mayo and onion, is nestled between two slices of white bread. St. Louis locals are split on where this dish came from. Chef James Beard attributed it to "Chinese chefs who cooked for logging camps and railroad gangs in the 19th and early 20th centuries."
- 2. Toasted Ravioli** - St. Louis's iconic Italian neighborhood, The Hill, is home to many longstanding restaurants ranging from traditional, red-checked tablecloth spots to modern interpretations. One of the most famous dishes to come out of The Hill is toasted ravioli: fried, beef-stuffed ravioli usually topped with Parmesan and served with marinara sauce. There is disagreement over who invented t-ravs; Mama's On the Hill, Charlie Gitto's on the Hill, and Lombardo's all take credit for creating the fried favorite in the 1930s or '40s.
- 3. Cashew Chicken** - Springfield is a growing metropolis in the southwest corner of the state that today is home to a vibrant food and drink scene and some of the most interesting restaurants in the region. You might say that spirit was born more than 50 years ago with David Leong's humble creation: cashew chicken. In 1963, Leong, a Chinese immigrant, opened Leong's Tea House despite a racist warning in the form of 10 sticks of dynamite thrown through the front window. Leong began experimenting with Cantonese and Ozark flavors, eventually honing in on the Queen City's now-famous recipe that incorporates breaded and fried chunks of chicken topped with a savory brown gravy, green onions, and crushed cashews.
- 4. Kettle Beef** - Kettle beef is one of those regional delicacies born out of necessity. Sometimes called beef tips elsewhere, kettle beef is traditionally made with rump roast, an inexpensive cut, which is slow-roasted with bacon drippings and a few aromatics in an iron kettle over an actual fire, like at one of the many southeast Missouri church picnics or civic clubs where you'll find this dish. Kettle beef is often served alongside handmade chicken and dumplings.
- 5. St. Louis-Style Pizza** - St. Louis-style pizza may be the most contentious dish to come out of Missouri. It's both loved and reviled by pizza connoisseurs for its signature ingredients. The key to St. Louis-style pizza, other than the famous square cut, is Provel cheese, a unique blend of cheddar, Swiss, and Provolone cheeses, plus the key addition of liquid smoke. The result is a creamy, gooey, smoky cheese that fans of the famous pie say makes it perfect for pizza.

6. Burnt Ends - Kansas City barbecue stands shoulder-to-shoulder with the giants of the cuisine: Texas, Memphis, and North Carolina. The City of Fountains' most unique addition to the genre has to be burnt ends, literally made from the burnt, crispy ends trimmed off the brisket. KC barbecue trailblazer Arthur Bryant's originally handed them out to customers waiting in line. Burnt ends hit the big time in 1972 when hometown boy Calvin Trillin waxed poetic about the giveaways in *Playboy*.

7. Peach Fuzzy - Fans drive from every corner of the state to get their supply of peach Nehi soda at Scott's Iconium Store in the Ozarks. The real treat, though, at Iconium's century-old general store is the peach float, called a Peach Fuzzy by old-timers. It features classic vanilla ice cream and peach Nehi.

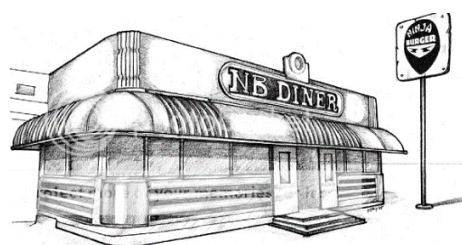
8. Slingers - Don't get St. Louis Slinger confused with its Cincinnati cousin. This slinger is the stuff of both late-night and morning-after dreams. The late, great Eat Rite Diner claimed to have invented the holy (or unholy, depending on your point of view) combination of meat, American cheese, eggs, chili, potatoes, and raw onions. Eat Rite traditionally used sausage as the default, but slingers are usually made with hamburger meat.

