

# NEBRASKA OES NEWS

Volume 14 Number 12 ~May, 2014

*"Stars across the Prairie"*



## Jottings from

Jan

### Final reminders

#### concerning our upcoming

#### Session:

- ✓ Don't forget your dues receipt, credential or proxy, Past Matron, Past Patron, Past Grand Matron or Past Grand Patron Card.

*REMINDER: to bring your "basket" or items you can donate to Grand Chapter. If you need ideas, don't hesitate to contact Margaret McCall, Chairperson. We want to make this a very successful project for Alzheimer's Research!*

#### **From your March Directors~~~**

**Please note that the practice schedule for the Grand Chapter drills and marches is correct in the Tentative Schedule and is incorrect on the "Picture and Rehearsal" Schedule. The correct schedule for Monday afternoon, May 12<sup>th</sup> is:**

**1:00 pm—Grand Pages**

**1:15 pm—Grand Officers and Grand Pages**

**2:00 pm—District Grand Supervisors**

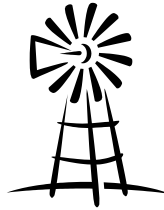
**2:30 pm—Grand Representatives**

**3:00 pm—Assistant Grand Warders and Assistant Grand Sentinels**

**While the first official practice for 2013 and 2014 Worthy Matrons and Worthy Patrons is at 9:45 am on Tuesday May 13<sup>th</sup>, if any are present and can join us for the Monday evening practice it would be very helpful (and fun we hope!) That practice begins at 7:15 pm on Monday evening, May 12<sup>th</sup>. We'll soon see what the wind is blowing in!**

**Dee and Cathy**

**If you made a quilted lap robe for the Masonic Home from the squares left at the Area Visitation please contact Bev Donham. She wants the quilts on display at Grand Chapter.**



I love spring! The grass is green, flowers are blooming and the weather is nice. The one sad thing is ....this is my last article for the OES News. I am so happy that WGM Bev asked me to write the

articles for her.

What a year this has been ---watching the Grand Family travel all across Nebraska and visiting such wonderful OES friends. I sure hope that some of the ENTHUSIASM that Bev and Jim promoted across the State will continue in your chapters. I hear that some Chapters don't have a big membership but they do have "fun" and enjoy each other when attending the meetings. As WGM Bev said this past year---give your members a reason to come to a meeting. How about having a beach party or another theme for your meeting? You can still have your meeting but will have fun doing it.

Not only did the Grand Officers keep busy in Nebraska but they journeyed to other surrounding States to attend their Grand Chapters. The friendships made during this past year will undoubtedly last a life time. As I am writing this article, I can see WGM Bev and WGP Jim putting the final touches on the "Stars across the Prairie" Session to be held in Kearney, May 13 - 15. I sure wish that I could actually join them. Keep your eyes open, I hope that one of my little "Windy" friends can attend.

Congratulations to those eighteen (18) officers who will represent Grand Chapter this next year. Even though I won't write about them, I will watch for those wheels rolling out there on the roads. Guess I had better really watch it, the trains will be running in 2014-15.

To the 2013-14 Grand Family, thank you for saying "yes" for WGM Bev and WGP Jim. You have all had a wonderful year and have made those lasting friendships! Thank you for all that you have done in representing Nebraska Grand Chapter.

To everyone who has volunteered and participated at Grand Chapter - THANK YOU!

I will close with two quotes:

"It's faith in something and enthusiasm for something that makes a life worth living."

"Enthusiasm: A little thing that makes a BIG difference."

Thank you Nebraska OES, it has been a wonderful year! Windy

### Photos at Grand Chapter:

The photos at Grand Chapter will be taken by Baer Photography in Kearney. Please look at the Picture Schedule and plan to have your picture taken with your appropriate group. Please be on time as the photo session will need to stay on time. The pictures will be taken at the Younes Conference Center upstairs in a Ruby conference room. The photos will be posted at Grand Chapter so you can see what you would like to order. There will be a shipping fee of \$7.00 and the cost of the pictures will be as follows: 4x6=\$15.00, 5x7=\$16.00, 8x10=\$17.00. Please note that The "Celebrate" Choir will have their picture taken at 2:10 on Tuesday also. At 2:20 our photographer will take individual/couples/group photos of anyone that would like to purchase them. Wonderful opportunity to have a nice family picture taken!

### **Music Therapy in Treating Alzheimer's:**

Music therapy has many benefits for Alzheimer's disease. It may help by: Soothing an agitated person, Sparking memories, engaging the mind even in the disease's later stages, and improving eating in some cases.

Here are some tips for using music therapy to help your loved one:

**Golden oldies spark memories.** Songs from the person's youth often spark the most memories. In the later stages of Alzheimer's disease, you may have to go back to songs learned in childhood. Encourage sing-a-longs. Try using a karaoke machine.

### **Toe-tapping beats stimulate activity.**

Up-tempo dance tunes can help stimulate both mental and physical activity in Alzheimer's patients. Encourage dancing, if possible.

### **Easy listening can be soothing.**

Soothing music can help ease the anxiety and frustration felt by many people with Alzheimer's disease. For example, lullabies at bedtime can help your loved one get into bed and fall asleep.



## THE "PRAIRIE" CALENDAR



**(As space permits in the newsletter - I will try to list your Chapter Events)  
PLEASE SEND INFORMATION TO BE INCLUDED IN THE JUNE NEWS BY MAY 15**

- May 1           Deadline for scholarships
- May 10         Fish Fry, fried cod, cole slaw, baked beans, \$9.00 per person, 4:30 – 7:00, Martha Washington, 4430 N 70<sup>th</sup> St, Lincoln
- May 13-15     GRAND CHAPTER IN KEARNEY AT THE YOUNES CONFERENCE CENTER**
- May 31         1:30-3:30pm, Grand Officer Reception in Blair at the Masonic Center
- June 3-7       20<sup>th</sup> 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<sup>th</sup> Annual Shrine Bowl Football Game at UNK, order tickets at [www.neshrinebowl.com](http://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<sup>th</sup> 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<sup>th</sup> St, Lincoln
- 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.**

- 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:

- ❖ **Chaperone form and letter from Masonic All-Star Marching Band Committee**

**Call the Grand Chapter Office—402-727-8644 or 800-832-9320  
We are here to help you in any way we can!**