**HAWTHORNE**

**The State of Missouri Newsletter**

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**AUGUST 2020 ISSUE**

**Hawthorne Information**

Hello one and all! I’m sure most of you know me but for those that don’t – my name is Paula Miller and I am your new Hawthorne Editor. I have been in ESA for 23+ years and have been the Hawthorne Editor before – so with your help – I’m sure even during these trying times of Covid-19 we can still communicate and have some fun! I would love for members and chapters to send me info of how you are keeping busy while staying safe – recipes, projects and book titles you would recommend. This first issue will contain a few reports but also a few different items I hope you will enjoy. Below are the deadlines for our future issues.

**Fall Issue 2020**

Articles/information to me by Saturday, September 5, 2020

The Hawthorne will be online and in the mail no later than Friday, September 18, 2020

**Winter Issue 2020**

Articles/information to me by Saturday, November 14, 2020

The Hawthorne will be online and in the mail no later than Friday, December 4, 2020

**Spring Issue 2021**

Articles/information to me by Saturday, February 13, 2021

The Hawthorne will be online and in the mail no later than Friday, March 5, 2021

**Summer Issue 202**1

Articles/ information to me by Saturday, May 15, 2021

The Hawthorne will be online and in the mail no later than Friday, June 11, 2021

If you have any problems with dates – please email or call me ASAP. If you have members that must have a mailed copy – please provide me with their full names and addresses – I will do my best to provide this service in the future.

I will 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!

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**“The Year That Was”**

For some reason the phrase “that was the year that was” popped into my mind recently.  I guess because this year has been such a crazy year for all of us – so many events cancelled – so much uncertainty, depression and sadness.

So as I was contemplating how this year would end it brought to mind Y2K.  For those of you who were in the insurance industry or banking I am sure we could all share some bizarre stories.  (Maybe we need to grab a few bottles of wine and make that happen – anyone up for that)?

So as I reflected back on Y2K – I remember it was to be the year of Millennium Madness – computers were going to crash, society was going to melt down (not really sure how that was going to happen) and it would lead to insanity for all.  And then guess what midnight came and went and nothing happened.  Much to the chagrin of a few friends of mine who were IT people at a bank.  These were guys who partied big time on New Year’s Eve and guess where they spend that night – yep you are correct – at the bank and totally sober.

I remember being in a department meeting a few months before all of this was to take place and everyone was depressed and worried about the uncertainty and I said to about 14 staff members let’s go around the room and everyone come up with something positive that has happened or has come about since all of the Y2K madness took over our lives.

 This is how I was going to start our planning meeting that did not happen. Sooo I am thinking positive that Winter Board will actually happen and I challenge each of you to come with one positive comment/story, etc. – serious, funny or whatever.  I am sharing mine now – my oldest Grandson and his wife are expecting their first baby (a girl) in November – my first Great Grandbaby.  By the time Winter Board comes around I will have lots of photos to share with all.

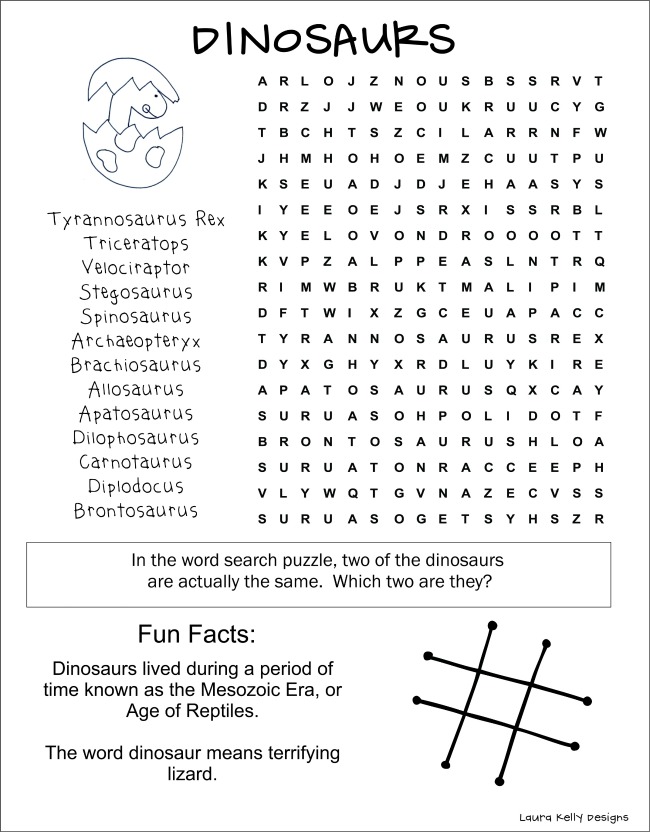
Stay safe, keep positive and this will be another “year that was”.

