

## Is Summer Really Over?

Sorry this month's Newsletter is late; guess there was too much celebrating over the Labor Day weekend. Hope your summer and end of summer were very enjoyable.

Many of the Chapters have already had their OV-1, and the OV-2's will be starting soon. Back to work we go. There are a lot of fun events coming up in the next several weeks, so get your calendar out and make note of the dates coming up. Get out on the Star Trail, make new friends and enjoy those friendships you've already made!

### NOTICE!!

Eagle Chapter has changed its meeting time. During the months of June, July, August, September, and October, their meetings are the 1<sup>st</sup> Tuesday of the month, starting at **7:00P.M.** During the months of November, December, March, and April, their meetings are the 1<sup>st</sup> Tuesday of the month, starting at **1:00 P.M.** The Chapter is dark during January and February.

### CORRECTION

OV Part 1 for Burlington and Union Grove Chapters will be held at Burlington Masonic Center, not Union Grove, on Saturday, September 7<sup>th</sup> at 10:00 AM. Please join us.

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## 2019-2020 ESTARL Ornaments . . .

are available for purchase! The glass ornament is 3 inches in diameter with the Cornucopia in the center. It includes "The Light of Thankfulness" wording and date. The cost for the ornament is **\$12.00** and will be available from ESTARL Committee members, at State Events from the committee, or by contacting:

Janine Coley  
504 Grand Avenue  
Mukwonago, WI 53149  
414-588-3879 (cell)  
[jacoley@wi.rr.com](mailto:jacoley@wi.rr.com)

**Thank you for supporting ESTARL!**

## DON'T FORGET TO COUNT YOUR STEPS!!

Add up your steps each month and give the number to your Chapter Secretary so she can forward them to Elaine Engelke to track for the WGM/WGP Project. You could win fabulous prizes! Not signed up yet? There's still time . . .



## Delaware Grand Representative Reception Honoring Gina Vergenz

September 29, 2019

Janesville Masonic Center  
2322 E. Milwaukee St  
Janesville WI

Social 12:00  
Reception at 12:30  
Followed by Light Refreshments

RSVP to Rosie Fiscus by September 22<sup>nd</sup>  
[oesrosebud@charter.net](mailto:oesrosebud@charter.net) or 608 835-7808

## Catch an OV-1 Before They're Done

There are only a few OV-1's left now. If you are always an Officer and never get to sit on the sidelines and watch the work being done, this is your chance! Support your Sisters and Brothers!

**Sat, Sept. 14<sup>th</sup>**, 2:30 pm – Kenosha Chapter

**Fri, Sept. 20<sup>th</sup>**, 7PM- Martha & Dousman Chapters at Dousman

**Sat, Sept. 21<sup>st</sup>**, 9AM – Everett Chapter, Marshfield  
10AM – NW and Willow River Chapters at New Richmond

12:30PM – Eagle Chapter

1:00PM -- Trillium Chapter

**Mon, Sept. 23<sup>rd</sup>**, 6:30PM – Ellsworth & Kinnickinnic Chapters at River Falls



WISCONSIN

MINNESOTA

IOWA

## EXCHANGE OF FRIENDSHIP

OCTOBER 5, 2019

SOCIAL HOUR 5 PM

DINNER 6 PM

Homemade Pasty and all the trimmings  
(Ground chuck, potatoes and onions all wrapped up in a pastry crust)

### PROGRAM TO FOLLOW

DODGEVILLE MASONIC CENTER

200 W CHAPEL ST, DODGEVILLE, WI

Dinner \$20

Checks payable to:

Dodgeville Chapter #39

By September 27, 2019

No Refunds

Reservation names and titles to:

Kristen Schoville, PGM

409 Moundview St.

Cobb, WI 53526

608-574-3695 or [goldenoegirl@yahoo.com](mailto:goldenoegirl@yahoo.com)

Please indicate supper preference and return:

\_\_\_\_\_ Number of pasties WITH onions

\_\_\_\_\_ Number of pasties WITHOUT onions

\*\*Note – additional pasties will be available for sale after the exchange – price \$7.00 per pasty.



## Hotels for Tri-State Exchange

**Super 8** 1308 N. John St, Dodgeville  
608 935-3888 (ask for block under Rosie Fiscus)  
double Queens \$88.66 (tax included)  
Single Queen \$83.12 (tax included)

**Best Western** 1130 N Johns Street, Dodgeville  
608 935-7739 (Block under OES Group)  
Standard Queen w/pullout  
couch \$134.99 plus tax  
Double queen/with pullout \$143 + tax  
King Whirlpool \$152.99 plus tax

**BOTH BLOCKS OF ROOMS WILL BE RELEASED  
TO THE PUBLIC ON 9/23/19**

Platteville is full due to family weekend; Verona is full due to World Dairy expo. There is a new AmericInn opening soon that may be available in time for this event.

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### WGM/WGP PROJECT PRESENTATIONS

Elaine and Marv Engelke will be giving their heart presentation in September at the following chapters, if you are interested in attending. The UW Cardiovascular Research Center is the WGM and WGP project this year:

**September 5**, Alpha Chapter, Argyle 7 p.m.

**Sept 23**, Willow River Chapter, New Richmond 7 pm

**Sept 24**, Rainbow Chapter, Wisconsin Rapids, 7 p.m.

**September 25**, Janesville Chapter, 7:30 p.m.

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### *Up-Coming Events*

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

9/9 Stated meetings at Loyalty Chapter, Plymouth; Shullsburg Chapter; Martha Chapter, Jefferson; Lemonweir Chapter, Tomah; Fidelity Chapter, Appleton; Willow River Chapter, New Richmond; and Kenosha Chapter.

