

**CHAPTER SECRETARIES, please read the following items at your next meeting for your members' information:**

Grand Chapter Flea Market for UW Cardiovascular Research Center!

There will be a Flea Market at Grand Chapter in May to support the UW Cardiovascular Research Center. Please bring your vintage donations with an estimated value to Elaine Engelke in the vender area. If you can, let Elaine know ahead of time at [engelm@tds.net](mailto:engelm@tds.net) or 608-523-4134. All proceeds go to UW Cardiovascular Research Center! Please share this information at your chapter for those who do not receive the e-news.

**REMINDER:** Changes to the Code made at the 2019 Grand Chapter Session were printed in the July 2019 Newsletter. They were positioned and formatted so that members could print/remove the page and insert directly into their personal copy of the Code. The changes have thus been provided to all members, at no cost.

*From the Office of the Grand Secretary . . .*

Many of you have already heard the news, but I want to "officially" announce that this will be my last year in the office of Grand Secretary. I have enjoyed serving my Sisters and Brothers for the last five years in this capacity, and will miss you all while I am retired, laying on the beach in the Caribbean.

Any member interested in considering running for Grand Secretary is welcome to contact me regarding the qualifications and responsibilities of the position. In light of the motion passed at Grand Chapter session last year, you may announce your intention to run as of Feb 1, 2020.

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**Vande Walle Candy Bar Sale**

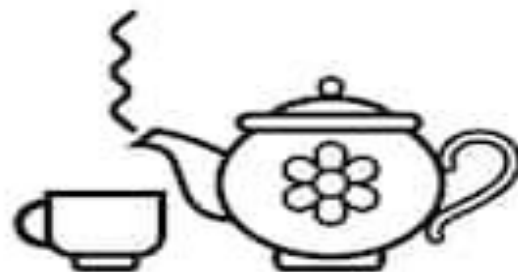
by Kilbourn Chapter to benefit their scholarship fund. Contact Mary Rasmussen, PGM, or Paul Trigleth, PGP, to get these delicious treats!

*Up-Coming Events*

Check with the Worthy Matron before traveling to Chapters, as calendars may have changed from what is printed in the Roster Book.

- 11/1 Honor Veterans & Re-Obligation Night at Vega Chapter, Milwaukee; 7:30 pm
- 11/2 **Grand Officer Party for Dutch Lydel, Grand Electa, and Doug Moorhouse, Grand Sentinel at Burlington Masonic Center; 5pm**
- 11/3 **Grand Officer Party for Kate Smillie, Grand Adah, and Orville Olson, Grand Warder, at Rex's Innkeeper in Waunakee; 11am.**
- 11/4 Friend's Night with Pound Auction at Sparta Chapter (honoring Chaplains); 7 pm.
- 11/5 OV-1 and -2 at Eagle Chapter; 1 pm
- 11/5 Initiation at Electa Chapter; 7pm
- 11/8 Tri-Waukee Area Club at LaBelle Chapter, 7pm
- 11/9 NorthWest Area Club meeting at New Richmond. 10:30 am coffee, 11:00 am meeting, 12N pot luck.
- 11/9 **Grand Officer Party for Linda Knee, Grand Marshal, Helen Shue, Grand Organist, and Joy Zastrow-Mulcahy, Grand Esther, at Tripoli Shrine Center, Milwaukee; 5pm**
- 11/10 **All State Thanksgiving Party at Holiday Inn--Stevens Point with Silent Auction and entertainment; 11 am.**
- 11/11 Veteran's Night at Kenosha Chapter; 7pm with 6pm dinner
- 11/11 OV-2 at Willow River Chapter, New Richmond; 7pm
- 11/16 Painting Party fundraiser at LaBelle Chapter, Mukwonago; 1pm. Sponsored by Electa Chapter and LaBelle Chapter.
- 11/23 **Grand Officer Party for Kathy Carlson, Grand Ruth, at Hammond Steak House, Superior; 5pm.**
- 11/28 THANKSGIVING DAY! Let's all be thankful for our many blessings.
- 11/29 Kenosha Chapter's Oven Roasted Meatball Dinner at Kenosha Masonic Center; 4-7 pm
- 12/15 **Grand Officer Party for Joan Burr, Grand Chaplain, and Karen Kaas, Grand Martha, at Beja Shrine Center, Green Bay; 11:30 am**

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Please join Honor Chapter #1 and Fidelity Chapter #94 as they honor