Jan Ross,

MSC President

2020-2021



[](https://meandmyinklings.com/wp-content/uploads/2020/04/Dinosaur-Word-Search-Puzzle.pdf)

**Answer: Apatosaurus and Brontosaurus**

**2019-2020 MSC AWARDS**

**Diana Award – Gloria VanDover, Chair**

No entries

**Disaster Fund – Sharon George, Chair**

1st Place –Lambda Chi - $200

1st Place – Rho Chi - $200

**Easterseals – Pamela Baker, Chair**

**$$ Donated – Per Member**

1st Place – Iota Omega - $157.14

2nd Place – Beta Tau - $80.20

3rd Place – Sigma Delta - $40.00

**Service Hours Donated – Per Member**

1st Place – Sigma Delta – 11.5 Hours

2nd Place – Alpha Omega – 5.05 Hours

3rd Place – Beta Tau – 2 Hours

**Miles Donated – Per Member**

1st Place – Sigma Delta – 13.2 Miles

2nd Place – Beta Tau – 11.4 Miles

3rd Place – Alpha Omega – 10.7 Miles

**Chapter Donating Most Ink Cartridges**

Iota Omega – 285 Cartridges

**Educational – Terri Breedlove, Chair**

1st Place – Rho Chi – Rebecca Hatton, Educational Chair

2nd Place – Delta Iota – Jane Waterman, Educational Chair

3rd Place – Gamma Delta – Jan Ross, Educational Director

**Foundation – Sally Yates, Chair**

**Endowment & Grant – Individual Member Donation**

1st Place – Sally Yates - $900

2nd Place – Dot Hill - $300

3rd Place – Marty Neuman - $250

**MSC 2019-2020 Awards**

**Page Two**

**Chapter Endowment Donations**

1st Place – Rho Chi - $400

2nd Place – Iota Omega - $277

3rd Place – Alpha Iota - $151

**Turn Around Fund – Individual Member Donations**

1st Place – Marty Neuman - $1475

2nd Place – Mae Hudson - $500

**Turn Around Fund – Chapter Donations**

1st Place – Rho Chi - $17,888

2nd Place – Alpha Omega - $12,555

3rd Place – Sigma Delta - $3,800

**Hope for Heroes – Heidi Holmes, Chair**

Hours Donated

1st Place – Gamma Eta – 447 Hours

2nd Place – Beta Eta – 278.5 Hours

3rd Place – Delta Phi – 100.5 Hours

**Miles Donated**

1st Place – Beta Eta – 890 Miles

2nd Place – Gamma Eta – 603 Miles

3rd Place – Rho Chi – 546 Miles

**Monies Donated**

1st Place – Beta Eta – $27,764.11

2nd Place – Gamma Eta - $10,620.75

3rd Place – Alpha Iota - $2,983.24

**Membership – Brenda Fields, Chair**

Alpha Omega – Susan Jobe, Membership Director – One Transfer Member

Beta Tau – Barb Henke, Membership Director – One New Member

Iota Omega – Dorothy Smith, Membership Director – One New Member

Sigma Delta – Diana Hughes, Membership Director – One Pledge

**MSC 2019-2020 Awards**

**Page Three**

**Philanthropic – Jean Joyce, Chair**

**Most Service Hours – Per Member – State Project**

1st Place – Delta Iota - 8.7 Hours

2nd Place – Delta Tau – 4.7 Hours

3rd Place – Beta Tau – 4.0 Hours

**Most $$ - Per Member – State Project**

1st Place – Delta Tau - $614.17

2nd Place – Alpha Omega - $141.00

3rd Place – Delta Iota - $128.57

**Most $$ – Per Member – Local Project**

1st Place – Beta Omega - $935.00

2nd Place – Gamma Delta - $799.89

3rd Place – Gamma Eta - $773.33

**Most Service Hours – Per Member – Local Project**

1st Place – Beta Eta – 84.4 Hours

2nd Place – Gamma Delta – 52.7 Hours

3rd Place – Gamma Eta – 40.3 Hours

**Individual Contributing Most Philanthropic Hours**

Patti Palmer – Beta Tau – 563 Hours

**President’s Awards – Ruth Williams, MSC President**

1st Place – Rho Chi

2nd Place – Beta Tau

3rd Place – Delta Phi

**Publicity – Diane Goold, Chair**

1st Place – Beta Tau

2nd Place – Gamma Eta

**Social – Judy Duncan/Judy Rickett, Co-Chairs**

1st Place –Gamma Delta – Jane Laughlin, Chair

2nd Place –Beta Tau – Joan Yates & Kathy Farmer, Chairs

3rd Place –Gamma Eta – Luann Corbin, Chair

**MSC 2019-2020 Awards**

**Page Four**

**St. Jude – Angie Butenschoen, Chair**

**Chapter with Most “Chapter Sponsored Event” Hours – Per member**

1st Place – Alpha Omega – 30.85 Hours

2nd Place – Iota Omega – 7.5 Hours

