

Life is a Journey...Enjoy the Trip

Missouri State Council
2021 – 2022



HAWTHORNE

The State of Missouri Newsletter

September 2021 Issue

New Hawthorne Information

Hello Sisters! It's the end of summer and fall is almost upon us. Can't wait to see 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. 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

Holiday Issue 2021

Articles/information to me by Friday, November 12, 2021

The Hawthorne will be online and in the mail no later than Friday, November 19, 2021

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, September 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 four 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
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Hello All,

I have to confess, I am writing this at work. Two things just happened so I am taking a break. A man just hung up on me because he entered an order online and didn't verify his address. He sent his order to his old address two states over. We would be happy to redirect at no charge if we had made the mistake. He hung up after a few choice words when I began discussing the charge to redirect his package.

And, a woman just rated a chat as "Bad" because she didn't like my answer which was actually a very nice explanation of what qualifies for a company to be on terms net 30. So, a break was in order.

I would really like to adopt this as a rule...being nice can be hard sometimes!

I can tell you, I can't wait to step down from a full time position. At this very minute, I have 10 months, 3 days, 6 hours and 15 minutes, not that I am counting. At the Managers' meeting this week, we discussed my plan and I will be able to go part time, no problem. If I want to work from home that would be fine too. And, if I want to work a bit more from home now, that is good too. It's a win all around. I am so grateful that they are allowing me all of this flexibility. I am sure the time will go by very quickly. It is already September and Christmas was just a couple weeks ago (so it seems).

I have to tell you about one more thing. We went to my Aunt Lois's 100th birthday a few weeks ago. We have so many quotes from her. She says the secret to living to 100 and on is to have fun and don't eat vegetables especially if they are green. Her favorite restaurant is Taco Bell if you can believe that. So, if you too want to live to be 100, consult a physician first but eat taco bell frequently, don't eat any vegetables while having a whole lot of fun.

Well enough of that! I am looking forward to Leadership very soon. I do want to remind you all that we will be requiring masks. We will also practice social distancing. I am just so happy that we are actually having a meeting.

I look forward to seeing you all soon.

Take care, be safe!
Brenda Fields
MSC President 2021-2022



"Please hold for the next customer service agent.
This call may be recorded to play back to
your mother if you use bad words."

Autumn Waldorf Salad

From allrecipes



Prep: 20 mins. **Additional:** 30 mins. **Total:** 50 mins. **Servings:** 2

Ingredients:

- 1/4 cup plain yogurt
- 1 pear, diced
- 1 cup sliced celery (Optional)
- 1/4 cup dried cranberries
- 1 dash ground cinnamon
- 1 1/2 teaspoons brown sugar
- 1 apple, diced
- 1/2 cup raisins
- 2 tablespoons chopped walnuts
- 1 dash ground nutmeg

Directions

- Mix yogurt and brown sugar together in a bowl to make dressing.
- Combine pear, apple, celery, raisins, cranberries, and walnuts in a bowl. Add dressing and toss well to combine. Sprinkle cinnamon and nutmeg on top.
- Chill salad before serving, at least 30 minutes.

Notes: Substitute vanilla yogurt for plain if desired. Substitute pecans or walnuts if desired.

What is Your “Why”?

Some of you might be asking what I am talking about. I have to admit I did the same thing a few weeks ago. I heard about a young man who works for a large national nonprofit. It just happened that he and someone I am acquainted with started chatting about what he does for the nonprofit and why he is so committed to what he does. As the conversation went on he mentioned his “Why” was tattooed on his arms. He was asked to explain. He said he had a full sleeve on both arms (for those of you who are not familiar that means tattoos from the shoulder to wrist). He rolled up both sleeves and there they were – full sleeves. But what really stood out was all of the tattoos depicted something to do with Big Foot (also known as Sasquatch, the large human like creature who roams the woods of the Pacific Northwest). Of course the person relating this to me was curious and asked why Big Foot and to explain what he meant by his “Why”.

He explained that there was young boy in his past who needed a lifesaving marrow donation but sad to say a match was not available in time to save his life. He decided at that time he would do all he could to save lives of others (his “Why”) and because the young boy was fascinated by all things Big Foot he decided Big Foot would become a symbol of his “Why” – a symbol of his purpose, his passion and his inspiration.

The definition of your “Why” is (a) what sets you apart from others (b) your purpose (c) what inspires you (d) what helps you inspire others (e) what expresses your unique contribution and impact you want to make on others and the world.

To find your “Why” you must find your purpose, discover your passion, look for likeminded people who share your interests and most of all remove “can’t and “but” from your vocabulary, keep moving forward and keep your “Why” at the forefront of all that you do whether you have a “Why” symbol or not.

So no I am not going to go out and get a full sleeve but I starting thinking about identifying my “Why” and coming up with a symbol. It might be fun for all of us to find and identify our “Why” and our symbol and share with other members. I think it is safe to say all of us ESAers have a common purpose, a passion for helping others and connecting with likeminded people so if you have not already done so it should be easy to find your “Why” and a symbol.

Jan Ross
Gamma Delta



Leaf Mason Jar Candle Holder From Good Housekeeping Magazine



SPARK & CHEMISTRY

Add fall flair to your mantel, bookshelf or tablescape with these mason jars-turned-candle holders, decoupaged with real or faux leaves.

If you decoupage leaves after they have been dried, they will keep their color and vibrancy! This project works easier with small leaves as opposed to large ones. So on your next walk collect some beautiful autumn leaves. Bring them in and dry them between sheets of newspapers for about two weeks or more.

