

*Life is a Journey...Enjoy the Trip*

Missouri State Council  
2021 – 2022



# **HAWTHORNE**

**The State of Missouri Newsletter**



**Special Holiday Issue**



**November 2021**

## Hawthorne Information

Hello Sisters! Fall is here and winter is almost upon us. Love seeing the bright yellows, reds and oranges of the trees and don't get me started on my love of pumpkins! Below is the deadline for our next issues. As you can see - I have added an additional issue to our schedule this year. I personally think we need to communicate much more than we have in the past - so I decided to throw in a Holiday Issue this year. Please keep sending me articles, pictures and recipes.

### 2021-2022 Issue Schedule

#### Winter Issue 2022

Articles/Information to me by Friday, February 4, 2022

The Hawthorne will be online and in the mail no later than Friday, February 18, 2022

#### Spring Issue 2022

Articles/Information to me by Friday, May 6, 2022

The Hawthorne will be online and in the mail no later than Friday, May 20, 2022

#### Summer Issue 2022

Articles/ information to me by Friday, July 1, 2022

The Hawthorne will be online and in the mail no later than Friday, July 15, 2022

#### Fall Issue 2022

Articles/information to me by Friday, September 2, 2022

The Hawthorne will be online and in the mail no later than Friday, Sept. 16, 2022

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 - So far I have only six names.

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 start communicating!

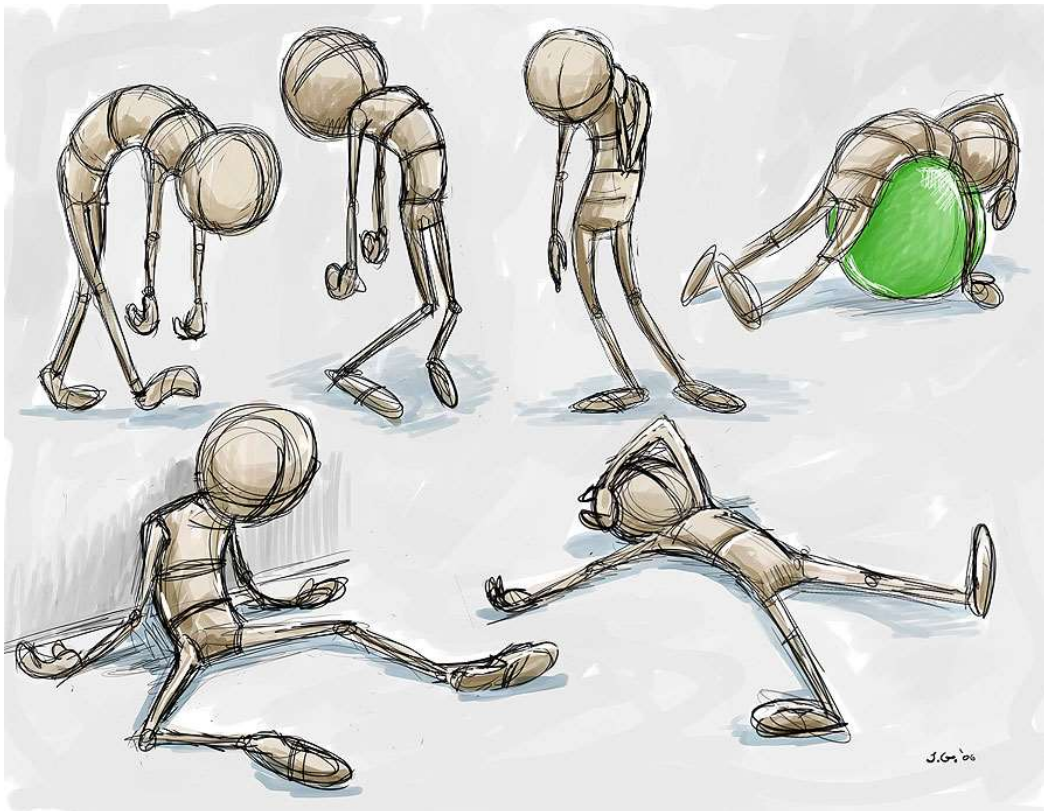
Paula Miller

4995 E. Eagle Ridge Rd.

Columbia, MO. 65201

Cell Phone - (573) 819-0359

E-mail: [pm49fowler@gmail.com](mailto:pm49fowler@gmail.com)



**MSC President Brenda Fields and the Rho Chi Chapter after their very successful St. Jude Luncheon/Auction**

As we watch the changing leaves and prepare for winter, spring is always on our minds. Life is full of changes as is MOESA. New officers and people to fill the various positions in our state are included in the changes. If you have wanted to serve MOESA in a certain position and fill you have the skill set and or passion for the position, please let me know. If the position has not been filled, you will certainly be considered. Please fill out the form below and snail mail me or email it to me. MOESA will greatly appreciate the giving of your time.

Sidney

Sidney Kendall  
MOESA President Elect



The fall leaves are turning to beautiful colors. No matter the tree the colors all come together to make a beautiful, colorful picture. ESA makes a beautiful picture with the various chapters supporting St. Jude and other charities. We have just been through ESA October Recruitment. Those of you who held activities to gather new members and those who did bring in new members are to be congratulated on your efforts. Please email me what you did for rush and if you did pledge new members. My email is [elsid1945@live.com](mailto:elsid1945@live.com). Even though the month is over, remember to invite possible members to your activities and meetings. Also, to tell the story of ESA and your chapter on social media is a good way to share the picture of ESA.

Sidney

Sidney Kendall  
MOESA President Elect

**Missouri State Council of ESA International**  
**2022-2023 MSC Chairman/Committee Member Form**

The Missouri State Council needs all its members to step up and do their parts to make the 2022-2023 year a great success. Please consider what position you could take to help the Missouri membership reach the world.

