



A Message from our Worthy Grand Matron

Dear Sisters and Brothers,

Greetings to all of you. Grand Chapter 2022 was such a success...Sister Cheryl and Brother John's project was so well supported, meals were delicious, and renewing friendships during the Session was wonderful. I would like to take this opportunity to thank you, the membership, for the honor of serving Iowa Grand Chapter as Worthy Grand Matron for 2023. There are days when the experience is overwhelming and I am not quite sure what decisions need to be made, and then other days when you just sit back and enjoy the events.

Our Installation at Grand Chapter was a once in a lifetime adventure. I would like to thank the installing officers for their dedication to our Order; Sister Jean Koss for presiding as Installing Officer, Charles Sloniger, Installing Chaplain, Kaylene Kiewiet, Installing Marshal and Sister Peggy Liekweg, Installing Organist. Also, thank you to Bob Danner for playing the installation prelude. Each of you had an integral part in our memories of that day. And to the membership, thank you for showing your support by being in attendance

Our Joint Reception was held on October 29, 2022 at the Marriott Hotel in Cedar Rapids. It was a wonderful afternoon and evening spent with our Grand Officers, our membership and our families. Greeting each of you, the hugs, and well wishes in the receiving line; the cards and gifts were greatly appreciated. A huge thank you to Davenport Chapter, Knoxville Chapter, and Tri-Star Chapter Eddyville for hosting such a huge event. The decorations were just as requested! To all that attended we hope you enjoyed your evening with us. Thank you, again.

The reception season began the very next day, and I will say, I did learn a lot more about our Grand Officers during each of the receptions. Each was unique, just like the honoree. Thank you to each Chapter for taking our request to heart and having the honoree be the center of the reception.

Although the nuts arrived very late in the reception season, our Grand Officers stepped up and took charge. We took orders and made deliveries. Each of us knows how important the nut sales are to our Grand Officers ESTARL Fund. Thank you to all that accepted the challenge! You are all the best at handling change. There are still a few packages of nuts available, see us during the School Season.

During our planning, Larry and I spoke with both the Boone and Barthel Homes about visiting during the holiday season. After discussion, it was decided we would plan to visit at another time. Because the flu and COVID seemed to be still lingering, we felt that scheduling a trip to the homes when we could be outside would be a better time to visit. However, we did create a holiday package for each of the residents. Thank you to Mary and Luke Reicks for delivering to the Barthel Home. Larry and Nancy worked with Joyce Sloniger for the delivery to the Boone Home. Larry and I sincerely appreciate your help

State School is just around the corner, February 10-11, 2023 to be held at Des Moines Chapter, Pleasant Hill. I know that the Board of Custodians and the District Instructors have been working diligently to be ready for instruction. It is an exciting day of learning, albeit stressful!

The School of Instruction season starts in March, with Sister Sandy Meredith's Last First School on March 11, 2023 and Sister Mary Reick's Last School March 25, 2025. We hope many of you will be able to attend. We do know that the change to District School's is going to be an adventure, but that's what life is about, having new adventures. There will be changes we will need to incorporate as we go along, so be patient, everything will be just fine 😊. Please support your District Instructors as this is a big change for them also. Attend as many District Schools as possible, you may learn something new at each one!

We have many special projects, events and activities planned for you during 2023. Please read Brother Larry's greetings as he has this covered. BUT, I would like to remind, and for those who were not able to attend the Reception, MY challenge: I am a walker and I am asking for pledges for each mile I walk from October 23, 2022 through September 1, 2023. You may pledge one penny or one dollar, the amount doesn't matter. All the proceeds will be given to the HERO project. Just so you know, since October 23, 2022 through January 21, 2023 I have walked 258 miles. Please see me about making a pledge! As we all know, every penny counts!

You can find all of the details on our Iowa Eastern Star website at www.iowaeasternstar.org and in the 2023 VIP Book. For Facebook users, be sure to let Kim Reason know any special information regarding your Chapter, your members or any events in your area that might be of interest to us! She is doing a fantastic job of keeping us informed! Stay tuned to social media, our website and the Galaxy for more exciting 2023 news and events.