To decoupage, **dip your brush in Mod Podge and paint a thin layer on a section of the jar.** Once that layer becomes quite sticky (check by dabbing your finger on it), place a leaf (real or faux) on the jar. Paint more Mod Podge on top of the leaf in thin layers, making sure to smooth out the edges.

Wrap jute cording, ribbon, thin rope or raffia around top of jar and tie in a bow. Add a small battery tea light to the jar.

It is scholarship time! As of September 1st, the ESA Foundation is accepting scholarship applications for the 2022-2023 school year. Now is the time to spread the word about our scholarships and grants. More than 260 scholarships will be awarded this year. The information is available to anyone so please share the website with family, friends, neighbors, your local high schools, other organizations that to which you belong, church members – anyone who might benefit from the information and no matter where they live. Scholarships are listed by state and apply to the residence of the student. Website: www.epsilonsigmaalpha.org/scholarships

One thing I think most of us did a lot during the pandemic quarantine is use our credit cards online! Now you know how easy it will be to pay your annual Foundation dues, become a Life Active member or simply make a donation the same way! Please pay your annual dues before December to save the cost of mailing reminder notices. Website: <https://esa.users.membersuite.com/> Log into Member Suite, select My Profile, click on Membership, choose Foundation, and click on Renew

Learn more about your Foundation on the ESA Foundation website. You can view the 2021 Foundation Meeting, workshops, guest speakers sharing information about the impact on education during the past year and other topics. You can read past newsletters with a wealth of information. Some scholarship and grant recipients are highlighted and a complete list of all recipients for the school year 2021-2022 is included in the summer 2021 newsletter. As an ESA member, you want to be a part of this program that does so much for our future leaders! Remember, you do not have to be a member of ESA to be a member of the Foundation. If you have family, friends or a business that would also like to contribute to the success of the next generation, let them know how to access the website and share details of the scholarships and grants awarded every year.

Sharon George
Foundation Counselor



Missouri ESA Planning Meeting

Meeting Minutes

7/17/2021

9:30 am

President Brenda Fields opened the Zoom meeting with our opening ritual.

Chaplain Kathy Loyd shared opening thoughts.

Committee reports:

Membership – Report included with the minutes. Full report will be in the next Hawthorne newsletter.

Recording Secretary Diane Goold – Committee reports were submitted from membership and ways and means committees. Those reports are included with these minutes.

Budget – no report.

Parliamentarian Katherine Hake– some information may be shared at our next Leadership meeting. No report today.

Hawthorne – President Brenda Fields shared the following deadlines dates for submissions: 9/3/21; 11/19/21; 6/6/22. She thanked Editor Paula Miller for doing such a great job on the newsletter.

Leadership – Heidi Shoemaker – Two speakers are being considered for the convention. Details will be shared at a later date.

State counselor- Jan Cook – no report.

Sandy Hosack shared she has received 4 registrations for the leadership meeting in September. She encouraged all to register ASAP.

Brenda said the motel reservation link wasn't working until this week. Some members who have tried to make a reservation are still having problems registering for a two-queen bed room but could register for a king room. The motel reports there are no rooms available. You can register by calling the motel directly instead of using the website. Brenda will contact them to work out the remaining glitches.

There was a question about social distancing policies at the meeting. Table seating will be limited to 4, and masks may be required.

Association of the Arts – Julie Whittaker encouraged all to bring an entry to the State Convention to showcase our many artistic creations. Please refer to the Hawthorne article Julie posted.

Awards - Claudia Hatton - there will be awards' presentations at the State Convention, coinciding with Brenda's theme of "Going on a Journey." Brenda assures us that whatever the plan is, it will be a fun part of the convention.

Chaplain Kathy Loyd –please send information of any prayer concerns of our chapter members. Claudia Hatton mentioned we could share about those who post on Facebook and other social media outlets, even if we don't learn of a need directly from the individual.

Jan Cook made an inquiry about the rotating State Convention dates as we missed a formal 2021 convention. The answer to her inquiry was that the convention will be held in Columbia in 2022, Kansas City in 2023, and St. Louis in 2024. Diane Goold, Sigma Tau, reported that the St. Joseph chapter would be happy to help the Kansas City chapters with the convention in 2023.

Convention chair Heidi Shoemaker will be reporting more on the 2022 convention at later dates.

Diana/Youth Award – Angie Butenschoen encouraged all to nominate individuals who would qualify for the Distinguished Achievement (Diana) Award and Outstanding Youth Award.

Note: After the meeting Diane Goold, Recording Secretary, questioned President Brenda Fields about the criteria for these awards and Brenda explained with the following:

The Distinguished Achievement Award is to recognize works of outstanding public service. We look to identify people who have unselfishly given of themselves to a remarkable degree in some area of service that benefits others. This person exemplifies the wholesome and inspiring qualities of love, faith, and courage that reflect the ideals of Epsilon Sigma Alpha. These people may or may not have been recognized for their service before. They may be in the public spotlight on a daily basis or be working quietly in the community to benefit others. In either case, ESA needs your help in identifying such individuals to be honored with one of our organization's highest awards,

The Outstanding Youth Award is the same criteria for Middle and High School aged individuals.

Easter Seals –Pam Baker –no information today.

Education - Gloria VanDover - please send information to her on what your chapters are doing this year.

Foundation – no report at this time

Historian - Sharon Gardner– please send photos and information to her as events occur.