9/10 Stated meetings at Burlington Chapter; Northwest Chapter, Clear Lake; Everett Chapter, Marshfield; Ozaukee Chapter, Port Washington;

West Allis Chapter; and Rainbow Chapter, Wisconsin Rapids.

9/11 Stated meetings at Wauwatosa Chapter, Brookfield; Janesville Chapter; and Fond du Lac Chapter.

9/12 Stated meetings at LaBelle Chapter, Mukwonago; Lila B. Graser Chapter, Colgate; Golden Rule Chapter, Wauwatosa; and Kilbourn Chapter, Wisconsin Dells.

9/13 Triwaukee Are Club meeting at Lila B. Graser Chapter, Colgate

9/14 OV-1's continue (see article on page 1)

9/16 Stated meetings at Oregon Chapter; Kinnickinnic Chapter, River Falls; Sparta Chapter; Superior Chapter; Wautoma Chapter.

9/17 Stated meetings at Dodgeville Chapter; Ellsworth Chapter; and Ruth Chapter, LaCrosse.

9/18 Stated meetings at Starlight Chapter, Madison; and Golden Rule Chapter, Wauwatosa.

9/19 Stated meetings at Melody Chapter, Middleton; Union Grove Chapter; Viroqua Chapter.

9/20 Initiation at Vega Chapter, Milwaukee  
Tycopera Area Club Meeting at Starlight Chapter  
OV-1 at Dousman-Rob Morris Chapter

9/21 OV-1's continue (see page 1)

9/23 OV-1 at Kinnickinnic Chapter; stated meetings at Martha Chapter, Jefferson; Fidelity Chapter, Appleton; Lemonweir Chapter, Tomah; and Willow River Chapter, New Richmond

9/24 Stated meetings at Burlington Chapter; Northwest Chapter, Clear Lake; Everett Chapter, Marshfield; Rainbow Chapter, Wisconsin Rapids; and West Allis Chapter

9/25 Stated meetings at Wauwatosa Chapter, Brookfield; and Janesville Chapter

9/26 Stated meeting at LaBelle Chapter, Mukwonago; and Kilbourn Chapter, Wisconsin Dells

9/29 GR Reception for Gina Vergenz – Janesville Chapt.

10/1 Sou'westers Area Club Meeting at Dodgeville

10/5 WI-MN-IA exchange in Dodgeville (see page 2)

10/8 Tycopera Area Club Meeting at Melody Chapter

10/11 Triwaukee Area Club Meeting at Colgate

10/12 Southeast Area Club Meeting at Burlington Chapter  
Northwest Area Club Meeting at Willow River Chapter, New Richmond

10/23 Western Stars Area Club Meeting at Sparta

10/24-28 WGM/WGP Trip to Iowa Grand Chapter





# 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 is at the 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](mailto:oestravelclub@gmail.com) or call Marianne at 414-507-2883






**ORDER OF THE EASTERN STAR**

*Sharing  
Charity, Truth,  
& Loving Kindness*



**ONE CUP  
AT A TIME!!**

*Horn Of Plenty*  
**WE ARE GRATEFUL FOR  
THE BOUNTY OF SUMMER**



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

*Come and have a cup with us!*

This is a great time of year to share your garden produce with your Brothers at your host Lodge. Fresh fruit and vegetables are always welcome.

Join In Celebrating  
Sister Dutch Leydel  
Grand Electa of Wisconsin  
And  
Brother Doug Moorhouse

Saturday, November 2, 2019

5 pm Social

6 pm Dinner

Cost \$25

Burlington Masonic Center  
325 Kane St  
Burlington, WI

The building is handicap accessible in the front.

Make checks payable to Kenosha Chapter

Please RSVP by Oct.15 to Brenda Pierro

920 S. Park Ave

Winthrop Harbor, IL 90096

oes@pierro.net

Let us know of any special food needs.



# More Tid-bits from the WGM/WGP Project Committee

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## Healthy Steps

Check out this article regarding the number of steps to be healthy. Published in the Journal of the American Medical Association on July 24, 2019. It was mentioned in Dr. Zoba Paster's August 11 column in the State Journal.

<https://jamanetwork.com/journals/jama/fullarticle/2739495>

Basically after research with 18,000 participants in the Women's Health Study, it was found that pace was not important and the benefits of over 2,000 steps a day and up to 7500 were the equivalent to 10,000 steps a day. Dr. Zorba recommends 4,400 steps per day. And, the mean age of participants was 72 years. So, the bottom line is you don't have to be an athlete. Enjoy a comfortable walk and try for 4,400 steps a day and you will vastly improve your health!

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THE LIGHT OF THANKFULNESS

## Is Dairy Bad for my Heart?

Harvard Health, January 2019:

People whose daily diets include at least two servings per day of milk, yogurt, or cheese appear to have a lower risk of heart disease, stroke, or death than people who don't consume dairy products. The findings, published Sept. 11, 2018, in The Lancet, were based on food questionnaires from more than 136,000 people from 21 countries. After a follow-up that lasted an average of nine years, researchers found that adults who consumed two or more servings of dairy each day had a 22% lower risk for heart disease, a 34% lower risk for stroke, and a 23% lower risk of heart-related death. Observational studies such as this one cannot prove cause and effect, but dairy-based foods contain vitamins D and K, calcium, and other nutrients thought to be good for cardiovascular health. The findings support the benefits of all types of dairy, including full-fat versions. However, current guidelines still recommend nonfat or low-fat milk, yogurt, and cheese, which contain fewer calories and less saturated fat.

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