



March 2022

The Iowa Galaxy

2022 Issue 2

Cheryl Payne - Worthy Grand Matron



2022



John Whitaker Worthy Grand Patron

2022



Sisters and Brothers:

We are in the midst of our remaining Grand Officer Receptions. Thank you to each of you who took the time to attend the Receptions so far. Your attendance was appreciated by our Grand Officers and we look forward to seeing you at the remaining receptions yet to be held. It is a pleasure to welcome you to each event. Brother John and I are so pleased with the attendance and support you have shown to the 2022 Starlighters Grand Officers and their Companions. It is such a joy to visit the host chapters; so uplifting to see everyone and to visit with each of you. We look forward to seeing and visiting with each of you at the remaining receptions. Remember please, to support the nut sales when you are attending the receptions. We would really like to raise a generous amount for the Grand Officer ESTARL Fund through this project....and we thank you so very much for your support.

The Starlighters Grand Family was able to visit each of the Homes in a slightly different format in December of 2021. Having been notified that neither the Eastern Star Masonic Home in Boone nor the Barthell Home in Decorah would allow visitors to enter their facilities, the Starlighters gave some thought to how the members of both homes could be remembered. We wanted the residents to know that the Stars had not forgotten them and that we cared about them.

With a lot of help from the members of Mount Olive Lodge in Boone and Great Lights Lodge in Decorah, we were able to think outside the box and figure out a way to gift the members of both homes with gifts and remembrances from the Starlighters. We also included the members of the Kruzers Grand Family and were pleased to have them join us in filling gift bags and participating in the caroling at both homes. We met at the respective Lodges where the appointive officers filled the gift bags with ornaments and bookmarks made by the Starlighters Grand Family and other

Sisters and Brothers:

- ♦ As every Worthy Grand Matron and Worthy Grand Patron begin their journey to the East, they discuss who they will choose to serve as their appointive officers. These sisters and brothers along with the line officers elected at Grand Chapter become Mom and Dad's
- ♦ Grand Family. You already know all of this. The Starlighter's Grand Family are a wonderful, loving bunch of 'kids' and we are so proud of them all.

- ♦ The thing is, Sister Cheryl and I knew who we wanted to ask, but that doesn't mean that we knew everything about them. Like every
- ♦ WGM and WGP, we sent them a list of 'get to know you' questions that would be used to introduce them at their receptions. We asked them why they joined Eastern Star.

- ♦ The question could be any many forms; why did you join, when did you join, what does OES mean to you? The real question for all of us is: what would we do if we didn't have Eastern Star?? Would you miss it? Would your life be less fulfilling? Tough questions!

- ♦ In 2009, Lorrie and I moved to Polk City. I had served for seven years in the Iowa House of Representatives and being away from home and apart for four months out of the year was enough. When I went to work for USDA and my job was in Urbandale, we decided to move from our farm. We moved into our house in Polk City the first of November but went to the farm every weekend. Actually, my job had started the end of July that year and we had stayed in our son's spare room for several weeks while Lorrie 'house hunted', and yes we had driven back to the farm every weekend so we continued that habit after we moved.

- ♦ Three weeks after we moved, we decided that for one week-end we would stay in Polk City because there was an event at Iowa State that we planned to go to on Saturday morning. As we left for the event, we noticed a sign that said something like; 'OES bazaar, today'. Okay, if we are back from Ames before 1, maybe we will stop. About 12:30, we walked into the Polk City masonic building and asked the

small items including a candy cane. The line officers met with the administrators and board members of each home while the bag filling took place. We then traveled to both homes and gathered outside in the courtyards to sing Christmas Carols to the residents. They were very pleased to see us and were able to hear us by way of outside microphones and in some cases, open windows. We then gathered at each Lodge where we shared a lunch before departing for other events.

I am so grateful to Rick Colby, Administrator of the Eastern Star Home in Boone and to Mandy Baker, Administrator of the Barthell Eastern Star Home and to Sister Paula Larsen and Brother Luke Reicks, the Presidents of the Boards of the Homes for helping to set this all up. We wish to thank Ted and Linda Tedrow, and the Masons for the lunch at Mount Olive Lodge and to Mary and Luke Reicks and the members of New Hampton Chapter for the lunch at Great Lights Lodge in Decorah.