Hope for Heroes – Ruth Williams is absent today due to a recent fall with injuries. She reported to Brenda that she has been in contact with Camp Hope for donations needed, and the Welcome Home project. She is hoping to have someone from the Wounded Warriors and another entity not specified at this time, to share programs at the 2022 convention. Kathy Loyd sent a message after the meeting asking for prayers for Ruth through her healing process.

MARC –Rebecca Hatton and Marty Neuman reported the registration form is available. The Marc convention will be held on October 8-9, 2021, in Wichita, KS. Registration due by Sept. 10, 2021. It will be held at the Hyatt Regency in Wichita. The registration code is MARCESAS. Masks will be required, and social distancing will be practiced.

Philanthropic - Sharon Gardner. Please send events information to her.

Publicity – Sandy Moritz - Please send events information to her.

Social – Ann Murray – needs reports of social activities. Upcoming activities have not been determined at this time.

St. Jude – chairs Brittany Covey and Carolyn McNamara were not available at this meeting. They will report on dollar amounts donated at a later time. Raffles will be held at state meetings to help raise funds.

Ways & Means 2021 to 2022
Susan Jobe, Bev Still and Joan Laskey

Ways & Means:

1. Pot of Gold
2. Scratch Tickets - \$100.00 worth
3. Grab Bags from each chapter attending – anything can go in the bag!! New or Old items!! 1st time please use your own bag – we will hand out bags at the September meeting for the next 2 events
4. Cute Baby Contest – Bring the best baby picture of your self – Everyone can vote on them as many times as they want to – the is \$1.00 per vote - we will pick the top 3 winners
5. We will stick to the top 3 options for each meeting but add in one other for something fun

I will email all of the Chapter presidents a month before leadership about what Ways & Means is doing so bring your money!!

Membership – Sidney Kendall

Overall membership in many organizations is down. Two of the reasons are health and the pandemic. Even with these problems we can still step out in various ways to increase membership in ESA. We can make “Lemonade out of Lemons” which was IC Leadership theme this year. We need to be creative. First of all we need to look at our chapters’ mind set. Look in a positive direction of how you can take your strengths and not your weakness to a new level. Ask yourselves do you really want to change your chapter’s membership, do you really want to change the dynamic of the chapter and if not, why not. And even if your chapter wants to remain its current membership or rarely, if you feel your chapter is so large you can’t accommodate anymore members, try to help other chapters increase.

Information to help your chapters bring in new members can be found on:

- On YouTube “Be the Change You Want to See with Epsilon Sigma Alpha.”
- Wildapricot.com/blog/ways to get new members has “101 ways to Get New Members for your Organization” by Tatiana Moraud. One of the messages here is to work on

using the different social media to let the community know about ESA and your chapter. Also, have a booth at a local festival.

- Our ESA website has a recruitment Page and a Community ESA video to use.

These sites will be in the next Hawthorne. Brittany will continue with her message on membership.

Respectfully submitted
Diane Goold
Recording Secretary

Use your creative talents and color the Pumpkin Patch



Frosted Pumpkin Cranberry Bars

From Taste of Home Magazine



-  Total Time - Prep: 15 min. Bake: 20 min.  Makes about 4 dozen

Ingredients

- 1-1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3 large eggs, room temperature
- 3/4 cup butter, melted
- **BROWN BUTTER FROSTING:**
- 1/2 cup butter
- 1 teaspoon vanilla extract
- Additional dried cranberries, optional
- 1-1/4 cups sugar
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1 can (15 ounces) pumpkin
- 3/4 cup chopped dried cranberries
- 4 cups confectioners' sugar
- 4 to 6 tablespoons whole milk

Directions

In a large bowl, combine the first six ingredients. In another bowl, whisk the eggs, pumpkin and butter; stir into dry ingredients until well combined. Stir in cranberries. Spread into a greased 15x10x1-in. baking pan. Bake at 350° for 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.

For frosting, in a large heavy saucepan, cook butter over medium heat for 5-7 minutes or until golden brown. Pour into a large bowl; beat in the confectioners' sugar, vanilla and enough milk to achieve spreading consistency. Frost bars. If desired, sprinkle with finely chopped dried cranberries.

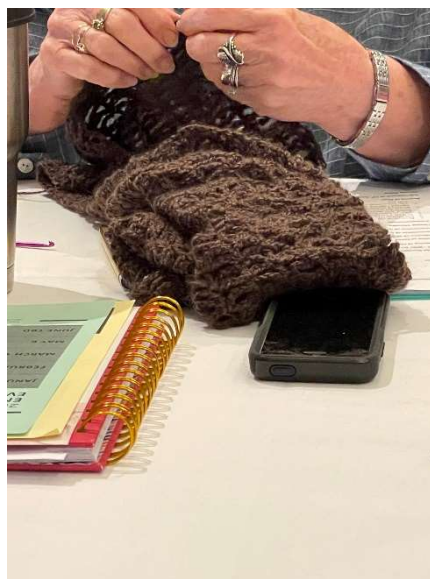
Hey there everyone! I just have a feeling that you have been so busy working on your Association of the Arts entries for April's state Convention that you have forgotten to send me pictures of what you are working on or have already finished so I can do this guessing game! If you weren't at the IC convention, you missed an array of beautiful entries that just made me want to go out and be crafty. Our own Kathy Lloyd placed with her beautiful afghan. We have to do better for next year. She was the only entry from Missouri! Anyway, this month, I have two masterpieces or a masterpiece in the works. Can you guess who has made them? Please send me your pictures so I can include them in the contest.

