

Step-Up Challenge starts AUGUST 1

Start counting your steps on AUGUST 1st.

Keep track of your steps and send the number in to Elaine Engelke (Engelke@tds.net/ 400 N. Main St., Blanchardville, WI 53516/ 608-523-4134) with your name and Chapter each month. Challenge ends March 31st. And, of course, you ALL know about the fabulous prizes available!

If you decide to start after August 1st, you are certainly welcome to join the fun, but will be behind the others for a chance to win one of the prizes. Or maybe this time the hare will win the race. Who knows? We could be a really fit bunch at the end of this challenge! Look for Heart Healthy recipes throughout the newsletter.

Important Note: your nonmember relatives and friends may participate also if they pay \$20 and they can be part of your 'team' also.

ALL proceeds will benefit the WGM and WGP Project UW Cardiovascular Research Center. Heart disease is still the number 1 killer of men and women!

Time to Get Your Travelin' Pants On!

There are a lot of traveling opportunities coming up, both in and out of the state! Be sure to read about the IA/MN/WI Exchange, The WGM/WGP trip, Red Book Schools are still going on, and OV part 1 will be starting later this month. Make your plans and travel arrangements and avoid the rush! Do your traveling now and stay home in January and February (when most Chapters are dark and the snow is knee-high to a tall giraffe and ice is everywhere).

When sending Grand Chapter business emails to the Grand Treasurer, please send emails to treasurer.wioes@gmail.com for a more timely response.

DON'T MISS THE RED BOOK SCHOOLS

Red Book Schools have already started – and been received with great enthusiasm – and there are several more you can attend. Red Book schools are an opportunity for ALL Officers/ members to learn or brush up on the floor work. In a new station this year? Planning to take your Proficiency Test or Station Certification later this year? Just want to join your Sisters and Brothers for a Friday evening or Saturday morning of fellowship and learning?

Here is the schedule for the remaining schools:

Fri	8/02	6PM	Viroqua Chapter, Viroqua
Sat	8/03	9AM	Ellsworth Chapter, Ellsworth
Fri	8/09	7PM	Fond du Lac Chapter, Fond du Lac
Sat	8/10	9AM	Rainbow Chapter, WI Rapids
Fri	8/23	7PM	Alpha Chapter, Argyle

If you have any questions, please contact Rosie Fiscus, Grand Lecturer, at 608.835.7808 or 608.692.0530 or oesrosebud@charter.net.

Special Dispensation Granted to All Chapters for OV part 1

WGM Laramie Reissner has granted a Special Dispensation to all Chapters for their OV, part 1. Chapters will not have to request the dispensation individually. Your Chapter Secretary will want to attach the Special Dispensation to the Minutes.

GRAND CHAPTER, O.E.S.
OFFICE OF THE WORTHY GRAND MATRON

7-26 2019

Dispensation is hereby granted to All Chapters in Wisconsin

Chapter No. _____

To change time of OV part 1 meeting

No. 17

Laramie Reissner
WORTHY GRAND MATRON

Upcoming Events

Chapters NOT meeting in August:

Burlington #153, Burlington
 LaBelle #40, Mukwonago
 Vega #76, Milwaukee
 Rainbow #87, WI Rapid
 West Allis #172, West Allis

- 8/1 "STEP UP CHALLENGE" begins
- 8/2 RED BOOK SCHOOL, 6PM, Viroqua Chapter
- 8/3 RED BOOK SCHOOL, 9AM, Ellsworth Chapter
- 8/4 FRIENDS & FAMILY PICNIC, Three Pillars, 12 Noon
- 8/6 Electa Chapter, Milwaukee – Initiation 7 PM
- 8/8 Kilbourn Chapter, WI Dells – Initiation 7:30PM
- 8/9 RED BOOK SCHOOL, 7 PM, Fond du Lac
- 8/10 RED BOOK SCHOOL, 9 AM, WI Rapids
- 8/10 Northwest Area Club, Ellsworth – Picnic at Summit Park, 10:30AM
- 8/17 **9 AM – OV, pt. 1 @ Sparta** (Lemonweir, Sparta, Viroqua, Ruth Chapters)
9AM – OV, pt.1 @ Dodgeville (Alpha, Dodgeville, Shullsburg Chapters)
- 8/19 **5:30 PM – OV, pt. 1 Superior Chapter**
- 8/24 **9 AM – OV, pt. 1 @ Starlight Chapter** with Melody Chapter
9AM – OV, pt. 1 @ Lake Lodge (Electa, Vega, LaBelle, West Allis Chapters)
10 AM – OV, pt. 1 @ Colgate (Lila B. Graser, Wauwatosa, Golden Rule Chapters)
1:30 PM – OV, pt. 1 @ Fond du Lac (Fond du Lac, Fidelity, Loyalty Chapters)
- 9/7 **10 AM – OV, pt. 1 @ Oregon Chapter** with Janesville Chapter
10 AM – OV, pt. 1 @ Wisconsin Dells (Kilbourn, Rainbow, Wautoma Chapters)
10 AM – OV, pt.1 @ Union Grove with Burlington Chapter
10 AM – OV, pt. 1 @ Sturgeon Bay
1:30 PM – OV, pt. 1 @ Ozaukee Chapter
- 9/29 12 N -- GR Reception for Gina Vergenz (Delaware) at Janesville Chapter

