



# ESA . . . AMAZE YOURSELF

Greetings to all Ohio Members,

Summer has fled by as usual and soon all our ESA activities will be in full swing. Thank you for allowing me to represent Ohio at the ESA International Council Convention. This year the convention was held in St. Louis at the absolutely gorgeous Union Station Hotel. Wow, what a gorgeous place. The convention was **attended by 18 Ohio members** and three husbands. We were happy to see and reminisce with former Ohio members Sandy Lackey and Ann Jaccaud.

**Ohio ROCKED at Convention.** First of all, Brenda Meyers and Judi Grefer did a truly outstanding job as convention registration chairs, the very most complicated responsibility of the convention. Ohio was recognized for membership net growth, for our newest chapter PI Xi,

for our philanthropic work and for our community outreach for Delta Chi's program "Hope after Heroin". Details on all convention activities will be presented at the September OSC meeting.

Several Ohio ESA members were able to attend the first event sponsored by PI XI, a quarter auction benefitting St. Jude Children's Research Hospital. A great event, wonderful prizes, and many winners at a very different and fun event.

Mark your calendars for the **September 9, 2017** Ohio State Council meeting. The flyer is contained in this publication. Our meeting will feature workshops by Maddy Kurzynski, Janet Ivers and Tammy Reynolds. Our new Special Projects Chair Tammy has fabulous new ideas for each council meeting so please check out the details and enjoy. The September project is focused on **PAWS** . . . do

you know what that stands for?

If you weren't able to attend IC Convention, your next opportunity to fellowship with members from other states comes in October when MARC is hosted by the Michigan State Council in Dearborn, MI, a short drive from our state. Education, fellowship, service are all highlighted as we work together and learn together at this annual conference.

ESA offers each of us the opportunities to grow, learn, travel, socialize, contribute and share our special talents. Are YOU ready to AMAZE YOURSELF?

ESA love,

*Judi King*



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### Points of interest . . .

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- *IC Chapter Dues Form*
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- *Shop for St. Jude*
- *Message from Paige Cranwell*

## VICE PRESIDENT . . . MANDY ROWLAND

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Summer is in full swing and I am enjoying every minute of it. I hope all of your chapters are having a wonderful time. I was so amazed to hear about the totals for St Jude from IC Convention. Without Facebook I would have been lost. I so enjoyed all your posts about convention and all the great things everyone was doing. I can't wait to go next year.

I wanted to make sure everyone is excited and ready for the state meeting in September. I am challenging everyone and all the chapters to be there! I am super excited about all our special projects Tammy Reynolds has for us. Being involved in the state level has truly been such a blessing for me. I so enjoy seeing everyone and hearing about all the amazing ideals and events you all have. You inspire me!

While I'm busy getting my new chapter PI XI up and running, I am reminded how important tradition is with ESA. Coming from a younger generation I know it may sound far-fetched, however I am intrigued and interested in the ritualistic blessings of what ESA used to be. I wanted to take the time out to remind everyone not to forget. Do not forget the Opening and Closing ritual, the pinning ceremonies and the traditions. Don't forget where ESA started and lose those traditions with the new technological generation.

My second challenge for you all in ESA Ohio is to bring some of those traditions back. Let's not get lost in the fast world today. Let's remember and cherish what used to be. I'm not asking anyone to start reverting, but maybe next time you are all together teach your new members the secret

handshake, help them remember the rituals, make sure everyone knows the significance of the pins and what they mean. Let's just not forget. Our traditions often get lost, lets not lose them.

Don't forget to donate to the Disaster fund. Do all you can to volunteer and raise money for whatever cause is near and close to your heart. Spread the ESA word. Connect with people you haven't before. Do good and good will come to you. Pray and think about those suffering. Help someone who once helped you. Run for a new office with ESA. Try new things. Visit new places. Don't be scared to be outside of your box. Most of all, enjoy life to the fullest.

BE LEGENDARY  
BOLD fearless  
amaze yourself  
TAKE CHANCES

## CHAPLAIN . . . MADDY KURZINSKI

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Blessings are gifts from God and every time we pray God transforms them into blessings. We pray for healing for our friends and family knowing that once we release our prayers, God takes over. Never forget the power of one single prayer!

