

NEBRASKA OES NEWS

Volume 15 Number 4 ~September, 2014

"Music of the Stars"



Jottings from Jan

Every time we smile, our brains release endorphins that make us feel happy and psychologically relieve stress. Did you know that children smile 400 times a day, while most adults only smile 20 times a day. Keep Smiling!

Ritual Assistants List

A new list of those members willing to help other Chapters with ritualistic work will be coming out with the December issue of the OES News. If you'd like to help please send in the form, see your Chapter Secretary or call the Grand Chapter office for a form. Deadline for mailing in the form for this year's list is Nov. 1st. If you were previously on the list and wish to be removed, call the Grand Secretary by Nov.1st. This is a fantastic way to work with our Sisters and Brothers from other chapters. Please remember to give all your contact information including email address.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Some easy ways to show your support! Multiple Sclerosis:

You can help support the WGM & WGP special project of Multiple Sclerosis by purchasing a bag of peanuts for the minimal donation of \$1.00. The OES Express ticket attached to the peanuts can be used at the silent auction at Grand Chapter.

Youth:

Betty Garwood, Chairman of Youth Committee of the General Grand Chapter has luggage tags for sale. The luggage tags have the OES emblem on it and say "The Order of the Eastern Star" with the website www.easternstar.org on it.

OES Express

My what a flourish of activity I've had with travels to the International Peace Gardens and then off to Wyoming Grand Chapter. Twelve Grand Officers were aboard for Wyoming. What a group I had!

The train yard was ready for me when I returned from Area #8 Visitation in Kimball and Area #9 Visitation in Gordon. The OES Express traveled many miles. Of course, always whistling a happy tune.

The Grand Officers from Kansas and Nebraska are headed to Omaha for the Kansas/Nebraska Exchange August 22-23. The Kansas Grand Officers will be doing the initiatory work Friday night in Omaha with the Nebraska Grand Officers doing the initiation in Kansas City Saturday night. Hopefully some of you will be aboard for our Exchange.

The OES Express is headed to McCook Friday night, August 29th for the Area #10 Visitation. On Saturday I will pick up steam as we travel to the Area #11 Visitation in Franklin then on to Fullerton Saturday evening. Whew! The Grand Family really does keep me busy. I'm looking forward to many of you coming aboard on our travels.

With Labor Day on September 1st I will spend a few days having maintenance then be ready to pick up passengers for Area #13 Visitation in Lincoln on Friday, September 5th. On Saturday September 6th, Omaha will host the Area #14 Visitation. I know many of you will want to come along.

The OES Express is headed out the train yard for the upcoming activities, so plan to come aboard. I look forward to seeing you.

Important Websites:

Nebraska Grand Chapter

www.neoes.org

General Grand Chapter

www.easternstar.org

Nebraska Grand Lodge

www.glne.org

Job's Daughters

www.jdne.org

Rainbow for Girls

www.nebraskarainbowgirls.com

DeMolay for Boys

www.nedemolay.org

Masonic-Eastern Star Home for Children

www.meshc.org

Nebraska Masonic Home

www.thenebraskamasonichome.org

Are you a member of the "COF Club"?

Marianne Shenefeld, Right Worthy Grand Conductress from Wyoming, is asking her OES family to join the "Circle of Friends Club" to support the 2021 General Grand Chapter Session. You can join by purchasing a beautiful turquoise crystal horseshoe pin for \$10.00. Pins are available from Judy Wehrbein, our Nebraska contact. Call Judy at 402-298-8192 or email jwehrbein@jagwireless.net to make arrangements to get yours. They make great gifts and help support a very worthy cause!

5th Triennial Masonic Youth Leadership Conference

will be held at the Holiday Inn in Kearney on September 27-28th, 2014.

Cost: per person \$60.00 if postmarked by September 5, 2014. Send registration to Gene Wehrbein.

