



HAWTHORNE

The State of Missouri

Newsletter – Winter Issue 2023



Hawthorne Information

Well - surprise - I'm back again - just like a bad penny!

Here is the schedule for the 2023-2024 issues of the Hawthorne:

Spring Issue - Articles to me by Friday, May 5, 2023

Hawthorne published by Friday May 18, 2023

Summer Issue - Articles to me by Friday, July 7, 2023

Hawthorne published by Friday July 21, 2023

Fall Issue - Articles to me by Friday, September 1, 2023

Hawthorne published by Friday, Sept. 15, 2023

Holiday Issue - Articles to me by Friday, November 3, 2023

Hawthorne published by Friday, Nov. 17, 2023

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!



Paula Miller

4995 E. Eagle Ridge Rd.

Columbia, MO. 65201

Cell Phone - (573) 819-0359

E-mail: pm49fowler@gmail.com

Gamma Delta Social Event – Jan Ross

At our November meeting we decided we have not been very good about chapter socials so we decided that would change in December and it would be a limo ride to see the lights in and around the Kansas City area.

Suzanna, Deanna (her daughter), myself, Kathie, Eva, Janie, Cortni (my daughter) and Hailey (my soon to be Granddaughter-in-law) rented a limo (and not just any limo – more to come on that – keep on reading).

We met for dinner at Chuy (not sure of the exact spelling but a restaurant on the Plaza which is where the limo picked us up).

Some of you might know that Kansas City and surrounding areas go all out for Christmas and well known for the light shows and the creative ways businesses, individual homes, neighborhoods, and parks decorate.

We toured downtown, the Plaza, Union Station, Ward Parkway, Brookside and the Deanna Rose Nature Center and many neighborhoods in between. I need to mention one of the homes we saw was Patrick Mahomes, that's right our very talented QB for the Chiefs (go Chiefs – sorry just had to get that in). Wonder where Travis Kelce lives – if you know please share that information and I promise we will not stalk him. We got out of the limo and went into Union Station which of course was decorated beautifully. By the way, I think Patrick pays someone to do the decorating and that's good – don't want him to fall off of a ladder.

Our limo driver was great, very informative and helpful. A perfect gentleman – took our arm when exiting or entering the limo.

Now about our limo. Our driver told us the limo we were in was the one that was available to the Eagles when they were in town a few weeks prior to our ride. Our driver was the one to pick them up at KCI, drove them to their hotel, and drove them to and from restaurants and best of all to the concert. Plus, the driver got to see a free Eagles concert. For you Eagles fans, he said Joe Walsh was particularly entertaining (we won't go into that and why). So we did not get to see the Eagles but we were able to set where they sat a few weeks earlier. Probably as close as we will come to be right next to them.

That was our social and we have many more planned for the future.



Perfect Winter Salad

From Taste of Home

Total Time: 20 min. - Makes 12 servings



Ingredients

- 1/4 cup reduced-fat mayonnaise
- 1/4 cup maple syrup
- 3 tablespoons white wine vinegar
- 2 tablespoons minced shallot
- 2 teaspoons sugar
- 1/2 cup canola oil
- 2 packages (5 ounces each) spring mix salad greens
- 2 medium tart apples, thinly sliced
- 1 cup dried cherries
- 1 cup pecan halves
- 1/4 cup thinly sliced red onion

Directions:

In a small bowl, mix first 5 ingredients; gradually whisk in oil until blended. Refrigerate, covered, until serving. To serve, place remaining ingredients in a large bowl; toss with dressing.

Hope for Heroes – Rosalee Echele, Chairman

Warriors' Ascent was created in 2014 by two Iraq combat veterans who returned home and realized they needed additional resources to cope with the moral injuries they suffered on the battlefield. Unable to find a solution that provided long-term results, they set about to create their own. Seeking cutting edge holistic medical practices based on scientific research, they developed the Warriors' Ascent Program and began inviting other Warriors to join them on the journey to recovery.

Last summer, a friend of mine who is a veteran and a retired first responder, attended this camp which is in the Kansas City area. He was helped immensely and shared about it on face book.

He shared how much it has helped him through some very dark times. He gave me the contact info for the organization and Sandy Hosack (Workshop Chairman) and I had a zoom meeting with them where we invited them to come to our State convention in April to share their mission.

When asked what we could bring for them at the camp, we were told some simple treats are appreciated. No soda or candy. But they would appreciate 6-packs of flavored sparkling water and/or individually packaged packs of mixed nuts?

I want to give you this heads up now so you can plan to bring your items to “MISSOURI STATE COUNCIL STATE CONVENTION”. Not to Winter Board. They have two speakers who will be at our state convention and will be able to take any items back to camp with them. Please do not bring any to Winter Board.

We will also raffle some patriotic items at State Convention and hope to be able to share pictures of them prior to State Convention.

Attached is a picture of the group at the end of their week when my friend attended.

