

# Wisconsin OES Newsletter

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September 2020



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August 26, 2020

Dear Sisters and Brothers of Wisconsin,

The MWGM Marianne Shenefelt has issued a letter and guidelines for conducting a simple business meeting by video conferencing on a limited basis to conduct Chapter business, particularly to pay the bills. You are NOT required to conduct a meeting using video conferencing. This is an option only. Chapters can continue to have business conducted by the WM, Secretary and Treasurer during this recess.

If you do decide to have a video business meeting you will be required to follow ALL of the MWGM's mandates for such a meeting. Remember this is only allowed during the Covid19 crisis. The auditing of the chapter books will wait until the Chapters are opened. No Petitions, Reports of Committees, Balloting, or Initiation is allowed.

Laramie Reissner  
Worthy Grand Matron

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## OES Foundation

The Wisconsin Eastern Star Foundation is one of the means through which we accomplish the great beneficent purpose of providing for the welfare of our Sisters and Brothers. If you or a member of your Chapter has fallen on financial hardship, please consider submitting an application to the Foundation Board.

The Foundation Board will be meeting virtually on Friday September 18. All applications for financial assistance need to be received at the Grand Chapter Office no later than Thursday September 10th. Applications can be received from your Chapter Secretary or downloaded on the Wisconsin OES website (wioes.org, under the Forms tab).

## Mark Your Calendars!

While meetings and activities continue to be on hold, here are some of the dates for planned activities starting in October. Stay tuned for details and mark your calendars for something to look forward to!

Oct	24	Workshop
Nov	7	Workshop
	14	Holiday Party - South
	15	Holiday Party -North
Dec	5	Dousman Christmas
Feb	20	Vega Chapter's 125 <sup>th</sup> Anniv
	27	IL Exchange
	28	Janesville's 125 <sup>th</sup> Anniversary
Mar	18	Union Grove's 125 <sup>th</sup> Anniv
	20	St. Patrick's at Three Pillars
	21	Tea with Laramie in Fond du Lac
Apr	6	Electa's 125 <sup>th</sup> Anniversary
	10	Tea with Laramie in Clear Lake
	17	Wine and Chocolate Event sponsored by SE & Triwaukee
	29	MN Grand Chapter in St Cloud
May	16-20	Grand Chapter in Stevens Point
TBD		Martha's 125 <sup>th</sup> Anniversary

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## Grand Secretary Hours

Sister Kris Gruber-Twardy, Grand Secretary Pro-Tem, will be in the Grand Chapter office on Monday and Thursday from 9am-3pm. She will be checking email from home on Tuesday and Wednesday mornings. Thanks for your patience during this transition.

**I joined Eastern Star,  
come & serve with me.**



Hi, I'm Peyton. I am in training to become a service dog for someone in need. I am very lovable and hope to share my loving kindness with veterans or people with physical disabilities.

**ORDER OF THE EASTERN STAR**  
GENERAL GRAND CHAPTER

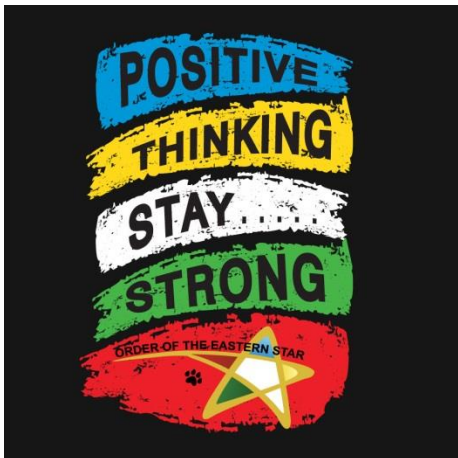
Call: 262.975.2200  
secretary.wioes@gmail.com

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

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**WGM & WGP SPECIAL PROJECT**

Remember when we finally get together again at our Wisconsin Grand Chapter in 2021, we will be having a Silent Auction to benefit the UW Cardiovascular Research Center. Please be thinking about this while we are "stuck" at home. Those of you who are talented can be sewing, crocheting and knitting, etc. Or watch for bargains at the store. Thanks!