The tradition of visiting the homes for Christmas was something I was not willing to cancel. It is very important to me that we not forget these dear residents. Without the willingness of the two lodges to work with us and the willingness of the Administrators of the Homes, this wouldn't have happened. My deepest, heartfelt thanks to all who had a part in making this happen. I am very grateful.

State School was held January 22, 2022 in Des Moines Chapter, Pleasant Hill. I want to give my heartfelt thanks to all who had a part in making this a fantastic State School. My deepest gratitude and admiration to the Board Of Custodians and the Pink Ladies, our District Instructors, for their hard work and preparation for their school of instruction. It was profoundly evident that each of them was well prepared by the excellence of their work. I could not be more proud of my Pink Ladies. The comments and notes received are evidence that Iowa is in good hands with these fabulous Sisters

Congratulations to each of you, Board Members and District Instructors. I also wish to say Thank You to Des Moines Chapter for once again hosting State School and thank you to Sister Mary Hicks for taking such good care of all of us. A very special thank you to the Starlighters for the fun and very enjoyable skit they performed for Brother John and me and for Lorrie and Russell as well. Thank you to Sister Vicki Wallner, Associate Grand Matron and District Instructor for writing and directing it. It was totally awesome; so much fun! Thank you to Sister Lorrie Whitaker and Sister Nancy Niday for helping with the decorations on the tables and the table favors. It was lovely and just perfect.

It was a pleasure and a privilege to be present at the Last/First School of Sister Mary Reicks, Grand Conductress and District Instructor on February 5th. I was pleased to be in attendance and very excited to hear her special announcement. Congratulations to both of you and we will be anxious to see your plans unfold. We wish you the very, very best in your journey. Sister Vicki Wallner, Associate Grand Matron and District Instructor held her LAST school on February 19th. It was a pure treat and a complete joy to be present during this special school, and I wish Sister Vicki and Brother Larry all the best as they continue to plan and organize for the year 2023.

With Schools of Instructions soon to be underway, I am sure that you are hearing about a couple of changes that were made regarding the floor work in your Chapter meetings, special meetings, and Initiatory work. There will be no more backing into the circle of officers after Altar Work, Prayers, Prayer Circle, or Draping the Altar. The floor work had been a choice, but now it is so. No more backing. Officers will simply turn and walk away from the Altar. There will be no more backing to handle emblems in initiation. The Star Point Officer will simply gesture to her emblem while remaining in place at the side center of her chair. Another change for 2022 is that any member from anywhere in the room may give the Flag Tribute. The Starlighters are honoring Iowa's membership this year, and this is one of the ways we wanted to honor both members and country.

You will find the details on our many special projects, events and activities; on the Iowa Eastern Star website at www.iowaeasternstar.org and you can find information in the 2022 VIP book. There are a couple of corrections to take note of: The Tama Cookout has been moved to June 3rd, 2022, and the Rainbow Grand Assembly will be June 17 thru 19th. More information will be coming to you about these events in the near future. Information will also be forthcoming about the Golf Outing on July 15th, which is the project for our Parkinson's Project and the All Iowa Rock and Roll Party on August 13th which is the project for Iowa Grand Chapter's General Fund. I hope that you will be on the lookout for the communications regarding all of our events and I truly hope that you will come out and support these projects.

Thank you, Iowa, for allowing me the honor of serving you this year. It has been awesome so far, however, it does have its challenges, but it has been an amazing journey so far. And that's thanks to all of you. Thank you all so very much, and I hope to see you all soon. Love and best wishes to each of you.

Cheryl

first person we saw 'is this the Eastern Star Bazaar?' This nice lady named Jean had a VERY cautious look on her face as she tentatively answered 'yesss'. Okay, we would like to have lunch here, will you take a check? Another less tentative yes, and then a conversation about Lorrie and me being members at Stockport Chapter. And so, our dual membership with Polk City Chapter began. And we found friends! Sisters and brothers who welcomed us with open hearts and arms. Family! If it wasn't for Eastern Star, we would not have felt attached to the Polk City community.

