



AMERICAN EXPRESS RETIREES ASSOCIATION

Phoenix Chapter

18850 N. 56th Street, AZ 08-04-09, Phoenix, AZ. 85054-4500

Website -- amexra.org

The activities of this association are independent of and not managed by American Express

July 2020

PRESIDENT - ARNOLD DOYSCHEN 

Hi All . . . I hope this newsletter reaches you in good health. Everyone is probably “Bored as Hell” since there’s nowhere to go, no one to visit, the same programs on T.V., no live sports, and it's now summer with the heat to keep us indoors, as if we need another reason to stay put. I hope you are practicing social distancing and wearing protective gear when you do leave your house, as we are all susceptible to the virus.

Until further notice, all our Retiree Meetings held at AEDR will probably be canceled since the buildings are now closed to all non-employees. But, even though we are not meeting, there are transactions that need to be addressed.

In November, we will have elections for Vice President and Treasurer.

Our August Newsletter will have details on how to submit any nominations.

The November Picnic is currently on hold. Your Association Board is monitoring all relevant information from the Governor’s Office and the CDC. Your input is important to us, so please let our Social Director, Kathy Mance, have your feedback on how you feel about attending the Picnic . . . if it is determined that we can have one in November.

We will continue to communicate with you through our Newsletter and Email blasts.

Stay Well, Stay Safe, Stay Apart

VICE PRESIDENT – Judy Janson 

Hello to all of my retiree friends. I miss you all.

Well did we ever expect to have a virus create such a havoc in our lives and it has been a crazy time for all.

I hope all of you are taking advantage of the current event to support first responders from the comfort of your home. From what I understand from Kathy Mance, we are doing very well and thanks to all of you for your generosity!

I wish you and all of your family good health until we can get together and enjoy each other’s company.

SECRETARY – Lorraine Lockard

As you are aware with all of our Member Meetings, Events and Activities being cancelled due to the Pandemic, there won't be any minutes to report until we can start meeting again. ***Until such time, please stay well and healthy.***

SOCIAL CHAIRPERSON – Kathy Mance

With the increase in the number of Covid-19 cases, there are no "in-person" events or volunteer days planned. This may continue through the rest of 2020. We have had a great response to the First Responders event and I will keep you posted via email on the final event day and details when it is set. We may have more events of this nature to continue some of our charitable contributions during 2020 and hopefully be able to gather in 2021. There is no definite information on whether we will be able to attend "Happy Days" on Oct 1st or when Medieval Times will reopen. Also, the bowling alley has reopened but with cases of Covid-19 on the increase, I have not made arrangements for our group to start bowling again. For now, Stay Home, Stay Healthy and wear a Mask when in public.



This will possibly be our first event after the pandemic. The date will be determined when the Castle reopens. It will be on a first come/first serve basis. If you are interested, please complete and return the information form below. I am making a list and will contact you in order to verify the date works for you. It will be a Saturday Matinee. If you have any questions, call/text my cell number -- 480-286-4949. Please include your name on text messages.

MEDIEVAL TIMES-Show of interest-DO NOT SEND PAYMENT until we are sure of the date.

MEMBER: _____ # of tickets requested: _____

PHONE# _____ Email Address: _____

GUEST NAME: _____ PHONE: _____

MAIL TO: AMEX Retiree Assoc. -- c/o Kathy Mance 3047 E Taro Lane, Phx, AZ 85050

NOTE: Event checks/money orders should be made payable to "American Express (or AMEX) Retirees Association" not to me directly for banking purposes. Checks are cashed after the event to avoid issues if the event is cancelled.

JULY Holidays

Independence Day



Independence Day has been a U.S. federal holiday since 1941. The tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to family gatherings and barbecues

NATIONAL ICE CREAM MONTH

In 1984, Senator Walter Huddleston of Kentucky introduced a resolution to proclaim the month of July National Ice Cream Month and the 15th of July National Ice Cream Day. Ronald Reagan signed the bill into law the same year, and the rest is history! Even though the bill only specified that July 1984 was National Ice Cream Month, the tradition carries on—much to our pleasure.

Come Celebrate with us
this July!