Till next time!

Your Humble Association of the Arts Chair

Julie Whitaker

Esajuliew@gmail.com



No Sew Mummy Pillow

from Sugar and Charm

SUPPLIES

- Fabric glue
- Pillow insert
- White fabric, preferably one that has texture and looks like a bandage
- Black and white felt for the eyes
- Scissors

INSTRUCTIONS

1. Trace two circles from the felt — a larger one for the white and smaller for the black.
2. Glue them together using fabric glue, then glue them to the pillow insert.
3. Tear strips of fabric along the crosswise thread. They can be of different sizes.
4. Position the fabric on the pillow, wrapping it from front to back. Do this over the entire pillow, leaving an opening for the eyes.
5. Next, glue with a few dots of fabric glue.



Can I just say that I am sick of covid and am ready to be back to normal – whatever that means anymore? Alpha Iota members are happy to finally be able to meet again in person after having what seems like a million meetings by zoom. I wanted to share a quick update on a couple of philanthropic projects that our chapter recently completed.

Each summer, one of our favorite activities is to cook a meal for the guests at Ronald McDonald House. Unfortunately, covid made that impossible this summer. Instead, we made food baskets that could be given to guests as needed. We filled seven big totes with all kinds of items. Microwavable macaroni and cheese, peanut butter, crackers, chips, fruit cups, popcorn, candy, pudding, cookies, and water were just some of the items included. We had a lot of fun with this project at our July meeting.

At our August 31st meeting, we made goodies for project back sack at the school that Heidi works for. We wanted to make something a little special that could be given to the kiddos so we made birthday bags that could be given to the child on their birthday. Included in the bags was everything needed to have a little party – cake mix, frosting, plates, napkins and candles. Just a small gesture to show a child that someone cares about them.

We are also hoping to be able to volunteer at Harvester's again soon and are hoping that we will finally be able to hold a trivia night to raise money for St. Jude's sometime soon.

Hope everyone is doing well and hope to see you at leadership!



Sausage-Stuffed Acorn Squash - from Taste of Home



Total Time Prep/Total Time: 30 min.



Makes 4 servings

Ingredients

- 2 medium acorn squash
- 1/2 cup chopped onion
- 1/2 cup dried cranberries
- 1 large egg
- 1 pound bulk spicy pork sausage
- 1 cup fresh spinach, finely chopped
- 1-1/2 cups soft bread crumbs
- 2 tablespoons 2% milk

Directions

- Halve squash lengthwise; discard seeds. Place squash in a microwave-safe dish, cut side down. Microwave, covered, on high until tender, 10-12 minutes.
- Meanwhile, in a large skillet, cook and crumble sausage with onion over medium heat until no longer pink, 5-7 minutes; drain. Remove from heat; stir in spinach, cranberries and bread crumbs. In a small bowl, whisk together egg and milk; add to sausage mixture and toss until moistened.
- Turn over squash; fill with sausage mixture. Microwave, covered, until a thermometer inserted in stuffing reads 165°, 2-3 minutes.

Editor's Note: To make soft bread crumbs, tear bread into pieces and place in a food processor or blender. Cover and pulse until crumbs form. One slice of bread yields 1/2 to 3/4 cup crumbs.

Hopefully by the time my ESA sisters and brothers read Alpha Omega's news we will finally be experiencing some beautiful cooler early autumn weather. The chapter has not been able to get together this summer due to the pandemic and members plans. We did meet in my new retirement home the end of August just for fun. No business or planning, just friendship, laughter and sharing what we had been doing all summer.

Jackie Adkins, Sharon George and Anne Murry were able to attend IC Convention. They had a great time and will tell all the AO sisters what ESA and the Foundation have planned for us this year at our September in person meeting.

In October we are going to the Beyond Van Gogh exhibit at the Galleria. This is an immersive experience presented by audiovisual designers. Vincent Van Gogh's masterpieces are freed from frames and come alive. His words are set to a symphonic score and will enable us to appreciate this tortured artist's stunning work. One AO member has seen this exhibit and said "it is a must see".

Alpha Omega has scheduled our annual Think Spring for Saturday, January 29th. We were unable to hold this event last year and are looking forward to 2022. We will not follow lunch, silent and oral auctions with Bunco . . . but we will still have the EGGS to purchase!

I wish all my Missouri sisters a safe, happy and glorious autumn and holiday season.



BETA TAU - Terri Breedlove

Summer is almost over and I am looking forward to cooler weather. Beta Tau has continued to meet this summer. We are pleased to have Jan Adair attending meetings again. Welcome Back Jan.

September 7th we are having our annual Pamper Chef Fundraiser for Easter Seals. You can support our efforts using the following shopping link until September 21st.

www.pamperedchef.com/party/betatau0907. We are also using this as a rush party to invite others to join ESA.

Can you say Road Trip, several members plan to attend MSC Leadership in St Peters on September 17 and 18 it will be great to see everyone again.

April MSC Convention planning is coming along more info to follow at Leadership in September.

Beta Tau is working on coming up with additional fundraising ideas for St Jude.

Please keep safe until we meet again.