*(Please complete your application for any of the positions below)*

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

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Work \_\_\_\_\_ Fax \_\_\_\_\_

Cell \_\_\_\_\_ E-Mail \_\_\_\_\_

Please mark the position(s) you would like to serve in:

Association of the Arts: _____	Audit: _____
Awards: _____	Chaplain _____
Disaster Fund: _____	Diana/Youth: _____
Educational: _____	Easter Seals: _____
Historian: _____	ESA Foundation: _____
MARC Reps: _____	Philanthropic: _____
Publicity/Outreach: _____	St. Jude Rep: _____
Care Connection Facilitator: _____	Social: _____
Ways & Means: _____	Website: _____
Zone Coordinator: _____	

**Mail Completed form to:** Sidney Kendall  
12662 Broadridge Lane  
Florissant, MO 63033  
H: 314-355-3923  
W: 314-996-1514

## **What I Do and Say Affects You**

I just finished reading Brenda's article that she wrote from work after dealing with two cranky customers and said "being nice can be hard sometimes". I think most of us would have to agree that is a true statement.

I recently attended a focus group where we were brought together (various personalities, ages, backgrounds, occupations - both female and male) to discuss the topic of how our world today is so divided and share our thoughts, ideas and opinions on how we might make some changes to bring people back together and start treating each other with kindness and respect.

The leader of the group gave us each a note card with the words "What I Do and Say Affects You" and asked each of us to comment on what our first thought was when we read those words. The majority of us said it was probably a reminder that we need to stop and think before we act or react to someone especially when they upset us, make us angry or possibly disagree with us and how negative thoughts or actions are so quick to manifest themselves.

We were then asked to come up with an example of what we are guilty of and if comfortable share with the group.

There were some interesting comments such as (a) having to wait in line for someone that is moving slow (b) having to be put on hold for a long time and no one comes back on the line to give us the choice to continue holding or receiving a call back (c) putting up with a rude clerk (d) very popular right now – receiving or not receiving the vaccine and of course wearing or not wearing a mask and (e) the one fingered wave when someone cuts you off or pulls out in front of you while driving (anyone besides me care to admit to this one – you know who you are!!!!!!!!!!!!!!!!!!!!!!)

After a lot of good discussion and sharing the leader of the group went on say he was giving us a short course in human relations and passed out the following on another note card that was sealed and said thanks for attending, read the card after you leave, live by the words and pass them on.

The **SIX** Most Important Words "I admit I made a mistake"

The **FIVE** Most Important Words "You did a good job"

The **FOUR** Most Important Words "What is your opinion?"

The **THREE** Most Important Words "If you please"

The **TWO** Most Important Words "Thank you"

The **SINGLE** Most Important Word "We"

The **LEAST** important word "I"

**Jan Ross,  
Gamma Delta**



## Easiest Ever Two-Ingredient Chocolate Fudge Recipe From Mommy Kat and Kids



Traditional, old-fashioned stovetop chocolate fudge is not that hard to make. But the process is a little time consuming. And there are days that you don't want to wait for your delicious homemade concoction to boil, set and cool to creamy perfection. There are days that you just want to bite into a decadent piece of melt-in-your-mouth goodness as quickly as possible.

### **Ingredients**

3 cups Chocolate Chips and 1 10- oz. can Sweetened Condensed Milk

### **Directions**

As quick as you can mix your favorite chocolate chips and sweetened condensed milk, you're ready to enjoy some creamy, dreamy fudge. And the variations of this recipe are pretty much limitless.

Use dark chocolate chips and stir in a cup of walnuts before spreading the fudge into the pan, or use white chocolate chips and coconut extract for a tropical treat. Add one teaspoon of peppermint extract to the fudge to satisfy your craving for mint chocolate. Pecans, crumbled cookies, raisins or crushed candy canes can all be stirred into your fudge before it's pressed into the pan to set.

The end result is always perfect and will satisfy the cravings of the most die-hard chocoholic. With fudge this easy, you may never want to bother with traditional stovetop fudge! Wrap some up for a friend or neighbor too.

## Passport to ESA

Missouri State Council – 73rd Annual Convention  
 April 8-9, 2022  
 Courtyard by Marriott Columbia  
 Reservations: 573-443-8000  
 Missouri State Council – ESA



Name: \_\_\_\_\_  
 Chapter Name/#: \_\_\_\_\_  
 City/State: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 Email: \_\_\_\_\_

Please check the following if it applies to you:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> State Officer       | <input type="checkbox"/> Chapter/City Council Pres. | <input type="checkbox"/> 1 <sup>st</sup> 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"/> Guest                          |

Registration	#	Per Person	Total
Full registration before March 5, 2022		\$125	
Full late registration after March 5, 2022		\$130	
Full walk-in (meals as available) CASH ONLY		\$140	
***No refunds after March 24, 2022***			
Partial: Friday night, includes mixer and dinner		\$35	
Saturday Breakfast only		\$20	
Saturday Lunch		\$25	
Saturday Banquet		\$50	
		TOTAL	

Full

registration includes: Friday mixer and dinner, Saturday breakfast, lunch, banquet, and convention packet. Presidents' breakfast included in full registration. Do you plan on attending the Presidents' breakfast? Yes \_\_\_ No \_\_\_

Special menu request due to health reasons: \_\_\_\_\_

Make check payable to: Gamma Eta – Note "2022 MSC Convention" on check.



Mail form and check to: Beth Weinsting  
4000 Brentwood Drive  
Columbia, MO 65203  
Phone: (573) 446-1327  
Cell: (573) 268-1041  
QPLVR@aol.com

## Passport to ESA



Missouri State Council – 73rd Annual Convention  
April 8-9, 2022  
Courtyard by Marriott Columbia  
3301 LeMone Industrial Blvd.  
Columbia, Missouri 65201

Reservations: 573-443-8000 or 1-800-MARRIOTT  
Or register online: [www.marriott.com/coucy](http://www.marriott.com/coucy)

Room rate: \$109.00 per night

Room types: 1 King bed with sofa sleeper or 2 Queen beds

Reference: Give Group Code ESA.

