



## TRAITS OF A GOOD LEADER

This article introduces the topic of good Leadership Traits. Without good Leadership Traits, no Leadership Style will be effective.

**HONEST**—Display sincerity, integrity, and candor in all you actions. Deceptive behavior will not inspire trust.

**COMPETENT**—Base your actions on reason and moral principles. Do not make decisions based on childlike emotional desires or feelings.

**FORWARD-LOOKING**—Set goals and have a vision of the future. The vision must be owned throughout the organization. Effective leaders envision what they want and how to get it. They habitually pick priorities stemming from their basic values.

**INSPIRING**—Display confidence in all that you do. By showing endurance in mental, physical, and spiritual stamina, you will inspire others to reach for new heights. Take charge when necessary.

**INTELLIGENT**—Read, study, and seek challenging assignments.

**FAIR-MINDED**—Show fair treatment to all people. Prejudice is the enemy of justice. Display empathy by being sensitive to the feelings, values, interests, and well-being of others.

**BROAD-MINDED**—Seek out diversity.

**COURAGEOUS**—Have the perseverance to accomplish a goal, regardless of the seemingly insurmountable obstacles. Display a confident calmness when under stress.

**STRAIGHTFORWARD**—Use sound judgment to make good decisions at the right time.

**IMAGINATIVE**—Make timely and appropriate changes in your thinking, plans, and methods. Show creativity by thinking of new and better goals, ideas, and solutions to problems. Be innovative!



# GRAND COURT ORDER THE AMARANTH OF IDAHO NOVEMBER 2014 NEWSLETTER

**Boise Basin Court #3**

**Emerald Court #4**

**Garnet Court #5**

GRAND COURT  
October 2—4, 2014

Grand Royal Matron—HL Stefanie Kazyaka  
Grand Royal Patron—SK Richard Broemeling



*The following is something to  
ponder if you don't know what to  
be thankful for!*

**If you** have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep. . . you are richer than 75% of this world.

**If you** have money in the bank, in your wallet, and spare change in a dish someplace. . . you are among the top 8% of the world's wealthy.

**If you** woke up this morning with more health than illness . . . you are more blessed than the million who will not survive this week.

**If you** have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation . . . you are ahead of 500 million people in the world.

**If you** can attend a church or synagogue meeting without fear of harassment, arrest, torture, or death . . . you are more blessed than three billion people in the world.

**If your** parents are still alive and still married . . . you are very rare.

**If you** hold up your head with a smile on your face and are truly thankful . . . you are blessed because the majority can, but most do not.

**If you** can hold someone's hand, hug them or even touch them on the shoulder . . . you are blessed because you can offer a healing touch.

**If you** can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Now.....isn't that something to ponder about and know we all have something in our lives to be thankful for?

*Author Unknown*

**EXERCISE is essential in managing diabetes**

**by: Jaqueline Shahar, M.ED, RCEP, CDE**

“(From *Healthy Living Magazine* from Sam’s Club®, dated September/October 2013)

**Excerpt:** .....“For people who suffer from diabetes, it wouldn’t be an exaggeration to say that exercise truly is medicine. Representing one-third of the triad of interventions (diet, exercise and medications) needed to control blood glucose (BG) levels, it can lower BG without the need for pills or insulin. Since glucose continues to be utilized by muscle cells 24 to 48 hours after exercising, people with diabetes can reap the benefits of lower BG levels long after they have stopped actively working out.

In addition to improving glucose levels, exercise builds muscle mass/strength, flexibility and endurance. It also improves cardiovascular fitness, including blood pressure—a very important benefit, since people with diabetes are at high risk for heart disease. Bone health, sleep and mood are some of the other advantages of exercise.

Here’s an example schedule of what a **regular aerobic exercise routine** might look like:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Off	Biking	Running— strength training— weights	Swimming	Strength Training— resistance	Tennis	Hiking

**30 MINUTES EACH DAY**

Here’s a **weight loss aerobic routine** (same exercises, more time) might look like:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Off	Biking	Running— strength training— weights	Swimming	Strength Training— resistance	Tennis	Hiking

**60 MINUTES EACH DAY**

Remember to warm up and stretch for about 5 minutes before starting any vigorous exercise activity. Before starting any exercise plan, you should consult your physician to help create a schedule and plan that’s right for you” .....