9. Goopy Butter Cake - One of St. Louis's best-loved creations is also one of its sweetest. The dessert features a crispy crust and a creamy center made with lots of butter. The story is that a German-American baker in the 1930s messed up the proportions in a coffee cake, and a goopy butter cake was born. Today, you'll find it in restaurants, groceries, and coffee shops all over the state.

10. Chicken Spiedini - Chicken spiedini is so ubiquitous on Italian menus across Missouri that you might not realize it was invented in Kansas City. Mike Garozzo maintains that no one was making spiedini with chicken until 1989 when he opened Garozzo's in Columbus Park, Kansas City's traditionally Italian neighborhood. (Restaurants on The Hill, St. Louis's Italian neighborhood, say they made spiedini as early as the '70s.) The original recipe features marinated chicken tenders, garlic, basil, and breadcrumbs, rolled up and skewered, rolled in more breadcrumbs and charbroiled and sauced.

11. Gerber Sandwich - Pizza may not be the most controversial use of Provel cheese in St. Louis. Another Provel-drenched dish, the Gerber sandwich, has been a classic for decades. The simple, open-faced sandwich features copious amounts of ham, garlic butter, and goopy Provel, served hot. The Gerber originated at Ruma's Deli in south St. Louis in 1973—a special request from namesake customer Dick Gerber.

12. Norton Wine - Although the Norton grape originated in Virginia, most of the world's Norton wine comes from Missouri. The official state grape is incredibly disease-resistant and winter-hardy, making it ideal for the variable Missouri climate. That doesn't mean it's an easy grape to coax wine from. A Virginia doctor, Dr. Daniel Norton, created the grape through trial-and-error cross-breeding. It was first included in a horticultural catalog in 1822 and made its way to Hermann as early as 1843. Norton is a complex, acidic grape, and in the hands of talented winemakers, will result in wines that are elegant, restrained, and supple, with vivid notes of red fruit and white pepper.



Southern Baked Corn Casserole



Baked Corn Casserole is a classic Southern side at holiday dinners. It's full of all our favorite things: creamed corn, butter, heavy cream, and even more corn! While some versions of baked corn casserole use box cornbread mix, ours is completely homemade which gives a smooth texture we can't get enough of. This casserole is a staple addition to your Thanksgiving or Christmas sides, but it's also simple enough to whip up all year round for an easy side to your weeknight dinner.

Ingredients

- **1/2 c.** finely ground cornmeal
- **1/2 c.** butter, melted and cooled, plus more for pan
- **1/4 c.** granulated sugar
- **2** large eggs
- **2/3 c.** whole milk
- **1/4 c.** heavy cream
- **2 c.** frozen corn, defrosted and drained
- **2** (8-oz.) cans creamed corn
- Kosher salt
- Freshly ground black pepper
- **1/2 tsp.** smoked or Spanish paprika
- **2 tbsp.** chives, for garnish

Directions

1. Preheat oven to 375° and butter the inside of a medium baking dish.
2. In a large bowl, mix cornmeal and butter until smooth. Whisk in sugar, eggs, milk and heavy cream until incorporated. Fold in corn and creamed corn and season with salt, pepper and paprika.
3. Pour into prepared baking dish and bake uncovered for 1 hour, or until center is set and top is golden. Garnish with chives and let cool 10 minutes before serving.

St. Jude Children's Research Hospital announces more than \$50 million in funding for employee-generated transformational projects

Selected projects will accelerate mission-critical objectives, and test novel scientific and clinical approaches.

St. Jude Children's Research Hospital today announced it will provide more than \$50 million in funding to launch and implement six new ground-breaking projects. The initiatives were identified through the organization's **Blue-Sky program**, which encourages the development and submission of bold, transformational ideas by faculty and staff. The implementation of these ideas is expected to create 54 new jobs at St. Jude.

