



# A-U-2 Review



JUNE

2020

ANNA PETERSON, WGM

## THE RHYTHM OF LIFE

BOB HARPER, WGP



Hello Everyone,

**J**une seems to be busting out all over and I'm not referring to June, our neighbor down the

street, who seems to have put on a few pounds during this time of stay indoors and not doing anything. Oh well, that's another story.

It's so nice to see things beginning to open up. As you may know the Grand Master of Colorado has allowed lodge buildings to reopen for meetings as long as they conform to all of the rules and regulations of the various communities in which they are located. If you're planning on holding a meeting, check with your county government agencies and your municipal health department to make sure you can comply with the various governing regulations as well as the restrictions covered in the Most Worthy Grand Matron's guidelines. Please remember the safety of our members must always come first.

As we slowly begin to emerge from this pandemic, I'd like to share an article that I saw in the Colorado Gardner, written by Brigitte Mars. She is an herbalist and teacher and a recognized expert in natural medicine. The article is called: "Vinegar of the Four Thieves, A Back-Up Plan for Pandemics".

In the 14<sup>th</sup> Century, a group of thieves mysteriously managed to enter the home of those dead from the plague and rob them without becoming ill. A few centuries later, during a plague 1721 in Marseilles, France, four thieves were released from prison to bury the dead. They were surprised to remain healthy. In both cases the thieves had concocted an herbal formula that gave them protection. The same formula was used successfully during a cholera epidemic in Bulgaria in 1848. Not only was the formula taken orally, but cloths were soaked in it and applied over the mouth and nose to filter out bacteria. All of the herbs in the formula have been used by millions of people for thousands of years

**Lavender** is an antibacterial and antifungal. Before WWII, it was used as an antiseptic dressing for wounds and to get rid of parasites. It was burned in sick rooms during the Bubonic Plague to prevent the spread of the disease.

**Rosemary** is antibacterial, antifungal and antioxidant. Its antiseptic aroma could help prevent the spread of infection. It was carried in pouches to ward off the plague.

**Peppermint** is one of the most ancient of all medicinal herbs. Its antimicrobial, antiparasitic, antiviral, diaphoretic and vasodilating. It causes perspiration, which helps eliminate

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### *Celebrating Flag Day*

**W**hen the American Revolution broke out in 1775, the colonists weren't



fighting under a single flag. Most of the regiments participating in the war for independence fought under their own flags. In June 1775, the Second Continental Congress met in Philadelphia to create the Continental Army - a unified colonial fighting force - with the hopes of a more organized battle against its colonial oppressors. This led to the creation of the first "American" flag, the Continental Colors.

For some this flag which was composed of 13 red and white alternating stripes and a Union Jack in the corner, was too similar to the British flag. George Washington soon realized that flying a flag that was even remotely close to the British flag was not a good idea nor a morale or confidence builder for the revolutionary effort. He then turned his efforts toward creating a new symbol of freedom for the soon to be new nation.

On June 14, 1777, the Second Continental Congress, during a break from deliberations passed a resolution stating that "the flag of the United States be 13 stripes, alternate red and white" and that "the union be 13 stars, white in a blue field."

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toxins through the skin. Its essential oil is used to topically treat bug bites, itchy skin, chicken pox and measles.

Sage is antifungal, an inflammatory, antioxidant and antiseptic. It has long been burned for purification. The name is derived from the Latin *salvere* “to be in good health”

**Wormwood** is antibiotic, antiparasitic, antipyretic (fever reducing) and antiseptic. Because mice dislike the plant, authors mixed a bit of wormwood juice into their ink so their manuscripts wouldn't get eaten. Large doses are toxic.

**Garlic** is considered antibiotic, antifungal and antiparasitic. Garlic helps protect from many types of infectious diseases including staph, strep and salmonella bacteria. Once used as protection from the Bubonic Plague. Dr. Albert Schweitzer used it to treat cholera, typhoid and typhus infections. It can be used for circulatory problems; it helps to prevent blood platelet aggregation (clots).