Room block deadline: March 8, 2022. If rooms are still available after March 8, the hotel will honor the price.  
Just give them Group Code ESA.

Check-in: 3:00 PM  
Check-out: 12:00 PM

Come travel with us. Oh, the places you'll go!

Your travel agents,



Peppermint Twist Wreath from Woman's Day

### **Materials**

- White or red duct tape
- 14" Styrofoam wreath form
- 24" piece of high-gauge floral wire
- Pencil
- 5–6 bags peppermint candies
- Hot-glue gun and glue sticks
- 3 yards ribbon (optional)
- Tape (optional)

### **Directions**

1. Wrap duct tape around wreath form to cover it entirely (to hide the wreath form and protect it from melting when you apply hot glue).
2. Fold floral wire in half, wrap around wreath and tie in a knot, leaving a loop to hang the wreath.
3. Lightly pencil a line onto the middle of the front of the wreath form to create a guide for your first row of candies.
4. Unwrap a piece of candy. Apply a dime-size amount of glue to the wreath form, on one side of the pencil line. Press the edge of the candy into the glue at a 45-degree angle; hold in place until fully dry (about 1 minute).
5. Working in batches, unwrap 10–15 candies (do not stack unwrapped candies as they will stick to each other), then apply a 6" line of glue to the wreath form, following the pencil line. Press candies into glue one at a time, one in front of the other, until the row goes all the way around.
6. Repeat steps 4 and 5, with every other row starting in the opposite direction, until the wreath is covered (we made 6 rows of candies). Let dry.
7. For decorative ribbon: Before hanging, loop ribbon through top of wreath. Hang as you would normally, with the ribbon between the floral wire and the nail. Pull ribbon ends to top of door frame; secure with tape. Let ends hang down, trimming if necessary.

**Note: This wreath is quite heavy, so be sure to hang from a sturdy nail. For indoor use only.**



## FOUNDATION NEWS

It's hard to believe that we are entering the holiday season and the end of the year is so close! Don't we all have checklists to help us remember all the things we need to do? Well, I've got a few things you can check off for the Foundation, too.

### Email Addresses

Make sure you have your current email in the Foundation MemberSuite database so you will receive all the communications and newsletters from the Foundation and you will also receive the information to be able to vote in upcoming elections.

Website: <https://esa.usersmembersuit.com/> Select My Profile and you can update your phone number, address and/or email address.

### Foundation Dues

Now is the time to pay your annual \$15.00 dues or become a new member for \$25.00. You can pay your dues online and save yourself and the Foundation the cost of mailing. We would love to see a record number of new members this year! Or see members who have not paid dues for a while come back to the Foundation. Are you having a Secret Sister exchange in your chapter and just don't know what to get someone who has everything? If they are not a member or their dues have lapsed or this has been a particularly tough year for them, gift them their annual dues.

Website: <https://esa.users.membersuite.com/> Select My Profile, click on Membership, click on Renew

## Amazon Smiles

Since it is the holiday season, we are all going to be shopping and those Amazon trucks are going to be everywhere! Make this a win-win and add a donation to the Foundation every time you place an order. Nothing is added to your payment; a percentage of your purchase is donated to the organization you select. Go to: [smile.amazon.com](https://smile.amazon.com) and select ESA Foundation. (Remember, make sure it's the one in Fort Collins)

## Scholarships

There is still plenty of time to share the information about the scholarships available. The application deadline is February 1, 2022. Entire application process is done online. Use website:

[www.epsilonsigmaalpha.org/scholarships-and-grants](http://www.epsilonsigmaalpha.org/scholarships-and-grants)

[Endowment which has received no application this year and that is available to Missouri students:](#)

[Carol Murphy Memorial Endowment](#)

[Indiana, Missouri, Texas Resident/at least 25 years old/education, business major/any school/GPA 3.00 minimum.](#)

[The ESA Foundation is all about providing education and opportunities. Explore the Foundation website and you will be doing the same for yourself!](#)

[Foundation Counselor – Sharon George](#)

## **BEST FAMILY HOLIDAY POTATO CASSEROLE**

From Tastes Better from Scratch



## **Ingredients**

- 30 ounces frozen hash browns , diced or shredded will work, THAWED (see note)
- 2 cups sour cream
- 10.5 ounce can cream of chicken soup (or homemade)

- 10 Tablespoons butter , divided, melted
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon dried minced onion
- 2 cups shredded cheddar cheese
- 2 cups corn flakes cereal

## **Instructions**

\*Allow potatoes to thaw in your fridge overnight, or spread them on a baking sheet and warm them in the oven at 200 degrees for about 20 minutes, until thawed.

\*Preheat oven to 350 degrees F.

\*Combine sour cream, cream of chicken soup, 6 Tablespoons of melted butter, salt, pepper and dried onion in a bowl. Mix well.

\*Add potatoes and shredded cheese and stir to combine. Spoon mixture into a single layer in a 9x13" pan.

\*Add cornflakes to a large Ziploc bag and crush gently with your hands or a rolling pin.

\*Add remaining 4 tablespoons of melted butter to the crushed cornflakes and combine well.

Sprinkle mixture over potatoes.

\*Bake uncovered at 350 F for 40-50 minutes.

**Note:** Or substitute 10 small potatoes, parboiled and diced

## **Beta Tau Chapter, Columbia Missouri**

Terri Breedlove

Fall is in the air, leaves are changing colors and Beta Tau is up and running full speed ahead. We are meeting again, having socials, and working on philanthropic projects.

September 7<sup>th</sup> we are had our annual Pamper Chef Fundraiser/Rush Party for Easter Seals. We have a new member Tawyna Moroni pledged by Julie. We are blessed to have great support from our ESA family outside of our chapter. Thanks for all your support.

Barb, Patti, Julie and Christy attended MSC Leadership in St Peters on September 17 and 18 a great time was had by all.

