

NEBRASKA OES NEWS

Volume 15 Number 1 ~June, 2014

"Music of the Stars"



Jottings from Jan

Don't forget you can download Newsletters in color and find lots of information on our Web-site: <http://neoes.org>

Thank You! We want to express our sincerest "thank you" to all of the members who attended the "Stars across the Prairie" Grand Chapter Session on May 13-15, 2014. It was a pleasure to meet and greet everyone.

A special thank you is extended to all of the volunteers who helped in the many ways: Grand Pages, Assistant Grand Warders and Sentinels, Worthy Matrons and Worthy Patrons; setting up; tearing down; servings as meal hosts and serving on all of the committees. A Grand Chapter session is not done by one or two people but many volunteers. The volunteers were all listed in the Program and there were additional volunteers. If we tried to list everyone by name, some may be missed but we want you to know how thankful we are for everyone!

It has been a pleasure to serve as your Worthy Grand Matron and Worthy Grand Patron for the 2013-2014 Grand Chapter year.

Thursday, May 15, 2014 was the Installation of new officers for the 2014-15 year. We congratulate Worthy Grand Matron, Sharlene Coulter, Worthy Grand Patron, Deloyt Young and their "Music of the Stars" Grand Family and will be there to support them as they serve our Grand Chapter.

Star Love,
Bev Donham, PGM
Jim Dusch, PGP

Multiple Sclerosis

(Special Project for 2014-2015)

Multiple sclerosis (MS) affects the brain and spinal cord. Early MS symptoms include weakness, tingling, numbness, and blurred vision. Other signs are muscle stiffness, thinking problems, and urinary problems. Treatment can relieve MS symptoms and delay disease progression.

OES Express

Wow! I'm getting ready for quite an adventure. The OES Express in Nebraska has a new Grand Family and they're getting ready to board the OES Express and travel across the state of Nebraska to reach out and touch our members.

My first stop will be at the Grand Officer Reception in Blair on Saturday, May 31st. Hope to see many of you there.

On June 3 I will be picking up Masonic Band Camp participants and heading to Kearney for the week. I'm sure many of you will be aboard to attend as chaperones. The Parade on Saturday June 7th and the Shrine Bowl Game will be the highlight of the week.

Come aboard and travel to Doane College at Crete for the Rainbow for Girls Grand Assembly June 13th.

We will head to western Nebraska and pick up people for the first Area Visitation in Ogallala then on to the Reception and Visitation in North Platte.

Whew! I think I need to head into the station for repairs and service. Keep watching the schedule to see where I'll be so you can board the OES Express.

Watch for me at the train yard!

Getting to know our WGM:

Sharlene was raised on the Ward family farm near Laurel, Nebraska. She was initiated into Eastern Star in Miriam Chapter #175 in Laurel, NE during her college years. She met her husband on a blind date while at Nebraska Wesleyan in Lincoln, married two years later and moved to Canon Air Force Base in Clovis, NM. They moved to Blair in August of 1969 where Herb opened a dental practice and Sharlene taught special education. In the early 1970s Sharlene became a member of McKinley Chapter #161 in

Blair, NE. Herb joined Star at Grand Chapter when Marjorie Ward, Sharlene's mother, was Grand Chaplain. Sharlene served on many committees and held several appointed offices, including many years as organist. In 1987 she was Worthy Matron and had a musical theme year.

Sharlene was Grand Chaplain in 1989 for Sister Roberta Phipps and Brother Chuck Spohr. She served as Grand Organist with Sister Jeanine Bryceson and Brother Robert Carhart in 1995. In 2010 Sister Jerrie Wilcox and Brother Denny Smith appointed Sharlene to join the "grand line" as Grand Warder. McKinley Chapter consolidated July 10, 2008 with Herman Chapter #216 in Herman and Sharlene is currently organist. As Worthy Grand Matron, I look forward to traveling Nebraska and meeting our Sisters and Brothers.

Music Therapy in Alzheimer's:

Last month's newsletter described some of the many benefits of music therapy treatment for individuals with Alzheimer's disease. Music therapy is a research-based practice that must be facilitated by a board certified professional. In music therapy, music is the tool used to reach non-musical goals such as reducing anxiety, controlling pain, increasing communication, reducing depression and anticipatory grief, and improving motor movements.

Although it is not considered music therapy, a non-music therapist may use music to help improve quality of life for individuals with Alzheimer's. Music listening can help with relaxation (slow-tempo) or increase engagement and awareness (fast-tempo). Music as recreation such as choirs and sing-alongs are great ways to include music in your loved ones' lives.

To find a music therapist in your area, visit www.musictherapy.org and click the "Find a Music Therapist" tab.

Tyenne Bennett Mischnick MT-BC

Aim: *To reach out and touch our members with random acts of kindness and expressions of love for our order.*

Save the Date

The 13th Annual Masonic Charities Golf Tournament will be held on September 8, 2014. Please keep this date open. For more information

contact Michelle at the Grand Lodge: 800-558-8029 or Bev Donham: 402-558-9032 or Dee Schuetz: 402-504-4570.

Thank You's:



Thank you to everyone that participated in the basket auction by donating baskets and for purchasing baskets. Thanks also for all the donations of miscellaneous items and for those that shopped to support Alzheimer's the special project. Margaret & Nellie



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 JULY NEWS BY JUNE 15

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|------------|---|---|
| June 3-7 | 20 th Annual Masonic All-Star Marching Band Camp in Kearney | |
| June 7 | 10:00 a.m. Shrine parade on Central Avenue in Downtown Kearney | |
| June 7 | 2:00 p.m. 56 th Annual Shrine Bowl Football Game at UNK, order tickets at www.neshrinebowl.com or 402-477-8908 | |
| June 13-15 | Rainbow for Girls Grand Assembly at Doane in Crete |  |
| June 14 | Fish Fry, \$9.00, 4:30-7:00, Martha Washington, 4430 N 70 th St, Lincoln | |
| June 24-28 | Job's Daughters Grand Bethel at Younes Conference Center in Kearney | |
| July 11-13 | DeMolay Conclave in Lincoln | |
| July 12 | Fish Fry, \$9.00, 4:30-7:00, Martha Washington, 4430 N 70 th St, Lincoln | |
| July 17 | Luna Chapter #169 friendship night and ice cream social, 7:30pm, 20295 Hopper St, Elkhorn | |
| July 25-27 | Join OES Sisters & Brothers for a fun weekend in South Dakota with Iowa, Kansas and Missouri | |
| July 27-30 | Rainbow Supreme Assembly in Baltimore, MD | |
| Aug 9 | 4-H Achievement Day at the Children's Home |  |
| Aug 8-10 | General Grand Chapter International Peace Garden Triennial Pilgrimage | |
| Sept 27-28 | Masonic Youth Leadership Conference in Kearney at the Holiday Inn | |

Grand Chapter of other Grand Jurisdictions

Please contact the Grand Chapter office if you are interested in attending Grand Chapter in other states.

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| Aug 13-16 |Wyoming Grand Chapter in Casper | |
| Sept 17-20 |Colorado Grand Chapter in Denver | |
| Oct 9-11 |South Dakota Grand Chapter in Pierre |  |
| Oct 13-15 |Missouri Grand Chapter in Columbia | |
| Oct 23-26 |Iowa Grand Chapter in Altoona at Adventureland | |

Enclosed with this OES News:

- ❖ Visitation schedule and information about "Music of the Stars" Year
- ❖ Letter from the Worthy Grand Matron and Worthy Grand Patron
- ❖ Sample Program and sample invitation
- ❖ Five State Friendship Exchange in South Dakota
- ❖ Grand Officer & Companion list