Hugs to all,

Vicki Wallner
Worthy Grand Matron

A Message from our Worthy Grand Patron

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When I was elected Worthy Grand Patron at Grand Chapter, it came as a surprise. Yes, I knew, or at least hoped it was coming. Vicki and I had been working toward it for several years. But when the gavel sounded and my name was called, I felt like they were talking to someone else. It came quickly, we had fun making plans, putting our Grand Family together and suddenly the clock ran out and it was time to put in the work to make all our preparations bear fruit. I thought being humbled had become a cliché, but I was humbled!

The first part of our year was the Reception Season. It was a huge success and a lot of fun. We told the hosting chapters that we didn't need to be entertained. We would rather that the Grand Officer they were honoring be put front and center so everyone could get to know them better. They listened and each Grand Officer was honored in a way that made us proud. We want to give a huge thank-you to these chapters for giving their Honoree a special day that they will carry with them the rest of their lives.

We have what I believe to be a unique trip planned for this June. The Colorado Trains Trip, which is a bus trip to Colorado where we will ride four different trains, each will be a unique experience, from the Silverton-Durango train, the Cumbres & Toltec Railroad, the Royal Gorge and the Pikes Peak Cog Rail. Add into that a jeep tour, Garden of the Gods, the Air Force Academy and many more sights and experiences. Originally, the trip sold out quickly, but with work conflicts and health issues, we now have eight open seats on the bus and they will fill quickly. If you would like to join us, call or email Nancy Niday and she will be happy to help you.

We can start getting serious about working on our projects. Our main project is HERO (Healing at English River Outfitters). They believe there is healing in nature, studies have found that three hours in the outdoors is equivalent to three weeks of therapy. They provide an outdoor experience where the veterans can fish, hunt and hike while surrounded by those who support and understand them. They have built a fantastic lodge where the veterans can spend several days or a weekend with their families reconnecting and can also provide needed support to our veterans in finding employment and reentering civilian life. Representatives of HERO will be coming to some of our events to explain their program and let our membership meet and learn from them.

We also will be supporting Project Healing Waters. This is an organization that works with disabled veterans, teaching them how to tie flies so they have an activity they can do while in the hospital. The patients that are mobile are taught to cast a fly rod and taken to area ponds to enjoy the outdoors and have the opportunity to try catching fish on the flies they created. Two more projects we will be working on will be for two of our members, Sandy Raab, with Blue Star Mom's and Kathy Pantzar and her class are both involved in sending care packages to deployed troops. We will be helping their projects by assisting them in funding the shipping costs for the packages.

Of course, these aren't all the projects we will be working on. We will also be supporting the traditional projects such as ESTARL, Youth, TLC, Grand Chapter and Service Dogs. This is an ambitious list, but Eastern Star has always been there for anyone in need and we want to help wherever we can.

Finally, I want to thank all of you for this honor. It comes with a lot of work, but it is good work and I will give it my very best. I know we have a great year ahead of us, sometimes serious and always fun!

See you in our travels,
Larry

Iowa Worthy Grand Matron Visits Hawaii

Aloha and greetings from Lei Aloha Chapter, Honolulu

During my stay in Hawaii, I joined Sister Jean Koss, GGCCM, President of the Board of Custodians and PGM, Brother Robert Koss, Sister Sue Thomas, TLC, Card Chairman, and Brother Bruce Thomas, PGP to attend a meeting at Lei Aloha Chapter No.3 in Honolulu. The building was large and well maintained. There are 8 owners of the building and they all share in the expenses and upkeep of the building. We were greeted warmly by the membership, introduction and conversation all around. We also met visitors from Wisconsin (small world, right?). Prior to their meeting we were served a wonderful dinner, Chinese, in honor of the Chinese New Year celebrations.

Following the dinner, we attended their regular stated meeting. Their sidelines were almost full and their Chapter Room was quite large. I believe there were over 50 in attendance. The Chapter Room was prepared very similar to our chapters in Iowa. -- the one exception was the Star Point chairs faced directly East. The officers did not march in but they did do the ritualist opening. Some did read from the ritual but it seemed like some were trying to have their parts memorized. It was interesting to listen to their minutes. One item that caught my attention was if it was your birthday month and you were in attendance you received \$50. If you were ill or had surgery, they sent you \$25.