October was our social month, October 16 several members and two husbands traveled to Macon MO for lunch at The Pear Tree, attending the play "Church Basement Ladies" at the Maples Repertory Theatre and shopping at Ben Franklin. On October 19 several members attended a wine tasting at Macadoodles in Columbia included in the fee we were able to bring home two bottles of wine we had sampled. I call that a win win.

November we actually had perfect attendance at our chapter meeting. We will adopt both Welcome Home that support our veterans and Missouri Girls Town as our Christmas Philanthropic Projects. On November 18th we are invited to join an ESA Music themed Zoom party due to chapter growth. Oh yeah we can Rock On!

December is our annual Christmas Party Dinner and we reveal our secret sister and draw names for our new one. Fun times for all. On December 12 we will have Hallmark

Christmas Movie Bingo and Ugly Sweater Party at Julie's house with yummy food and beverage. Tis the season!

April MSC Convention planning is coming along more info is on the way.

Please keep safe until we meet again.



**INSPIRED BY CHARM - Colored Wheat Centerpiece**

## From Good Housekeeping Magazine

For an easy Thanksgiving decorating idea that'll last beyond November, wrap complimentary colored yarn around artificial wheat and place them in a glass vase.

For this project, you will need [dried wheat stalks](#), [embroidery floss](#) (in any color you'd like), and a pair of scissors. Yep, that's it.

You will want to start off with a [few stalks of wheat](#). I prefer sticking with an odd number so I made some with five stalks and some with seven stalks.

Bunch the wheat together near the top, wrap around once with the embroidery floss, and tie a knot to hold everything in place. Then, start to wrap the [embroidery floss](#) around the stalks. I found it easiest to spin the wheat to wrap the floss rather than spinning my hand around the wheat.

Cover about 2 inches of the stalks with the floss and then tie another knot to hold everything in place. **That's it!**

### **D.I.A.N.A. Award Bestowed as Lambda Chi Chapter Reinstates Regular Activities**

August 4, 2021 began a resumption of regular Lambda Chi meetings and activities. The chapter met in Anderson and heard an excellent program given by Barbara Ittner of Noel, a prominent member of the Missouri Silver Haired Legislature. Barb is currently serving as President & President Pro-Tem, Senate of that organization. This group advocates on behalf of senior citizens annually to the actual Missouri State Legislature in Jefferson City. Following her explanation of the Silver Haired's working and achievements, member Lynn Tatum presented Barb with Lambda Chi's D.I.A.N.A. Award. This had been the chapter's intention more than a year ago before the pandemic suspended meetings. Amazed that we had selected her, Barb shared that she volunteers because she cares and that she enjoys it.

Also the chapter agreed to once again provide homemade fruit pies for the McDonald County Fair concession stand, a long standing summer tradition with Lambda Chi. Additionally plans were made to gather donations of money and supplies for LaFayette House, a local women's shelter. Chapter members will buy a table and represent Lambda Chi at the McDonald County Historical Banquet in October. All agreed that the return to these activities in the near future are welcome!





### **Lambda Chi Together Again!**

The sisters of Lambda Chi Chapter gathered for the first meeting in months on May 5, 2012 in Anderson. 10 members attended that evening and ALL of them received pins for significant years of membership! The chapter got right to business as the McDonald County Schools were allowing us in to do Outstanding Youth Awards and present those awards at the districts six 8<sup>th</sup> grade promotion sites in person this spring. A fundraising catering was also proposed and planned for late May. At the close of the meeting, the membership recognitions were presented. The awards reflected a combined 265 years of membership! While our activities may have been limited this past year, our determination to remain members and our ability to turn a year older were noted.



Lambda Chi members for 40 years are Nancy Call, Judy Duncan, Judy Ricket (also a charter member) and Margie Edmonds



Lynn Tatum 5 years, Shirley Alps 10 years, Barbara Keaton 15 years, Alice Snodgrass 20 years, Margarette Mitchell 25 years and Janice Pratt 30 years

### **A Winter Read** **Courtesy of Bas Bleu Society and Amazon Books**

For those that might not know - I am a "Bookworm". I started this adventure when I was in grade school, reading millions of books - even falling out of a tree when I left go to turn a page. I read books about varied subjects and since I am now older - I have decided that I need to know or at least understand more about such topics as cattle ranching, mail-order brides, Amelia Earhart, the orphan train, the history of wars, the stock market, forensic accounting etc. etc. etc. But - my favorite type of books to read are mysteries. I am listing a few titles you might want to check out for enjoyment this winter.

#### **More News Tomorrow** by Susan Richards Shreve

On her seventieth birthday, *Georgianna* receives an unexpected letter from a man she hasn't seen in 66 years, one of the few witnesses to the camping trip that left her mother dead, her father in prison, and four year old *Georgie* effectively an orphan. Determined to understand the truth of what happened that fateful day, *Georgie* hauls her reluctant family on a perilous canoe trip to the Wisconsin campsite where her life fell apart. This book is a thriller!

#### **Circling the Sun** by Paula McLain

Beryl Markham made aviation history in 1936, the first to fly a solo, nonstop flight Across the Atlantic Ocean. This novel chronicles her life leading up to that momentous journey. Raised on a horse ranch by her father in Kenya, a young Beryl prefers ranch work to school, is

best friends with a local Kipsigia boy, narrowly survives a lion mauling and is the first woman to earn a racehorse-trainer's license.

### **The Last Thing He Told Me** by Laura Dave

Before Owen Michaels disappears, he smuggles a note to his beloved wife of one year: *Protect her*. Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers—Owen's sixteen-year-old daughter, Bailey. Bailey, who lost her mother tragically as a child. Bailey, who wants absolutely nothing to do with her new stepmother. As Hannah's increasingly desperate calls to Owen go unanswered, as the FBI arrests Owen's boss, as a US marshal and federal agents arrive at her Sausalito home unannounced, Hannah quickly realizes her husband isn't who he said he was. And that Bailey just may hold the key to figuring out Owen's true identity—and why he really disappeared. Hannah and Bailey set out to discover the truth. But as they start putting together the pieces of Owen's past, they soon realize they're also building a new future—one neither of them could have anticipated.