What is the point of this story? What will future sisters and brothers who move to a new community have to make friends if they don't find a building with a five colored star or a square and compass proudly displayed? As the Worthy Patron addresses new members; 'the work of our order is WORTHY of our earnest labor'! So the question for our future, the future of our beautiful order is; are we actually doing our earnest labor? Am I doing my earnest best labor?

Take care - John

MESSAGE FROM THE GRAND SECRETARY

Dear Sisters and Brothers,

I hope all is well with each of you!

Here is a little of what's happening in the Grand Secretary's Office.

The Annual Reports continue to arrive, and Nancy Niday is busy working with them. As a reminder, Annual Reports are due March 1st. Per the Iowa Code if Grand Chapter has not received your Annual report a \$10.00 late fine is now assessed to your Chapter.

I am planning a Secretary/Treasurer Conference this year. It will be held on Saturday July 23rd in the Grand Chapter Office, watch for the next Chapter Packet that will be arriving soon for all the information, along with additional information on upcoming official events. You will need to RSVP to me if you plan to attend. This is open to anyone who would like to attend.

The Piano fund is growing. If you would still like to make a donation to help Grand Chapter with the purchase of a new portable piano for our Grand Organists to use at our Grand Chapter Sessions, please send your contribution to Grand Chapter of Iowa, PO Box 72, Knoxville, IA 50138. Make your check payable to the Grand Chapter of Iowa with *Piano* in the memo

The first day of Spring is just around the corner and I for one am very grateful!!

In Star Love,

Nancy



Don't just
talk about it,
Bee about it!



Board of Grand Trustees

I was told by members of our Order that many do not understand what the Board of Grand Trustees does so thought I would try to explain by submitting an article in our Galaxy for all members to read and share.

According to our Iowa Code, in addition to the Worthy Grand Matron and Worthy Grand Patron, the Board of Grand Trustees shall consist of five members elected for terms of five years. At least two of the Trustees shall be Sisters and at least two of the Trustees shall be Brothers, the fifth member may be either a Sister or a Brother. There shall be no less than one Past Grand Matron and one Past Grand Patron, and not more than three may be Past Grand Matrons and/or Past Grand Patrons.

The term of one Trustee shall expire each year, and a successor elected and installed at the Grand Chapter Session.

This Board of Grand Trustees has the following responsibility:

To exercise a general supervision over all the real, personal, and mixed property of Grand Chapter, and to them shall be referred all questions of a monetary nature affecting Grand Chapter. No appropriations shall be made without such reference, provided that all special funds created by law for specific purposes shall be subject to such use only as said law and Grand Chapter directs.

To pay all necessary expenses of keeping, preserving, and maintaining the funds of Grand Chapter.

We, as a team, try to make decisions always keeping in mind what is in the best interest of Grand Chapter.

We are scheduled to meet four times during the year and all our meetings are open to all members of Iowa Eastern Star. If you have questions, please call any one of us and we shall try to answer them.

The 100th session of Iowa Grand Chapter was held at Veterans Memorial Auditorium in Des Moines on October 25-27, 1977 with Beth Friday and Dean Ellis presiding as WGM and WGP.

Beth Gore was born and spent her childhood on a farm near Horatio, Arkansas. After graduating from Horatio High School she continued her education and began working in Oklahoma City until she was united in marriage to Arthur Friday. Beth and Art moved to Perry, IA in 1953 where they were initiated into Perry Chapter No. 142 as a courtesy initiation for Hays Chapter in Kansas. In 1955 they affiliated with Golden Rule Chapter, Atlantic where she served as Worthy Matron in 1960. Beth was a District Instructor from 1964 to 1976 with the exception of 1967 when she served as Grand Adah.