"The Blue-Sky process brings forward new and innovative ideas from employees who are actively engaged in the work being done at St. Jude," said **James R. Downing**, M.D., St. Jude president and CEO. "In the past, these ideas have created important initiatives such as the Department of **Global Pediatric Medicine** and the **Pediatric Translational Neuroscience Initiative**. We look forward to the impact these most recent Blue-Sky projects will have on furthering the mission of St. Jude, advancing the field of pediatric medicine and improving global child health."

Blue-Sky ideas can address critical patient care needs, fundamental basic science questions or administrative gaps. The program, launched in 2017, is considered an outlet for innovative ideas that are not included in the **St. Jude FY 2022–2027 Strategic Plan**. Since the program was launched, employees have submitted 91 proposals, with 12 approved and funded prior to the projects being announced today. Funding for the implementation of those ideas exceeded more than \$188 million.

In the latest Blue-Sky cycle, employees across departments and roles at St. Jude submitted 36 proposals for consideration. The selected projects include:

- **PTNI Genomic Medicine Initiative (GEMINI)** - Bringing innovative precision medicine approaches into the clinic to treat patients with neurological disorders as part of the Pediatric Translational Neuroscience Initiative (PTNI).
Idea by: Richard Finkel, M.D., Center for Experimental Neurotherapeutics; Peter McKinnon, Ph.D., Center for Pediatric Neurological Disorders Research; Kristin Stephenson, PTNI Office of Strategy and Alliances; and J. Paul Taylor, M.D., Ph.D., St. Jude scientific director.
- **Partnership to Advance Development of Individualized Genomic Medicines (PARADIGM)** - Using individualized genome editing to correct blood disease-causing mutations in patients' own hematopoietic stem cells.
Idea by: Mitch Weiss, M.D., Ph.D., Department of Hematology chair; Shengdar Tsai, Ph.D., Hematology, Marcin Wlodarski, M.D., Ph.D., Hematology; and Senthil Bhoopalan, MBBS, Ph.D., Instructor, Hematology.
- **Tracking the Immune Repertoire of Tumor Lymphocytes (TIRTL)** - A project to generate, store and analyze immune receptor repertoire data from

pediatric oncology and hematology patients that would help improve the efficiency of protocols and the development of cancer immune therapies.

Idea by: Paul Thomas, Ph.D., Department of Immunology.

- **Strategic Milestones and Research Training (SMaRT) Plan for Career Advancement Program** - Addressing the career challenges that many postdocs face by providing them focused and structured training plans, mentorship offerings and career development opportunities.

Idea by Sally McIver, Ph.D., Academic Programs.

- **St. Jude Historical Archive** - A historical archive that would create a uniform approach to collecting, preserving and documenting the institution's past and legacy.

Idea by: Elizabeth Whittington and Summer Freeman, Executive Communications; and Robert Britton, Biomedical Library.

- **Diagnostic Innovations using Value-based implementation models to Increase Access (DIVIA)** – Assess the potential of a molecular diagnostic platform that can be used globally for children with cancer to improve clinical outcomes worldwide.

Idea by: Nickhill Bhakta, M.D., director of Sub-Saharan Africa Region, St.

Jude Global; Charles Mullighan, MBBS, M.D., Deputy Director, St. Jude Cancer

Center; Carlos Rodriguez-Galindo, M.D., executive vice president/chair St.

Jude Global; David Ellison, M.D., Ph.D., chair Department of Pathology; Gang Wu,

Ph.D., director Center for Applied Bioinformatics.

“The Blue-Sky process results in many of the world-changing ideas that St. Jude is proud to foster and contribute to the understanding and treatment of catastrophic pediatric diseases,” said Shari Capers, Strategic Planning & Decision Support senior vice president. “This process was created to foster identification of innovative ideas that evolve during the current strategic plan timeline by engaging employees to develop their ideas and collaborate across traditional departments and disciplines.”