### **The Postscript Murders** by Elly Griffiths

The death of a ninety-year-old woman with a heart condition should not be suspicious. Detective Sergeant Harbinder Kaur certainly sees nothing out of the ordinary when Peggy's caretaker, Nataalka, begins to recount Peggy Smith's passing. But Nataalka had a reason to be at the police station: while clearing out Peggy's flat, she noticed an unusual number of crime novels, all dedicated to Peggy. And each psychological thriller included a mysterious postscript: *PS: for PS*. When a gunman breaks into the flat to steal a book and its author is found dead shortly thereafter—Detective Kaur begins to think that perhaps there is no such thing as an unsuspecting death after all. And then things escalate: from an Aberdeen literary festival to the streets of Edinburgh, writers are being targeted. DS Kaur embarks on a road trip across Europe and reckons with how *exactly* authors can think up such realistic crimes. I read this book in two days - just couldn't put it down!

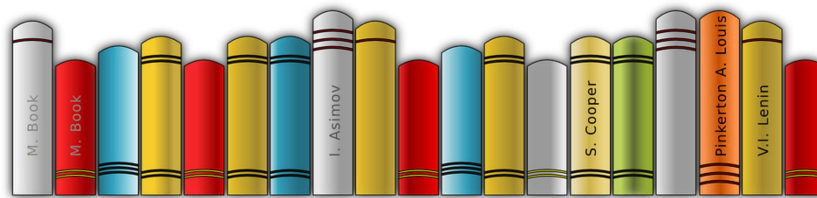
### **Rose Cottage** by Mary Stewart

Rose Cottage, a tiny thatched dwelling in an idyllic English country setting, would appear the picture of tranquility to any passerby. But when Kate Herrick returns to her childhood home to retrieve some family papers in the summer of 1947, she uncovers a web of intrigue as tangled as the rambling roses in its garden. The papers are missing. The village is alive with gossip. Did her elderly neighbors, suspected of being witches, really see nighttime prowlers and ghosts in the cottage garden? Kate's search for the truth brings her together with many childhood friends and neighbors, some suspicious of her return, but most eager to help. It also leads her down a trail of family bitterness, jealousy, and revenge--and into an exploration of her own past.

She ends up discovering a long-hidden secret that will change her life dramatically--along with romance in a place she least expects. Read this book first ten years ago and decided this classic needed to be re-read.

### **The Pig Did It** by Josephine Caldwell

After being rebuffed by a potential lover, American creative-writing teacher Aaron McCloud comes to the craggy shores of Ireland's west coast "so he can, in solitary majesty, feel sorry for himself" at his Aunt Kitty's home. When an errant pig digs up a human skeleton in Kitty's vegetable garden, however, Aaron's plans for a pity party begin to derail. This is the first book in a trilogy and now I have to read the other two!



Hi Everybody,

I have been having so much fun! After last year and not seeing anyone, it has been fantastic going to IC, Leadership, and MARC. Well done, ladies. I know that is just the tip of the iceberg! I can't wait to see what great craft items show up at the Association of the Arts Table. I am working on prizes for those of you who enter. As mentioned before, we only had one entry at IC last year, and she was a big winner. Not that I am competitive, ok, I am very competitive, so get those cameras, baking dishes, art supplies, etc., moving and send me a picture. Then make sure come April you have it loaded up to travel to Columbia! Now take a look at these pretties and tell me who made them. So far, I have not gotten a guess from anyone. Are you out there? Are you reading these articles?

Your humble Association of the Arts Servant,

Julie Whitaker



## Alpha Iota Happenings Bev Still

Hello Everyone! It was so good to finally see people in person at leadership in September! As we prepare to celebrate Thanksgiving and the Christmas Season, I want to say that I am truly blessed to know each and every one of you and to call you my friend. When I joined Alpha Iota twenty some years ago, I had no idea what an amazing journey I was headed for.

Alpha Iota just recently celebrated our newest member, Janis Ratliff, who joined our chapter in November of 2020! We held her jewel pin ceremony at our November meeting to officially welcome her to our chapter. Janis also earned the First Pearl award so we held that ceremony as well. It is so exciting to welcome new members to our circle of friends! Pictures from the evening are attached.

Every holiday season, we adopt a family in need from a school district that Heidi used to work for and buy the items on their wish list. Heidi is working with her contact for the list so that we can begin shopping!

The members of Alpha Iota wish you a Happy Thanksgiving!



**DIY RUDOLPH ORNAMENTS**  
**FROM STUDIO DIY – MAKE LIFE A PARTY**



## **SUPPLIES**

Round Ornaments – white, gold, silver or pastel colors work best

Red Pom Poms or Foam Holiday Baubles

White Craft Foam

Hot Glue Gun

Scissors

## **DIRECTIONS**

1. Place a bead of hot glue on the pom pom/foam ball and glue it to the center of one side of the ornament.
2. Cut out antler shapes from the foam and run a line of hot glue along the bottom of each antler, then place on the top of the ornament and hold in place until set.

These would be a great little craft at a holiday gal pal get together, and they'd make really cute gift toppers too!



**Honoring Rosalee Echele's Many Years of Service to the ESA Foundation**

**From the ESAF Fall Newsletter**

The ESA Foundation was established in 1970. During the past 51 years, there have been countless Directors who all have made significant contributions to the program. Without each of them, the Foundation would not be where it is today.

Each Director likely began their first year excited to serve, occasionally feeling overwhelmed and then realized they were able to play a small part in something much greater. They were all gratified to make a difference in the lives of others.