Please continue to pray for the following and keep them in your thoughts:

- ◆ Chuck and Carol Hazelet
- ◆ Mary Lykins
- ◆ Joyce and Bill Haynes
- ◆ Nancy Bolander (surgery to be scheduled)
- ◆ Mike Leagy (recently had stint put in)

- ◆ Cathy Lyons from ESA Headquarters who just went through another cancer surgery, with one more in the future

Please let me know of other prayer requests you have so I can send prayers and cards.

Love,  
Maddy

## SOCIAL MEDIA . . . BECKA LLOYD

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Greetings! We are looking forward to many fun and impactful activities coming up in the next few months but how will you be letting us and the communities around you know what you are going to be doing in the next months and years ahead? How do you reach out to find new members? Word of mouth is always the best bet for that, but what if there was a better way to do that?



In the last few years, social media has taken off like a rocket. People share their lives, their hopes, their worries, their favorite cat memes, and just about everything in between. It's not just a place to catch up with old friends, but it's a useful tool in getting the word out about events and organizations as well. The younger generations live on social media. It is where their attention is focused most of the day. They have it on their computers, on their cell phones. It is

very much a love for instant gratification. This is a tool that is beginning to be utilized in our chapters. Not only to keep the members of chapters in touch with each other but to share ideas and set up projects and such. Especially a way to share all ESA events like the IC Convention. I know I loved seeing all of the photographs since I couldn't be there! The Ohio State Council has a page now where each chapter can post their upcoming events or send them to me for posting and invitation. Amanda Rowland, being the forward thinker



that she is, created the page before there was an official Social Media Chair and I was able to take it over from her and we've had some great feedback from advertising that way.

Social media is a powerful tool that I hope you all use to your advantage. We always want to en-

courage new members to join us, and this is another way to do that. Post photographs of your chapter doing all sorts of fun and philanthropic events. If you're having a rush event, post it to social media and your message will spread fairly quickly. I know some are reluctant to get online and put information online, but you don't have to post your personal information to participate. Even just liking and sharing photos gets it out there exponentially. If there is enough interest, I will be more than willing to put together a tutorial!



So my challenge to each of you is to get active on your social media pages! Facebook it, Tweet it, Instagram it and Snapchat it and share the wonderful world of ESA!

Becka

## A MESSAGE FROM ALSAC REP . . . PAIGE CRANWELL

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Hi Judi! I continue to receive beautiful cards from you and many other sweet Ohio ESA's. I am overjoyed every single time. Thank you for continuing to think of me. All of your thoughts and prayers are greatly appreciated.

I wanted to send you a brief update. I was hoping you could share with everyone. I know lots have been asking. I received my bone marrow transplant on July 14<sup>th</sup>. My donor was my 19 year old

brother, George, who is preparing for his sophomore year at the University of Kentucky. Transplant day went well. I spiked a fever toward the end, which, after four days, went away. My brother has fully recovered and is back to his normal self. Since transplant, I have responded fairly well. I visit the hospital on a daily basis as an outpatient and am closely monitored by my team of doctors and nurses. I continue

to struggle with the side effects of fatigue, nausea and joint pain. Hopefully my side effects will decrease day by day as my body is working hard to start making my own cells. Through it all, I am remaining positive because I know in the end, there is a light at the end of the tunnel!

Please know I think of you all often! Miss you all dearly!!!



Paige



# EASTER SEALS CAMP . . . SHIRLEY KRCDMAR



Many of us remember the IC Convention held in Ohio in 1982 when multi-talented composer and musician Marvin Hamlisch came to perform. "Through word and music, he told about the role Easter Seals plays in every community throughout the country and asked for ESA's support of these necessary programs and services." A motion was made to adopt Easter Seals as another national project of ESA and we began our national support for Easter Seals programs and services.

I had the privilege of visiting one of the Easter Seals' camps, Camp Bellevue, with Sheila Dunn, CEO last month. This is one of the camps where the supplies we donate are used and I want to share some pictures of the campers.



*The first picture (above) is the whole group and then you can see a few of the fun activities.*



ESA Ohio's supply donation to the Easter Seals' Camp.



# EASTER SEALS . . . JANET IVERS



## Helping our community

Thank you to *Beth Laage* who accompanied me on June 7th to help stuff goodie bags for SkillsCon '17 Easter Seals job fair program held at Forest Fair Village Mall.