Leafy Wreath

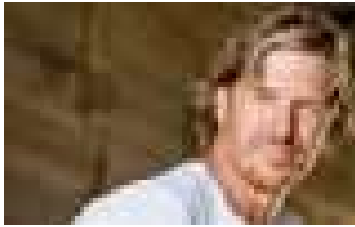
From Good Housekeeping Magazine



MICHAEL PARTENIO

Snipped from patterned plaids and fuzzy felt, this wreath's faux foliage will look fresh year after year. To make, trace a leaf onto heavy card stock and use as a pattern to cut fabric. (For flannel and thinner fabrics, iron on craft backing to add stiffness.) With straight pins, secure leaves to an 18" Styrofoam wreath covered in tan felt, overlapping slightly to hide pins.

This wreath is narrow enough to fit perfectly between a solid front door and a storm door.



Chip Gaines to chop long locks for St. Jude Children’s Research Hospital as part of new social media fundraising challenge

St. Jude patient Bailey joins the *Fixer Upper* star in Texas for “Operation Haircut Part 2”

Memphis, Tennessee, August 23, 2021

Fixer Upper star Chip Gaines, who famously shaved his head four years ago to benefit St. Jude Children’s Research Hospital®, today issued a fundraising challenge on [Instagram](#) in hopes of inspiring a similar outcome. Now through Friday, Aug. 27, fans, celebrities and other St. Jude supporters will determine the length of Gaines’ next haircut — for every fundraising milestone that is met, additional inches of hair will be trimmed or shaved.

Gaines, who recently launched Magnolia Network on discovery+ with his wife Joanna, has fans divided over his lengthy locks, which grew—and grew, and grew—during the pandemic. Ignoring detractors, Gaines opted to wait until his hair reached a certain length before chopping it all off for charity.

All donations will benefit the lifesaving mission of St. Jude: Finding cures. Saving children.® Because of generous supporters like Chip and Joanna Gaines, 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.

Gaines will prepare for his much-anticipated haircut with the help of 16-year-old St. Jude patient [Bailey](#). At age 11, his doctor referred Bailey to St. Jude for treatment of bone cancer after an X-ray revealed a tumor on his left femur. He underwent nearly a year of chemotherapy, radiation therapy, limb-sparing surgery and multiple other surgeries and procedures.

Bailey’s mother describes him as “a little like sweet tea on a front porch” because of the wisdom he shows beyond his years. He is a renaissance teen who likes art, tinkering with gadgets, golf and playing with his dogs. He shares another thing in common with Gaines besides a curious mind and a mutual love of fishing — Bailey also sports a Gaines-worthy head of perfectly coiffed hair.

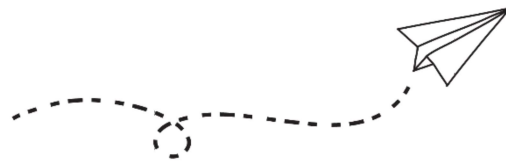
The Gaineses have a rich history of supporting St. Jude Children’s Research Hospital. In 2017, Chip’s first “Operation Haircut” raised \$230,000 via social media. That same year,

the couple teamed up with mutual partner Target to renovate the St. Jude patient family dining room at Target House, a long-term “home away from home” for patient families receiving treatment at St. Jude.

In 2019, the Chip Gaines-led “Chip in Challenge” generated an additional \$998,000 via social media with the help of several celebrity supporters including Drew Barrymore and Florida Georgia Line. The Gaineses visited St. Jude that same year to unveil a [garden-themed playhouse](#) designed for all St. Jude kids staying at Target House. It was during this visit that Chip Gaines connected with Bailey, leaving an indelible mark on the Gaineses.

“We are leaving Memphis changed. Kiddos of St. Jude Children’s Research Hospital, we go with your faces on our minds and your stories in our hearts,” said Joanna Gaines following the family’s 2019 visit.

To learn more about St. Jude Children’s Research Hospital, visit stjude.org and to support this fundraiser with Chip Gaines, visit [Instagram](#) or stjude.org/chipin.



Do you like to shop? Duh!

Now you can indulge in your favorite retail therapy while helping the Foundation!! If you are not already an AmazonSmile member, simply sign up at smile.amazon.com and select ESA Foundation to start generating donations, at no cost to you. Open the app and find 'Settings' in the main menu (☰). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone. If you are already an AmazonSmile member, you can easily change your charity to ESA Foundation. But make sure to select ESA Foundation in Fort Collins CO!





Scarecrow Dip Platter from sprinkle some fun

Ingredients

- 2 medium size onions cut into thin rings
- 6 strips of thick Bacon or 10 thin slices
- 1/3 cup Mayonnaise
- 2/3 cup of sour cream

Instructions: First lightly caramelize the onions by placing them in a skillet over low heat for about an hour until they are a blonde/ brown color (use a small amount of salt sprinkled at the beginning). Remove from heat and cool. Meanwhile put the strips of bacon on top of a foil covered baking sheet and cook at 400 degrees for 20 minutes or until dark brown and crispy. Once the bacon and onions are cooled down place them both in a food processor and pulse until thoroughly chopped. Take a medium sized bowl and mix the bacon onion mixture with the Mayo and sour cream. Chill and serve cold with veggies and Wheat Thins.

Banana Mummies from Woman's Day Magazine

INGREDIENTS:

4 bananas	1 pound white chocolate
4 oz. white chocolate	16 mini M&M's
4 oz. milk chocolate chips	8 Lollipop sticks

DIRECTIONS: Line a large baking sheet with parchment paper. Skewer each banana half with a lollipop stick and freeze until firm, at least 2 hours. In a large microwave-safe measuring cup, melt 1 pound white chocolate in the microwave according to package directions. One at a time, dip the bananas into the chocolate to coat, shaking off any excess. Return to the baking sheet and immediately place two M&M candies near the top for eyes. Melt the remaining white chocolate in the microwave according to package directions and fill a small piping bag fitted with a small, round nozzle tip. Pipe zigzags over the banana to form bandages. Repeat this step with the milk chocolate, if using. Chill or freeze until ready to serve.