**COURT NEWS**

**Boise Basin #3—Illness/Distress:** As this newsletter is new and an example, there is no illness or distress; however, if there was any, it would be entered here by the Newsletter Editor, HL Frankie Lane as submitted by the Royal Matron. **Happiness:** Our Court has some new members we would like to introduce. They were initiated at our Court meeting on September 16, 2014 and they are HL Leah Pederson, and SK Robert Barclay. We welcome them with great open arms to our Court. Also, HL Frankie Lane was elected as the Grand Associate Conductress for the jurisdiction of Idaho. This area can contain anything that is happiness that you may want the other Courts or Jurisdictions to know. Be creative, have fun, they can’t fire you! **Court Activities:** This would be a good place to announce plans you have coming up in the future!

**Garnet Court #4—Illness/Distress: NOW BE SURE TO READ ALL INFORMATION BECAUSE IT IS DIFFERENT FOR EACH COURT!** As this newsletter is new and an example, there is no illness or distress; however, if there was any, it would be entered here by the Newsletter Editor, HL Frankie Lane as submitted by the Royal Matron. **Happiness:** Also, HL Dianne Gates was elected as the Grand Associate Matron and SK Wesley Gates was elected as the Grand Associate Patron for the jurisdiction of Idaho. This area can contain anything that is happiness that you may want the other Courts or Jurisdictions to know. Be creative, have fun, they can’t fire you! **Court Activities:** This would be a good place to announce plans you have coming up in the future!



**Emerald Court #5—Illness/Distress:** As this newsletter is new and an example, there is no illness or distress; however, if there was any, it would be entered here by the Newsletter Editor, HL Frankie Lane as submitted by the Royal Matron. **Happiness:** Also, HL Stefanie Kazyaka was elected as the Grand Royal Matron and SK Richard Broemeling was elected as the Grand Royal Patron for the jurisdiction of Idaho. This area can contain anything that is happiness that you may want the other Courts or Jurisdictions to know. Be creative, have fun, they can't fire you! **Court Activities:** This would be a good place to announce plans you have coming up in the future!



**Everyone in the Courts**—be sure to check the website [www.idamaranth.org](http://www.idamaranth.org) to see if you have been appointed to a Grand Court Committee! Don't wait until Grand Court to find out.

### INSTALLATIONS

Emerald Court #4	October 25, 2014 @ 3:00 PM
Garnet Court #5	November 1, 2014 @ 4:00 PM
Boise Basin Court #3	November 9, 2014 @ 3:00 PM

### THANK YOU'S

Thank you's for cards or well wishes or whatever you might want to thank someone for.

### ADVERTISEMENTS

#### GERMAN DINNER:

German Dinner to be held on:  
 Saturday ~ March 28, 2015  
 5:00 PM to 7:00 PM

Location: Mountain Home Masonic Lodge  
 American Legion Blvd and 8<sup>th</sup> "Street  
 Mountain Home, Idaho

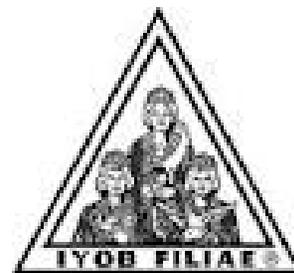
## DIABETES: protecting your eye health

by: W. Lee Ball, Jr., O.D., FAAQ

“(From *Healthy Living Magazine* from Sam's Club®, dated September/October 2013)

Excerpted.....”Poor blood sugar control and a longer duration of diabetes lead to increased rates of retinopathy in people with type 1 and type 2 diabetes. However; diabetic retinopathy is treatable and one of the most preventable causes of vision loss and blindness. Although early diagnosis and proper treatment reduce the risk of vision loss, as many as half of the people with diabetes are not getting their eyes examined and are diagnosed too late for treatment to be effective. Individuals with diabetes are also at an increased risk for other eye diseases, including glaucoma, cataracts, cranial nerve palsies, staphylococcal eyelid disease and dry eye.