## Other opportunities, upcoming events in greater Cincinnati area:

- ◆ **Monday, Aug. 14, 4pm-7pm:** Military Appreciation Day at Western & Southern Tennis Open in Mason, Ohio. Dinner fundraiser to benefit the only local veteran-focused hotline, employment assistance service and other Easter Seals veteran services. Volunteers could help with registration and guest services. <http://www.easterseals.com/gc/get-involved/events/Our-Serve.html> Please email me at [jivers@twirlpix.com](mailto:jivers@twirlpix.com) if you're interested in volunteering.

- ◆ **Saturday, Oct. 7<sup>th</sup>:** Gamma Kappa Tea Luncheon benefitting Easter Seals. *SAVE THE DATE.*
- ◆ In **November**, volunteers will be needed at the Blue Ash office to assist with Easter Seals year-end mailing. I've been told it will be more organized this year. More details to follow.
- ◆ In **December**, Easter Seals has several holiday parties for individuals with disabilities whom they serve. The majority is adults who live WELL below the poverty line, and many are in group homes. For most of these folks, this holiday party is the only celebration they have. There's music, food, and everyone receives a small gift – such as coloring books, crayons, pens, crossword puzzles-activity items. These things are inexpensive but mean so much. Anything we can donate would be much appreciated. ESA sisters are welcome to attend the holiday parties as well. Per Danielle

Gentry-Barth, "Once you meet the folks we serve, you really understand the work we do".

As I hear more details about volunteers and donations needed I'll send out emails to all. If any chapters have upcoming events or projects benefitting Easter Seals, please forward the info to me and also copy Becka Lloyd at [kysrinaria@gmail.com](mailto:kysrinaria@gmail.com) to post your event on our Facebook page.



**EASTER SEALS SKILLSCON '17 CAREER EVENT**

Erica Busch, Easter Seals Volunteer Coordinator and Beth Laage

# SPECIAL PROJECTS . . . TAMMY REYNOLDS

Hello everyone! I hope everyone is having a great summer! I am super excited about our special projects this year!

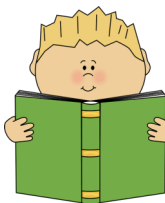
Septembers' project is Playful Paws.



As most of you may know PAWS in an organization that helps find cats and dogs

there forever homes. I am asking for donations of things like cat/dog food, clay litter scoop/non scoop, trash

bags, copy paper, paper plates, air freshener, and so many other items. A list can also be found on [PAWS.com](http://PAWS.com). For the workshop, all that is needed is old clothes/fabric and scissors to cut the fabric so we can make dog and cats toys for the animals to have.



March meeting will be "new" book donations to Children's Hospital.

May is donating to food pantries as individual chapters and telling us at the meeting what was done.



We will also make police appreciation bags at the May meeting. Can't wait to see everyone!







## CHAPTER CHATTER . . . BETA PSI

Greetings and salutations from Beta Psi! It has been a busy summer for most everyone and we are ready to restart the regular chapter meetings! We have a lot to look forward to with new officers, Tammy Reynolds has lots of great ideas for educational adventures, the St. Jude Walk/Run is coming up quickly, and time to just have a lot of fun with our fellow members! It's going to be another exciting year!

One of our members had two big events this summer! The first is that she went from Ms. Laura Bedenbaugh to Mrs. Laura Vannoy in June! She also celebrated her



birthday on 12 July! A busy summer for our fabulous member! We wish her many years of happiness!!

Two of our members, Judi Grefer and Brenda Meyers attended the IC Convention in St. Louis! From all of the photos that were circulated around on Facebook, it looked like a great time was had by all! I was actually able to get together with Judi and Brenda before the convention at our normal meeting place in West Chester in order to help get things together for the IC registration and it was a nice day with just the three of us!

On a personal note, I have been in Beta Psi since November of 2016 and already I feel like I've found home. It's not often that Opportunity Knocks on your door. You can either take the leap by answering the call or you can ignore it and go on with your life. It

knocked for me when I accepted a new job in a new state! I came into Beta Psi expecting to, of course, have fun and do good work, but what I didn't quite expect was to make so many deep connections so quickly. After my first State meeting, I was so inspired by all of you. When we had our State Convention, I met so many amazing people and made such good friends and you inspired me even more! Sometimes when you move to a new place it's hard to make the transition. I love my new home, I love all of my new friends and I love ESA. Thank you all for being a part of MY world and all that you contribute to the world around us to make it a better place!