In 1995, Rosalee Echele took her first steps onto the ESA Foundation Board with feelings of excitement and, she has said, a bit of terror at the responsibility that was given to her. She already had a strong passion for ESA so a new commitment to the Foundation seemed inevitable. This was the start of a 26-year continual passion and dedication to the success of the ESA Foundation. For a quarter of a century (half of the Foundation's years of existence), she has committed her personal time to ensure the development and success of the organization. Failure was never an option.

Here are a few of the Foundation's awesome achievements that Rosalee helped shepherd over the past 26 years.

#### 1995:

- Australia had just been added to the Scholarship Program.
- 53 students were awarded a total of \$28,000 in scholarships, as compared to 2021, when there were 190 scholarship awards for a total of \$ 347,100.
- The Life Active Membership program was initiated.

#### 1996:

- Game Fest was started.
- The concept of State Foundation Counselors was launched for each ESA state council. • The net assets reached \$471,330.

#### 1997:

- Rosalee made a commitment to develop a website for the ESA Foundation, an area she still works with today.

#### 1998:

- Rosalee was first elected as Chairman. • 36 people joined in the newly created Life Active Membership Program.
- The first Humanitarian Award was given.

#### 2000:

- This was the 30th anniversary of the ESA Foundation.
- The Planned Giving Program was started
- The first Grant Program was underway
- Foundation net assets had reached \$1,000,000.
- There were 102 scholarships awarded to students for a total of \$60,500.

#### 2002:

- Casino night was started.



- The Fantasy Event was conceived... a no-show attendance fundraiser for a party, vacation or grand adventure.

#### 2010:

- Foundation assets were up to \$3,000,000.
- The IC Convention event was changed to Foundation Fund Fest, which still continues today.

#### 2012:

- One of the organization's grand accomplishments was bringing the Scholarship Program online. It took several years of planning and transition but this one step brought the program up to date with the current technology and will provide viability for one of the Foundation's core programs for many future years.

Throughout the following years, the Foundation continued to grow.

In 2021, Rosalee decided it was time to retire from Board. While she isn't going far, she will have more time to spend with family and friends. In true Rosalee fashion, she has said "I am not going to go sit at home and I still want to remain involved at some level." Rosalee remains an advisor to the Board and has several appointments for this coming year. She leaves behind a legacy that will be difficult to match. She saw the assets reach \$6,000,000 in 2021, which includes 219 Endowments that fund the scholarship program. There isn't enough room in this newsletter to describe all the impacts Rosalee Echele has made on the ESA Foundation. She leaves the Board in great shape with every program functioning well. Those of us on the current Board can only aspire have her enthusiasm, willingness to try something new, and seemingly boundless energy to promote the Foundation.

On a personal note, I have learned so much about the Foundation from Rosalee and because of the example of commitment and dedication I have seen in her, I have a deeper passion for the ESA Foundation. - - -Ann Southall

Here are a few words about Rosalee that have been shared by others:

"Over the last five years, the Board has been focusing on strategic planning and one of the questions that often gets discussed is 'What made you interested in running for the Foundation Board?' It is almost funny to hear so many of us say, 'Because Rosalee asked me...'. Rosalee is fearless in promoting the causes she supports, especially the Foundation. She knows the opportunities available through our Scholarship program and shares ESA Foundation business cards with those she meets in her daily travels to let them know about the scholarships. Additionally, for someone who has been on the Board for so long, she has been an amazing change master, looking for new ideas and better ways of doing things. I remember when I first joined the Board and started asking 'Why are we doing ...?' and offered alternate approaches, Rosalee would say, because we never thought of it and she was always willing to try an improved approach. She will be missed, but I know she is there to answer questions and provide her perspective." ... Kim Mandrell

"You took me under your wing back when I was brand new to ESA and I have always looked up to you as a mentor and friend. I would be hard pressed to find anyone who is a more dedicated volunteer. The work you have done for the ESA Foundation is outstanding and your legacy will be one of fierce compassion, loyalty, and innovation. You have touched the lives of hundreds of students and, while they may never even know it, they have you to thank for their

bright futures. I am so very proud of you, my friend. Thank you for everything you have done for ESA and for the ESA Foundation. You are simply amazing!” ... Charlotte Carloni

“While the ESA Foundation has had many dedicated members, Rosalee Echele is a giant among giants. She has served in just about every office, and been a Foundation Chairman who has encouraged new ideas. During that time, she has served as a great leader, friend and mentor to the many ESA Foundation members, along with other ESA friends, staff members, scholarship recipients and her St. Jude family as well. In a word, when asked what Rosalee has done, I think it’s fair to say “everything”, absolutely everything! You’ll be remembered for all your positive energy and good work. Thanks for EVERYTHING Rosalee! Time to enjoy!”  
... BJ Clark



(Couldn't access a picture of Rosalee at a Foundation event – but found this gem on the internet and thought it spotlighted our Rosalee perfectly!)



# **Best Broccoli Salad**

From LOVE & LEMONS



A Broccoli Salad Recipe That's Good for You - Broccoli salad is normally loaded up with sugar, ample mayo, bacon, and cheese. This **recipe is a fresher, healthier version – and the result is a crisp, refreshing, tangy dish that'll be the star of your dinner.**

## **Ingredients**

- 1 pound broccoli crowns
- 3 tablespoons [extra-virgin olive oil](#)
- 3 tablespoons mayo (vegan mayo is great in this recipe)
- 1½ tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup or honey
- 1 garlic clove, minced
- ¼ teaspoon sea salt, more to taste
- ⅓ cup diced red onions
- ⅓ cup dried cranberries

### *Smoky tamari almonds*

- ½ cup almonds
- ½ cup pepitas
- 1 tablespoon tamari
- ½ teaspoon maple syrup
- ¼ teaspoon smoked paprika, more to taste

## **Instructions**

Preheat the oven to 350°F and line a baking sheet with parchment paper.