**Clove** is effective against strep, staph and pneumococci bacteria. It's antiseptic and antiparasitic.

**Cinnamon** is antibacterial and antifungal; it was added to food to prevent spoiling. During the Bubonic Plague sponges were soaked in cinnamon and cloves and placed in sick rooms.

#### Recipe for Four Thieves Vinegar:

- 1 T Lavender
- 1 T Rosemary
- 1 T Peppermint
- 1 T Sage
- 2 t Wormwood
- 1 t Garlic
- 1 t cloves
- 1 t cinnamon
- 2-1/2 cups of Apple cider vinegar.

Grind the herbs, place in a glass jar and cover with vinegar. Cover tightly placing wax paper between the mixture and the top of the jar lid. Put in a sunny spot for 10 days, strain through a coffee filter and bottle in a sterilized bottle. Stores indefinitely in the refrigerator.

If you decide to make some, be judicious when using it. I thought I'd try it out on Ed first just to be cautious. He seems to be ok except for that annoying twitch he's developed. Oh well, that could just be the three day old tuna salad he had for dinner the other night. Have fun.

God bless you and keep you safe.

*Anna Peterson, WGM*

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In 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day. As you celebrate Flag Day be sure to proudly fly your flag.

Happy Father's Day to all the Dads June 20, 2020!!!

Star Love, *Bob Harper, WGP*



## News From Our Chapter Reporters

### *Colorado #2 Leadville*

Sister Marilyn Wadsworth and Brother George McCollum were installed in September as WM & WP of the “Faith Can Move Mountains” theme for their year in the East. Members worked hard on the main fundraiser, the sale of Christmas wreaths and garlands. Their efforts raised a profit of \$3000 for the Chapter Scholarship and other charitable activities.

Recently, Sister Myrna Salberg, received an appointment as Grand Representative to New Mexico. She joins other Colorado #2 Grand Representatives: George Benson, Wyoming; Bob Roeder, Illinois; Marilyn Wadsworth, Vermont; and Barbara Harrington, Australia.

The exemplified one initiation, but the second was postponed because of bad weather and no quorum.

The first meeting in March was celebrated with corned beef and cabbage, along with Irish songs and decorations. This was the last meeting before the shutdown due to the spread of coronavirus. Since then everything has happened behind the scenes and the Chapter hopes to be open again in June.

- Robert Trezise, Reporter

### *Sunshine #53 Grand Junction*

What a strange few months we are experiencing. If nothing else we're learning a whole new vocabulary--- pandemic, shelter in place, stay home, safer at home, social distancing, antigen tests, antibody tests--- to name a few. Unfortunately, most of us fall into the group that is most at risk. So, I, and probably most of you, have spent a lot of time alone, saved a lot of money on gasoline and eaten some pretty weird meals, depending on what we had in our pantry or freezer.

It's such a scary time especially for those who can't work and are wondering how to pay the rent and feed their families. Most of us remember when we were young how vulnerable we were, and can to some extent, feel their pain and worry. Personally, I never wanted to home school my five children and always appreciated teachers and public school. Social skills are as important as book learning. My granddaughter in the

Denver area has a nine-year old autistic son and a set of very lively five-year old twins. The nine-year old is doing pretty well, the twins not so much, and my granddaughter is floundering, but hanging in there.

Our Chapter is closed as is everyone else. Since I wrote last, our dear member, Sister Millie Young, passed away. Our organist, Mildred Revere, has been in the hospital with blood clots, but is recuperating at home. Brother Keith White is now living in Assisted Living. We were planning to collect donations for our Rainbow Assembly to attend Supreme Assembly. That has all changed, although, our Secretary has money for that purpose.

Several of our members have been masking masks. Some for family and friends, and some have made MANY and donated them to area hospitals and hospice. Some have been very creative and used pipe cleaners so the masks fit up around the nose area!

Carol and Curtis Cloud are receiving their 50-year pins, and Barbara and Vernon Dillard are receiving their 60-year ones! Congratulations.