Attire: Casual, jeans & t-shirt (t-shirt provided)

2014 Service Project: Kearney Food Pantry

Speakers: Josh Shipp, Terry Magelssen (magician), Jeff Wright (Flying Houndz), Amber Naylor (Ultimate Without Borders), Amanda Speaks

Sponsored by all Nebraska Masonic organizations and other caring individuals and businesses



THANKS to all who have contributed school supplies to the children at the Masonic-Eastern Star Home for Children. It's not too late to contribute—you may send monetary donations to the Grand Chapter office

Multiple Sclerosis (Special Project for 2014-2015)

How Can I Ease Multiple Sclerosis Symptoms?

Avoid extreme temperatures. Extreme temperatures may worsen your symptoms of multiple sclerosis.

Avoid exercise on hot and humid days, and never exercise to the point of fatigue.

Use air conditioning. If hot and humid conditions worsen your MS, try to stay in cool and dry areas as much as possible. A home air conditioner may be tax-deductible for some people with MS; talk to your doctor. Some people use a cooling vest on extremely warm days.

It is important to remember that while climate may worsen the symptoms of MS, climate changes do not produce more actual nerve damage. The

adverse effects of temperature and humidity are generally temporary. However, it can take longer (a few days) to recover if you get over heated.



THE "NOTE" WORTHY CALENDAR



(As space permits in the newsletter - I will try to list your Chapter Events)

PLEASE SEND INFORMATION TO BE INCLUDED IN THE OCTOBER NEWS BY SEPTEMBER 15

- Sept 8 13th Annual Masonic Charities Golf Tournament in North Bend, contact Bev Donham, PGM 402-558-9032 or Dee Schuetz, PGM 402-504-4570, Supports Masonic Charities of 1) NE Masonic Home, 2) Masonic-Eastern Star Home for Children and 3) NE Masonic Foundation, \$125 per person, including cart and dinner. Open to the public, women and youth. Donations appreciated.
- Sept 10 Trinity #299, Card Party, \$6 per person, includes lunch, 10:00-3:00pm, 12:00 salad lunch, bring your group of four or more, with cards, play bridge, canasta, pinochle, bunco, dominoes, UNO or your choice, Reservation deadline 9-5, (WOMC) 2424 S 135th Ave, Omaha, questions call Bev Donham 402-558-9032, Helene Campbell 402-334-1843
- Sept 13 Happy Positive Thinking Day
- Sept 13 Martha Washington Fish Fry, 4:30-7:00, \$9.00, 4430 N 70th St, Lincoln
- Sept 17-20 Colorado Grand Chapter in Denver
- Sept 27-28 Masonic Youth Leadership Conference in Kearney at the Holiday Inn
- Sept 28 Masonic Home Caring Club Dinner
- Oct 5 Trinity #299, Steak Fry 4:00-7:00 pm, 2424 S 135th Ave, Omaha
- Oct 9-11 South Dakota Grand Chapter in Pierre
- Oct 13-15 Missouri Grand Chapter in Columbia
- Oct 18 Grand Representatives Fall Meeting at Younes Conference Center in Kearney, \$22.00, registration 11:00, meal at 12:00, RSVP with Margaret McCall 402-651-3337 mmcall5@cox.net
- Oct 23-26 Iowa Grand Chapter in Altoona at Adventureland
- Oct 26 AkSarBen #299, Soup & Chili dinner includes salad and beverage, 4-7:00pm, \$8.00, 2823 N 83
- Nov 1 Narcissus #269, Turkey dinner, 4:00-7:00pm, 5903 Maple St, Omaha
- Nov 2 Trinity #299, Pancake breakfast 8:00 -1:00 pm, 2424 S 135th Ave, Omaha
- Nov 9 AkSarBen #277, German Dinner includes Wiener Schnitzel or Brat, German Potato Salad, Sauerkraut, roll, butter, beverages, dessert is german chocolate cake and angel food cake, 11:00-2:00 pm, \$12.00, 2823 N 83rd St, Omaha
- Nov 15 Alpha #325, Chili and Chicken Soup Dinner, 1910 Franklin, Bellevue

Enclosed with this OES News:

- ❖ Food Pantry Challenge
- ❖ Ritual Assistant Form

Visit us on the web at neoes.org. See the Eastern Star Calendar by clicking on "Calendar"

Become a friend on Facebook at **Nebraska Eastern Star**

Call the Grand Chapter Office: 402-727-8644 or 800-832-9320