I was presented as Worthy Grand Matron, escorted to the East and given a beautiful flower lei. Sister Jean and Brother Bruce were also presented and each given a flower lei. Later in the meeting, we were again presented as first-time visitors and given a shell lei.

Installation of the 2023 Officers was the next order of business and it was the same as our installation. The Worthy Matron and Worthy Paton were greeted by members and guests. They were given gift, mostly leis. I wasn't sure how many more they could wear. It was a wonderful evening and I am so glad I was able to attend their meeting.

Flower leis and shell leis enhance our Star Apparel



Hawaiian Chapter Room



2022 General Grand Chapter Travel and Projects

Diane R. Bargfrede, Worthy Grand Adah of the General Grand Chapter
Past Grand Matron of Iowa

When asked by the Most Worthy Grand Matron, Sister Glenda Winchester, Past Grand Matron of South Carolina and the Most Worthy Grand Patron Brother Lon Lowery, Past Grand Patron of Ohio, to serve as a Drum Major for General Grand Chapter as an officer representing the station of Worthy Grand Adah, I was humbled, and honored. This honor also goes to all our Eastern Star members in Iowa. The experience of representing the Tall Corn state has been, “awesome.” I will continue to do my best to make you proud.

Throughout the triennial supporting Service Dogs will continue as it is our Eastern Star premiere project. In addition, we will once again learn about Regenerative Medicine along with supporting Heart, Cancer, Youth Organizations, the Journal, International Headquarters, Shriner's Hospitals and ESTARL just to name a few. Also, at the top of the list is the ongoing promotion of community service and membership.

Other Iowa members serving General Grand Chapter as committee members this triennium are, Sister Jean Koss, ESTARL; Brother John Hauser, International Headquarters; Sister Nancy Kiehne, Regenerative Medicine; Sister Jane Green, Service Dogs; Brother Phil Corwin, Youth and Sister Janice Alger, Triennial Other Assembly Member where she serves at the personal page to the Worthy Grand Adah.

It has been a pleasure visiting in the following jurisdictions this past year: Missouri, Florida, Georgia, Montana, Kentucky, Ohio, Michigan, and Oklahoma. Each grand chapter was unique and interesting, with generous hospitality being shared throughout each of them.

In closing be steadfast in your faith and always be Eastern Star members who illustrate: **We Believe! We Care! We Love!** Let's keep marching together in service and love as we start the second year of this triennium.

WGP Larry Niday Introduces us to New York Friends

I thought I would share with our membership a letter I received from Ruth Howe, Past Most Worthy Grand Matron of New York. As you will see in the letter, we met when she was visiting our Grand Chapter in 2017. We became fast friends and have kept in touch since our meeting. This proves how lasting friendships can be formed by meeting members from other jurisdictions through Eastern Star. It also shows how similar our goals and interests are across the nation. MW Ralph and I have been in touch thanks to Ruth introducing us and now I have gained a new friend I would not have had otherwise. I hope you enjoy her letter.

Larry Niday WGP

The Tale of Two Worthy Grand Patrons

(Written by)

**Sister Ruth Howe,
Past Most Worthy Grand Matron of New York**

Let me introduce yourselves to each other.

MW Ralph is the Most Worthy Grand Patron of New York for 2023. I have known MW Ralph since we were companion Grand Officers in 1997 and have become good friends.

Worthy Grand Patron Larry, I met at the Iowa Grand Session in 2017 when I traveled to Iowa for their Session. His wife, Nancy Niday was the Grand Secretary at the time. Having time on my hands and one that likes to meet new people, I met and visited with Larry. I soon discovered that Larry has a passion for fly tying and for fly fishing. It just so happens that I have a very good friend in Syracuse that has the same passion. So, I connected Larry with my friend Andy. On a trip to Maine, Larry and Nancy made it a point to visit with Andy. While they fished, Nancy met me at Pounder Hall for several hours.