Here is a link to their website if you would like to learn more about this wonderful organization before state convention. <https://www.warriorsascent.org/>



Beginning Pickleball Clinic

Want to learn the sport or
just want to get some great tips?

February 23, 2023

12:00 – 3:00 pm

Where: the MAC

Instructors: Experienced Local Pickleball Players

Instruction will be followed by a scramble tournament
register by contacting

Julie Whitaker 573-289-2331

ESAjuliew@gmail.com

Proceeds will benefit St. Jude Children's Hospital
Recommended donation \$20, collected at door
Sponsored by Epsilon Sigma Alpha Beta Tau Chapter

Tattoo Easter Eggs - From the Pioneer Woman



Yup, these eggs are made using temporary tattoos! What's more, you apply them almost the same way you would to one of your kids. (Speaking of your kids, they're likely going to want a tattoo of their own—so save a few sheets!) Start by filling cups with water and add food coloring and a few drops of vinegar to each, then dye your eggs pastel shades and let dry. Cut out each temporary flower tattoo using detail scissors. Place the tattoo facedown, centered on an egg. Carefully wet the back of the tattoo paper with a foam brush, making sure the paper gets fully saturated and every part of the design has contact with the egg. Gently peel off the tattoo backing. If needed, use the damp brush to attach any parts of the tattoo that didn't adhere.

“Egg” Vases From Country Living



These papier-mâché vases are ideal for serving candy or holding a beautiful bouquet.

To make: Blow up a large and a medium balloon. Cover each with white papier-mâché craft paper, leaving bottom quarter to third uncovered and edges rough. Let dry. Pop balloons, and remove. Set a vase inside each, and fill with water and flowers.

Beta Tau Chapter, Columbia Missouri

Terri Breedlove Reporting

Measurable snow the two words I don't want to hear. Beta Tau is looking forward to Winter Board and introducing our newest members to state meetings.

December we had our annual Christmas Party Dinner and we reveal our secret sister it was pure fun and lots of laughs. Our newest members Mary Ann and Janell received there Jewel Pin. Julie conducted the installation. Our annual Hallmark Movie Bingo was moved to February so we will combine February chapter meeting and bingo. Christy will host this always fun event with food and beverage. Julie participated in her first Memphis 5K for St Jude.

We did support Voluntary Action Center with donations for a family of five. They were very thankful for the donations. We are continuing to collect aluminum can tabs and toiletries for Ronald McDonald House along with volunteering at our local food bank.

Please keep safe until we meet again.





Beer-Cheese Velvet Soup

From Taste of Home



Total Time Prep/Total Time: 25 min. – **Makes** 8 servings (1-1/2 quarts)

Ingredients:

- 3/4 cup butter, cubed
- 3/4 cup all-purpose flour
- 1 bottle (12 ounces) light beer
- 4 cups chicken or vegetable stock, divided
- 2 teaspoons Worcestershire sauce
- 1 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 4 cups shredded cheddar cheese
- Optional: Bread bowls, crumbled bacon and shredded cheddar cheese

Directions

In a large saucepan, melt butter over medium heat. Stir in flour until blended; gradually whisk in beer until smooth. Whisk in stock, Worcestershire sauce, mustard, salt, pepper and cayenne. Bring to a boil; cook until thickened, 1-2 minutes. Reduce heat. Gradually stir in cheese until melted. If desired, serve soup in bread bowls and top with crumbled bacon and shredded cheese.



Missouri State Council – 74th Annual Convention

April 14 - 16, 2023

Hilton Garden Inn, Independence, MO

Reservations: 888-728-3027

ESA 2023 Convention

Name: _____ Chapter Name/# _____

City/State _____ Phone #: _____

Please Check the following if it applies to you:

- | | | |
|--|--|---|
| <input type="checkbox"/> State Officer | <input type="checkbox"/> Chapter President | <input type="checkbox"/> 1 st ESA Convention |
| <input type="checkbox"/> State Chairman | <input type="checkbox"/> MARC Representative | <input type="checkbox"/> Voting Delegate |
| <input type="checkbox"/> IC Officer/Chairman | <input type="checkbox"/> ESA Foundation Director | <input type="checkbox"/> Pledge |
| <input type="checkbox"/> Torchbearer | <input type="checkbox"/> City Council President | <input type="checkbox"/> Guest Name _____ |

Registration	#	PER PERSON	TOTAL \$
Full registration before March 10, 2023		\$165	
Full late registration after March 10, 2023		\$170	
Full walk-in (meals as available) CASH ONLY		\$175	
NO REFUNDS AFTER MARCH 31, 2023*			
Partial: Friday night, includes mixer and dinner		\$40	
Saturday Breakfast only		\$25	
Saturday Lunch		\$30	
Saturday Banquet		\$70	
		TOTAL	

Full registration includes Friday Mixer; Saturday Breakfast, Lunch and Banquet and Convention Packet.