MEMBERSHIP CHAIRPERSON

Lyn Campbell

TOTAL MEMBERS

DEC 2019: 210

JUNE 2020: 211

**** WELCOME NEW MEMBERS ****

**MICHELE BAKUNOWSKI
DEB VARTY**

*We are happy to have you part of our
GREAT AMEX retiree organization.*

** REMINDER !! If you have recently moved, have a new Telephone Number or a new Email Address, please email me with those changes so I can update our permanent membership records. It is extremely important that we always maintain current 'Contact Information' for our members.

I can be reached via email: amexra@amexra.org

WEBMASTER – Lynn Hoffman

Hi Everyone;
I hope you're all doing well and staying COVID virus free! If you're like me you can't wait for the immunization to be available so we can be over with this. Hopefully the new laws requiring that we must wear masks in public will reduce the number of new cases.
Now that you have more time at home please visit our website at **amexra.org**. Should you need a quick copy of the newsletter click on the tab titled "Newsletter and Activities" and you'll see a link to download the newsletter. If you would like to continue to explore you can click on "Membership Application". You'll see how easy it is for any former American Express retired employee to start the application process. Feel free to just "mosey" around and see what else is out there on our website. As always please forward me any suggestions to enhance or improve our website and I'll be glad to review and respond.



Laughs ... To Brighten Your Day ☺

Enjoy the Pun & Fun of the English language!

It was entertainment night at the Senior Center. After the community sing along, it was time for the star of the show, Claude the Hypnotist, to perform.

Claude explained that he was going to put the whole audience into a trance. "Yes, each and every one of you and all at the same time.

The excited chatter dropped to silence as Claude took from his pocket a beautiful antique gold watch and chain. "I want you to keep your eyes on this watch" he said, holding the watch high for all to see.

"It is a very special and valuable watch that has been in my family for six generations".

He began to swing the watch gently back and forth while chanting -- Watch the watch -- Watch the watch -- Watch the watch" !

The audience became mesmerized as the watch swayed back & forth. The lights twinkled as they were reflected from its gleaming surface. As 150 pairs of eyes followed the movements of the swaying watch, they were all hypnotized!

Then suddenly, the chain broke and the beautiful watch fell to the stage and burst apart on impact". "SHIT" said Claude.

It took them three days to clean up the Senior Citizens' Center . . . and, Claude was never invited back again!!!!

With so many sporting events cancelled, they're having to televise the World Origami Championship . . . It's on Paperview.

- ** Why does the word "Funeral" start with FUN?
- ** Why isn't a fireman called a waterman?
- ** How come Lipstick doesn't do what it says?
- ** If money doesn't grow on trees, *how come banks have branches?*
- ** If a vegetarian eats vegetables, *what does a humanitarian eat?*
- ** How do you get off a non-stop flight?
- ** Why are goods sent by ship called CARGO, and those sent by truck called SHIPMENT?
- ** Why is it called "Rush Hour" when traffic at its slowest then?
- ** How come noses *run* and feet *smell*?





the more you know

CUBE THAT STOCK

Pour the liquid leftover broth into an ice-cube tray, freeze, then transfer to a freezer safe zip lock bag. When you're preparing a sauce or side dish, just pull out a few cubes and melt them right in the pan. Sometimes, when I'm cooking brown rice/quinoa, I'll replace a bit of the water with some cubes for extra flavor.

*OH ... Works Well with Wine Too!
You can add a cube or two or red to your favorite marinara sauce for more body, or toss some white into shrimp scampi or other light pasta sauces.*

Ick! Brown Bananas

Seal the stems of bananas in plastic wrap to help keep them fresh longer. If they get too ripe, use them in breads, muffins or smoothies.

Ick! Brown Guacamole

I'm a huge fan of guac . . . but when we don't eat it all, the remainder turns brown. Try this trick to keep yours mean and green: Smooth out the guac with a wooden spoon and give the bowl a few taps on the counter to force out air pockets. Pour a thin layer of water (a half inch is plenty) on top; it forms a barrier and keeps air out. Cover with a lid or plastic wrap and refrigerate and you've bought a few extra days.