Register for the 2021 St. Jude Walk/Run

SEPTEMBER 25, 2021 (THIS MAY VARY IN SOME AREAS)

Some event locations are hosting in-person events this year but there is still an option to participate virtually no matter where you are. In addition to the established event locations, ALSAC/St. Jude has added an additional 20 locations exclusively for virtual participants that don't have a Walk/Run close. Please check the St. Jude Walk/Run website for more information on the event near you.

This year Epsilon Sigma Alpha is proud to announce we will again be a **National Series Sponsor** at the 2021 St. Jude Walk/Run. We committed to raise **\$75,000** in cash donations to support St. Jude in the fight! How will you help ESA to surpass our goal this year?

- **Earn your St. Jude Walk/Run shirt by raising \$100** on your walk/run page.
- Ask your friends and family to join your team and **make your team goal \$1,972** in support of the first year ESA partnered with St. Jude Children's Research Hospital.

There are two ways for you to join in and show your support - in-person or virtual. At registration you can choose the option that works best for you or register and decide later. There will be 70 in-person walk locations this year, including the 20 locations for virtual only participants. Choose to keep your distance or join in the party, whatever you are most comfortable with. Keep in mind, in-person events will still observe safety precautions to ensure everyone has a great time and stays safe. See which works for you!

Join the ESA Walk/Run national team today!

NO MATTER WHICH OPTION YOU CHOOSE CHECK "ASSOCIATE YOUR PARTICIPATION WITH A NATIONAL TEAM" WHEN YOU REGISTER AND SELECT ESA FROM THE DROPDOWN.

Both options allow you to earn fundraising incentives, use awesome features in the St. Jude Walk/Run app, help ESA reach its national goal of \$75,000, count toward your state and chapter totals and, most importantly and help show your love for the kids of St. Jude!

Have photos from the Walk? Email your photos to ESA HQ.



TESS' ANY FRUIT CRUMBLE

RECIPE BY ALVINAKATZ



READY IN: 40 minutes

SERVES: 8

This is the perfect crumble recipe. You can make it with peaches, apples, plums, and rhubarb/strawberry but really any fruit or berries will do. It is easy to change the serving size or make fruitier or more crumbly as long as the crumble ingredients remain equal parts

INGREDIENTS

1/2 cup flour

1/2 cup brown sugar

1/2 cup butter

1/2 cup oatmeal

4 cups shopped fruit

1 Tablespoon flour

1 Tablespoon brown sugar

1 Tablespoon cinnamon

DIRECTIONS

- Mix fruit with 1 T flour, 1 T sugar and the cinnamon.
- Crumble together the 1/2 cup of flour, brown sugar, butter and oatmeal.
- Butter a 9x9 pan and pour in fruit. Top with crumble and bake at 350 degrees until browned and bubbly.

GAMMA DELTA – Jan Ross

We are back to meeting in person ---- yippee. We have had several meetings in restaurants that allow us to have a private room or space and not charge us as long as we order dinner. This is working well for us.

Prior to COVID there were a number of organizations that called us to volunteer at their annual events and fund raising galas, however, a lot of them are still not back to doing in person events so we hope to be back to volunteering in person in the near future.

In the meantime we had to be creative in finding ways to get volunteer hours and yes we have been successful. **Be the Match** which is a large national organization that manages a data base of approved bone marrow donors who are contacted to be tested to determine if they are a match for a recipient who is in need of bone marrow which hopefully will save their life. A great organization that saves many lives. We will help our contact put together 250 kits that are then passed out when she makes her presentation at colleges and companies where she strives to sign up more donors – especially needed are males under the age of 40.

Kansas City Autism Training Center – we have been asked to use our creative talents to come up with posters for the class rooms. This should be fun as they can be silly or serious.

Moms Demand Action - we have been asked to speak to some small groups about gun safety by presenting their Get Smart program. This organization does not advocate getting rid of guns but using good sense when guns are kept in homes and cars where children can access them.

We are donating items and baskets for the silent auction at the **FurryKids Refuge** annual event. This is a small no kill shelter that does a wonderful job in rescuing puppies and dogs from bad situations or have been dumped or abandoned. They bring them to the shelter and help get them adopted by those who have been approved as adopters.

We have also made time to have fun. Suzanna Ogden and her husband Johnny hosted the annual pool party several weeks ago. It was so much fun. The invite is always open to bring Grandkids or family members. Laura Busch brought her Granddaughter who had a great time (maybe a future member of Gamma Delta). We all brought food and Johnny made homemade ice cream which was yummy. Of course Suzanna made her famous Slushies. Interesting how we get never before shared information from some of the members after a few of those.



LEAF BOWL {DIY}

made with
HAPPY



Supplies

- Leaves - Either have the kids collect real leaves, or use [faux leaves](#)
- [A Balloon](#)
- White Glue or [Modpodge](#)
- A sponge paint brush

Directions

1. Blow up the balloon.
2. For those that are using glue. In a separate bowl, mix equal parts water and glue. For those using mod podge, you can simply pour it into a usable bowl.
3. Using the sponge paint brush, apply the glue solution to the balloon. Then add each leaf and liberally apply the glue on top of the leaf to hold it down. Continue around the bottom of the balloon till you have the whole bottom covered.
4. Let it dry completely for 24-48 hours.
5. Pop the balloon and carefully peel the balloon off the bowl.