SPECIAL MENU REQUEST DUE TO HEALTH REASONS: _____

Make check payable to: Gamma Delta – Note “2023 MSC Convention” on check.

Mail form and check to: Eva Harris 12412 West 53rd Terrace, Shawnee Mission, KS 66216

913-548-5156: e-mail: emharris@kc.rr.com



**Missouri State Council – 74th Annual Convention
April 14 - 16, 2023**

Hilton Garden Inn, Independence, MO
Reservations: 888-728-3027
ESA 2023 Convention

HOTEL INFORMATION

ROOM RATE: \$149.00 + TAX, breakfast included

**CUT OFF DATE: MARCH 15, 2023
CHECK IN 3:00 PM – CHECK OUT NOON**

REFERENCE: ESA 2023 CONVENTION

[ESA 2023 Convention Booking Link](#)



ALPHA OMEGA – Gerri Seitz

As I write this article, I am enjoying the sun on this rare winter day. May warmth and bright days be with you this season? We have been fortunate in that we have been able to gather and party several times in recent months. On November 11, we came together at Gerri Seitz' home for our Elvis Party. We dressed like teens of the "Fifties" and ate "Fifties" foods. You might remember foods like celery stuffed with Neufchâtel cheese, lime/carrot Jell-O salad, sloppy joe's and pudding with bananas and vanilla wafers. We enjoyed the movie and laughed as we shared stories of growing up in the "Fifties".

On December 7, we had our annual Christmas Pot Luck at Caretha Thomas' home. We shared a wonderful meal, learned of Christmas traditions, borrowed from other countries and exchanged gifts with our secret sisters.

Alpha Omega was launched in 1972 by our own Caretha Thomas. We celebrated our anniversary with a brunch in the home of Molly Vehige on Jan. 7. We had a wonderful surprise visit from our Florida sister, Kathy Day. We so enjoyed Caretha's stories of our chapter's beginnings and changes through the many years. We gleaned through many heavy scrapbooks and shared many memories. There is nothing as sweet as being with longtime friends, who share the bond of working together in the spirit of giving. We will be gathering later this month to see EIGHTY FOR BRADY that will be a hoot.

Well, we will be turning in our hours, writing our reports and saying goodbye to this ESA year but we will be looking forward to seeing you all in April at Convention. Bring your purses, we will be selling egg prizes. Happy New Year!





Glazed Lemon Cake

From Taste of Home

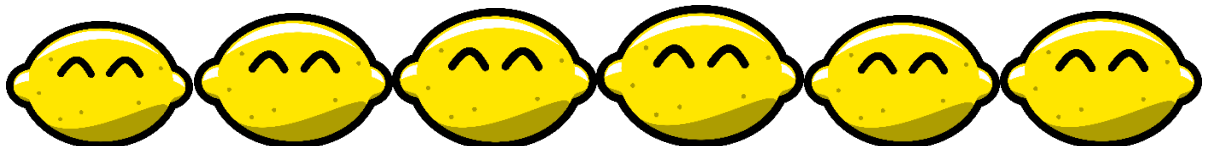


Ingredients

1 package white cake mix (regular size)
1 package (3.4 ounces) instant lemon pudding mix
3/4 cup canola oil
3 large eggs, room temperature
1 cup lemon-lime soda
1 cup confectioners' sugar
2 tablespoons lemon juice

Directions

- 1. Preheat oven to 350°. In a large bowl, combine the cake mix, pudding mix, oil and eggs; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Gradually beat in soda just until blended.
- 2. Pour batter into a greased 13x9-in. baking dish. Bake until a toothpick inserted in the center comes out clean, 40-45 minutes.
- 3. In a small bowl, combine the confectioners' sugar and lemon juice until smooth; carefully spread over warm cake. Cool on a wire rack.