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From OES Strong web page

*Letter from our WGM & WGP*

August 19, 2020

Dear Sisters and Brothers

On June 17 we sent out the following announcement. "All Eastern Star meetings and events are suspended through August 31, 2020. In August we will look at what the conditions are at that time and decide when to open." It is now August and conditions have not improved. While the number of new cases has leveled off, they leveled off at an unacceptably high number. Hot spots are springing up around the state wherever there are gatherings of people. WGP Ian, Grand Lecturer Rosie and I had planned events starting in September. All meetings and events in September are cancelled. Chapters may not meet or hold events until further notice. We are not setting an arbitrary date to reopen currently. I ask for your patience and understanding as we will be addressing this on a month by month basis. We look forward to being able to see all of you soon.

Many Chapters have voiced a concern about the number of meetings we will be missing. Because of the unprecedented crisis we know that many adjustments will need to be made! Required observances such as Elections and Annual Reports will have been missed and Chapters will not be able to hold the required number of meetings per year. All this will be waived for this year. Secretaries are asked to put the wording "Meeting unable to be held because of Covid19 recess declared by the Worthy Grand Matron" or similar language in your minutes to cover all missed meetings and activities.

Chapters may conduct regular Chapter business i.e. pay bills and hold funeral services during this period. Chapter audits and Annual Reports will be completed when we are able to reopen.

As our Most Worthy Grand Matron stated in her latest letter, "We are not an organization that crumbles at the first sign of challenge or we would have been gone a long time ago! What the caterpillar calls the end of the world, the Master calls a butterfly." Working together we will all make it through and be strengthened by the hardships we have faced. Please remember we are here to help if help is needed. Please reach out and check on our Sisters and Brothers who may need assistance and most of all please remember to keep our country, our youth, our Order, and each other in your thoughts and prayers!

Laramie Reissner                      Ian Watts  
Worthy Grand Matron      Worthy Grand Patron  
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# *Most Worthy Grand Matron Communication*

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## **General Grand Chapter**

Order of the Eastern Star™  
Established November 1876

August 26, 2020

Dear Worthy Grand Matrons (currently serving),

It is my hope this finds you and your loved ones doing well—safe and healthy. The ongoing coronavirus pandemic has created some challenging circumstances when it comes to conducting the business of Grand Chapters, Subordinate Chapters and Subordinate Chapter directly under the General Grand Chapter. I am proud of you, the leadership, for your commitment to serve your Sisters and Brothers in the best way possible under these circumstances.

Due to the continuing pandemic and the difficulties this presents to Chapters for conducting their business, I have attached my guidelines allowing holding a simple business meeting using Zoom or other video conferencing method. These instructions are to be used responsibly to address essential Chapter business, particularly financial responsibilities. This authorization does not allow for the reading of petitions, reports of investigating committees, balloting or initiations using Zoom or other video conferencing methods. It remains illegal to use video conferencing for these portions of Eastern Star business. These guidelines are not permanent and they are to be used only during these Covid restricted times.

Please share these guidelines as you deem necessary in an effort to assist your Chapters. If you have questions or concerns, please do not hesitate to contact me.

Please continue to follow all government and local authority health and safety guidelines in your area regarding Covid in order to protect yourself and the well-being of our beautiful members. Please wear a face mask!

In friendship,

Marianne R. Shenefelt  
Most Worthy Grand Matron

copy: Henry S. Martin, MWGP  
Alma Bane, RWGS  
GGC Jurisprudence Committee

attachment: Video Conferencing Guidelines





## *From our Most Worthy Grand Matron*

### **Guidelines – Video Conferencing to Conduct Essential Chapter Business**

The guidelines below are for the purpose of conducting a simple business meeting in order to complete Chapter business that must be addressed for the good of the Chapter, in particular to meet financial obligations, using Zoom or other video conferencing methods. These instructions do not apply to and are not to be used for in-person Chapter meetings.

#### **Using Zoom or other video conferencing to conduct essential Chapter business:**

- Establish that a quorum is present on the call for the transaction of business. Seven members of the Chapter, including one of the first four Officers, constitutes a quorum, unless the Bylaws of the Chapter states a larger number.
- Record the names of the members present on the call that constitute the quorum, as well as other members in attendance on the call.
- Confirm minutes of the meeting are being taken.
- Do not open the meeting ritualistically. The Officer in charge (WM or pro tem) will call the meeting to order, i.e., "I hereby call this virtual meeting of \_\_\_\_\_ Chapter to order."
- Request the reading of the minutes of the last stated and special meeting, if any.
- Ask for corrections, if any.
- Ask for approval of the minutes.
- Request the reading of communications.
- Ask for Unfinished Business (see paragraph below).
- Ask for New Business (see paragraph below).
- Request Treasurer's report.
- Request reading of the bills.
- Conduct discussion, as necessary, and ask for verbal approval to pay the bills.
- Record the verbal "yes" or "no" by the individual's name when asking for approval to pay bills and/or spend the Chapter's money.
- Ask for any sickness and distress.
- Close the meeting. Do not close the meeting ritualistically. The Officer in charge will say, "There being no further business to be conducted virtually, I hereby declare this virtual meeting of \_\_\_\_\_ Chapter closed."