Brother Dean was born on the family farm near Grimes, IA. He graduated from Grimes High School and attended Drake University. Farming was always Dean's main occupation. He was also active with his son Steve in the raising, training and showing of registered Quarter Horses. Dean's love for good music and graceful dancing prompted him to try his hand at round dance choreography and through the years has written for four different round dance recording companies. Dean and his wife Lorraine were initiated into Rhinehart Chapter No. 453 in Dallas Center in 1954 where Dean served as Worthy Patron several times. The title of one of Dean's favorite songs reflects his true philosophy of life — "One Day at a Time." Brother Dear will also be remembered for his poetry. (Many of his poems were serious and thought provoking, while others were quite humorous and brought a smile to your face, like "Dressing Room Blues" and "The Devil and the Worthy Grand Matron")

The theme for the year was "Reflections" which culminated with the Centennial Reflections Session. "God put such lovely things on earth for us to share with family and friends." Nature — "Reflections illuminated in God's outdoor Cathedral." Centennial — "Reflections exalted through a Century of Memories." Scriptures for the year included: "In the beginning ... The Creation" - Genesis 1 and "O Lord, how manifold are thy works! in wisdom hast thou made them all: the earth is full of thy riches." Psalms 104:24.

The colors for the year continued the reflections theme: Crystal —all the colors reflected by a prism, especially: Blue, the color of the sky; Pink, the dawning of a new day and Yellow, nature in the height of her glory. Symbols for the year included: Prism —Reflecting Sunbeams, Moonbeams and Glistening Stars — Graceful wonders of God's Creation.

Many Sisters and Brothers had an active part in the Centennial Reflections Session. There were 42 Pages, 34 Ushers, 25 Starletters, 60 Assistant Grand Sentinels, 35 Champ's Choraliers, the choir directed by Doyle Champion (WGP, 1974), 58 Grand Tellers and 62 Assistant Grand Tellers. There were also 15 hostess chapters, which included the 10 Des Moines Chapters plus Altoona, Ankeny, Carlisle, Newton and West Des Moines. As I read the names of these many participants, I was surprised to see how many of them were familiar to me. Many recollections of good times and treasured friendship through the years.

The Centennial Reflections Session began with a Vesper Service and ESTARL Recognition Service followed by the "Heritage Reflections" all membership banquet at the Consistory Building.

The Informal opening began at 5:45 pm on Tuesday evening with a "Youth Prayer Prelude" which included participants from District 7 Rainbow for Girls, Bethel No. 4 Job's Daughters and Ashworth Chapter, DeMolay

The centennial session of Grand Chapter was called to order by Josephine Walter and Dean Hess (WGM and WGP-1967). Sister Josephine's welcome included the following words: "I am sure all of you who have come to be with us have enjoyed your travels through God's cathedral, through the beautiful state of Iowa in our October color, when the leaves of autumn are filtering the reflections of sunbeams and of raindrops and giving you one of the wonders of nature to view."

The Bible and Emblem ceremony written by Caryl Lawyer (DI and Past Grand Chaplain - WGM, 1983) began with the following words: "O Holy Bible, you represent the friend that is always with us. You teach us that the happiness of tomorrow is dependent up on our right living today. You are the book that binds our hearts in Christian love, you teach us that life without faith and a life without hope becomes empty and rootless... We place the open Holy Bible upon the Altar as a symbol of a living active faith, radiated by the light of our beautiful Star."

Beth opened her report with the following words: "The heritage we honor today was given to us by diligent members with foresight and purpose, and God has given us the wonders of His Creation in which to enjoy that heritage more fully. May this record add one more page to that firm foundation."

The Grand Officers Exemplified the Degrees on eight occasions during the year. There were also two special exemplifications during the year. The first taking place on April 23rd when the Past Grand Matrons and Past Grand Patrons exemplified the degrees in Fort Dodge, with each Past Grand Matron wearing a lace dress of her chosen color. Also, as a part of the Centennial Celebration, the Degrees were demonstrated (by the Grand Officers) using the Macoy Ritual of 1870 and his Manual of the same year. This was hosted by Perry Chapter and their officers used the Old Ritual Opening and Closing Ceremonies.