Newbie to the Memphis Marathon 2022

Julie Whitaker – Jr. St. Jude Rep

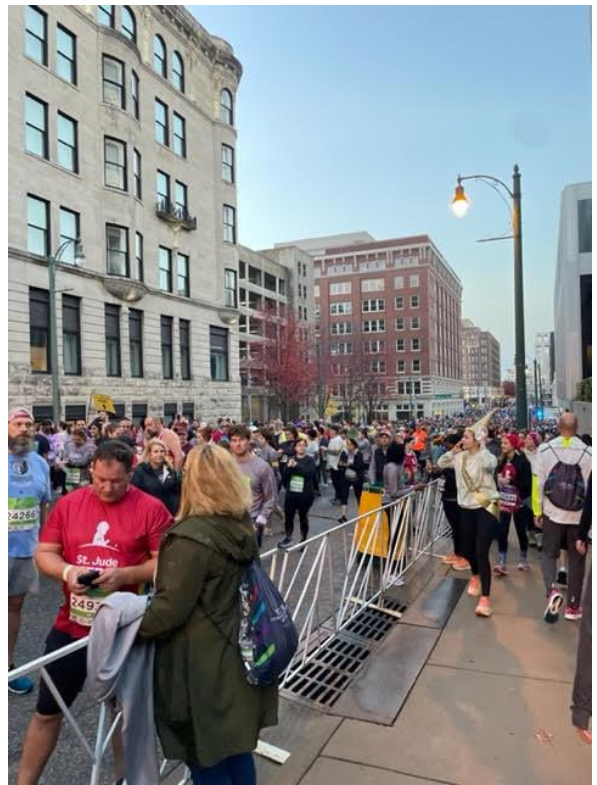
This year was the year when I was going to become more involved with St. Jude and the Memphis Marathon. I was going to participate more and try and have a better understanding of just what I was supporting for these past 15 years. I could go about my business and feel good about the offices I held and the children I helped. Then I was honored when Brittney Covey asked me to be the St. Jude Junior rep this year so that I could be the senior rep in her year. So that is why I decided to step up my game and learn what I could this year. I haven't participated in the St. Jude challenge at IC for a long time, but this year I did. I also did the St. Jude sit-up challenge, but I was focused on my first trip to the Memphis Marathon. I was blessed in my year as MSC President that IC was in Memphis, and I got to tour the St. Jude facilities. I will never forget walking down the brightly colored ESA wing or the pictures of patients on the wall that are now staff members such as doctors, nurses, or staff. It is sobering to think that the chances for these kids to grow up to be amazing people may not have happened if it weren't for St. Jude.

Am I a runner? No way have I done 5K's, but I have no desire to run unless I am trying to hit a pickle ball. I did work on walking and brought my favorite hat! I would love to say I loaded the car with all my Columbia sisters, but that didn't happen either.

Instead, I packed my car and headed for Memphis. You see, the thing I have learned is I don't have to wait for my zone two girls to make a difference. I am always welcome and have so much fun with whomever

I am with. This time, I mostly hung with Brenda Fields and her new magic shoes (you will have to ask Brenda if she hasn't already shared). We got separated at the start line, but I found her in the race as well as Carol Crafton (what a trooper she was hurting before the 5K started, but check out my pics of her finish). The most fun I had was stopping to take pictures of the people so they could remember what a special day it was. The most humbling was seeing signs from people who obviously were still amidst their St. Jude journey thanking me for being their hero. Can you imagine! All the things these kids go through, and they are thanking me for putting aside a bit of the abundance God has blessed me with and one weekend out of my year. I hope that if you have never gone to the marathon or haven't for a long time, you will be a part of it next year. I am hoping to fill that car next year. Do you need a ride?





Hello all,

I was reading an article earlier this month regarding New Year's resolutions. It recommended a "Nudge" word instead of a resolution. Here is a bit of the article:

Instead of setting a specific goal, choose a word that captures the mind-set you want to adopt in 2023 – a word that will nudge you toward positive change whenever you think of it.

To better understand the word-of-the-year exercise, it helps to know what it is not. It should not be a broad resolution (exercise more), a specific action (lose 20 pounds) or a goal (save more money). Instead, choose a single word that reflects how you want to live in 2023.

Here's a sampling of words to get you started:

Words of reflection: awareness, awe, breathe, pause, and reset, gratitude, resilience, optimism, focus

Words of change: reset, renew, nourish, energize, growth, recharge, evolve, bloom, adventure, and travel

Words of connection: relate, reconnect, experience, balance, engage, cherish, comfort, and listen

As I was thinking of a word, I was thinking that I am so "Grateful" that I am a member of ESA. So, I thought I would choose "Gratitude" as my word for 2023. When I think of what I was able to do in 2022 because of ESA and what I will get to do in 2023, I am truly grateful.

Here are just a few things that I got to do in 2022:

I went to Belize with ESA friends from Oklahoma.





I went to the Witches Walk sponsored by Omega Nu in Illinois.



And, of course, we completed the Memphis Marathon (5K):



These were just a few of the fun things I did in 2022 and that is why I am "grateful" to be in ESA.

Hopefully, you will find a word for 2023 to aid you in reaching your goals!

Hope to see you all soon!
Brenda Fields
2022-2023 State Counselor

Easter Seals – Chair - Pamela Baker

Easter Seals Changing the way the world defines and views disability since 1919. Ninety percent plus of Easter Seals revenue supports services in the area where they were funded. Seventy-five affiliates provide services in both care centers and in individual homes.

Live - Hands on comprehensive, vital programs, and support to help individuals reach their full potential, regardless of their challenges, needs or disability.

Learn- Programs are designed to help the individual's needs for adults and children. Often they have to relearn basic functions, master skills needed to develop and thrive as well as be active as they age.

Work - Training, placement to prepare for entering the workforce. Meaningful work is often the key to overcoming challenges and developing self-confidence.

Play - Fun healthy for children, adults and family members to relax, connect with friends to encourage engagement in constructive activities

Act- Our communities stand with those who face challenges by volunteering, advocating, donating, and participating in events that inspire us to continue our cause.