1. Chop the broccoli florets into 1/2-inch pieces and any remaining stems into 1/4-inch dice. Peel any woody or course parts from the stem first.
2. In the bottom of a large bowl, whisk together the olive oil, mayo, apple cider vinegar, mustard, maple syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat.
3. Place the almonds and pepitas on the baking sheet, toss with the tamari, maple syrup, and smoked paprika and spread into a thin layer. Bake 10 to 14 minutes or until golden brown. Remove from the oven and let cool for 5 minutes (they'll get crispier as they sit).
4. Toss the almonds and pepitas into the salad, reserving a few to sprinkle on top. Season to taste and serve.





## **Supplies**

- 6-inch Foam Ball
- 5/8 inch Coordinating Ribbon
- White Tipped Pine Cones - 1 pound or gather from your yard
- Greenery Picks (4-6)
- Brown Berry Picks (4-6)
- Hot Glue Gun and Glue Sticks
- Wire Cutters

## **Directions**

First, cut a length of ribbon 3-4 feet long. Double it in half, and at the loop end, tie an overhand knot to create your hanging loop. Then, tie the long ends around the ball and knot them securely at the bottom. You may wish to add some hot glue or even a sewing pin to hold your ribbon in place while you work.

Begin gluing on your pine cones. You may find as you work that they leave some gaps, or don't fit snugly against each other. The gaps will be filled during the next step. Tip: the larger the foam ball you use, the easier it will be to fit pine cones together BUT the more area you will need to cover – which means you may need more or fewer pine cones than one pound if you are using a foam ball that's a different size than 6 inches.

When your ball is covered with pine cones, clip your greenery and berry picks apart with wire cutters. Fill the gaps in first with your greenery, angling the picks mainly toward the sides and bottom (this will make it look more natural, giving it more of a heavy, drooping effect, rather than having greenery sticking straight up). Finally, add in the berry picks. All of the pick wires should push right into the foam, but for extra security you can always add a dab of glue when you place it.

When you've filled all the gaps, then your DIY kissing ball is ready to hang! You can tie a loose bow at the bottom of the kissing ball, but go with what you like the looks of best. Some versions just let the ribbons dangle.

# **Together by St. Jude Teaches Children about the COVID-19 Vaccines in New Coloring Book**

Following FDA authorization of the COVID-19 vaccine for children ages 5 to 11, St. Jude Children's Research Hospital releases a free coloring book that educates children on the vaccines.

*Memphis, Tennessee, November 2, 2021*

Developed and reviewed by patient education and infectious disease specialists at St. Jude, the coloring book is available for download on the *Together* by St. Jude web-based resource.

Experts at St. Jude Children's Research Hospital have created a coloring book to help children learn about vaccines and how they work to prevent COVID-19. The coloring book comes on the heels of the US Food and Drug Administration's authorization of the COVID-19 vaccine for children ages 5-11. Developed and reviewed by patient education and infectious disease specialists at St. Jude, **the coloring book** is available for download on the *Together* by St. Jude web-based resource.

*A St. Jude Coloring Book: COVID-19 Vaccines* answers questions about COVID-19 vaccines in words children can understand. "A COVID-19 vaccine uses the body's immune system to fight the coronavirus," the book reads. "Your immune system is like a team of superheroes that protect you from germs." The book also uses simple pictures to show how the vaccine works to help your body make antibodies to fight the virus that causes COVID-19.

"The vaccine coloring book offers children the opportunity to learn more about the COVID-19 vaccine by coloring images of doctors, children and the COVID-19 virus," said Rachel Schmelzer, a child life specialist at St. Jude. "The illustrations in the book help to prepare children for the vaccination process and explain how the vaccine works to protect their bodies from COVID-19."

## **Free Online Coloring Books: A St. Jude Initiative for Patient Education and Care**

*Together* by St. Jude published its first coloring book on COVID-19 in 2020. *Learn About the Coronavirus* helped children understand the virus and taught ways to stay healthy by keeping a distance, wearing a mask, and washing hands often. That coloring book was translated into 16 different languages and was downloaded over 14,000 times in more than 150 countries and territories.

"Throughout the pandemic, parents have struggled through numerous difficult conversations with their children. We want to prepare our children for the significant changes in their daily lives and teach them how to stay safe, but how can we do this without scaring them?" said **Niki Jurbergs**, PhD, St. Jude Psychology Department. "We created these coloring books to prepare parents with the tools they need to introduce these new and potentially scary concepts in an age-appropriate way. Having a plan ahead of time, including talking points, can make parents feel more comfortable during this conversation."

**The coloring books** are an example of how *Together* by St. Jude supports the hospital in setting the standard for pediatric cancer care and patient experience. St. Jude staff collaborated with infectious diseases specialists to create accurate but accessible and interactive educational material to meet the needs of families affected by pediatric cancer. The coloring books have value for parents and children everywhere, not just St. Jude patients.

In addition to the two COVID-19 coloring books, *Together* by St. Jude has also released ***Riley Takes Medicine***, a coloring book that teaches children undergoing cancer treatment about the different types of drugs and the importance of medication compliance. All three coloring books are available for free to download.



A Christmas critter to color!

# PEPPERMINT BARK PRETZEL BITES



## INGREDIENTS

**Square Pretzels** - These are usually found by the name brand of Snyder's. I prefer the square pretzels when making this recipe but regular mini pretzels will work.

**Hershey Candy Cane Kisses** - Unwrap these babies so they're ready to go. This is the perfect way to get kids involved. There are 63 Hershey Kisses in the bag so you can yield 63 of these peppermint bark pretzel bites. Make more or less depending on the need.

**White Peppermint M&M's** - These should be readily available most everywhere but if for some reason you can't find them, then get a bag of the Christmas Mix M&M's.

**Christmas Sprinkles** - These are totally optional. Be sure and sprinkle them on when the chocolate is warm so they will stick. I like to add the sprinkles on after I finish one row of pretzels.