The Light of Thankfulness Official Visit Information

The WGM and Grand Lecturer would appreciate it if Chapters would use the following Star Point passes for the OV 1 and OV 2 Grand Officers at your Official Visits:

Laramie Reissner	Adah
Ian Watts	Ruth
Terri Hundhausen	Electa
Tammy Hundhausen	Adah
Deb Bower	Esther
Joan Burr	Adah
Rosie Fiscus	Electa
Linda Knee	Electa
Kate Smillie	Adah
Kathy Carlson	Ruth
Joy Zastrow-Mulcahy	Esther
Karen Kaas	Martha
Dutch Leydel	Electa

Attire for OV part 1 can be daytime casual; Grand Officer will be in travel suit. Attire for OV part 2 will be formal attire.

If you need a pro-tem for your Official Visit, check with a Grand Officer in your area is available to help. The Grand Officers are also willing to perform the Initiatory for you, should the need arise.

Black Bean Salsa

Stir four 15-oz cans black beans rinsed and drained, 1 yellow bell pepper seeded & diced, 1 red bell pepper seeded & diced, 1 green bell pepper seeded & diced, ¼ red onion finely chopped, one 16 ounce package frozen thawed corn, 2/3 cup olive oil, 2 TBLS red wine vinegar, 2 TBLS balsamic vinegar, 2 TBLS apple cider vinegar, 1 tsp salt, 1 tsp cumin, 1 TBLS chopped fresh cilantro, 1 TBLS minced garlic, and ¼ tsp hot sauce together in a non-reactive container. Chill in refrigerator overnight.

Don't forget to start recording your steps for August whether you have decided to join the Step Up campaign or not. Campaign starts August 1, but you can register and pay later - recording your steps is the main thing! Happy Walking!



WISCONSIN MINNESOTA IOWA
EXCHANGE OF FRIENDSHIP

OCTOBER 5, 2019

SOCIAL HOUR 5 PM

DINNER 6 PM

Homemade Pasties

PROGRAM TO FOLLOW

DODGEVILLE MASONIC CENTER

200 W CHAPEL ST, DODGEVILLE, WI

Dinner \$20

Checks payable to:

Dodgeville Chapter #39

By September 21, 2019

No Refunds

Reservation names and titles to

Kristen Schoville, PGM

409 Moundview St

Cobb, WI 53526

Please indicate any dietary restrictions

If you need motel reservations for this event, information will be in September's Newsletter.





Wisconsin Eastern Star Iowa Adventure

October 24-27, 2019

DAY ONE—Thursday, October 24

We depart Milwaukee, Dousman & Madison traveling to West Des Moines, Iowa.

Upon arrival we'll make a stop at Iowa Grand Chapter to register.

Please note: Registration for Iowa G.C. Session and meals at session must be completed by individuals directly with Iowa Grand Chapter. After registration we check into the Drury Inn & Suites in West Des Moines. Enjoy kickback reception or local eatery. Transportation provided for those who are signed up for the "Somewhere Over the Rainbow" Banquet.

DAY TWO —Friday, October 25

Included breakfast at the hotel. Transfer provided to Iowa Grand Chapter Session in time for the "Traveling Rainbow Friends" Grand Representative Luncheon and Formal Opening. Choose to spend the day at Iowa Grand Chapter or on your own. Presentation of distinguished guests at 6:30pm session. Return to hotel after evening session.

DAY THREE — Saturday, October 26

Included breakfast at the hotel. This morning we travel to the Amana Colonies where our experience includes an included lunch at the Ox Yoke Inn, a National Historic Landmark. An Amana Colonies Tradition Since 1940, the original location is world famous for serving "Family Style" in a home that was built in 1856. After lunch enjoy a tour to experience and learn more about the seven villages with visits to several and special stops including a Smokehouse, Broom & Basket Shop, Quilt Shop and more! After our tour we'll check into the Drury Inn & Suites in Coralville. This evening experience something different at a production at the Old Creamery Theatre - "An Unexpected Guest". Agatha Christie is at her best in this chilling whodunnit mystery thriller. Return to hotel after performance.