Hope you are all doing well. Maybe sometime in June, we can resume meeting and at least, have elections and make plans for next year, Stay safe.

- Fern Chase, Reporter

### *Manzanita #85 Littleton*

Greetings Sisters & Brothers! Our thoughts and prayers are with you all during this difficult and trying time. We are all tired of being house bound and not attending OES meetings and social events. We are one BIG FAMILY and it is only natural to miss the interactions we have always taken for granted but we must remain positive and look forward to

our lives returning to normal, whatever that may be, in due time.

Our last Chapter meeting was March 12, just prior to the Grand Master of Masons edict #3, cancelling all activities in Colorado Masonic Centers through May 31. Hopefully, there's a plan being formulated so we can SOON have meetings again.

**HAPPY NEWS:** Congratulations to Sis. Idella Cummings, GSE, who became a fifty-year member of the Order, May 4. A celebration to honor this milestone was postponed when her retirement residence was quarantined. Congratulations are also due three members who became twenty-five-year members this spring. Darlene Meltz (3/9), Ken Haas (3/9), Tom Robyn (4/28).

Our Chapter has been fortunate that only one member, that we are aware of, contracted Covid 19. Thankfully, she has recovered!

Sis. Mary Wilkes is recovering from pneumonia.

**SADNESS:** Bro. Charles Greer died Dec. 10, 2019; Sis. Karen Priebe died Mar. 26, 2020.

**OTHER NEWS:** D'Ann & Chuck Downing recently moved to Ft. Collins to be near family. We will certainly miss their presence.

On May 14 we hosted our first Zoom "Chapter Gathering" (can't call it a meeting) with twelve participants. Our members, Mary & Warren Byrum, who live in Woodbridge, VA joined in. What fun it was to catch up on everyone's latest news. Herbie C., you were looking good with hair! If your Chapter has not hosted a gathering of this type, we encourage you to do so. It is a great way to share some time together and have a few laughs.

Thanks to PGM CherylAnn for resuscitating the 4U2 Review. The new monthly publication schedule will certainly keep the reporters hopping! That's all folks 'til next month.

- Larry Wullbrandt, PGP, Reporter

### *Dawn #125 Aurora*

WM Susan Franzen's Aim this year is "To fulfill my responsibilities to God for the faithful performance of my duties". In so doing, at our Oct. 1 meeting, she and WP Don Shearer honored teachers "In the Spirit of Learning" by having all who have served as a teacher give a short presentation about their career, including humorous moments and honors they received. Then the honorees received a small gift of thanks.

WP Don's Aim this year is "To promote the Order as an expression of our cheerful companionship and social enjoyment—friends and fun!" So at our Oct. 15 meeting, "In the Spirit of Spooky Fun", not only was the chapter decorated with Halloween décor, the Bible was closed and we went trick-or-treating around the chapter room, receiving candy from the WM and WP.

The Dawn Chapter Social Club enjoyed meeting together for an "always nice" dinner at Mimi's on Oct. 22. We meet on the 4th Tuesday of each month, except for September, November, December, July, and August at 6:00 at various restaurants. It's a great time for us to visit and relax and not have a meeting!

Then, at our Nov. 5 meeting, Susan and Don honored the Veterans "In the Spirit of Freedom". Appropriate music used throughout the ages was playing in the background, while WP Don gave a presentation about each of the wars the US has been involved in since its beginning. They then presented those present who have served in the Military with a beautiful framed plaque.

Have you noticed that each meeting pertains to our WM's and WP's Theme this year, "In the Spirit of Faith and Prayer"? So, "In the Spirit of Gratitude" we celebrated Thanksgiving with the Eastern Star members at the Home on Nov. 19.

Our fundraising efforts included participating in a Craft Fair on December 7, a Christmas Cookie Exchange at our December 3 meeting, when we also enjoyed being entertained by the HIKE Choir, and a bus to Blackhawk on January 25. - Kay Finnerty, Reporter

### *Waunita # 37 Gunnison*

Waunita Chapter started out the new year with lots of cold and snow. We planned a Valentine's dinner with the Masons, Star and Rainbow. Following the delicious hot chili and hot soups, we had the Rainbow Installation of Officers for the newly elected Worthy Advisor, Karma, and her officers. They are planning a fun and busy term. It was a wonderful evening, and was enjoyed by all.