At some point in all our lives, we will be affected by a disability ourselves to of a family member. Easter Seals provides assistance to 1.5 million individuals with disabilities and their families. 103,000 Missourian adults live with an Intellectual/developmental disability. Only 19.6% of individuals with disabilities are a part of the US workforce. 40.3% of individuals with disabilities in Missouri live below the poverty level. One in four children under the age of five are at risk for having a developmental delay. 5.4 million Americans have Alzheimer's. One in 68 children live with an autism spectrum disorder. Boys are five times more likely to be affected with Autism. Ninety percent of adults with autism are unemployed or underemployed. One in five adults have a mental health condition.

St. Louis, Phone: (314) 394-7100| Visit our Website Contact Us

Bolivar | Community Living Services Phone: (417) 351-6929|Visit our Website

Cape Girardeau | Autism Services Phone: (573) 339-9300|Visit our Website

Columbia | Autism Services Phone: (573) 874-3777 Visit our Website

Concord Employment/Community Services Phone: (314) 567-7705 Visit our Website

Joplin | Autism Services Phone: (417) 781-3616| Visit our Website

Kansas City Living & Employment Services Phone: 816-781-0177 Visit our Website

Poplar Bluff | Autism Services Phone: (573) 339-9300| Visit our Website

Springfield | Autism & Community Services Phone: (417) 890-1399 Visit our Website

Charles |Living & Employment Services Phone: (314) 567-7705 Visit our Website

St. Joseph | Living Services Phone: (800) 200-2119 Visit our Website

Please send your reports to me or email: 11739 N. Bellefontaine Avenue, Kansas City, Missouri 64156 esasmilie21@gmail.com by March 1, 2023



Doily Stencil Napkins & Tea Towels

From Designs Improvised and the Pioneer Woman



Supplies for Heart Doily Stamped Napkins

- [Heart doilies](#) (I used medium sized ones and small ones)
- [Acrylic craft paint](#)
- [Foam brushes](#)
- [Flour sack tea towels](#)
- [White cloth napkins](#)

Instructions:

Step 1. Position doily in place

Position your doily flat where you want to start stamping. Make sure you only have one doily – they stick together easily! Squeeze some paint onto a paper plate and then dip your foam brush into it, blotting it a couple times on the paper plate to remove excess paint. Start blotting the doily with paint using an up and down motion.

2. Cover all doily holes with paint

Once you start painting on the doily it does stick to the fabric a bit and hold itself in place pretty nicely, but you will want to hold it down with one hand to make sure it doesn't shift while you are covering it in paint. Continue until all the holes are covered, being careful not to paint outside the outer edge of the doily!



3. Carefully lift doily

Lift up the doily to reveal the pretty design! I recommend using a new doily each time you stamp as the paper can get warped from the paint. Clean any paint off your hands to avoid smudging the towel, grab another doily, and repeat! It's a pretty foolproof and quick process for getting a pretty heart every time.

These tea towels would make a pretty gift bundled up with a pretty gift tag and doily slotted in!



St. Jude Fundraiser

Julie Whitaker – Jr. St. Jude Rep

As part of Missouri's fundraising for St. Jude, we have had a beautiful quilt made with the t-shirts donated by chapters around the state. Thank you for bringing shirts to leadership so we could have this quilt made. It is a full-to-queen-size quilt. It is so fun to look at it and think of the many different events we have participated in. It will be a fantastic memory, and we hope it will help spur Missouri's donations over the top this year. You will find attached the donation tickets if you want to purchase one before winter board and a picture of the quilt itself. Hopefully, we can help many kids while one lucky winner will keep themselves warm and wrapped up in some beautiful memories. For more information, contact either Carolyn McNamara or Julie Whitaker





2022-2023 MSC ST. JUDE QUILT

DRAWING WILL BE DONE AT THE 2023
MSC CONVENTION

1 Ticket - \$10 or 3 Tickets -\$20

DO NOT NEED TO BE PRESENT TO WIN

Venmo Name: @CarolynMcN

PayPal Name: @CarolynAMcNamara

CashApp Name: CarolynHelzer

Name _____

Address _____

City, St., Zip _____

Phone # _____



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St. Jude Children’s Research Hospital unveils 45,000-square-foot Family Commons

Made possible by a \$50 million donation from AbbVie, Family Commons is a space for patients and their families to relax and gather in between clinic appointments.

Memphis, Tennessee, and North Chicago, Illinois, January 23, 2023

St. Jude Children’s Research Hospital® and **AbbVie**, a research-based global biopharmaceutical company, today unveiled the multimillion-dollar Family Commons, the first-ever treatment-and-clinical-staff-free floor at the hospital and research institution offering patients and families a home-like space to find comfort and respite, exercise their minds and fuel their imaginations in between clinic appointments.