**JOAN BURR, GRAND  
CHAPLAIN  
&  
KAREN KAAS, GRAND  
MARTHA**

On Sunday, December 15, 2019 at  
Beja Shrine Center  
1950 Bond Street  
Green Bay, WI

Gathering at 11:30AM  
Dinner at 12:30PM  
\$25.00/person (no refunds)

Menu:

- Sliced Roast Beef
- Chicken Caprese
- Mashed Potatoes & Gravy
- Wild Rice
- Amish Cauliflower/Broccoli salad
- Fruit Salad
- Cheesecake

**RSVP by December 1, 2019**

Return this portion with remittance of \$25/person, made out to Fidelity Chapter, to:

Judy Bishop  
166 Andrew Ave  
Neenah, WI 54956

Name \_\_\_\_\_ Title \_\_\_\_\_

Meal choice \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

Meal choice \_\_\_\_\_

*Charity of the month for*

**NOVEMBER -- CHEER FUND**

Our Cheer Committee works very hard all year to bring love and laughter to the Residents at Three Pillars. Not only do they purchase, wrap, and distribute Christmas presents for them, they send out birthday cards each month to those who are celebrating a birthday, and the Committee hosts parties throughout the year to celebrate various holidays and special occasions.

None of the money for this Committee comes from your dues; the Committee is solely supported by contributions from Chapters and individual members. Let's help the Cheer Committee spread more love and laughter to the Residents at Three Pillars! Please give generously to this very worthwhile Committee.

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*Something sweet is always good  
and some treats are even heart healthy!*

*Oatmeal cookies*

Preheat oven to 350 degrees.  
Mix 2 cups oats, 1/2 cup raisins, 2 tsp cinnamon, 2 cups applesauce in a bowl.  
Let sit 10 minutes. Scoop 1 large tablespoon of cookie mix onto a parchment paper-lined cookie sheet and flatten gently.  
Bake 25 minutes; transfer to a cooling rack.  
Store in an airtight container.

You can add 1/4 cup nuts and/or 1/4 cup dark chocolate, both of which are heart healthy. It is best to use unsweetened applesauce.





**ORDER OF THE EASTERN STAR**

*Sharing  
Charity, Truth,  
& Loving Kindness*




**ONE CUP  
AT A TIME!!**



**OUR VETERANS  
WERE "FAITHFUL TO  
THEMSELVES, THEIR  
SISTERS, BROTHERS,  
GOD AND COUNTRY"**

**All Master Masons and their  
female relatives are eligible to join.**

*Come and have a cup with us!*

**Our veterans, like our Sister Adah, gave freely of themselves. We must recognize them in our host Lodges for their service. This is a great time to cook up a big batch of chili and deliver it to your host lodge.**

# *Heart-healthy Recipes of the Month*

Pork Tenderloin is lean protein and good for you. One of the most filling ways to eat pork is as soup.

## **Pulled Pork Tortilla Soup**

### Preparing the pulled pork:

- 5 pounds boneless pork tenderloin
- 1 1/2 teaspoons smoked paprika
- 2 teaspoons black pepper
- 1 teaspoon cayenne
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 cup water

### Soup Ingredients:

- 2 cups of the pulled pork
- 2 Tbsp oil
- 1 small onion, chopped
- 1 tsp minced garlic (about 2 cloves)
- 1 tsp taco seasoning
- 1 can (4 oz.) diced green chilies
- 1 can (14.5 oz.) diced tomatoes with juices
- 1 can (14.5 oz.) black beans, drained and rinsed
- 1/2 cup frozen corn kernels (or fresh corn cut from cobs)
- 4 cups chicken stock
- 1 lime juiced (about 1 Tbsp)
- 2 Tbsp fresh cilantro, chopped

### Directions

1. Combine all the seasonings in first column in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on **LOW** for 6-8 hours or **HIGH** for 4-5 hours or until pork is very tender.
2. Remove pork to a large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve.
3. In a large saucepan or a dutch oven, heat oil over medium heat. Sauté onion and garlic until softened. Add seasoning, chilies, tomatoes, beans, corn, broth and lime juice. Bring to a boil, stirring occasionally.
4. Reduce heat to low. Add pork, cover, and let simmer for 15 minutes. Stir in cilantro.
5. Ladle soup into four bowls.
6. Garnish with your choice of cilantro, shredded Monterey jack cheese, avocado chunks, sour cream, salsa, jalapeno slices and tortilla chips.