Blue-Sky projects amplify the strength of innovation and collaboration and help St. Jude accelerate mission-critical approaches to the research and treatment of catastrophic childhood diseases. This past cycle, different ideas were submitted to the Strategic Planning and Decision Support Office using an online tool that allows for the St. Jude community to read and comment on the proposals. An interactive review process refined ideas and then they are presented to executive leadership. Previously **funded projects** include **Family Commons**, a private, clinical-free space where patients and families can relax between appointments at the hospital; the **HPV Cancer Prevention Program**; and a project to leverage ultra-high field **nuclear magnetic resonance (NMR)** to detect and characterize rare conformational states in protein kinases.



Quick Cranberry Sauce from Taste of Home Magazine



Families are loving this inspiring cranberry sauce because the orange marmalade and spices make it stand out from your typical cranberry sauce.

Total Time: 10 Minutes – Makes 4 cups

Ingredients

- 2 cans (14 ounces each) whole-berry cranberry sauce
- 1 jar (12 ounces) orange marmalade
- 2 teaspoons orange juice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves

Directions - In a large bowl, mix all ingredients. Refrigerate, covered, until serving.

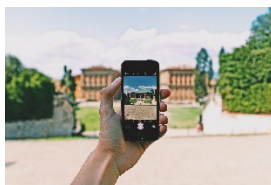




BOOKS TO ENJOY THIS HOLIDAY SEASON **Suggestions from Bas Bleu**

One Photo a Day Keeps the Doctor Away by Joost Joossen

Explore the world through a new lens with the help of this darling little book. Offering a new photo challenge on each page—160 in total—with inspirational quotes and professional tips, photographer Joost Joossen's guide is all about capturing life's most precious moments with only your phone. Whether you "prepare your favorite dish today and document the process for your very own cookbook"; "find, photograph, and identify a plant today that has grown between the cracks in the concrete pavement"; or "photograph the circles in everything you see today"; each challenge will give you a new perspective on daily life—and stunning photographs to frame and treasure for a lifetime!



Things to Do Now That You're Retired by Jane Garton & illustrated by Robyn Neild

Need a perfect present for someone quitting their 9 to 5? This whimsically illustrated little guidebook is packed with advice and inspiration for retirees. From new activities to try ("Buy a very old car and bring it back to life, then have great fun showing it off to friends") to old habits to revive ("Return to the games of your childhood"), from health tips ("Eat more tomatoes to help protect against prostate cancer") to changes to your routine ("You can have lunch at three o'clock if you feel like it"), Jane Garton's suggestions will revitalize and repurpose your daily life.

The Marlow Murder Club by Robert Thorogood

Seventy-seven-year-old Judith Potts lives happily in Marlow, England, setting crosswords for The Times, sipping Scotch, and taking the occasional skinny-dip in the Thames outside her old mansion. When she witnesses a murder, Judith ends up befriending two other unlikely amateur detectives, and the trio of women of a certain age are on the case. This feel-good cozy mystery is a clever, funny, friendship-fueled delight.

The Little Wartime Library by Kate Thompson

With the war against Hitler raging and bombs falling on London nightly, a young woman named Clara Button brings her library deep underground into the partially constructed Bethnal Green Tube station. Working long hours and battling local creeps and civil servants who don't see the benefit of reading for pleasure, Clara and her close friend Ruby turn the library into a shelter for children, book-lovers, and assorted misfits. When Clara is forced from her position, the community rallies to protect one of its most beloved landmarks. Thompson's novel is both an engaging story and an impassioned polemic speaking directly to issues confronting readers and librarians today.