The 45,000-square-foot haven on the second floor of the St. Jude Patient Care Center was funded by AbbVie as part of a historic \$50 million commitment in 2018. AbbVie’s donation enabled the design, construction and program operations of Family Commons. Additionally, the donation has supported patient families with non-clinical services, such as music therapy and school programming that will continue in Family Commons.

“Treatments for childhood cancer and other catastrophic diseases can take years,” said **James R. Downing**, M.D., St. Jude president and CEO. “Family Commons will help ease this journey, offering a community respite space for patients and their families during long days at the hospital. The first-of-its-kind floor is designed to provide a full suite of amenities to answer everything a family wants—whether it’s quiet time, play time or the many needs that fall in between.”

Family Commons, which will open to patients on February 7, 2023, features:

- New pre-K to high school classroom spaces, including a science lab and library, for the St. Jude School Program by Chili’s;
- Reading alcoves, resting nooks, recording studio and maker space;
- Art room with a balloon-like ceiling that illuminates in different colors;
- Indoor and outdoor play areas;
- Private rooms for families to rest or relax in between appointments at the hospital;
- Cafe with coffee and snacks for patient families to reconnect and recharge;
- Stained-glass–adorned sacred space offering a quiet place for reflection, prayer and meditation;
- Centralized patient and housing services to meet the unique needs of families;
- Event space for meetings of the patient and family advisory council, parent classes; and
- Parent-to-parent mentor meeting space, tech support center, and childcare.

“As a company that strives to have a remarkable impact on patients’ lives, we are proud to support St. Jude Children’s Research Hospital through the creation of the new

Family Commons, a place where patient families can benefit from the psychological, spiritual, developmental and social support services provided by St. Jude,” said Tracie Haas, senior vice president, Corporate Responsibility, Brand and Communications, AbbVie. “Through AbbVie’s donation, the thoughtfully-designed Family Commons provides patients and families at St. Jude with a home-like atmosphere and sense of comfort during one of the most difficult times in their lives.”

The Family Commons project was conceptualized by Dr. Downing, St. Jude clinical care providers and the institution’s Patient Family Advisory Council members who said families needed a place to relax and spend private time together in a space of their own between clinical appointments. The clinical care team presented the idea to hospital leadership as an extension of the holistic care provided by the institution. Working with IDEO, a global design-thinking firm, the hospital planned an innovative space that would answer these specific needs and more. The final design team included ANF Architects, ICrave, and Evans Taylor Foster Childress Architects.

Marlo Thomas, National Outreach Director and daughter of St. Jude founder Danny Thomas, was intimately involved in the interior design, personally selecting everything from paint colors, floor designs, light fixtures, carpeting, upholstery and more.

“When my father built St. Jude, his mission first was to defeat the catastrophic childhood diseases that were invading the bodies of these children. But he also wanted to treat the whole child and care for the whole family. That meant they needed a place of comfort and normalcy – a home-like place where they could bond and draw comfort from each other,” Thomas said. “Each design decision we made had patient comfort – whether it was physical or emotional – top of mind. The thoughtful, creative design of Family Commons demonstrates the holistic care St. Jude provides.”

“We are incredibly grateful to everyone on the AbbVie team for their extraordinary donation that demonstrates their commitment to helping families thrive,” said **Richard C. Shadyac Jr.**, president and CEO of **ALSAC**, the fundraising and awareness organization for St. Jude Children’s Research Hospital. “We are thrilled to see this plan become a reality as we celebrate the 60th anniversary of St. Jude.”

Because of generous donors and partners like AbbVie, families never receive a bill from St. Jude for treatment, travel, housing or food so they can focus on helping their child live.



Foundation News - Sharon George, Foundation Counselor

Dues

As of January 1, annual dues are now \$40 per year and there is no difference for new members. Life Active membership will continue to be \$500 and can be made in two donations of \$250. The time period for annual dues is January 1 until December 31. Members who paid dues in 2022 are eligible to vote in 2023. Members who pay their dues in 2023 are eligible to vote in 2024.

Reminders

Foundation members do not have to be ESA members. Individuals, groups, companies, anyone interested in investing in the future by helping to make scholarships available can become ESA Foundation members.

Voting ballots for Foundation Board of Directors will be sent by email. Use the member portal online to update your personal email if necessary and any changes of the presidency of your chapter or council if they are Foundation members. Dues and donations can also be completed online.

Fantasy Event

Get ready to have some fun and join the online Fantasy Event coming soon. You will receive invitations and details by email and by paper mailing. Emails are expected to be sent on February 12th so be watching for the information.

Foundation Fund Fest

IC Convention will be here before you know it!! Convention will be in Grapevine, Texas and Fund Fest will be on Tuesday night, July 25th. Sandy Hosack is once again the chairman and would love to have helpers, volunteers and participants.