## DIRECTIONS

**Lay the square pretzels on a cookie sheet lined with parchment paper or tin foil.** You can make as little or as many as you want, just make sure that you have enough Hershey Candy Cane Kisses and M&M's for each one of the pretzels.

- **Unwrap the Candy Cane Kisses and place one on each pretzel square.**
- **Bake** for 4 minutes in a 250 degree oven.
- **Press a Christmas M&M onto each softened Hershey Kiss** and gently press down. Sprinkle the warm chocolate with Christmas sprinkles if wanted.



# **St. Jude Heroes reach \$100 million milestone for St. Jude Memphis Marathon® Weekend**

Fitness enthusiasts have raised more than \$100 million for St. Jude Children's Research Hospital as charity-run event celebrates its 20th anniversary *Memphis, Tennessee, Nov. 1, 2021*

What does it take to keep St. Jude Children's Research Hospital® running? If you're a St. Jude Hero, that means running for a purpose for events like the **St. Jude Memphis Marathon® Weekend** presented by Juice Plus+®.

For years, tens of thousands of steadfast supporters pushed through every step, mile and intense hour of training and recently achieved an incredible cumulative milestone: **\$100 million raised in two decades through this event.** Their support helps fuel the St. Jude \$11.5 billion, six-year strategic plan, which includes tripling its global investment to impact the more than 400,000 kids with cancer around the world each year.

"It's inspiring to see the difference every one of us can make for the children of today and future generations when we commit to a purpose and work together for good by raising \$100 million in 20 years – one dollar, one runner at a time," said Richard C. Shadyac Jr., President and CEO of ALSAC, the fundraising and awareness organization for St. Jude Children's Research Hospital. "Childhood cancer is a multi-trillion-dollar, multi-year problem and fundraising through annual events like the St. Jude Memphis Marathon Weekend is crucial for St. Jude to continue its groundbreaking research and treatment and execute on its \$11.5 billion expansion and growth plans."

St. Jude Memphis Marathon Weekend is the largest single-day fundraising event for St. Jude. The all-virtual event raised \$7.5 million in 2020. The goal for the event's historic 20th anniversary on Saturday, Dec. 4, 2021 was set at \$9 million, but St. Jude Heroes and generous donors have rallied in true hero fashion and are already on pace to surpass that goal and reach \$12 million, nearly \$5 million growth year over year. Because of fundraising events like this, families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live.

St. Jude Heroes have access to online training programs and race-day extras – from a singlet to hotel accommodations, depending on the fundraising commitment – and possibly entry into the most exclusive races in the world. Runners can also earn additional prizes based on how much is raised for St. Jude kids.

Since its inception in 2002 with fewer than 3,000 participants, St. Jude Memphis Marathon Weekend has become a marquee event that not only brings families, friends, neighborhood associations, and businesses together for a purpose, but also creates global awareness around the important work that happens every day at St. Jude Children's Research Hospital. The event has attracted up to 26,500 participants annually from Memphis and around the world. This growth is due to the continued support of local, national and worldwide supporters who share a passion for the St. Jude mission: Finding cures. Saving children.®

To ensure a safe environment for all, participants can view St. Jude Memphis Marathon Weekend health and safety protocols [here](#). Event organizers are following the guidance of the Centers for Disease Control and Prevention and local health officials.

Achieving the \$100 million milestone is cause for celebration. St. Jude Heroes and all supporters are encouraged to use the hashtags **#StJudeSpirit** and **#StJudeHeroes** on social media and post images and videos related to their St. Jude Memphis Marathon Weekend participation over the past two decades. To learn more, visit [stjude.org/marathonspirit](http://stjude.org/marathonspirit). To volunteer on race weekend, visit [stjude.org/marathonvolunteer](http://stjude.org/marathonvolunteer).

St. Jude Memphis Marathon Weekend marks its 20th anniversary, and the stories of five runners who have participated every year since the start are featured on St. Jude Inspire.



**St. Jude Hero Raj Betapudi will participate in his 20th consecutive St. Jude Memphis Marathon Weekend this Dec. 4, 2021 in Memphis, Tenn. St. Jude Heroes, participants who fundraise while training, join tens of thousands of steadfast supporters who pushed through every step, mile and intense hour of training, recently achieving an incredible cumulative milestone, raising more than \$100 million for St. Jude Children's Research Hospital in two decades through this event. Photo credit: ALSAC/St. Jude Children's Research Hospital**



# Chocolate Salami (No-Bake Dessert)

From *yummy addiction*  
LIVING IN TUNE WITH THE SEASONS



*Chocolate Salami is definitely not a sausage stuffed with chocolate. It's a mind-blowing dessert packed with cookies, pistachios, and almonds! Crunchy and sweet, this chocolate log is guaranteed to become your favorite! This Chocolate Salami is easy to make, literally **anyone can make this goodness!** Jokes aside, this chocolate log is no-bake and requires only 15-20 minutes of your active time. After a couple of grueling hours of waiting for the log to get ready in a fridge, you get a sweet, crunchy (it's packed with pistachios and almonds), and chocolatey perfection.*

## Ingredients

- 3.5 oz. (100g) dark chocolate
- 5 oz. (140g) unsalted butter
- 5 tablespoons cocoa
- 2 tablespoons sugar
- 1 14 oz. or 400g can sweetened condensed milk
- 7 oz. (200g) mixed nuts (I used pistachios and blanched almonds), chopped
- 13 oz. (360g) digestive cookies or tea biscuits , broken into small pieces
- powdered sugar, for rolling

## Instructions

- \*Melt the chocolate and butter in a double boiler until smooth. Add the sugar and cocoa and mix well. Add the condensed milk and mix once again until smooth.
- \*Combine the cookies and nuts in a bowl and pour the chocolate mixture over them. Mix until everything is covered in chocolate.
- \*Divide the mixture between two sheets of parchment paper and roll it up. Twist the ends. Let sit in a fridge for at least 3-4 hours, the more the better.
- \*Before serving, cover the logs with powdered sugar. Enjoy!