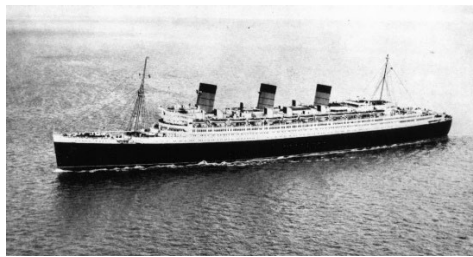


The Woman Inside by M. T. Edvardsson and translated by Rachel Willson-Broyles

A doctor and his invalid wife are found murdered in their house in a wealthy Swedish neighborhood. Suspects abound: There's Karla, an aspiring judge and housekeeper to the couple; Stephen, a struggling widower desperate to provide for his daughter; Jennica, an old friend of Stephen's deceased wife, who recently met a successful doctor on Tinder.... Told via these various characters' perspectives, police reports, and newspaper articles, this Nordic noir thriller builds to a satisfying conclusion.

Obelisks at Sea by C. Daly King

The smoking room of a luxury transatlantic cruise ship erupts in chaos when Victor Timothy Smith is fatally shot during a sudden power failure. Remarkably, an autopsy reveals that Smith died of poisoning at the same instant he was being shot. Before very long, the man whom virtually everybody saw fire the gun is also found dead. The deaths are investigated by four psychiatrists, each of whom is gently spoofed in this artfully plotted, occasionally zany, mystery-satire from the 1930s. Equal parts comedy and thriller, **Obelisks at Sea** will appeal to fans of both.



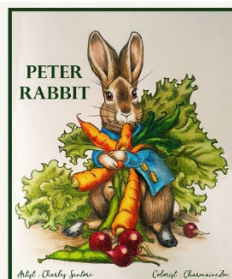
The Secret Book of Flora Lea by Patti Callahan Henry

When fourteen-year-old Hazel and her younger sister Flora leave London as a part of Operation Pied Piper, Hazel makes up a fantasy world called Whisperwood to distract Flora from the harsh realities of war. Soon after evacuating, Flora goes missing and is presumed dead. Twenty years later, Hazel works in a bookstore and comes across a book about a place called Whisperwood. Is Flora alive? This unputdownable novel seamlessly blends historical fiction, mystery, and fantasy, and is absolutely enchanting.

And for that special young child we all know and love

The Christmas Tale of Peter Rabbit by Emma Thompson and illustrated by Eleanor Taylor

This laugh-out-loud holiday tale by award winning actor Emma Thompson was inspired by Beatrix Potter—and a turkey named William who Thompson met on Potter's Lake District farm. When Peter Rabbit and his woodland pals realize that William is meant to be Christmas dinner, they team up with Benjamin Bunny to escape with their turkey friend and enjoy their own meal. Paired with delightful illustrations—and a CD read by Thompson herself—this children's book for ages 3 to 7 is fantastic festive fun!



A pep in their step: Local school district makes strides for kids everywhere at St. Jude Walk/Run Memphis

Memphis, Tennessee, Oct. 3, 2023

More than 3,500 participants gathered at Tom Lee Park last weekend for the 9th annual St. Jude Walk/Run Memphis, held on the final day of Childhood Cancer Awareness Month. The runners and walkers represented local and global communities coming together to support research and treatment by St. Jude Children's Research Hospital® to improve survival rates for childhood cancer and other life-threatening diseases around the world.

Among those communities were 10 teams of students, staff and school leaders from across the Memphis-Shelby County Schools District, and the largest public school district in Tennessee. This year marked a reinvigorated collaboration between schools and this event which included a pep rally held the week prior at A. Maceo Walker Middle School, where several students shared their personal experiences with St. Jude to their peers.

“As an educator, I know I feel a close connection to the work St. Jude does: we both serve student families and the community, and care about making a larger impact on kids everywhere,” said Leslie Banks, principal of A. Maceo Walker Middle School. “We hope to inspire more students and staff to be a part of this wonderful event in years to come as a way to uplift others and change lives for the better.”

Staff from A. Maceo Walker Middle School smile prior to the 2023 St. Jude Walk/Run Memphis.

Lining the street on Saturday, Power Center Academy High School cheerleaders danced and waved pom-poms to encourage the crowd, some of them members of the Crosstown High School cross country team, to put one foot in front of the other. Also amongst participants were leaders of 13 **St. Jude Global** partner foundations from five continents who joined Memphians and participated on a Walk/Run team. The partners received fitness event training to help improve community engagement and revenue raised in their own countries, all for childhood cancer.