Viola - You have yourself a great leaf bowl.

Can You Use a Bowl instead of Balloon? YES!!!!!!!!!!

1. You can use either the inside of the bowl or the outside. I particularly like the outside, but it is your preference.
2. The first step is to cover the bowl with plastic wrap.
3. Next you add the leaves the same as you did above. Leave the bowl with the plastic wrap until it is completely dried.
4. Peel the leaf bowl off the plastic wrap.

HAPPY FALL!



SAVE THIS DATE

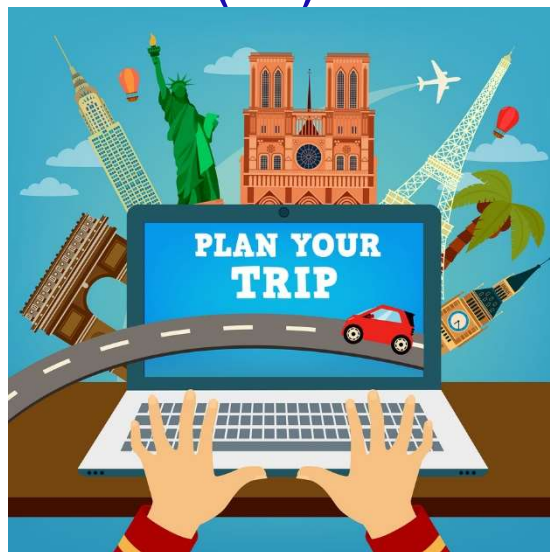
Friday and Saturday - April 8th and 9th 2022

MSC State Convention – “A Passport to ESA”

Courtyard at the Marriott

3301 Lemone Industrial Blvd. Columbia, MO 65201

Phone: (573) 443-8000





Finding cures. Saving children.

Patient art among highlights at World Golf Championships-FedEx St. Jude Invitational; Top brands, golf pros support St. Jude Children's Research Hospital - *Memphis, Tennessee, August 4, 2021*

With many of the world's top golf professionals descending on Memphis for the [World Golf Championships-FedEx St. Jude Invitational](#) from Aug. 2-8, patients from St. Jude Children's Research Hospital® will once again provide inspiration this year through their colorful art and powerful stories of hope. As the sole charitable beneficiary of the tournament, St. Jude patient artwork will be featured throughout the tournament, adorning custom **FootJoy**® shoes, **PING**® golf bags and **TaylorMade**® putter covers while bringing global awareness to the lifesaving mission of St. Jude: Finding cures. Saving children.

World-class golfers and St. Jude patients come together annually, virtually and in person to continue a decades-long tradition that began in 1970 when St. Jude founder Danny Thomas partnered with Memphis leaders to make St. Jude Children's Research Hospital the designated charity of the Memphis Open golf tournament. Since then, contributions to St. Jude have totaled more than \$50 million to date. To ensure the safest environment for all, including St. Jude patient families, participants will be required to follow the Centers for Disease Control's guidelines, which include wearing masks indoors and being mindful of social distancing.

“The World Golf Championships-FedEx St. Jude Invitational is always a wonderful event and has helped generate an incredible \$50 million to help more children survive,” said Richard C. Shadyac Jr., President and CEO of ALSAC, the fundraising and awareness organization for St. Jude Children's Research Hospital. “Creating artwork is an important part of treatment at St. Jude and it also builds a direct connection with the professional golfers, because the images symbolize stories of triumph. We are grateful for the PGA TOUR and our partners at FedEx for supporting the lifesaving mission of St. Jude Children's Research Hospital during this unforgettable week of competition and global awareness for a great cause.”

FootJoy athletes **Max Homa** and **Will Zalatoris** will wear shoes featuring artwork from two St. Jude patients, both named [Calvin](#). In addition, 30 other FootJoy-sponsored players will be wearing custom shoes sharing the St. Jude “We Won't Stop” message of hope, with Memphis-themed art designed by patient [Bailey](#). Players will autograph their FootJoy shoes which will then be up for bid on the [Birdies for St. Jude](#) online auction. This annual auction gives St. Jude supporters the opportunity to own one-of-a-kind items signed by their favorite professional golfers.

Patient art will appear on TaylorMade putter covers. Designed by patient [Colton](#), the covers feature a rocket in a timely nod to [Inspiration4](#), the historic all-civilian mission to space this September for St. Jude.

St. Jude patient [Bridget](#) designed the artwork featured on select PING golf bags this year. PING-sponsored pros will use the bags during practice rounds at the tournament before autographing them to be included in the auction. Additionally, PING will sell 200 of the special bags on its website, providing 100% of the purchase price to St. Jude.

Honorary pin caddies for Sunday's final day of tournament play include patient Kenzie, who is also this year's FedEx Purple Eagle honoree. Kenzie, who completed her treatment at St. Jude for acute lymphoblastic leukemia in 2020, is a high school senior with a 3.9 GPA. [Azalea](#), just 2 when she was diagnosed with soft-tissue cancer, is now a bright and bubbly 7-year-old who loves dancing and is teaching her younger sister how to say her name in French. Other patients lending their skills for the final day of the 2021 World Golf Championships -FedEx St. Jude Invitational include [Reid](#), an aspiring filmmaker and the 2019 Purple Eagle honoree; [Quincy](#), who debuted his original song at the Celebration of Hope in 2020; and [Maelin-Kate](#), who was diagnosed with a rare genetic blood disorder yet still finds joy in the small things.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since it opened nearly 60 years ago. St. Jude freely shares its groundbreaking discoveries, so every child saved at St. Jude means doctors and scientists can use that knowledge to save thousands more children around the world. Events like the World Golf Championships-FedEx St. Jude Invitational help ensure 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.