See you all at the State meeting in September!

Becka Lloyd,  
President

## DELTA GAMMA

Our chapter may be small but we are "mighty!" We are so fortunate to be part of the Cleveland St. Jude Dream Home and the excitement is always there the day of the drawing. Again, I have included a picture of ALSAC Rep Ashley Eddie and me with the check noting our total of \$2,000,000! Cleveland rocks!



Our support of the other charity of



International Council of ESA, Easter Seals, continues as we did the

registration for the annual Walk With Me event at the Cleveland Metroparks Zoo and RainForest on July 8. Mina Yisha and I were able to have a picture taken with Olivia, one of the Easter Seals Ambassadors.

**Two new members** have joined our chapter, Darlene Wellock and Sarah Bistline. Hooray we are now

a chapter of four! Hopefully they will be attending our September meeting.

And then there were the amazing events at IC Convention. Our chapter received Outstanding Achievement in the area of: The ESA For St. Jude Award, Largest Individual Event, Second Place among several other awards for Ohio I'm sure our president will have in her article. Ohio rocks!

See you in September.

Shirley Krcmar,  
President

## GAMMA KAPPA

Gamma Kappa will be hosting the Second Annual Autumn Blessings for Easter Seals on October 7, 2017. This fund event we have planned will be a high tea luncheon at the Gazebo Tea Garden—10461 Kenwood Road; Blue Ash, OH 45242. Doors open at 11:30 with lunch served at noon. There will be door prizes, grab bags and raffle items. The donation is \$25 for adults and \$13 for children. Donations should be sent to Madeleine Kurzynski at 12187 Cedar Drive; Loveland, OH 45140. Checks should be payable to Gamma Kappa #4245. Unable to attend? All donations are greatly appreciated.

Gamma Kappa members have been enjoying their wonderful summer with traveling. Kathy, Maddie and Rose went to the International Convention in St. Louis in July. They

had a wonderful extended time to enjoy the sights of the city as well as meeting with old and new friends from ESA. A few members went to the quarter auction hosted by Pi Xi. It was a delightful evening.

Barb and her husband had a fun vacation in Australia and New Zealand for three weeks. Rose and Henry went west for an extended trip. Kim and her family had camping adventures. Anne's sister is getting married in August and Elaine had fun at her family reunion in North Carolina.

Sparky Hudoba, our four legged member, receive



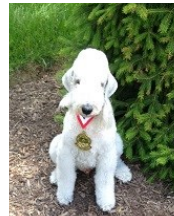
his American Kennel Club Distinguished Therapy Dog Title. Sparky has made a difference in hundreds of lives throughout the Tristate these past thirteen years including our own



Cincinnati St. Jude patient, Elena Desserich, who so love him. Sparky is 14 years old and retiring to just enjoy life at home with his family and doing visits where he doesn't have to be a pet therapy dog and gets lots of treats.

In addition to our tea, we will have a busy fall with our collection of canned goods in October and coats for kids in November. There is never a dull moment when you are having fun!!

Barb La Calzi



## SIGMA CHI

*"Summer breeze makes me feel fine . . . "*  
*Seals & Crofts (1972)*



Summer and fun; reminds us of family trips when we were young, taking a break from school or work. We take our well-deserved mental break and come back refreshed (hopefully) for the new day. At some point we think about transitioning from *ahh* to "let's get motivated". So we'll take that step out of the sand now and bring everyone up-to-speed with **Sigma Chi's happenings.**

I know it's on everyone's mind, "when do we all get to see the fun

things that were discussed at our June OSC planning meeting"? Let's start with our **Fall OSC meeting on Saturday, September 9 from 9am-3pm, hosted by Sigma Chi, at Good Shepherd Church in Symmes Twp (Harper's Point area).** We've attached the **registration form** in the BJ, giving you a taste of some fun, new ideas to share together at our meeting. Print your registration form, complete, and send with your check to the Sigma Chi address on bottom of form, **due by September 2.**