Each state will be responsible for an auction item so let's get our thinking caps on and try to come up with something fun. Last year we had the gift cards in the clear stadium bag. We have to keep in mind that items must be easy to take home. Many will be traveling long distances to convention. Let me know if you have an idea or suggestions for our auction basket/bag!

You can contact Sandy with any questions or to volunteer to help at the esafundfest@gmail.com

Scholarships

Deadline for scholarship applications was February 1. It will be very exciting to hear how many scholarships were awarded. If you are a Foundation member, you have helped these students work toward their goals. Personal stories from scholarship recipients are always impressive to read. You can find them on the Foundation website. ESA Foundation scholarships make a difference in lives.

Sharon George, Foundation Counselor

Spring Sugar Scrub



Supplies for Carrot Sugar Scrub:

[Wilton Cello Bags](#)

[Green Raffia](#)

[Satin Green Ribbon](#)

1 Cup Sugar

1/4 Cup Olive Oil

[Orange Icing Color](#)

[Essential Oils](#)

[Scissors](#)

A [Hole Punch](#)

This recipe makes two carrot sugar scrubs. This pretty sugar scrub is a perfect DIY gift, bridal or baby shower favor, ladies' spring luncheon and, of course, [Easter!](#) Slip them into Easter baskets, hand them out to the grandkids or place them on the Easter table for family and friends to take home.

First, dilute your food coloring, in less of a 1/4" of water. They used gel-based food coloring and it mixes better in a more liquid form. Be careful not to use too much water.

In a bowl, mix the 1/4 cup of olive oil and the 1 cup of sugar together then add the food coloring a little at a time until you are happy with the color. Add several drops of the essential oil and mix again.

Use approximately eight drops of essential oil, but more or less drops to scent the sugar scrub to your liking. You can add more oil if you like your sugar scrub less textured. Keep in mind some citrus scents may break down the plastic bags.




Cut several strands of the raffia to use for the stem. They used the natural bends in the raffia to determine the length. Scoop in half of the sugar scrub into the bag then insert the raffia into the center of the scrub. Bunch together and tie with a pretty ribbon. Super cute! Here are labels for your scrub.




COZY WINTER READS from BAS BLEU


I recently watched the first four Nancy Drew Mystery Movies filmed in the 1930's. Nancy Drew began my love of mystery novels when I was a child – so I decided it was time to reread several of those as well as a stack of unread novels I received for Christmas. Here is a small listing of books you might want to curl up with too.




Today I Learned Dynamite Is Made From Peanuts - Today I learned that, despite its prestige, champagne was once used as a shoe polish. I also learned that bubble wrap was intended to be wallpaper. You will find this selection of more than 300 "strange-but-true-facts you probably didn't know enlightening, baffling and very amusing! This book will fill gaps in your knowledge you didn't know existed.



The School That Escaped the Nazis by Deborah Cadbury - Anna Essinger was told to fly a swastika above her progressive liberal arts school in Nazi Germany. Instead, sensing the increasing danger of Hitler's hate-fueled rise, the courageous principal made a bold plan to smuggle her school to safety in England. In groups, students and teachers made it to the house Anna rented in Kent, which would become the Bunce Court School and welcomed refugees and displaced children.



The Bequest by Joanna Margaret - The Bequest is set in a rural Scottish university where friends Isabel and Rose are working on their PhD dissertations about 16th century Italy. Things suddenly take a disastrous turn. Isabel's intended advisor mysteriously dies, then Rose approaches Isabel with a desperate pleas for help, and Isabel is plummeted into an academic treasure hunt...with Rose's life on the line.



Myrtle Hardcastle Mysteries by Elizabeth C. Bunce - Clever, determined and uncommonly well-versed in the latest criminal science 12 year old Myrtle chafes against the expectations for "young ladies of quality" in Victorian England. **In Pre-mediated Myrtle** - Myrtle's elderly and eccentric neighbor dies and the young sleuth is convinced of foul play. Myrtle and her unflappable governess set out to solve the case, despite the challenges and dangers they face. The series also includes *How to Get Away with Myrtle*, *Cold-blooded Myrtle* and *In Myrtle Peril*.

An Elderly Lady Must Not Be Crossed by Helen Tursten - With no Family or friends to speak of, eighty-eight year old Maud lives in contented solitude in a spacious apartment on Gothenburg, Sweden. To neighbors she seems like a sweet little old lady, but Maud has no qualms about sticking up for herself against those who would take advantage of her - and people around her keep coming to untimely ends. In **An Elderly Lady Must Not Be Crossed**, Maud escapes pesky police inquiries by treating herself to a luxury African vacation. Along the way she ruminates on her past misdeeds and finds herself once again in a position to administer lethal justice. After all, who would suspect a little old lady?

Wise Gals by Nathalia Holt - The Wise gals were critical members of the CIA, highly skilled intelligence agents that served the nation during the Cold War era. They led dangerous missions, built allegiances and bravely crossed enemy lines, yet invaluable dedication and service was overlooked. In 1953, they sought to change the departments in an effort derided as the "Petticoat Panel". The tenacity and grit of these women is brought to light in this riveting biography that recounts each of their heroic sacrifices, brilliance and bravery.