DAY FOUR —Sunday, October 27

Included breakfast at the hotel. We depart Amana with our sights set on Dubuque today. Diamond Jo Casino is calling to all the gamblers of the group. If the Casino is not your thing, walk across the street to the National Mississippi River Museum & Aquarium (admission on own). Part Aquarium and part Museum this is a unique place where history and the rivers come alive. Take a bit of time today to visit the Stone Cliff Winery just around the corner. The winery is housed in the historic Star Brewery building and their tasting room has both wine and beer selections. Lunch is on your own today. We'll depart for return home to Wisconsin late afternoon.

Reservations with payment in full due not later than September 12th.

**Make checks payable to OES Travel Club and mail to:
OES Travel Club 1048 N Archers Way, Nekoosa, WI 54457.**

Unfortunately no refunds can be given for cancellations after September 24.

Please include names of those sharing a room and any special requests with reservation.

**Rates per person: Double: \$469.00 Triple: \$455.00 Quad: \$449.00 Single: \$599.00
Questions? Email: oestravelclub@gmail.com or call Marianne at 414-507-2883**

This tour is operated by OES Travel Club which acts only as an agent for the participant. OES Travel Club is not responsible for any willful or negligent act or omissions of the suppliers. The tour participants agree that OES Travel Club or it's agents will not be responsible for loss or damage to baggage or any passenger's belongings for any reason; or any inconvenience, loss, injury, death, damage to or in respect of persons or property whatsoever as agents of participant performing such services; any damage loss or injury caused by climatic or weather conditions, fire, government actions or terrorist activities, earthquake, social or labor unrest, acts of God, bankruptcy, or other factors or conditions beyond OES Travel Club control; or loss of any kind due to participants failure to follow instructions.

Payment for Tour indicates that participants hold harmless OES Travel Club.

Registration form and Meal Event Ticket form for Iowa Grand Chapter Session are on following pages.

OUT OF STATE GUESTS
PRE-REGISTRATION FORM
“Over the Rainbow”

142nd Session
Grand Chapter of Iowa Order of the Eastern Star

October 24 – 27, 2019
Sheraton West Des Moines
1800 50th Street
West Des Moines, IA

DEADLINE FOR PRE-REGISTRATION – OCTOBER 1, 2019

\$15.00 Pre-registration fee must accompany this form

\$20.00 Registration Fee after the October 1, 2019 deadline

REGISTRATIONS AFTER OCTOBER 11th WILL ONLY BE ACCEPTED AT THE SESSION

Only one registrant per form – form may be duplicated

(Registration fees are non-refundable)

PLEASE PRINT

Name: _____

OES Title: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ home _____ work _____

E-mail: _____

Chapter Name & Number: _____

TOTAL ENCLOSED: _____

Send this form with Pre-registration fee of \$15.00 (Prior to October 1, 2019)
Or with registration fee of \$20.00 (After October 1, 2019)
made payable to: **GRAND CHAPTER OF IOWA, OES**
(Registration after October 11, only accepted at the session)

Grand Chapter of Iowa
Nancy J. Ramthun, PGM
Grand Secretary
P.O. Box 72
Knoxville, IA 50138
641-842-2720
iowaoes@iowatelecom.net

MORE HEART HEALTHY RECIPIES FOR AUGUST

Mango Salsa

Stir one mango – peeled seeded and chopped, 1/2 red bell pepper seeded & chopped, 1 jalapeno pepper seeded and minced, 1/4 cup green onion chopped, one lime juiced and zest*, 1 TBLS vinegar, 1 TBLS olive oil, salt and pepper to taste, together in a bowl. Refrigerate at least 30 minutes before serving. *zest is the peel of the fruit grated with a small grater.

Watermelon Pineapple Salsa

Toss 2 cups chopped, seeded watermelon, 1 8-oz can crushed drained pineapple, 1/4 cup chopped onion, 1/4 cup chopped fresh cilantro, 3 TBLS orange juice*, and 1/8 tsp hot pepper sauce together in a bowl. Refrigerate 1 hour before serving. *use fresh squeezed orange or no corn syrup orange juice (read label).

Fresh Tomato Salsa

Mix 1 cup finely chopped red onion, 1 seeded and finely chopped jalapeno pepper and 2 limes juiced in a bowl and allow to stand for 5 minutes. Mix in 2-1/2 cups seeded and chopped Roma (plum) tomatoes, 1/2 cup chopped fresh cilantro and 1 tsp salt. Allow to stand 15 minutes for flavors to blend.