We're also excited about our upcoming **St. Jude fundraiser "Shop For St. Jude"** to be held **on Saturday, October 28, 2017, 1-4pm** at the

**Heritage Presbyterian Church in Mason, Ohio 45040** – see flyer attached in the BJ. **We'd like to invite everyone to join us for shopping fun with over 20 vendors, baskets raffle, door prizes and refreshments.** We'd especially like to highlight some vendors: **Mandy Rowland** will be selling **Wines for a Cause ViaONEHOPE** and **Beth Laage's daughters** will be selling **Beauty Counter** and **Ellie's Turtle Totes.** Get current info on our event on Facebook at <https://www.facebook.com/ShopForStJude/>

Submitted by  
Janet Ivers



# PI XI

Growing like a weed we are! We are 10 members now and ready to roll!

Pi Xi chapter is making headway with our new chapter in the Columbus area. The amount of talent we have in our chapter is amazing.

We started out strong volunteering at the St Jude Discover the Dream at the Columbus Zoo.



We are currently holding our COMING OUT event for St Jude walk/run.

PI XI chapter hosted a Quarter



auction to benefit the St Jude walk/run in Columbus.

Our chapter has dived head first in with the Columbus team to help raise money this year. We are also hosting a bake sale and a St Jude day at our local winery.

PI XI has so many great ideas coming your way! We are super anxious to raise all the money we can for all these worthy causes and have fun doing it!



Half of the squad:

Be on the look out for next events!

Mandy Rowland



## THE VOLUNTEERS CREED

Though my troubles and my worries  
Are sometimes all that I can see  
Still I always must remember  
Life's not only about me.

Other souls are also hurting  
And I know that it's God's plan'  
To reach out to help another  
To extend to them my hand.

With this purpose as my focus  
To be a comfort to a friend  
All my troubles and my worries  
Seem to fade out in the end.

It is one of God's true lessons  
How my walk is meant to be  
True happiness I Find when  
Life's not only about me.



Tom Krause

**Leadership & Fall Council Meeting**  
*Saturday, September 9, 2017*

Good Shepherd Church (Rooms # 28 & 29)  
 8815 East Kemper Rd (*Harper's Point* area)  
 Montgomery, OH 45249, Phone: 513/489-8815

9:00 – 9:30 Continental Breakfast/ Social  
 11:30 –12:30 Lunch  
 ~3:00 Adjournment

**\$35 per person**  
*Includes breakfast and lunch*

- Workshops, Presentations**
- *Philanthropic Projects*
  - *Chaplain Project*
  - *Kickball Festival/Tournament*
  - *Making Playful Paws dog toys – Bring old clothes, jeans, fabric scraps, and scissors*



**Directions:**  
 I-75 or I-71 to I-275 East. Take Exit #50 – US-22/OH-3 toward Montgomery/Morrow. Turn right off exit onto Montgomery Road. Go about a mile then turn right onto E. Kemper Rd. Go past Kroger and The Club at Harper's Point. Good Shepherd is on right side 8815 E. Kemper Rd. Enter at door 3-north or rear side of main entrance.

McAlister's box lunches - *sandwich, potato salad & cookie. Chips and drinks also provided.*  
**Lunch Options:** RB:Roast Beef H:Ham T:Turkey V:Veggie (Swiss, tomatoes, lettuce, cucumbers, house roasted multi-colored peppers on pita with Ranch dressing)

Name	Chapter	\$35	Lunch Option (Circle One)
_____	_____	_____	<u>RB</u> <u>H</u> <u>T</u> <u>V</u>
_____	_____	_____	<u>RB</u> <u>H</u> <u>T</u> <u>V</u>
_____	_____	_____	<u>RB</u> <u>H</u> <u>T</u> <u>V</u>
_____	_____	_____	<u>RB</u> <u>H</u> <u>T</u> <u>V</u>

**Deadline Sept 2** 

**Make checks payable to Sigma Chi, mail to: Debbie Martins, 1662 Kings Court, Kings Mills, OH 45034**



# Shop For St. Jude



*Sponsored by Sigma Chi of ESA  
For St. Jude Children's Research Hospital*

**Saturday, October 28, 2017 1:00-4:00pm**

**Heritage Presbyterian Church  
6546 S Mason Montgomery Rd, Mason, Ohio 45040**

***Fun Shopping ❖ Light Refreshments ❖ Baskets Raffle***



KEEP COLLECTIVE



**Turtle Candy**  
By Sigma Chi of ESA



***...accessories, watercolor prints, crafts and more!***







International Council Dues
Chapter
State
Other Councils

How to Remain Non-Profit?