At the Wednesday evening session a “Reflection of the Stars” pageant was presented. “‘Home Movies’ with live actors showed scenes of the one hundred Grand Chapter sessions, with organ music providing the background mood. Champ’s Champions sang popular songs of each era. Narration of points of interest regarding the Grand Chapter of Iowa, also included historical events, entertainment greats and other bits of interest occurring in each period portrayed. The ‘curtain call’ concluded the pageant, with the Past Grand Matrons and Past Grand Patrons of Iowa being escorted in a Grand March around the chapter room to a medley of the official march music of their representative years. They remained standing for a final tribute and the song I’ll Walk with God.” (40 Past Grand Matrons and Past Grand Patrons participated.)

Statistics: There were 384 Chapters divided into 27 Districts. The Associate Grand Matron had only her own chapter for a School of Instruction and Inspection, which was held on the 2nd Saturday in March. Almost all of the remaining 26 Instructors had districts of 15 chapters each. A surprise to me was that there were 55 Project Chairmen. (Perhaps 2 per district + one overall Chairman???) Membership on January 1, 1977 was 57,332, a net loss of 1,335 from the previous year.

Just prior to the Installation of Officers, Beth closed her year by saying: “Very soon now, our brilliant Centennial Reflections will fade and we shall take our place in the century of memories... For all the blessings that have been ours, we thank you sincerely and may the Creator of all things bright and beautiful, all creatures great and small, all things wise and wonderful, provide a pathway of brightest sunshine every day and every year.”

“In sympathy our hearts are joined in acknowledgement of sacred ties now severed and memories tenderly cherished.” Sister Beth passed away on February 9, 2014 and Brother Dean passed away on August 10, 2018.

Thanks for listenin’
Janelle Hammarstedt



Do you subscribe to the “Our Iowa” magazine?

If so, turn to the feature of THEN and NOW on page 6 of the February/March issue. There you will find an article submitted by our very own Kay Werts, Grand Electa of the Country Kids Grand Family of 2018. The photos are of Dick and Kay’s granddaughters Hannah and Emma on their rocking horses hand painted by their paternal grandfather. Hannah was 3 years old and Emma was 11 months when THEN photos were taken. The Now photos show the girls 18 years later sitting on their rocking horses. They are the daughters of Eric and Wendy Jensen of Ankeny. Hannah graduated from Iowa State University and is now working toward her master’s degree from the University of Iowa while employed at the Ankeny Public Library. Emma is in her junior year at Iowa State University in Ames. Kay is a member of Winterset Chapter.

If you don’t have a copy of this magazine, check out your Public Library or a friend who receives the magazine. Kudos to Kay for being “published”. She loves the magazine and reads it from cover to cover. She has received several phone calls and notes from friends who read the article. She sent the photos and info in 2019, so if you submit an article it may take some time for them to see the value.

Submitted by Bev Reinert, Winterset Chapter.

Golf Outing to Benefit Parkinson's Project

The Starlighters don't want you to miss this Iowa Eastern Star summer tradition! This day is filled with fun, fellowship and FOOD! We want you to join us for 18 holes of golf at Blank Park Course, Des Moines. There will be prizes and a delicious dinner, a silent auction, and a day spent with great friends. What a great day to come out and support the Starlighters special project benefiting Parkinson's Scholarships and Education.

The tournament will be an 18-hole, 4-person best shot with a shotgun start at 1:00 pm. Choose your own team or enter as a single golfer and enjoy playing golf while making new friends. This tournament is definitely NOT restricted to Eastern Star Members. Please tell your friends, family, neighbors and members of other Masonic organizations about this fun event and encourage them to participate.

Don't worry if you aren't a golfer. Volunteers are always needed – just contact a member of the committee to see how you can help. There will also be other activities available at the clubhouse if you prefer not to be outside or just want to relax and chat or play cards or games with Eastern Star friends and family.

You or your Chapter may choose to participate by sponsoring a team or a player by paying the entry fee or sponsoring a hole. All proceeds will go to the Parkinson's Project.

Information about the tournament will be available as the tournament date draws near. If you have questions, please contact a member of the committee.