Creamy Tuscan Chicken by EMILY HLAVAC GREEN FOR DELISH



INGREDIENTS

1 tbsp. extra-virgin olive oil
Kosher salt
1 tsp. dried oregano
3 cloves garlic, minced
3 cups baby spinach
1/4 cup freshly grated Parmesan

4 boneless skinless chicken breasts
freshly ground black pepper
3 tbsp. butter
1 1/2 cups cherry tomatoes, halved
1/2 cup heavy cream
Lemon wedges, for serving

DIRECTIONS

1. In a skillet over medium heat, heat oil. Add chicken and season with salt, pepper, and oregano. Cook until golden and no longer pink, 8 minutes per side. Remove from skillet and set aside.
2. In the same skillet over medium heat, melt butter. Stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
3. Stir in heavy cream and parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes.
4. Serve with lemon wedges.

COVID-19 in children with cancer: Severe disease and disrupted treatment

Scientists from St. Jude Children's Research Hospital and the International Society of Paediatric Oncology report results from the Global Registry of COVID-19 and Childhood Cancer. *Memphis, Tennessee, August 26, 2021*

Research from a large international effort shows that 20% of children with cancer who are infected with SARS-CoV-2 develop severe infections. In studies of children overall, only 1-6% have reported severe infections. The results come from the [Global Registry of COVID-19 in Childhood Cancer](#), which was launched by St. Jude Children's Research Hospital and the [International Society of Paediatric Oncology \(SIOP\)](#). The registry gathers data on the pandemic's effect on this unique patient population. The findings were published today in *The Lancet Oncology*.

Results from the registry indicated that in addition to more severe or critical infections, pediatric cancer patients were more likely to be hospitalized and die than were other children. The pandemic also disrupted cancer treatment. These effects were observed more significantly in low- and middle-income countries, where the odds of severe or critical disease from COVID-19 were nearly 6 times higher than in high-income countries.

"The results clearly and definitively show that children with cancer fare worse with COVID-19 than children without cancer," said corresponding author [Sheena Mukkada, M.D.](#), St. Jude Departments of [Global Pediatric Medicine](#) and [Infectious Diseases](#). "This global collaboration helps clinicians make evidence-based decisions about prevention and treatment, which, unfortunately, remain relevant as the pandemic continues."

A greater burden for childhood cancer patients

This is the first multinational study to describe the outcomes of a large cohort of children and adolescents with cancer or hematopoietic stem cell transplantation and laboratory diagnosis of COVID-19. The registry remains open and is enrolling children younger than 19 years old.

The analysis looked at 1,500 children from 131 hospitals in 45 countries from April 15, 2020, to February 1, 2021. This is prior to vaccinations becoming available to older children in some areas of the globe, as well as prior to the emergence of certain disease variants, including delta, which are responsible for the new surge and have become a major global concern.

The study found that 65% of patients were hospitalized and 17% required admission or transfer to a higher level of care. It also showed that 4% of patients died due to COVID-19 infections, compared to 0.01-0.7% mortality reported among general pediatric patients. Cancer care was also affected. Cancer therapy was modified in 56% of patients and 45% had chemotherapy withheld while their infections were treated.

"By working together to create this global registry, we have enabled hospitals around the world to rapidly share and learn how COVID-19 is affecting children with cancer," said the

paper's co-author, Professor Kathy Pritchard-Jones, SIOP president. "The results are reassuring that many children can continue their cancer treatment safely, but they also highlight important clinical features that may predict a more severe clinical course and the need for greater vigilance for some patients."

Carlos Rodriguez-Galindo, M.D., St. Jude Global director, issues a call to action to address inequities in access to protective and effective treatment measures against the COVID-19 pandemic worldwide.

A global pandemic and a global response

The registry suggests biologic factors that likely influence how children with cancer respond to COVID-19. Those include immune system function and the underlying disease. Analysis also showed that outcomes vary around the world, although the registry does not pinpoint causes. This variation may be due to a multitude of factors, including disruptions from the pandemic, access to care and resources, or delays in infection diagnosis.

Results from the registry are a call to action to address inequities in access to protective and effective treatment measures against the COVID-19 pandemic worldwide.

"Understanding a global crisis like COVID-19 requires our entire childhood cancer community around the world to come together to respond," said senior author [Carlos Rodriguez-Galindo, M.D., St. Jude Global](#) director. "The impact of this disease has been felt in every corner of the world, but particularly in low- and middle-income countries compared to high-income countries. There are critical differences based on where a child lives. This registry is a tool that is helping us understand what that means for children with cancer everywhere."

The [registry](#) is still enrolling patients and continues to add new countries. It includes freely available data-visualization tools so that anyone, anywhere, can access the information.

Learn more about COVID-19 and vaccination

Vaccinations against COVID-19 have been demonstrated to be safe and effective in preventing severe forms of the disease, helping patients avoid hospitalizations and the need for mechanical ventilation. In the United States, vaccines are available and encouraged for children 12 years of age and older. Vaccination is one way to protect not only yourself but your community, including those who are at high risk of severe disease such as children with cancer.