3rd Place – Rho Chi – 6.07 Hours

**Chapter Sponsored Event” Most Money – Per Member**

1st Place – Iota Omega - $4,375.80

2nd Place – Alpha Omega - $851

3rd Place – Rho Chi – $543.94

**Chapter with Most “St. Jude Sponsored Event Hours” – Per Member**

1st Place – Beta Tau – 60.2 Hours

2nd Place – Beta Kappa – 50 Hours

3rd Place – Rho Chi – 27.7 Hours

**Chapter with Most “St. Jude Sponsored Event” $$ – Per Member**

1st Place – Beta Kappa - $19,997.44

2nd Place – Rho Chi - $9,269.50

3rd Place – Alpha Omega - $5,013.33

**Individuals with Most Hours Served – “Chapter & St. Jude Sponsored Events” - Combined**

1st Place – Jean Joyce – 302.5 Hours

2nd Place – Rosalee Echele – 290 Hours

3rd Place – Les Echele – 226 Hours

**SERVICE AWARDS**

**Alice Snodgrass – Lambda Chi – 20 Years**

**Kim Mandrell – Sigma Delta – 25 Years**

**Terri Breedlove – Beta Tau – 40 Years**

**Margie Edmonds – Lambda Chi – 40 Years**

**Judy Rickett – Lambda Chi – 40 Years**

**Paula Miller, 2019-2020 Awards Chair**

**Sand–and-Sea Flower Pots**

There are so many quick and simple ways to add a touch of summer to your home! Here’s a fun way to bring a bit of the beach to your patio – with sand and shell flowerpots and planters.  I decided to take a boring pot and make it a bit more summery with this fun coastal spin.  These would be super cute table decorations for a beach themed wedding or an outdoor party.  These are easy to make, and cost next to nothing to put together.



This was so reeeeeee-diculously easy to do.  (And it’s a great way to do something kind of fun with plain old terra cotta or resin flower pots.)  I live near the beach, so I can get sand for small projects whenever I need it.  If you don’t live near the beach, any hardware/home/garden store will carry it.



1. Cover your pot with glue then roll it in sand.
2. When it’s dry you can use hot glue (for an inside pot) or a stronger adhesive like [E600](http://amzn.to/242AY3h) (for an outdoor pot) to embellish your pot with [shells](http://amzn.to/1T0z9fE).
3. You can spray it with a clear sealant if you like.

I chose to do just one shell, but the next “sandy” pot I make, I think I will put shells all along the top of the pot. Courtesy of Vivienne of the “V” Spot

**DISASTER FUND REPORT**

**2019-2020**

     As we have learned during the last several months, life can dramatically change without warning very quickly.  As members of ESA, we are all eager to help others in need in any way we can. Also as ESA members, we are able to help our own ESA family when disaster strikes.  The ESA Disaster Fund was established to help Active Members, Members-at-Large and Life Active Members “whose home and/or personal belongings are destroyed or damaged extensively by one of nature’s causes – fire, flood, etc.”  Financial support may also be requested for assistance with debt due to a debilitating illness or accident.

     Our Missouri chapters were generous with their donations during the annual period of June 1, 2019 through May 31, 2020.  Ten of our seventeen chapters donated a total of $995.00.  All state donations are sent to the IC Disaster Fund Chair.  Outgoing IC President, Kim Kummer, was IC Disaster Fund Chair for 2019-2020 and provided the following information for claims paid during the year.  As of June 5, 2020 there were fifteen claims submitted.  A total of $65,000 was paid on those claims but only $45,346.72 was donated. Because of funds held in reserve, all the claims were paid.

      It is a great source of pride and satisfaction when we celebrate the level to which we have been able to provide help and assistance to individuals, families, groups, organizations, etc.  We should be also be very proud of our ESA Disaster Fund that enables us to help our ESA family in times of need.