FRATERNAL CORRESPONDENCE

Sisters and Brothers,

Since my travels are just beginning, I thought I would take this time to introduce myself to you. I joined Eastern Star in 1977, because Grandma said so! Really, I wanted to join Star and have enjoyed every minute of it. I grew up in Missouri, married the milk man and moved to Iowa. I live not far from where I grew up. Dick and I married in December of 1982, because he wanted a tax deduction for 1982. And yes, that is exactly how he proposed. We had a dairy, row crop and a cow/calf herd. I still live on the farm. We have 2 children Jason and Kerri, aka Jack and Dude. Jason is a mechanical engineer. He is civil service for the Navy and lives in Maryland. Kerri has a Masters in English and has lived in Tokyo, Japan since 2013. She recently married Yutaka (his last name starts with an M; I can't say it or spell it). Kerri is an English teacher to small children and Yutaka is a botanist.

I was a member of Missouri Eastern Star till 2009, when my home chapter closed and Bedford Chapter became my home chapter. Joanne Scroggie asked me to be a District Instructor in 2011. I was Grand Martha in 2014 for the Candlelighter Grand Family. I've been doing Star for a long time; I wouldn't have it any other way!

I have traveled to Vermont and Oregon so far. They have met for one day to take care of business of the Grand Chapter. The one common thing is the Worthy Grand Matron is very happy the Associate Grand Matron showed up! I will keep you updated as my travels continue. Until the next time, safe travels to you. Keep a smile on your face, love in your heart and happiness within your soul!

Sandy

WINTERSET RIBBON CUTTING

(partial article by Vicki Minor of the Madisonian)

Evening Star Lodge #43 was recognized as a member of the Madison County Chamber of Commerce last Friday as Freemason Milton Vaughan, who holds the office of Worshipful Master, used the big scissors to cut the red ribbon and make it official.

Earlier that morning, Chamber members almost filled the main room of the Masonic area, listening intently to Vicki Jackson's presentation regarding the Order of the Eastern Star, the largest fraternal organization in the world to which both men and women belong.

Among the benefits of membership in the Order are inclusion in all Chapter meetings and creation of lasting friendships through social interaction during meetings and projects. Members also have the opportunity to help others through service in community by supporting state charitable projects such as cancer, arthritis, diabetes and Make-A-Wish. They have helped to fund the purchase of medical equipment for research and use at University of Iowa Hospitals, and members also travel to other Chapters to enjoy old and make new friendships and find inspiration through the Ritual (the book that defines, explains and clarifies the Organization).

Jackson also shared that John Wayne was a member of the organization as a Master Mason in the Marion McDaniel Masonic Lodge No. 56 out of Tucson, AZ. He went on to become a 32nd Degree Scottish Rite Mason and joined the Al Malaikah Shrine Temple in Los Angeles. There is a sanding cardboard cutout of Wayne in the Temple wearing a lambskin apron. The Lambskin Apron is the distinguishing badge of a Mason.

Anyone interested in joining the organizations should contact the local Chapter and Lodge.

Sisters and Brothers,

There are not enough words to express our thanks for the kind words, hugs and support we received these past few weeks at the passing of both of my brothers. The love and friendship you have shown made the difficult days easier. You are each a blessing in our lives.

Star love and friendship,

Nancy and Larry Niday



Center: Cindy McCarty of Timber Creek Therapies. She was at Grand Chapter to receive the check from the WGM's 2020-2021 Iowa Special Project. Cindy deals with horse therapy.....H.O.R.S.E. "Helping Our Riders Surpass Expectations". Also pictured are (left) G.G. Nelson & (right) Mary Jo Laughery from Linden Chapter, Panora. Total to date \$30,536.59.



“Unleashing the Paws-abilities”



The Order of the Eastern Star is dedicated to enriching the lives of others through charitable acts of kindness, one of which is financial support to qualified service dog organizations. Eastern Star endeavors to use only those organizations who are accredited by **Assistance Dogs International** and/or the **International Guide Dog Federation**. This assures that every dog will be trained and treated in a humane manner by experienced trainers and handlers.

The cost to raise, train and place **ONE** service dog is approximately \$25,000. Generous donations from individuals and special event fundraising by members of Eastern Star and given to qualified service dog organizations to aid in uniting people with these exceptional dogs all leads to “**Unleashing the Paws-abilities**”.

As the new General Grand Chapter Committee Member for Service Dogs in Iowa for this triennium, I now have available pins and magnets for sale to support the Service Dogs project. As I travel to different events this year, I will bring along these items for sale so you, too, can help support this great project.