Then, we were planning our Friendship Night on April 23rd, and we were going to have our annual Scholarship Dinner with the Masons to honor the students that would be receiving scholarships from both the Masons and Eastern Star. And we were going to be giving 2 bicycles to top readers in the 2<sup>nd</sup> & 3<sup>rd</sup> grades, but none of this happened this year.

It's really hard to be away from all of our members, and all of you!!! We totally understand all of the restrictions. And we guess everything will be on hold for a while longer. We are trying to reach out, and assist any of our members who need help in this trying time! And phone calls are well received.

We hope everyone stays safe and healthy! Keep the Star Love and Prayers going for all.

Respectfully submitted,  
Claressa Brigham, Michell Ferguson & Kathy Ashwood, PM

### *Silver Star #40 Montrose September - December 2019*

Our "Rainbow of Friends" year is almost over and it has really flown by. WM Cindy Wardlaw, PGM and WP Len Wardlaw have kept us on our toes.

One of the most exciting things we did is to move our Charter for the first meeting in December to Brookdale Retirement Center where several of our members now reside. Because they

cannot attend Chapter we decided to take Chapter to them! The small media room made for a cozy meeting but we had a delightful time. Our installed Chaplain could not be with us that evening so Brother Lee Casto, PP ("Treasured Memories" Grand Chaplain 2012-1023) stepped in and did the work. No ritual, no prompting, just like the pro he is! (He is one of the members living in the retirement facility.) We had lovely refreshments served just outside the Media Room in the "Coke" room and the facility furnished coffee and cookies along with our own refreshments served by our member that evening. Several ladies stopped by to ask what was going on. One of those was Billy Jean Walker, Life Member of Bethlehem #56, Monte Vista. She promised to come back to the meeting but we suspect she fell asleep! Never the less, it was a wonderful meeting and we will do it again. TV trays served as pedestals and the altar, with a white table cloth. It was well worth the \$3 dispensation and transporting the emblems and charter.

For our Christmas Meeting, we made large cookie trays to share with our shut-in members. Cards were signed and mailed to out-of-town members and the remaining cookies (and fudge!) were shared by our members. It was a great celebration following our mock initiation which we performed for our District Lecturer, Shelley Hoey.

Then, we turned around and performed our second initiation during our first meeting in January along with the other inspections required. We may have two additional initiations as we have prospects in the wings. We hope so, but will wait and see.

At that meeting we also sent cards to each Law Enforcement Agency in the area to let them know we had sent a donation to Shield 616 in their name for Law Enforcement Appreciation Day. In the past, we have provided cookie trays to each Agency but decided to help them with their New Year's Resolutions!

We prepared and served our annual German Dinner on February 8<sup>th</sup> to almost 150 folks. It is always a lot of work but provides good income for the Chapter. Put February 6, 2021 on your calendar and PLAN to join us next year.

Due to the COVID19 virus, we were not able to hold our Friendship Night or our Official Visit. This has not stopped us from staying in touch by phone and e-mail. It is amazing how you can lose a whole day on the phone but enjoy it ever so much!

Several members have new great grandchildren. Others have had surgeries and set-backs, but we are surviving. We would appreciate your prayers for brother Scott Krebs' mother. She is nearing the end of her journey on earth and the family would appreciate your extra prayer.

As you are planning, mark July 18<sup>th</sup> on your calendar to attend the School of Instruction to be held at Silver Star. We look forward to sharing our own brother Keith Hoey, AGP with sister Cheryl Williams, AGM for the next year. Watch for forthcoming information on this exciting event! Of course, this all depends on the virus restrictions.

Thinking of you all, believing in you and caring for you! We know Who is in charge!