     Thank you to all the Missouri chapters who donated to the Disaster Fund.

Sharon George, Alpha Omega

Missouri State Disaster Fund Chair – 2019-2020

**ESA FOUNDATION REPORT**

I want to thank everyone in the state who have supported me for the last eight years as Missouri State Foundation Counselor. I have enjoyed the job. I am committed to the Foundation’s Endowment and grant programs. Sharon George, Alpha Omega, is your new

Foundation Counselor and I know you will continue your support.

Missouri has four (4) new Life Active Memberships this year: Donna Cook, Art to Go, Charlotte Carloni and the Alpha Omega Chapter.

Sally Yates,

ESA Foundation Counselor

**Applesauce Barbecue Chicken**

Recipe courtesy of Taste of Home



*You only need a few ingredients to create this sweet and peppery chicken. The subtle flavor of apple makes this tender barbecue dish stand out from the rest. —Darla Andrews, Farmers Branch, Texas*

**TOTAL TIME:** Prep/Total Time: 20 min. **YIELD:**4 servings.

**Ingredients**

* 4 boneless skinless chicken breast halves (6 ounces each)
* 1/2 teaspoon pepper
* 1 tablespoon olive oil
* 2/3 cup chunky applesauce
* 2/3 cup barbecue sauce – spicy – if you are daring!
* 2 tablespoons brown sugar
* 1 teaspoon chili powder (optional)

**Directions**

* **1.** Sprinkle chicken with pepper. In a large skillet, brown chicken in oil on both sides. In a small bowl, combine the remaining ingredients; pour over chicken. Cover and cook until a thermometer reads 165°, 7-10 minutes.  
  **Freeze option:** Cool chicken; transfer to a freezer container and freeze for up to 3 months. Thaw in the refrigerator overnight. Cover and microwave on high until heated through, 8-10 minutes, stirring once.

When Times Are ‘Ruff’

News from St. Jude Children’s Research Hospital - Child life specialists and specially trained dogs find new ways to reach patients during the COVID-19 crisis.

*By Tiffany Derrick*

**How do you provide care when you can’t physically see patients?**

That’s the question facing therapy dogs Puggle and Huckleberry and their handlers, Brittany Reed and Shandra Taylor, child life specialists at St. Jude Children’s Research Hospital. The quartet, plus two other handlers, make up the Paws at Play program. The initiative, which launched last year, uses trained service dogs to help patients cope with their illness, symptoms, pain and anxiety.

From the earliest appearance of COVID-19 cases in the U.S., St. Jude began implementing new policies and procedures to protect patients, their families and staff. Many employees were asked to work from home to reduce the chances of bringing the virus onto the hospital campus.

St. Jude staff explored how to provide telehealth options for patient families. Reed, Taylor and their canine companions shifted from interacting with patients in person to connecting with them virtually.

“I think this has been an important time for us to evaluate how we provide care,” Reed says. “Being at home has given us the flexibility to meet with patients whenever they need us. Having a virtual option so patients can still interact with Puggle has been amazing. I love being able to see patients’ faces and read their reactions during our sessions.”

Although Puggle and Huckleberry are still seeing patients virtually, they recently began a rotating schedule that allows them to visit campus more frequently.

“It has been helpful to have this time to re-orient the dogs back to being in the hospital setting,” Taylor says. “We’re hoping to use the dogs for staff support as they settle back into their roles.”

**The COVID commute -** “I’ve tried to keep Huckleberry’s routine as close to normal as possible,” Taylor says. “We wake up at the same time every morning and even get in the car and drive around, so he feels like he’s going to work. Although he misses being on campus and seeing all our patients, he has enjoyed the extra outside time.”

Reed and Taylor agree that supporting the staff at St. Jude has also been a priority.

“Huckleberry is really perceptive. Before we began working from home, I could tell he noticed the heightened stress levels,” Taylor says. “He approached staff members more eagerly and was more snuggly with them than normal. It was a small thing that he could do to help, but I saw how much it brightened each person’s day.”

## Pawsitively pup-ular

“Everyone at St. Jude is doing the best they can to ensure our patients and staff remain safe,” Reed says. “I love that Puggle can provide joy to someone who may be feeling overwhelmed. It’s been so special watching how people light up when he walks in and seeing all of this through his lens.”

Reed and Taylor credit their furry coworkers for helping them stay positive during the crisis.

“Puggle is such a grounding presence no matter what the world looks like,” Reed says. “I was worried about how he would handle the changes, but he has been great. I’ve loved having these special moments with him and watching him grow and learn new skills.”