I am currently researching information on various Service Dog organizations within the state of Iowa, specifically those who are accredited for service dog training and to receive donations of money. Remember, all monies donated to this General Grand Chapter Project by Iowa OES members benefits Iowa! I shall report more on this project in future editions of the Galaxy.

--Jane Green, GGCCM Service Dogs, PGM



TLC Committee Projects

Baby Hats and Booties for Hospitals / Prayer Shawls

Our Future is being born every day. These adorably sweet little bundles of joy are a big part of the TLC project for 2022. As your Worthy Grand Matron, I asked the Committee to oversee this special part of the project for selfish reasons. My dad loved, loved, loved babies. Mother and I used to make hundreds of little hats and booties to give to the local hospital for their newest arrivals. I am not asking for hundreds of hats and booties, but for those of you who knit and/or crochet, this would be something to do on cold winter days and nights. And my family would appreciate it.

Most county hospitals don't deliver babies anymore so your creations would need to be taken to the larger hospitals. The TLC Committee Members will assist in finding and delivering your creations, should you need help. These patterns are easy to do and can be in any colors you wish.

Some daycare centers may be able to use larger sized hats for the little ones in their care so that might be something to check out. They might even be receptive to small mats or blankets as well.

Another suggestion that I would share is that should you wish to create a few prayer shawls, I am very happy to accept those gifts of love. They are such a comfort to those grieving and suffering, whether it's the loss of a loved one, a serious illness, or for whatever reason, a prayer shawl lets them know they are not alone; that we, as Star members, take care of those in distress and a prayer shawl is another way we are able to wrap our arms around them and let them know we care.

Please know that I deeply and sincerely appreciate the work and care each one of you gives in the creation of these items. I am deeply grateful.

Lovingly,

Cheryl



Christmas Gift Bag filling for the Barthell Home.
Taking place at Great Light Lodge, Decorah



John Whitaker, WGP, Santa aka Grand Chaplain, Charles Sloniger, Mandy Baker, Administrator Barthell OES Home, Cheryl Payne WGM delivering gifts to the Barthell Residents.



Caroling at Barthell Home. Mary and Luke Reicks



Starlighters filling gift bags for the Barthell Home Residents at Great Light Lodge in Decorah.



Starlighters filling gift bags for the Boone Home Residents at Mount Olive Lodge, Boone



Starlighters visiting the Eastern Star Masonic Home in Boone



Starlighters Christmas Party. Rocking the hula hoop!
Christmas Party December 11th in Mason City.

PARKINSON'S PROJECT

I am sure that if you've known me for a while I am very passionate about persons who suffer with Parkinson's disease and the loved ones who give care to them. Parkinson's is a nasty, debilitating disease. It takes over a person's life, causes their world to become smaller and smaller, changes their personalities, and afflicts everyone who is close to them. Caregivers suffer as well. The anguish of not knowing what to do, how to do it, and where to go for help is debilitating, exhausting, worrisome and extremely stressful.

It is my hope that those who are suffering from this disease and those who are caregiving, use the resources available from your health provider and other sources. One of those Sources is On with Life. On with Life is based in Ankeny, with a second location now open in Coralville. The work these people do is phenomenal. You can check them out at their website onwithlife.org. I so wish that we had discovered this remarkable resource years ago. With my dad, it was too late. It doesn't have to be too late for your loved one.

I sincerely hope and pray that all of you will support the Parkinson's Project. Visit the Project Chair and help by purchasing the Cherry Pins, supporting the Golf outing, or just helping out with a donation of any size. Help me to help others and please help me support On with Life in their goal of continuing their remarkable work. Help me give them the resources to open other centers by providing scholarships to those wishing to pursue these goals and initiatives. No one should have to go through what I and my family went through alone. No one.

It can be hard to tell if you or a loved one has Parkinson's disease. Subtle signs appear without notice in most cases. To be aware of symptoms, this list has been created. Below are 10 signs that you might have the disease. No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor. If you, a loved one, or someone you know has had exposure to farm chemicals over many years, it might be worth your time to consider speaking with your health provider, especially if any of these signs are apparent.