Fast forward to 2023. MW Ralph's special project is **Homeward Bound Adirondacks**, HBA, a veteran's service organization focusing on the needs of Veterans and their families. HBA is a private community-based 501 c3 not for profit located in Saranac Lake. HBA conducts weekend retreats in the Adirondack Forest designed to address PTSD and veteran suicides. HBA also provides referrals to Veterans for community services, transportation to medical appointments with its van and emergency grants to veterans and their families in crisis.

So, MW Ralph is wondering what this has to do with the Worthy Grand Patron of Iowa, but Larry has already figured it out. Larry's project is **HERO**... Healing at English River Outfitters. Eastern Star in Iowa is partnering with **HERO** this year to help support their efforts to provide healing services to our veterans by providing an outdoor experience where they are able to hunt, fish and hike while surrounded by those who support and understand them.

When Larry sent me their 2023 Grand Chapter Projects and the information on their Grand Chapter Session in October 2023, I was overjoyed first, to hear from him and secondly to read about the projects. What are the chances of two Grand Patrons having such similar projects???? I hope each of you will have the opportunity to communicate with each other.

Happy New Year to you both and I hope you have an awesome year as you represent your respective jurisdictions.

Warm Regards,

Ruth

Bailey, Service Dog, Visit

Ward and Carol Bailey with their service dog, “Bailey,” stopped by to visit the 2005 Busy Bee Grand Family at their recent get-together on October 1.

Bailey, a white German Shepherd service dog, helps Ward Bailey, when in distress with his PTSD and other medical issues.

Bailey is shown here with Ward and Carol Bailey, members of the Knoxville OES Chapter #85 and Newton OES Chapter #100, and Jane Green, Past Grand Matron and Member of the Service Dog Committee of the General Grand Chapter of the Order of Eastern Star. Bailey also was a visitor at the Grand Chapter of Iowa OES meetings October 20-23 in Cedar Rapids





Pictured above are members of the 2005 Busy Bee Grand Family in attendance at their annual reunion. Front row left to right: Christa Guthrie, Sue Tomlin, Jane Green, and Leslie Nuehring. Second row: Mary Johnson, Claudia and John Hauser, JoAnn Bergeson, and Danelle Essing.

Submitted by:

Christa Guthrie
Unity Chapter #58 OES, Mason City

Grand Representative of Wisconsin

Sometimes it is necessary to get creative when the WGM and WGP want to present a Grand Representative appointment. Sister Vicki was not able to attend the December meeting of Knoxville Chapter so Brother Larry brought the meeting to her.

They wanted to surprise one of Knoxville's members with a Grand Representative appointment, so Larry arranged a video call with Vicki and they presented Sister Maxine DeJooode with her commission as Grand Representative of Minnesota.

**WGP Larry Niday, WM Nancy Niday,
WGM Vicki Wallner, Grand Representative,
Maxine De Joode, WP Dennis DeJoode, PGP**



**Sister Jane Green Presents Check to
Partners for Patriots**

On December 21, 2022, I was able to personally deliver a check from Grand Chapter Order of the Eastern Star for \$4183.20 to Gerry Holtrop, a trainer and handler for Partners for Patriots. This was money accumulated for the service dog program from last triennium, which Sara Ann Robinson, PGM, was the member of the Service Dog Committee of the General Grand Chapter, and from the first year of this triennium. This money was donations from individuals, chapters and from the sale of pins, magnets and screen cloths. Remember, the money collected in Iowa, stays in Iowa.

As I have reported in previous editions of the Galaxy, Partners for Patriots is a non-profit organization that trains and delivers service dogs to veterans. I sat and talked with Gerry as I have on previous visits. He is to deliver a dog to a veteran living in Paullina and one living in Waterloo in the next month.

Since November of this year, I have also been selling t-shirts for Partners for Patriots. These t-shirts are in the following colors: red, black and light blue with the logo for Partners for Patriots on the front. Sizes range from small to 5 XL. During this time, I have sold \$470 worth of t-shirts for this organization. I would **PAWS**-itively love to sell you one of the t-shirts, pins, magnets, or screen cloths that I have available, please see me when I am at an event in your area.

