



AMERICAN EXPRESS RETIREES ASSOCIATION PHOENIX

Website – amexra.org

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

September / October 2026



PRESIDENT – Arnold Doyschen

VICE PRESIDENT – Judy Janson

Hello to all of our retiree friends!

By the time you read this, summer will have officially departed, and we are all looking forward to the cooler fall weather finally appearing in the forecast.

To start things off, we want to share a wonderful story and give a special, shout-out to Nan Pflumm! Earlier this year, Nan came up with the idea to take donated books, CDs, and other media to Bookman's in exchange for cash vouchers for local teachers. At Bookman's, not only can teachers use the vouchers for books, they can also get art supplies, musical items, and other items. We recently received a thank you note from Alpha Delta Kappa, an international organization for working and retired women educators. They have set up Little Free Libraries in low-income areas and work hard to keep them stocked. It takes 60 books each month to maintain them, and with the vouchers, they were able to purchase 360 books! Thank you, Nan, for the incredible job you do to support our community!

At the September 17 member meeting, members voted unanimously to approve the revised By-Laws dated September 17, 2026. The By-Laws will be posted on our website: amexra.org.

The member meeting was held at Anzio's where we enjoyed delicious Italian food. Additionally, Ron Meeks was our guest speaker; Ron continued his interesting talk on 1960s Rock and Roll. Thank you, Ron!

Looking ahead, please remember that our next meeting is the Thanksgiving Feast on November 5th, which will be our final picnic and member meeting of the year. We hope to see all of you there. Don't forget to keep saving your dimes—we will be officially collecting them at the picnic.

Wishing everyone a safe, happy, and enjoyable transition into the fall season!





SOCIAL CHAIRPERSON – Kathy Mance

August 25 /September 23 St Mary's Volunteer Days - There were 9 volunteers in August for the Surprise Location and 9 for Phoenix in September. In September, we all worked filling 1,035 Emergency Senior Food boxes during the two-hour shift. A total of 3,203 boxes were filled during the shift by all the volunteers. At Surprise in August there were multiple tasks assigned. If you ever feel like joining us, contact me to get a volunteer shirt. We usually go to lunch after our shift and have a good time visiting.

August 16 Bowl-A-Thon – We had 20 bowlers and several spectators attend; this included seven staff members from Ira Murphy. The event made \$519 for the school. Everyone seemed to have a good time. It was decided that this was the last bowl-a-thon due to price changes, quality of service, and amount of work involved.

September 17 Anzio's Member Meeting - We had 26 members and guests attend. The meal was good! Salad, pizza, pasta alfredo, spaghetti, and garlic toast. If you didn't attend you missed a great meal for \$15! Hope you will join us next time. Irene Provenzale won \$50 in the 50/50 raffle.



Details on Flyers

- October 13: Halloween Event
- October 21: St Mary's Surprise
- November 5: Thanksgiving Feast and Meeting
- November 12: St Mary's Phoenix
- December 9: Barleen's Matinee Holiday Event
- December 17: St Mary's Surprise

To RSVP to events or to contact me, please use phone number 480-286-4949.
If I do not answer, leave a voicemail.

NOTE: ONE EVENT per CHECK. All 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.

SUNSHINE CHAIRPERSON - Irene Provenzale



Congratulations to Irene and Rex Provenzale who recently became great-grandparents to Keller Joseph born August 23rd weighing in at 7 lbs.!!! Keller and parents (granddaughter Courtney and husband Michael) are all doing well.



Please keep collecting pop tabs!

If you hear of any members who could use a "Get Well" or "Thinking of You" card, please let me know.



MEMBERSHIP CHAIRPERSON – Marilyn Weyandt

MEMBERSHIP

211 members

Invite your Amex retired colleagues to join our association. Email amexra@amexra.org for the membership application.

DONATION COORDINATOR – Nan Pflumm

Don't throw anything away!



AMEX Retirees Board Members

Arnold, Judy, Allen, Pauline, Kathy M, Irene, Marilyn, Kathy A, Nan, Rex, Kathy F, Mary



BD	Member	BD	Member	BD	Member
2	Liz Maxwell	15	Norma Michelena	22	Gloria Sharp
4	Irene Provenzale	15	Carl Sawicki	24	Teri Rodgers
5	Milu Simpson	18	Genie Donohoe	25	Michele Bakunowski
6	Carol Powell	18	Gary Wells	25	Carol Johnson
8	Tricia Miller	20	Val McAllister		



BD	Member	BD	Member	BD	Member
3	Dave Aichelman	9	Theresa Dietrich	22	Cindy Olson
3	Anita Bounds Morgan	9	Pamela Edwards	26	Sue Morrison
3	Bob Eysers	10	Lynette Lemaster	27	Jill Colby
4	Karen Murray	12	Phyllis Delaney	28	Arnold Doyschen
6	Beverly Kopecky	12	Susan Perry	28	Dee McBride
6	Edie Varner	17	Bob Mariano	30	Kaye Eddy
7	Cindy Kelly		i	31	Mary Blue

Physics



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|--------------|------------|-------------|
| ABSORB | FAHRENHEIT | PAN |
| BALANCE | FORCE | PHYSICAL |
| BOILING | FREEZING | POTENTIAL |
| CELCIUS | GAS | PROPERTY |
| CENTIMETER | GRADUATED | PULL |
| CHANGE | GRAVITY | PUSH |
| CHARGE | HEAT | REFLECT |
| CONDENSATION | KINETIC | REFRACT |
| CUBIC | LIGHT | SHADOW |
| CYLINDER | LIQUID | SOLID |
| DECIBEL | MASS | SOUND |
| DEGREES | MATTER | SUNLIGHT |
| EARTH | MEASURE | TEMPERATURE |
| ELECTRICAL | MECHANIC | TEXTURE |
| ELECTRICITY | MELTING | THERMOMETER |