Peach Avocado Salsa

Gently mix 2 fresh peeled, pitted and chopped peaches, 1 seeded and minced jalapeno pepper, 1/2 cup chopped red onion, 1/2 cup seeded and chopped red bell pepper, 1/4 cup fresh chopped cilantro, 2 grated cloves of garlic, 1/2 juiced lime, and 1/2 juiced lemon in a bowl; season with salt and black pepper. Cover bowl with plastic wrap and refrigerate at least 30 minutes. Fold 1 peeled, pitted and diced avocado into the salsa to serve.

Dill Pickle Salsa

Mix one 28 oz can crushed tomatoes, one cup diced dill pickles, 1/2 cup finely chopped onion, 1/4 cup dill pickle juice, 1/4 cup fresh chopped cilantro, 1 seeded and minced jalapeno pepper, 1 juiced lime, 1 tsp honey, 1/2 tsp salt, 1/2 tsp red pepper flakes, 1/4 tsp chili powder, 1/4 tsp cumin, and 1/4 tsp black pepper together in a bowl. Cover bowl with plastic wrap and refrigerate 24 hours.

Elaine Engelke will be speaking about the Worthy Grand Matron and Worthy Grand Patron project at **Lemonweir Chapter, Tomah, on Monday, August 12.** The meeting starts at 7 p.m. We are supporting the Heart Fund this year with all proceeds to the UW Cardiovascular Research Center. Heart Disease is still the No. 1 killer of men and women. Hope to see you there!

JUST A REMINDER (in case you forgot) . . .

First prize for the individual with the most steps in the Step-Up Challenge is a handmade quilt (made by Ruthann Watts)

Second prize for the individual Step-Up Challenge is a handmade table runner (also made by Ruthann Watts)

Prize for Chapter Team of registered individuals - a "Marv-lous Meal"

The 142nd Annual "Over the Rainbow" Session of the Grand Chapter of Iowa
 October 24, 25, 26 and 27, 2019

MEAL EVENT TICKET ORDER FORM – FOR OUT OF STATE GUESTS

	EVENT	LIST NAME AND TITLE OF ALL ATTENDEES (Please Print)	# Comp Tickets	Tickets Paid	Ticket Price	Total Ticket Price
#1 Thursday 10/24/19 12:00 PM	All Membership Luncheon (Open to all Members)	1. _____	# _____	# _____	\$ 25.00	\$ _____
		2. _____	# _____	# _____	\$ 25.00	\$ _____
#2 Thursday 10/24/19 6:30 PM	All Membership Banquet (Open to all, Formal Attire)	1. _____	# _____	# _____	\$ 32.00	\$ _____
		2. _____	# _____	# _____	\$ 32.00	\$ _____
#3 Friday 10/25/19 7:00 AM	"Tall Corn Breakfast" (Open to all Brothers)	1. _____	# _____	# _____	\$ 23.00	\$ _____
		2. _____	# _____	# _____	\$ 23.00	\$ _____
#4 Friday 10/25/19 11:15 AM	Grand Representatives Luncheon	1. _____	# _____	# _____	\$ 25.00	\$ _____
		2. _____	# _____	# _____	\$ 25.00	\$ _____
#5 Friday 10/25/19 4:00 PM	PGM'S/PGP'S Banquet (Open to All PGM/PGP And their Guest)	1. _____	# _____	# _____	\$ 32.00	\$ _____
		2. _____	# _____	# _____	\$ 32.00	\$ _____
#6 Saturday 10/26/19 7:00 AM	P.A.G.O. Breakfast (Open to all PAGO)	1. _____	# _____	# _____	\$ 23.00	\$ _____
		2. _____	# _____	# _____	\$ 23.00	\$ _____
#7 Saturday 10/26/19 11:15 AM	All Membership Luncheon (Open to all Members)	1. _____	# _____	# _____	\$ 25.00	\$ _____
		2. _____	# _____	# _____	\$ 25.00	\$ _____
#8 Sunday 10/27/19 10:30 AM	ESTARL Breakfast (Open to ALL)	1. _____	# _____	# _____	\$ 23.00	\$ _____
		2. _____	# _____	# _____	\$ 23.00	\$ _____

MAKE CHECKS TO: *Grand Chapter of Iowa, OES*

Reservation must be made by September 30, 2019

(NO REFUNDS WILL BE MADE AFTER SEPTEMBER 30, 2019)

Mail checks and form to:

Pat Burch
 1414 Meadow Drive
 Norwalk, IA 50211

Total Number of Tickets	# _____
Total Amount Enclosed	\$ _____

Contact Person:
Name _____
Address _____
Phone _____
E-Mail _____