- All entities MUST pay IC Council dues. Entities are: Chapters, District Councils, Regional Councils, State Councils, and any other Zone or Auxiliary.
All entities MUST submit a Tax-Form (Tax Facts) to Headquarters each year by September 15th.
All individual ESA members MUST pay individual member dues.

If these three (3) items are NOT completed, then the entity is NOT considered Non-Profit

What Do I Owe and Where Do I Send It?

- Individual Member dues are sent to ESA Headquarters. Each member will receive a bill in the mail. These are paid yearly during the month you pledged. Dues are \$49 (unless you are a senior or a Life-Active Member).
IC Council dues are due at the beginning of the ESA Year (August 1st) and must be paid before May 1st to be considered in "good standing" and receive voting privileges at IC Convention. These dues are mailed to the current IC Treasurer. DO NOT SEND TO ESA HEADQUARTERS.

2017-2018 International Council Dues are Due Upon Receipt

Please check one:

- Chapters: \$40.00
Name Number State Affiliation
Other Councils/Districts/Zones/Auxiliary (within a state) \$40.00
Name Number State Affiliation
State Council/Multi-State Council \$45.00
Name Number

Treasurer's Name
Address City State Zip
Phone Email Address

Send Payment to: IC Treasurer
LeAnn Wray
10355 Blaine Road
Brighton, MI 48114
lwray2@comcast.net

FOR IC TREASURER'S USE ONLY
DEPOSIT #
CHECK #
ACCOUNT #
DATE REC'D

Make Checks Payable to: ESA International Council
Please include chapter name & number on check

NOTE: Individual membership dues of \$49.00 should be sent directly to ESA Headquarters



EPSILON SIGMA ALPHA



### OHIO STATE COUNCIL

www.esaohio.org  
E-mail: jlgrefer@gmail.com

*ESA is a premiere leadership/service organization that offers members the programs, information and personal support needed to develop the confidence and competence to impact the world in a positive way.*

*Through a network of chapters in the US and abroad, an ESA member has the opportunity to form life-long friendships and share the power to make a difference. That difference is felt close to home and in far-reaching ways by membership participation in community service and major philanthropic projects.*

*To help you become your personal best, ESA International will provide leadership training, seminars, education programs and the challenge to develop individual strengths. All the while, your fellow ESA members will help you reach those goals.*

***Bringing good people together to do good things!***

## YOUTH AWARD . . . MARY LYKINS

The Ohio State Council (OSC) once again was able to present a candidate to the Epsilon Sigma Alpha International (ESA IC) Senior Outstanding Youth Award program. Mr. Zander Ricklic’s package was forwarded by the March 1<sup>st</sup> deadline to the ESA IC Outstanding Youth Award Chair. The five-hundred-dollar check was mailed to Zander Ricklic in May. Although Zander did not receive the IC award, he is extremely grateful for the assistance OSC provided to him in helping to lighten his financial burden. Please be sure to read his thank you letter.

ESA  
Ohio State Council Outstanding Youth Award Chair  
% Mary Lykins  
1070 Dapple Court  
Fairborn, Ohio 45324

Dear ESA Ohio State Council,

I am writing to thank you for the generous ESA Ohio State Council Scholarship for Outstanding Youth. I am very grateful that I was selected as a recipient of this scholarship. I regret that I could not attend the banquet due to my Senior Prom.

On May 27th I will graduate from NPHS at the top of my class and with honors. I am anxious to pursue my future educational and career goals. My plans in the fall are to attend The Ohio State University and major in Actuarial Science/Mathematics. By awarding me this scholarship, you have lightened my financial burden which allows me to focus more on my education and learning. Your generosity has inspired me to help others and give back to the community. I hope that one day I will be able to help students achieve their goals just as your organization has helped me.

Thank you again for your generosity and support.

Sincerely,

Zander Ricklic