Tremor

Have you noticed a slight shaking or tremor in your finger, thumb, hand or chin? A tremor while at rest is a common early sign of Parkinson's disease.

What is normal?

Shaking can be normal after lots of exercise, if you are stressed or if you have been injured. Shaking could also be caused by a medicine you take.

Small Handwriting

Has your handwriting gotten much smaller than it was in the past? You may notice the way you write words on a page has changed, such as letter sizes are smaller and the words are crowded together. A change in handwriting may be a sign of Parkinson's disease called micro-graphic.

What is normal?

Sometimes writing can change as you get older, if you have stiff hands or fingers or poor vision.

Loss of Smell

Have you noticed you no longer smell certain foods very well? If you seem to have more trouble smelling foods like bananas, dill pickles or licorice, you should ask your doctor about Parkinson's.

What is normal?

Your sense of smell can be changed by a cold, flu or a stuffy nose, but it should come back when you are better.

Trouble Sleeping

Do you thrash around in bed or act out dreams when you are deeply asleep? Sometimes, your spouse will notice or will want to move to another bed. Sudden movements during sleep may be a sign of Parkinson's disease.

What is normal?

It is normal for everyone to have a night when they 'toss and turn' instead of sleeping. Similarly, quick jerks of the body when initiation sleep or when in lighter sleep are common and often normal.

Trouble Moving or Walking

Do you feel stiff in your body, arms or legs? Have others noticed that your arms don't swing like they used to when you walk? Sometimes stiffness goes away as you move. If it does not, it can be a sign of Parkinson's disease. An early sign might be stiffness or pain in your shoulder or hips. People sometimes say their feet seem "stuck to the floor."

What is normal?

If you have injured your arm or shoulder, you may not be able to use it as well until it is healed, or another illness like arthritis might cause the same symptom.

Constipation

Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign of Parkinson's disease and you should talk to your doctor.

What is normal?

If you do not have enough water or fiber in your diet, it can cause problems in the bathroom. Also, some medicines, especially those used for pain, will cause constipation. If there is no other reason such as diet or medicine that would cause you to have trouble moving your bowels, you should speak with your doctor.

A Soft or Low Voice

Have other people told you that your voice is very soft or that you sound hoarse? If there has been a change in your voice you should see your doctor about whether it could be Parkinson's disease. Sometimes you might think other people are losing their hearing, when really you are speaking more softly.

What is normal?

A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.

Masked Face

Have you been told that you have a serious, depressed or mad look on your face, even when you are not in a bad mood? This is often called facial masking. If so, you should ask your doctor about Parkinson's disease.

What is normal?

Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.

Dizziness or Fainting

Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be a sign of low blood pressure and can be linked to Parkinson's disease (PD).

What is normal?

Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis you should see your doctor.

Stooping or Hunching Over

Are you not standing up as straight as you used to? If you or your family or friends notice that you seem to be stooping, leaning or slouching when you stand, it could be a sign of Parkinson's disease (PD).

What is normal?

If you have pain from an injury or if you are sick, it might cause you to stand crookedly. Also, a problem with your bones can make you hunch over.

What can you do if you have PD?

Work with your doctor to create a plan to stay healthy. This might include the following:

- A referral to a neurologist, a doctor who specializes in the brain
- Care from an occupational therapist, physical therapist or speech therapist
- Meeting with a medical social worker to talk about how Parkinson's will affect your life
- Start a regular exercise program to delay further symptoms.
- Talk with family and friends who can provide you with the support you need.

Thank you to all of you who have submitted pictures and articles for this issue of the 2022 Galaxy. Please remember that the future of the Galaxy depends on the membership continuing to submit articles about your Chapter's activities and achievements. This year's Galaxy committee looks forward to working with all of you for the next twelve months. The next issue will post to the website on June 10, 2022.

Articles are due by May 15, 2022. Please submit articles to janicewauson@yahoo.com

Committee Members: Janice Wauson, Editor; Erin McCroskey, Assistant Editor/Reporter; Elizabeth Reicks, Assistant Editor/Reporter