“The global movement to cure childhood cancer was beautifully reflected today at the St. Jude Walk/Run with thousands gathered from Memphis to Mongolia and 12 other countries, united together in saving children worldwide” said Emily Callahan, Chief Marketing Officer for **ALSAC**, the fundraising and awareness organization for St. Jude Children's Research Hospital. “It was an honor to be in the incredible new Tom Lee Park and see the soul of Memphis on full display, helping to give kids with cancer everywhere a chance to live their best life and celebrate every moment.”



MARC

Midwest Area Regional Council (MARC) Conference was held on October 13-14, 2023 at the Embassy Suites by Hilton in Peoria, IL. The theme for this year was “*Octoberfest*”. Missouri had 19 members attending this year. President Brittney Covey along with Rebecca Hatton and Terri Breedlove as your MARC Representative arrived on Thursday.

Friday morning workshops included “The History of the St. Jude Midwest Affiliate”, in Peoria who opened its doors in 1972 as a way to treat children in the heart of Illinois. We had a speaker from the ALSAC - Board Member Emeritus Rich Unes and Michael Maloof the son of the late Jim and Trudy Maloof, who were one of the first families to hear about Danny Thomas and his vision of a Hospital to treat children with childhood cancer.

The next workshop “The Legacy of Tori Lodge” who’s journey of battling childhood cancer was shared by her Mother Tonya Lodge. Tori was also a colligate member of ESA who lost her battle to cancer.

St. Jude Survivor Dane Perdieu shared his story of his initial diagnosis at 14 in the early 1970s. Dane shared his experiences as a St, Jude survivor. Dane participates every year now in the Mattoon to Peoria run to support St. Jude.

Friday afternoon we learned how to dance the polka and other basic ballroom steps. Brittney showed us she has the moves and had no trouble spinning around with our dance instructor.

Our last workshop was presented by the German American Society sharing the history, music and heritage of Germany. People of German descent were prominent in the development of Central Illinois since the mid 1800’s. Julie Whitaker proved she really could blow the Alpenhorn and actually sounded good.

We had marketplace tables on Friday afternoon where members of MARC were able to bring their crafts to show & sell. The Friday night mixer included dressing in our favorite German attire and listening to a German Band. We had candidates’ skits and our Ways and Means live auction with the Missouri purse raising \$310.

Saturday morning included our business meeting, along with Flag Ceremony, Celebration of Life, as well as Election of officers. Total in attendance were 100.

2023-2024 MARC Officers are as follows:

President	Jill Shull, Illinois
Vice President	Amanda Dixon, Ohio
Parliamentarian	Julie Whitaker, Missouri
Treasurer	Alley Gary, Indiana
Secretary	Beth Pompa, Kansas
Communicator	Heather Hoey, Michigan
Junior Past President	Bonnie Templeton, Kansas

On Saturday afternoon we heard from Anita F. Dixon, Gold Star Mother of US Army Sergeant Evan S. Parker who was killed in action on October 26, 2005. Our second speaker was Patti Latch, Executive Director of America's Gold Star Families. Members donated birthday cards and gift cards that are sent to children of fallen soldiers on their birthday up to age of 18.

Saturday night we had the installation of officers and quite the dance party after dinner. The performer was a local musician who happens to support St. Jude's Children's Hospital. He participates in the St. Jude Marathon every year and was playing the banquet for tips for his marathon money. He has raised over \$100,000 in the past 10 years for St, Jude.

Mark your calendar for October 11-12, 2024. Missouri Torchbearers (With the help of all MO members) will be hosting the 2024 MARC Conference at Sheraton at Westport Plaza in St. Louis.

Terri Breedlove, MARC Representative

Rebecca Hatton, MARC Representative