**A litter networking-** For National Siblings Day, Puggle and some of his siblings—now at other hospitals across the country—participated in a videoconference with one another. “It was incredible to connect with them,” Reed says. “Puggle was a ham the whole time.”

“It’s important to focus on positive things, and Huckleberry has definitely helped,” Taylor says. “Before, feeling successful was working together to have a great in-person patient experience. But now, it’s been getting feedback when I send a cute picture of him to coworkers or when something funny gets posted on the St. Jude Paws Instagram account. Having to think outside the box, but still having those moments of connection with patients and staff, has been really important.”

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**You are never too old to color!**



**You may win a prize for your coloring skills!**

 **Cheeseburger Quesadillas**

**Recipe courtesy of the Taste of Home**

*I created these fun cheeseburger quesadilla mashups in honor of my family's two favorite foods. They are so yummy and easy to make! —Jennifer Stowell, Deep River, Iowa*

**TOTAL TIME:** Prep/Total Time: 25 min. **YIELD:**4 servings

**Ingredients**

* 1 pound ground beef
* 1 cup ketchup
* 1/3 cup prepared mustard
* 4 bacon strips, cooked and crumbled
* 2 tablespoons Worcestershire sauce
* 2/3 cup mayonnaise
* 2 tablespoons 2% milk
* 2 tablespoons dill pickle relish
* 1/4 teaspoon pepper
* 8 flour tortillas (8 inches)
* 1 cup shredded cheddar cheese
* Optional toppings: Shredded lettuce and chopped tomatoes

**Directions**

* **1.** In a large skillet, cook beef over medium heat until no longer pink, 6-8 minutes, breaking into crumbles; drain. Stir in ketchup, mustard, bacon and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, until slightly thickened, 5-7 minutes, stirring occasionally.
* **2.** Meanwhile, in a small bowl, combine mayonnaise, milk, relish and pepper; set aside.
* **3.** Preheat griddle over medium heat. Sprinkle 4 tortillas with cheese; top with beef mixture and remaining tortillas. Place on griddle; cook until golden brown and cheese is melted, 1-2 minutes on each side. Serve with sauce and, if desired, lettuce and tomatoes.

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**Fresh Corn and Tomato Fettuccini**

**Recipe courtesy of Taste of Home**

*This recipe combines delicious whole wheat pasta with the best of fresh garden produce. It's tossed with heart-healthy olive oil, and a little feta cheese gives it bite. —Angela Spengler, Tampa, Florida*

**TOTAL TIME:** Prep/Total Time: 30 min. **YIELD:**4 servings.

**Ingredients**

* 8 ounces uncooked whole wheat fettuccine
* 2 medium ears sweet corn, husked
* 2 teaspoons plus 2 tablespoons olive oil, divided
* 1/2 cup chopped sweet red pepper
* 4 green onions, chopped
* 2 medium tomatoes, chopped
* 1/2 teaspoon salt
* 1/2 teaspoon pepper
* 1 cup crumbled feta cheese
* 2 tablespoons minced fresh parsley

**Directions**

* **1.** In a Dutch oven, cook fettuccine according to package directions, adding corn during the last 8 minutes of cooking.
* **2.** Meanwhile, in a small skillet, heat 2 teaspoons oil over medium-high heat. Add red pepper and green onions; cook and stir until tender.
* **3.** Drain pasta and corn; transfer pasta to a large bowl. Cool corn slightly; cut corn from cob and add to pasta. Add tomatoes, salt, pepper, remaining oil and the pepper mixture; toss to combine. Sprinkle with cheese and parsley.

**To prevent the spread of Covid-19 - everyone should:**

**Guidelines from the Centers for Disease Control and Prevention**

**Wash your hands**often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

**Avoid close contact**

**Inside your home:**Avoid close contact with people who are sick**.** If possible, maintain 6 feet between the person who is sick and other household member

**Outside your home:**Put 6 feet of distance between yourself and people who don’t live in your household.

### **Cover your mouth** and nose with a mask when around others.

**Cover coughs and sneezes**

**Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit. **Throw used tissues** in the trash. Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**Clean and disinfect**

**Clean AND disinfect**[**frequently touched surfaces**](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)**daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection. **Then, use a household disinfectant.** Most common EPA-registered household disinfectants (external) will work.

**Monitor Your Health Daily**

**Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)**of COVID-19.** Especially important if you are [running essential errands](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html).

**Take your temperature** if symptoms develop. Don’t take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.