Optometrists and ophthalmologists can provide vision aids and devices to help those who have experienced uncorrectable vision loss. These eye care professionals can also provide a full spectrum of care and services that may allow people with vision impairment and diabetes to maintain their independence and quality of life. However, the first step to preventing vision loss from diabetes is to have an eye examination, including a dilated retinal examination, with early treatment if problems are found. Oftentimes your eye doctor can see things that you cannot and may be able to detect diabetes in the eye, even if you are not diagnosed.....



## YOUTH NEWS

Provide local youth group meeting times and places along with special events such as installations.

## DEAR HONORED LADIES AND SIR KNIGHTS:

Thank you to all the members of Idaho and visiting jurisdictions of the Order of the Amaranth who made the ladies of Meridian Gems Rainbow Assembly feel so special at your "Reach for the Stars" Grand Court Session. The young ladies had a great time meeting your members and special guests and enjoyed bringing smiles to many in attendance as they delivered Candy Grams. We thank you for supporting the Candy Gram fundraising project with your generous donations. We hope to see you in the future at local Rainbow Assembly meetings. Your presence is always welcome and appreciated. Thank you again for your support.

HL Frankie Lane, Grand Associate Conductress  
SK Norm Lane, Rainbow Dad, Meridian Assembly #12

## RSVP—WHAT DOES THIS MEAN?

When this notation is added to an invitation for a party, dinner, event, or wedding, it means please respond. It means please respond either YES or NO. When this is added to the dinner announcements for our Courts, it also means if you don't respond, there may NOT be enough food. None of us wants to have anyone go hungry; HOWEVER in order to purchase and prepare enough for all those who arrive, it is necessary to know how many are coming. Please be courteous and RSVP to indicated HJs or SKs as to your attendance at an announced dinner or event.



## LIFE CAN SEEM UNGRATEFUL

Life can seem ungrateful, and not always kind.  
Life can pull at your heartstrings, and play with your mind.

Life can be blissful, and happy and free.  
Life can put beauty, in the things that you see.

Life can place challenges, right at your feet.  
Life can make good, of the hardships that we meet.  
Life can overwhelm you, and make your head spin.  
Life can reward those, determined to win.

Life can be hurtful, and not always fair.  
Life can surround you, with people who care.  
Life clearly does offer its ups and its downs.  
Life's days can bring you, both smiles and frowns.  
Life teaches us to take, the good with the bad.  
Life is a mixture, of happy and sad.

So.....

Take the life that you have, and give it your best.  
Think positive, be happy, let God do the rest.  
Take the challenges that life has laid at your feet.

Take pride and be thankful, for each one you meet.  
To yourself give forgiveness, if you stumble and fall.  
Take each day that is dealt you, and give it your all.

Take the love that you're given, and return it with care.  
Have faith that when needed, it will always be there.  
Take time to find the beauty, in the things that you see.  
Take life's simple pleasures, let them set your heart free.

The idea here is simply, to even the score.  
As you are met and faced with, Life's Tug of War.

*Author Unknown*

	<b>COURT</b>	<b>TIME</b>	<b>INSTALLATIONS</b>
<b>SATURDAY OCTOBER 25<sup>TH</sup></b>	<b>EMERALD COURT #4</b> HL Linda Elliot, Royal Matron Elect/ SK David Elliot, Royal Patron Elect	<b>3:00 PM</b>  <b>7:00 PM</b>	Open installation by invitation only. Reception to follow.
<b>SATURDAY NOVEMBER 1<sup>ST</sup></b>	<b>GARNET COURT #5</b> HL Penny Morrison, Royal Matron Elect/ SK Ron Wood, Royal Patron Elect	<b>4:00 PM</b>  <b>6:00 PM</b>	Open installation by invitation only.  Potluck Dinner.  Meeting.
<b>SUNDAY NOVEMBER 9<sup>TH</sup></b>	<b>BOISE BASIN COURT #3</b> HL Frankie Lane, Royal Matron Elect/ SK Norm Lane, Royal Patron Elect	<b>2:00 PM</b>  <b>3:00 PM</b>	Open installation by invitation only.  Practice.  Installation, followed reception: Potato Cheese Soup and finger sandwiches, punch, coffee and cake.