When you're ready to dig in, pour off the water and give a quick stir.

DONATION COORDINATOR - Tricia Kieran

Can you believe the year is half over? I hope everyone is well. We had great response to the UMOM drive. Many thanks to all those that made donations and to Tina Borer for being the west side go-to person. I know that you are enjoying your cleaned out closets! We had 18 boxes/large bags and 2 strollers. I will be making the delivery the last week of June.

Feeling lucky? The Arizona Humane Society is currently sponsoring their first-ever 50/50 raffle. Tickets are 10 for \$10, 50 for \$20 and 150 for \$40. Tickets can be purchased until midnight, July 15th. Winner will be announced on July 16th. You must be a legal resident of Arizona and over 18. As of 6/29, the pot is \$62,340. It's a win/win situation. The pets win & so does one lucky person It could be you!

WEBSITE: www.azhumane.org/2020/06/50-50-affle

Wishing you all a Happy and safe 4th of July.

No Act of Kindness, no matter how small ... is ever wasted.



~~ Aesop ~~



TREASURER – Rex Provenzale

JUNE, 2020

(for month ending May, 2020)

| | |
|----------------|-------------|
| Total Expenses | \$ 40.46 |
| Total Revenue | \$ 1,710.00 |
| Dividends | \$.15 |

Membership Dues are \$10 a YEAR

Payable by DEC. 31ST for the FOLLOWING YEAR. You can use one of your \$10 coupons or if paying by check please make PAYABLE TO: AMEX Retirees Assoc.

MAIL TO: Rex Provenzale
3929 W. Chama Dr. / Glendale, AZ. 85310

**Throw Kindness Around
Like Confetti!**



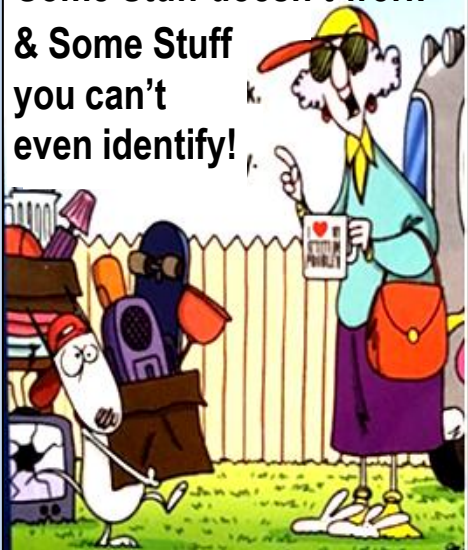
**Don't Look Down
at Someone
Unless You Are
Picking Them UP!**

**Why don't retirees mind
being called Seniors?**

Because the term comes
with a 10% discount! 😊

**After a certain age,
your body is like a
garage sale . . .**

**Some Stuff looks old,
Some Stuff doesn't work
& Some Stuff
you can't
even identify!**



**BIRTHDAYS
THIS MONTH**



July - Birthstone is the Ruby / Flower is a Larkspur

Considered the king of gems and represent love, health and wisdom historically associated with passion, desire, love and royalty.

| BD | Member | BD | Member |
|----|-------------------|----|------------------|
| 3 | Tina Borer | 18 | Rose Bonfiglio |
| 3 | Michael Butcher | 19 | Dee Gray |
| 3 | Troy Hollis | 20 | Loretta Clinton |
| 3 | Judith Motch | 20 | Cheryl Trapp |
| 3 | Patricia Savoy | 20 | Diana Seeton |
| 8 | Nancy Bagger | 21 | Margaret Oloffo |
| 10 | Leah Creed | 27 | Gary Borer |
| 10 | Marilyn Weyandt | 27 | Neysa McLaughlin |
| 12 | Marianne Lamberti | 29 | Carolyn Sargent |
| 12 | Star James | 29 | Robert Holm |
| 13 | Susan Sullivan | 30 | Janis Day |
| 15 | Sandy Fiering | 30 | Pat Ceaser |
| 15 | Nancy Gano | | |



Calendar of Events

NOTE: Due to COVID-19, below events are subject to change.