There will be no petitions read, no reports of investigating committees, no balloting and no initiations taking place during virtual business meetings of a Chapter. These portions of our closed meetings are not authorized to be conducted using Zoom or other video conferencing methods because to do so is illegal.

If your Unfinished Business and/or New Business involves petitions, investigating committee reports, balloting or initiation, it will be necessary to postpone this business until it is safe for your Chapter to meet in person.

Please adhere to all government and local authority health and safety guidelines specific to your area regarding Covid for your protection and the well-being of your members.

Marianne R. Shenefelt  
Most Worthy Grand Matron  
August 2020



While most of us are segregating ourselves at homes, we may not get as much exercise as we need for heart health (really for the health of our whole body!). Just a reminder of what you need to lead a long and healthy life:

Get at least 150 minutes per week of moderate-intensity aerobic activity spread throughout the week.

The good news is that 30 minutes a day, 5 days a week and studies show that it doesn't have to be 30 minutes at one time! So if you don't love working out, break it up into three 10 minute exercise periods a day.

What is "moderate-intensity aerobic activity?"

Brisk walking (however, ANY walking would be good and if you could find a slight uphill path, that would be better). Water aerobics if you are around a pool. Dancing. Gardening. Tennis. Biking. If you have an ellipse, exercise bike or treadmill that is great. Or walking up and down some stairs at your home a few minutes 3 times a day.

Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.

You can go on the internet and get muscle strengthening exercises you can do with bottles of water, canned goods, a broom, etc. You don't have to go out and buy expensive equipment. Another option is going onto You Tube and search for videos of exercise. You can search for type of exercise you want to do, like "muscle strengthening." If you have a Firestick with Prime Video, you can watch You Tube on your television.

Some of us are a little older and like things "easier". I have found any number of You Tube videos for "senior exercise". A lot of these you can do while sitting for those of us with bad hips, backs or knees, but you still work up a sweat and get the encouragement of the video instructor while you're at it.

Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.

If you are sitting too much of the day, get up every hour and stroll around the house for a while. Remember, something is better than nothing! If you do that for a while, you can gradually work yourself up to more!

Finally, we could talk all day about what to eat to be healthy. But, I will leave you with an easy fact. To be the healthiest possible, do not eat anything with sugar or refined flour. There is no redeeming value in either of those food products. They only hurt you.

Elaine and Marv Engelke, Co-Chairs  
WGM and WGP Special Project (Heart Fund)





## A LOOK BACK IN TIME



Eastern Star has been through a pandemic before. We came back stronger than ever. Here is a timeline of the 1918-19 pandemic and Wisconsin Eastern Star activities for that time.

The 1918 influenza pandemic was the most severe pandemic in recent history. It was caused by an H1N1 virus with genes of avian origin. Although there is not universal consensus regarding where the virus originated, it spread worldwide during 1918-1919. In the United States, it was first identified in military personnel in spring 1918. It is estimated that about 500 million people or one-third of the world's population became infected with this virus. The number of deaths was estimated to be at least 50 million worldwide with about 675,000 occurring in the United States. Mortality was high in people younger than 5 years old, 20-40 years old, and 65 years and older. The high mortality in healthy people, including those in the 20-40-year age group, was a unique feature of this pandemic.

While the 1918 H1N1 virus has been synthesized and evaluated, the properties that made it so devastating are not well understood. With no vaccine to protect against influenza infection and no antibiotics to treat secondary bacterial infections that can be associated with influenza infections, control efforts worldwide were limited to non-pharmaceutical interventions such as isolation, quarantine, good personal hygiene, use of disinfectants, and limitations of public gatherings, which were applied unevenly.

### March 1918

- Outbreaks of flu-like illness are first detected in the United States.
- More than 100 soldiers at Camp Funston in Fort Riley, Kansas become ill with flu. Within a week the number of flu cases quintuples.
- Sporadic flu activity spreads unevenly through the United States, Europe, and possibly Asia over the next six months.