St. Jude names leading researcher as new chair of oncology department

Julie R. Park, M.D. to succeed longtime chair Ching-Hon Pui, M.D.

Memphis, Tennessee, January 26, 2023

St. Jude Children's Research Hospital announced today that Julie R. Park, M.D., has been named the new chair of the Department of **Oncology** where she will oversee innovative efforts focused on research and care for children with cancer.

An expert in refractory and recurrent pediatric cancer with a specific focus on neuroblastoma and immuno-oncology, Park previously served as chief medical officer of Seattle Children's Therapeutics, where she played a vital role in the development of cellular immunotherapy trials for pediatric cancer. She was also an attending physician at Seattle Children's Hospital and an associate in the Clinical Research Division at Fred Hutchinson Cancer Center.

"Dr. Park brings a wealth of knowledge, deep experience and considerable talent to St. Jude," said **James R. Downing**, M.D., St. Jude president and CEO. "She will play an integral role in fulfilling cancer-related strategic initiatives, shaping the future of pediatric cancer care at St. Jude and mentoring a new generation of investigators."

Park has developed novel combinatorial therapies for pediatric cancer, particularly difficult-to-treat neuroblastomas. She has a strong track record translating laboratory research findings into early phase clinical trials for recurrent childhood malignancies. In particular, she collaborated with laboratory investigators at Seattle Children's in designing first in-human autologous chimeric antigen receptor (CAR) T-cell trials for pediatric leukemia, solid tumors and brain tumors.

"St. Jude is a longstanding world-class leader in research and treatment for pediatric cancer, and an exceptional academic environment with resources that are truly unparalleled," Park said. "I look forward to continuing to advance the science to find cures for pediatric cancer in partnership with our superb faculty."

In addition to her role as department chair, Park will become the inaugural Associate Director for Translational Research on the senior leadership team of the **St. Jude Comprehensive Cancer Center**, the first and only National Cancer Institute (NCI)-designated Comprehensive Cancer Center devoted solely to children. The center leads the institution's cross-cutting efforts to improve cure rates for children with cancer, while reducing the side effects of therapy,

through a coordinated program of clinical-, population- and laboratory-based research, community outreach and training of the next generation of cancer researchers.

“Dr. Park’s creativity and drive will usher in a new era of innovation at St. Jude as we seek to advance cures for pediatric cancers with the lowest survival rates and reduce the toxicity of cancer therapy,” said **Charles W. M. Roberts**, M.D., Ph.D., executive vice president and director of the St. Jude Comprehensive Cancer Center.

Park is the past chair of the Children’s Oncology Group Neuroblastoma Scientific Committee and led research that incorporated understanding of neuroblastoma biology into improved prognostic stratification and novel targeted therapeutics. In addition to her clinical and academic work, Park serves as the scientific lead for the New Approaches to Neuroblastoma Therapy (NANT) consortium, which is funded through an NCI Program Project Grant.

Park attended medical school at the University of Vermont and completed her residency and fellowship in pediatric hematology oncology at the University of Washington, where she was also a professor in the Department of Pediatrics.

She succeeds longstanding department chair **Ching-Hon Pui**, M.D., who has been instrumental in elevating the survival rates for children diagnosed with acute lymphoblastic leukemia (ALL) around the world. Pui will now focus on clinical research in the Asia-Pacific region for **St. Jude Global**.

“Since taking the helm of the Department of Oncology in 2006, Dr. Pui has played a leading role in transforming the way children with ALL are treated, raising the survival rate to an unprecedented 94% at St. Jude,” Downing said. “His continued work through St. Jude Global will help extend the hope of a cure to children far beyond our hospital.”



**St. Jude Children's
Research Hospital**

ALSAC • Danny Thomas, Founder

Finding cures. Saving children.



Contest-Winning Broccoli Chicken Casserole

TOTAL TIME: Prep: 15 min. Bake: 30 min. **YIELD:** 6 servings.

This delicious chicken and broccoli casserole recipe is a twist on chicken divan.

Ingredients

- 1 package (6 ounces) chicken stuffing mix
- 2 cups cubed cooked chicken
- 1 cup frozen broccoli florets, thawed
- 1 can (10-3/4 ounces) condensed broccoli cheese soup, undiluted
- 1 cup shredded cheddar cheese

Directions

1. Preheat oven to 350°. Prepare stuffing mix according to package directions, using only 1-1/2 cups water.
2. In large bowl, combine chicken, broccoli and soup; transfer to a greased 11x7-in. baking dish. Top with stuffing; sprinkle with cheese. Bake, covered, 20 minutes. Uncover; bake until heated through, 10-15 minutes longer.



Hope to see you at Winter Board - MSC 2022-2023 Executive Board



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