| DATE | EVENT |
|--|--|
| <u>Thurs., Aug. 6th</u> | SVdP Henry Unger Volunteer Day |
| <u>Sun., Aug. 9th</u> | 5th Annual Bowl-A-Thon |
| <u>Fri., Aug. 21</u> | Bowling @Brunswick Lanes (12:30pm -3pm) |
| <u>Fri., Sept. 4th & 18th</u> | Bowling @Brunswick Lanes (12:30pm -3pm) |
| <u>**Sat., Sept. 12th</u> | AMEX Retiree Meeting @AEDR - Canyon Bldg -- Coconino/Hopi Conf. Rm |
| <u>Wed., Sept. 16th</u> | Ronald McDonald House Volunteer Day |
| <u>Tues., Sept. 22nd</u> | St. Mary's Food Bank Volunteer Day (1pm - 3pm) |
| <u>Thurs., Oct. 1st</u> | Happy Days a New Musical at Az Broadway Theatre |
| <u>Fri., Oct. 2nd, 16th & 30th</u> | Bowling @Brunswick Lanes (12:30pm -3pm) |
| <u>Thurs., Oct. 8th</u> | Ronald McDonald House Volunteer Day |
| <u>**Sat., Oct. 17th</u> | AMEX Retiree Meeting @AEDR - Canyon Bldg -- Coconino/Hopi Conf. Rm |
| <u>OCT TBD</u> | Halloween Event |
| <u>Tues., Nov. 3rd</u> | SVdP Henry Unger Volunteer Day |
| <u>Tues., Nov. 10th</u> | AMEX Retiree Picnic @ Saguaro Park |
| <u>Fri., Nov. 13th</u> | Bowling @Brunswick Lanes (12:30pm -3pm) |
| <u>Tues., Dec. 15th</u> | St. Mary's Food Bank Volunteer Day (9am - Noon) |
| <u>December - TBD</u> | Holiday Event |



PATRIOTIC SONG SCRAMBLE



- 1) Tshi anLd sl Yrou daLn
- 2) ekaeYn oldeDo
- 3) heT tarS-apldSeng nnBrea
- 4) oGd lBses mAaicer
- 5) yM utoCryn 'sTi fO Tehe
- 6) eAiracm eTh ifaluueBt
- 7) rnBo nl hTe S.A.U.
- 8) hTe straS dAn rSepsit rrFovee

Answers on page 8

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | U | N | I | T | E | D | S | T | A | T | E | S | R |
| A | A | L | E | Y | I | F | L | A | G | T | R | G | S |
| T | E | L | N | O | I | T | A | R | A | L | C | E | D |
| R | E | F | O | U | R | T | H | O | F | J | U | L | Y |
| I | I | Y | S | A | H | E | S | S | S | W | U | J | S |
| O | G | S | K | Y | O | B | I | E | A | U | S | E | C |
| T | A | E | R | T | T | U | U | P | S | B | E | A | S |
| I | F | T | O | R | D | R | A | I | T | A | D | M | E |
| C | R | U | W | E | O | G | M | R | A | R | A | L | I |
| C | E | L | E | B | G | E | E | T | R | B | R | F | N |
| O | E | A | R | I | S | R | R | S | S | E | A | A | O |
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| N | M | T | I | S | D | S | A | D | A | E | G | R | C |

FLAG
 STRIPES
 HOT DOGS
 DECLARATION
 BURGERS
 FOURTH OF JULY
 FIREWORKS
 BARBECUE
 PATRIOTIC
 AMERICA
 COLONIES
 LIBERTY
 STARS
 FREEDOM
 PARADES
 UNITED STATES
 SALUTE

People are just as happy as they make up their minds to be!
 Abraham Lincoln

Patriotic Songs -- Answers

- 1) This Land Is Your Land
- 2) Yankee Doodle
- 3) The Star Spangled Banner
- 4) God Bless America
- 5) My Country Tis' Of Thee
- 6) America the Beautiful
- 7) Born in the U.S.A.
- 8) The Stars and Stripes Forever

*This newsletter is a publication of the American Express Retirees Association of Phoenix
 *Please direct all correspondence to our Managing Editor, Tina Borer @tborer@cox.net.