### April 1918

- First mention of influenza appears in an April 5 weekly public health report. The report informs officials of 18 severe cases and three deaths in Haskell, Kansas.

### May 1918

- By May, hundreds of thousands of soldiers travel across the Atlantic each month as they are deployed for World War I.

### September 1918

- The second wave of flu emerges at Camp Devens, a United States Army training camp just outside of Boston, and at a naval facility in Boston.
- Between September and November, a second wave of flu peaks in the United States. This second wave is highly fatal, and responsible for most of the deaths attributed to the pandemic.
- New York City's Board of Health adds flu to the list of reportable diseases and requires all flu cases to be isolated at home or in a city hospital.
- By the end of September, more than 14,000 flu cases are reported at Camp Devens—equaling about one-quarter of the total camp, resulting in 757 deaths.

### October 1918

- The 1918 flu pandemic virus kills an estimated 195,000 Americans during October alone.
- In fall of 1918 the United States experiences a severe shortage of professional nurses, because of the deployment of large numbers of nurses to military camps in the United States and abroad, and the failure to use trained African American nurses.
- Chicago chapter of the American Red Cross issues urgent call for volunteers to help nurse the ill.
- Philadelphia is hit hard with the pandemic flu viruses—more than 500 corpses await burial, some for more than a week. Cold-storage plants are used as temporary morgues, a manufacturer of trolley cars donates 200 packing crates for use as coffins.
- Chicago, along with many other cities across the United States, closes theaters, movie houses and night schools and prohibits public gatherings.
- San Francisco's Board of Health requires any person serving the public to wear masks and issues strong recommendation to all residents to wear masks in public.
- New York City reports a 40 percent decline in shipyard productivity due to flu illnesses in the midst of World War I.

### November 1918

- The end of World War I enables a resurgence of influenza as people celebrate Armistice Day and soldiers begin to demobilize.

- Salt Lake City officials place quarantine signs on front and rear doors of 2,000 homes where occupants have been struck with flu.
- By the end of World War I the U.S. military grew in size from 378,000 soldiers in April 1918 to 4.7 million soldiers.

December 1918

- Public health officials begin education programs and publicity about dangers of coughing and sneezing; careless disposal of "nasal discharges."
- Committee of the American Public Health Association encourages stores and factories to stagger opening and closing hours and for people to walk to work when possible instead of using public transport to prevent overcrowding.

January 1919

- A third wave of influenza occurs in the winter and spring of 1919, killing many more. Third wave subsides in the summer.
- In San Francisco, 1,800 flu cases and 101 deaths are reported in first five days of January.
- Many San Antonio citizens begin complaining that new flu cases are not being reported, and that this is fueling another influenza surge.
- Seven-hundred and six cases of influenza and 67 deaths are reported in New York City, triggering fear of a recurrence of severe flu activity.

February 1919

- Influenza appears to be nearly eradicated in New Orleans as number of reported cases drops.
- Illinois passes a bill to create a one-year course to become a "practical nurse," an effort to address the nursing shortage the pandemic had exposed.

**Wisconsin Eastern Star timeline** - from the 1919 Grand Chapter proceedings

October 1918

Worthy Grand Matron returned home from Grand Chapter October 4<sup>th</sup> and found that 2 of her family were stricken with influenza, and for five weeks was kept at their bedside with no time for anything else.

December 1918

Worthy Grand Matron issued a blanket special dispensation to hold elections at a Regular Meeting after the Influenza Ban has been raised.

December 1918-January 1919

No meetings because by Orders of the Board of Health. Worthy Grand Matron ruled that no Eastern Star business could be conducted by telephone.

March to September 1919

"Conventions" were held by the Grand Lecturer. The Grand Lecturer recommended that they be called "Schools of Instruction" a more accurate title. Each convention had participation of 2-8 chapters. 30 conventions were held representing 130 chapters. 10 conventions representing 39 chapters were not held for various reasons. Some of these reasons were deemed petty by the Grand Lecturer. 3 conventions representing 16 chapters were not scheduled due to the duties of the Grand Lecturer at home. Due to Influenza work on the conventions began in March, five months late. The conventions were completed in September.

October 1919

Wisconsin Grand Chapter held.

*(Submitted by Sister Laramie Reissner, Worthy Grand Matron)*