Jane Green, Member of the Service Dog Committee of the General Grand Chapter, PGM



General Grand Chapter Special Assembly

Sister Glenda Winchester, the Most Worthy Grand Matron conducted a special session of the General Grand Chapter at the International Headquarters in Washington DC on Saturday, December 3, 2022. The special assembly was called to elect a new Right Worthy Grand Sentinel due to the resignation of Brother Jon Thompson of Maryland who had to leave the office for health reasons.

The current Worthy Grand Chaplain Brother Eddie Yaun of Tennessee was elected to fill the office of Right Worthy Grand Sentinel. Brother William Shoulders of Indiana was then appointed to fill the office of Worthy Grand Chaplain. The Brothers were then installed in their respected stations.

Following the session and installation, each of the General Grand Chapter Officers had the opportunity to place an ornament representing their state on the Christmas Tree at the International Headquarters.



The photos represent the chapter room setup up in the ballroom of the International Headquarters and Sister Diane Bargfrede, Worthy Grand Adah, explaining the ornaments she selected for the Christmas tree



Knoxville Chapter participates in Wreaths Across America

By: Nancy Niday, Knoxville Chapter

Several years ago, when I knew Sister Vicki and Brother Larry's project was going to be very patriotic oriented, I learned about a nationwide program called Wreath Across America. I had heard on our local radio station that Knoxville was one of the Iowa cemeteries that participated. I watched a documentary on the program and was totally convinced if at all possible our Chapter could be involved, when their year began.

I contacted the local representative last year and learned it is always the Saturday before Christmas. This coincides with our family Christmas and I asked the family if they would be interested. They wholeheartedly agreed (not knowing the wind chill temperature would be well below zero)!

At our December meeting it was agreed that Knoxville Chapter would sponsor 10 wreaths at a cost of \$15 each. I had been told that our donation completed the goal that was needed to place wreaths on each of the graves in the Military section of the cemetery.

Sisters Betty Clark, Sharon Spaur and Jolene Harrington from Knoxville Chapter along with Larry and I and 9 family members, and several other community volunteers braved the elements and placed approximately 235 wreaths. As we placed each wreath, we spoke the veteran's name and thanked them for their service.

It was a very meaningful experience and when we were done one of our granddaughters was heard saying: "I hope it is a little warmer when we do this next year". I concluded it was time well spent in remembering those who sacrificed their lives for our nation!

Members of Knoxville Chapter Face the Cold



Cold Hands, Warm Hearts



Thank you from Betty and Bill Briggs

We want to thank those of you who sent cards and notes to us for our 75th wedding anniversary. We were overwhelmed by all of your notes (over 90). We had two or three tell us they asked the card shop people for a 75th anniversary card and they were told card creators do not make them for that many years. How about that!

We will be having a family celebration in April. It was just too much trouble for our California daughter and son-in-law to come on December 30th. However, we did spend the day with our family here in Iowa. Again, thank you all so very much. ---
Betty and Bill Briggs

**Cruising for Service
Dogs with Texas**

**In support of The
General Grand Chapter
Project**

**February 4, 2024, 7 Night
Western Committee Cruise**

**Royal Caribbean Cruise Line,
Harmony of the Seas**

**\$100 per person donated to
service dogs**

~Help us Help Others~

Cabin Pricing: Balcony: \$1168 pp

Central Park Balcony: \$1075 pp

Ocean View: \$1023 pp

Inside Cabin: \$921 pp



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**Prices are per person
based on double
occupancy**

**Gratuities included.
Not included: Travel
Insurance, Air Fare**

**\$250 PP Deposit
includes \$100
nonrefundable
reservation fee**

**Pre and Post Cruise
Packages Available**

**Day 1
Galveston, TX**

**'Day 2 & 3
Cruising at Sea**

**Day 4
Roatan, Honduras**

**Day 5
Puerto Costa Maya**

**Day 6
Cozumel, Mexico**

**Day 7
Cruising at Sea**

**Day 8
Galveston, TX**