

# NEBRASKA OES NEWS

*“Let There Be Light”*

Volume XII Number VI ~April, 2012



*Jottings from  
Jan*

A few reminders for Grand Chapter:

(1) Make your housing arrangements. Call the Holiday Inn (402-475-4011) or one of the other hotels listed on the housing information sheet.

(2) Mail in your Pre-registration form and your check to the PO Box listed on the form. **The Deadline for pre-registration is April 21, 2012.**

(3) Don't forget: Credentials, Dues Receipts, Past Matron or Past Patron Card, Past Grand Matron, Past Grand Patron Certificates.

(4) Bring your baskets, craft or other item to participate in the Silent Auction/Raffle

**SCHOLARSHIP COMMITTEE:**  
**Deadline for returning Notification of Award forms and money for the 2012-2013 Scholarship Program is May 1, 2012.**

**EDUCATIONAL LOAN FUND COMMITTEE:**  
**Deadline for Educational Loan Applications is April 30<sup>th</sup>.**

A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.

## **Nine Controllable Risk Factors for a Heart**

**Attack:** 1. Cigarette Smoking nearly triples your chances of a heart attack compared to those who never smoked. 2. High Blood Pressure or hypertension defined as 140/90 mm Hg or greater-doubles your chances of having a heart attack. 3. High LDL, Low HDL triples your risk of heart attack. LDL cholesterol is a major component of arterial plaque; good HDL cholesterol helps clean the arteries. 4. Diabetes, a condition marked by high levels of glucose in the blood, more than doubles your chances of having a heart attack. 5. Abdominal obesity, defined as a waist size greater than 35 inches for women and 40 for men, increases heart attack risk by 62 percent. 6. Depression and anxiety more than doubles your risk of heart attack or stroke. 7. A sedentary life-style accounts for 12 percent of heart attacks. Regular exercise lowers your risk by 14 percent. 8. Too much or too little alcohol can increase risk. The right amount, with your doctor's OK: Two drinks a day for men and one for a woman reduces heart attack risk by 10 percent. 9. Too few fruits and vegetables boost's risks. People who eat produce daily are 30 percent less likely to have a heart attack.

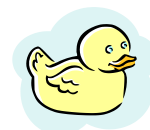


***ABCs** of Breast Cancer Early Detection:*

***Annual Mammogram** - Start at age 40 and continue as long as you are in good health. A mammogram can find cancer when it's very small, often years before a woman or her doctor would be able to feel it.*

***Breast Awareness** - Report any changes to your doctor right away. Breast self-exams are an option for increasing breast awareness.*

***Clinical Breast Exam** - Have one every year by your doctor or nurse if you are 40 or older, and every 3 years if you are in your 20s and 30s.*



## **Past and Present Grand Ducks**

You are invited to the Grand Duck Luncheon on Monday, May 7th at 11:30 p.m. at Old Chicago Pizza at 826 P Street in the Haymarket. Gene Wehrbein is the chairman.

## “2012” OES

### FIVE-STATE EXCHANGE

The 2012 5-State Exchange is being hosted by Missouri Grand Chapter this year and will be held in Branson, Missouri on the weekend of July 27 thru 29<sup>th</sup>, 2012. Information and Registration Forms are provided in the attached flyer. PGM Dee Schuetz has been asked to inquire

about a bus trip for those wishing to travel together. Please let her know by APRIL 15, 2012 if you would like to be put on the bus list and if enough Nebraska OES sisters and brothers participate, a trip will be arranged (non-OES friends are welcome as well). Her email address is [schuetz01@windstream.net](mailto:schuetz01@windstream.net) or she

can be reached by telephone at 402-298-8715. Also note hotel and event reservations must be made by MAY 31, 2012. It sounds like a great weekend – come and join us!

*“A candle loses nothing by lighting another candle”*



## THE OES “LIGHT” CALENDAR

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

**PLEASE SEND INFORMATION TO BE INCLUDED IN THE MAY NEWS BY APRIL 15**

- April 8<sup>th</sup> .....Happy Easter
- April 12-14.....Grand York Rite Annual Grand Session @ New World Inn, Columbus
- April 27 .....Spaghetti Supper, Cotner Masonic Family, 4:30-7:00, 1542 N 65<sup>th</sup>, Lincoln  
\$6.00 Adults and \$3.00 Children (12 and under)
- April 30<sup>th</sup> ..... Deadline for Educational Loan Applications
- May 1<sup>st</sup> ..... Deadline for Scholarships
- May 26<sup>th</sup> .....2:00-4:00 Joint reception for all Grand Officers and Grand Lodge Officers, Christ Church in Rural Louisville, 84<sup>th</sup> St & Hwy 66
- 5/29-6/2.....Masonic All-Star Marching Band Camp in Lincoln
- June 2 .....Shrine Parade and Shrine Bowl Game
- June 8-10.....Rainbow Grand Assembly at Doane in Crete
- June 28-30.....Jobs Daughters Grand Session, Sandhills Convention Center in North Platte
- May 8-10.....GRAND CHAPTER IN LINCOLN AT PERSHING CENTER
- Aug 12<sup>th</sup> .....4-H Achievement Day at Masonic-Eastern Star Home for Children
- 11/1-11/9.....General Grand Chapter in Forth Worth, Texas

## Enclosed with this OES News:

- ❖ One copy of the resolution that will be presented at Grand Chapter. Discuss it at your Chapter meeting so your representatives will know your opinions.
- ❖ Letter from the Associate Grand Matron and Associate Grand Patron with a sample program and invitation.
- ❖ Letter about the 2012 Five-State Friendship Exchange in Branson Missouri