Star Love,

- Suzanne Teague, Reporter

### *Silver Star #40 Montrose January - current 2020 50-year Pin Presented to Faithful OES Member*



Silver Star No. 40, Order of the Eastern Star in Montrose is not meeting during the COVID-19 shut-down but that did not prevent Worthy Matron Cindy Wardlaw, PGM, and Worthy Patron, Len Wardlaw from safely assembling seven members to surprise Carlene Dougan and present her with her 50 year pin. Carlene was initiated into Garnet Chapter No. 39 in Delta on May 4, 1970 and served as Worthy Matron in 1981-82.

She has also held all offices in the Chapter except for Secretary, Treasurer and Organist. She was Grand Escort in 2008-2009 for her friend, Lucille Elgin and travelled the State with her. Presently, she is serving as Warder in Silver Star Chapter. Garnet Chapter affiliated with the members of Silver Star in 2016 and many of the Delta members continue to be active, supporting the Montrose Chapter.

Carlene was also Past Nobel Grand of Elberta Rebekah Lodge in Delta where she has been a member for over 50 years. She has also served as a Pink Lady at Delta County Memorial Hospital for 15 years.

- Suzanne Teague, Reporter

### *Excelsior #66 Lafayette*

Excelsior 66 is enduring the stay-at-home order as well as our Members can be!

Our Secretary, Pam Jones, has set up Zoom meetings each Tuesday at 7:00 P.M. It has been very well attended. We even have had some visitors to our Zoom Meetings. If you'd like to visit us at one of them, please contact Pam at:

[secretary.excelsior66@gmail.com](mailto:secretary.excelsior66@gmail.com)

and she will send you the meeting ID and Password.

Our Chapter has three candidates to be initiated at Grand Chapter if we can meet to get their paperwork in order. They have joined our Zoom get

together and we are all getting acquainted.

Sister Robin McCauley, has been in and out of the hospital and re-hab. She is currently in Good Samaritan Hospital being treated with antibiotics for pneumonia and an infection in her back. Prayers for her recovery will be appreciated.

Our Golden Chain has been broken with the passing of Sister Margarith Cullen who came to us with the affiliation of Columbine Chapter #11. Chapter sympathy was extended to her family.

The members of Excelsior wish Good Health to our Sisters and Brothers throughout the State.

Star Love,

- Carol Danford, Reporter



## GRAND CHAPTER SESSION

If you are receiving this 4 U 2 Review, then you have seen all the emails from our WGM, Sister Anna, our Grand Secretary, Sister Valerie and our MWGM, Sister Marianne regarding the postponement of the 2020 Colorado Grand Chapter Session, guidelines for when and if your Chapter does hold their meetings, reminders of the rules and regulations and modifications provided to help our Chapters understand what we can and cannot do to keep our members safe. Stay strong, lean on God and remember to practice Fidelity, Constancy, Loyalty, Faith and most of all Love. These tenants will lead our Order and its members into the light once again.

## *From the Editor:*

I would like to thank all the Reporters who sent in articles this month. Hopefully, as we become accustomed to a monthly publication, more Chapter articles will be submitted.

Here are a couple of guidelines when submitting your articles:

1. Please type in the subject line of your email: **4U2 Review - Chapter name & #**. Send it as a separate email. Do not reply to the email of the monthly publication. Some of the articles were buried in the string of emails. My email is: [asap4sure@gmail.com](mailto:asap4sure@gmail.com)

2. At this time, I am not accepting business solicitations. I believe that I do not want this Review to become a format in which to a solicit our members. We experience enough of that on our phones, mail and television ads. Since the Review is now on line, we do not have any expenses.

3. You may submit your article as the body of your email or a Word or PDF document attachment. I had all three types submitted this time and they all worked for me. The one picture I received was in a PDF format.

4. You need to proof your article before submission, as I will not proof and edit your article, unless I see something horrible. Hahaha

Again, thank you all. If you have any suggestions that you would like me to consider, please email them to me.

Remember, the **next deadline is June 20<sup>th</sup>**.

Take care, God Bless

CherylAnn



To all the Fathers AND their sons.  
Have a great day.