



TRAITS OF A GOOD LEADER

“The meaning of a message is the change which it produces in the image.” — Kenneth Boulding in *The Image: Knowledge in Life and Society*

Leadership is a process by which a person influences others to accomplish an objective and directs the organization in a way that makes it more cohesive and coherent.

Some other popular definitions of Leadership are:

- A process whereby an individual influences a group of individuals to achieve a common goal (Northouse, 2007).
- The U.S. military has studied leadership in depth. One of their definitions is a process by which a soldier influences others to accomplish a mission (U.S. Army, 1983).
- Leadership is inspiring others to pursue your vision within the parameters you set, to the extent that it becomes a shared effort, a shared vision, and a shared success (Steve Zeitchik, 2012).
- Leadership is a process of social influence, which maximizes the efforts of others, towards the achievement of a goal (Kruse, 2013).



GRAND COURT OF IDAHO JANUARY 2015 NEWSLETTER

Boise Basin Court #3
Emerald Court #4
Garnet Court #5

EASY ASIAN STIR FRY

Ingredients:

2 TBSP	Cashews
1 Clove	Garlic, minced
1 Pkg.	20-ounce frozen mixed vegetables
½ Cup	Light Asian toasted sesame dressing
2 tsp.	Less sodium soy sauce
1 TBSP	Oil (olive oil is best)
2 Cups	Cubed, cooked ham

In a large nonstick skillet, cook cashews, stirring, until toasted, 2—3 minutes. Remove from skillet; reserve. In the same skillet, heat 1 TBSP oil over medium-high heat. Add garlic; cook, stirring, 1 minute. Add vegetables and 2 TBSP water. Cover; cook, stirring occasionally, until vegetables are just tender, 7—8 minutes. Stir in dressing and soy sauce, then ham. Cook uncovered, stirring occasionally, until heated through, about 3 minutes. Sprinkle with reserved cashews. If desired, serve with rice.

Servings: 6. Calories: 224; Protein: 13 grams; Fat: 8 grams (1 gram saturated); Cholesterol: 30 mg.; Carbs: 24 grams; Sodium: 972 mg; Fiber: 2 grams; Sugar: 14 grams. Kitchen time: 20 minutes. Total time: 20 minutes.

DIET, DIABETES AND TOOTH DECAY

(Excerpted from AARP Dental Insurance Plan)

If you are one of the 16 million Americans with diabetes, you're probably aware that the disease can cause problems with your eyes, nerves, kidneys, heart and other parts of your body.

What you may not know is that diabetics are more susceptible to developing oral infections and gum (periodontal) disease than those who do not have diabetes.

DIET AND TOOTH DECAY:

Your teeth are covered with plaque, a sticky film of bacteria. After you have a meal, snack or beverage that contains sugars or starches, the bacteria release acids that attack tooth enamel. Repeated attacks can cause the enamel to break down and may eventually result in cavities.

When diabetes is not controlled properly, high glucose levels in saliva may help bacteria and plaque thrive. Plaque that is not removed can eventually harden into tartar. When tartar collects on your teeth, it makes a thorough cleaning of your teeth more difficult. This can create conditions that lead to chronic inflammation and infection in the mouth. Diabetes lowers your resistance to infection and can slow the healing process.

WHAT YOU CAN DO:

- Reduce or eliminate sugars and starches from your diet, eat healthy foods and exercise regularly.
- Brush twice a day with fluoride toothpaste and clean once a day between your teeth with floss or an interdental cleaner to remove decay-causing plaque.
- Keep teeth and gums strong by keeping track of blood sugar levels. Also, have your triglycerides and cholesterol levels monitored.
- Treat dental infections immediately. Diabetics who combine good dental care with insulin control typically have a better chance of avoiding gum disease.
- Provide your medical and oral health histories to both our medical and dental care providers.

New Ways to Beat Diabetes

Leading diabetes researcher **George Kin, M.D.** offers the best tactics for fighting the blood sugar disease.

Excerpted from AARP The Magazine—Continued from December Newsletter

② Don't rely on supplements

New research finds that whole foods—think mainly fruits and vegetables—contain enzymes that help activate the nutrients your body needs for weight and blood sugar control. “But when you purify the vitamins out of the vegetables, you also eliminate these antioxidant-activating enzymes,” King says. “That’s why food works and supplements don’t.”

③ Get 6 to 8 hours of sleep nightly

In one multi-study analysis, researchers at the University of Warwick in England found that people who slept less than five or six hours a night were 28 percent more likely to develop diabetes than those who slept six to eight hours. Even though we've been told you can't “catch up” on sleep on the weekend, another study found that sleeping for 10 hours a night on the weekend—after



getting just six hours a night during the week—
greatly improved insulin sensitivity.

*#4 and #5 of this article will appear
in the January 2015 issue of the newsletter*

COURT NEWS

Boise Basin #3—Illness/Distress: HL Melvina's daughter has been diagnosed with cancer of the esophagus. HL Melvina would surely appreciate a card or call. HL Doris Day, and SK Jim Day have both been down with the crud, but are feeling much better now. HL Helen Adams fell and had a big bump on her head. **Happiness:** our Court meeting on January 20th was eventful in that when the roll was called, all of the stations were filled. This is the first time that HL Lorna Lowe marked so many members as being present. We will be having our Official Visit of the Grand Lecturer at the February 17th meeting. Please join us and catch up with friends from other Courts! SK Norm shared some wisdom during Good of the Order:

- ♦ Wouldn't it be great if we could put ourselves in the dryer for ten minutes, come out wrinkle-free and three sizes smaller?
- ♦ I don't trip over things, I do random gravity checks!
- ♦ Old age is coming at a really bad time!
- ♦ When I was a child I thought Nap Time was a punishment... now, as a grown up, it just feels like a small vacation!
- ♦ The biggest lie I tell myself is... "I don't need to write that down, I'll remember it."
- ♦ I don't have gray hair. I have "wisdom highlights". I'm just very wise.
- ♦ The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

Emerald Court #4—No news was submitted. Please pass along information to HL Frankie Lane @ grannyf48@gmail.com.



Garnet Court #5— No news was submitted. Please pass along information to HL Frankie Lane @ grannyf48@gmail.com. HL Frankie and SK Norm Lane attended the potluck and meeting and had a very nice time and great fellowship.



Please attend each other's meetings and see what they are doing to move the Order of the Amaranth FORWARD!

ADVERTISEMENTS



Annual German Dinner Open to the Public!

For the Grand Court of Idaho—Order of the Amaranth
Saturday

March 28, 2015

5:00 PM—7:00 PM

Masonic Temple—Mountain Home

Adults—\$15.00

Children (under 10)—\$8.00

Proceeds for General Fund



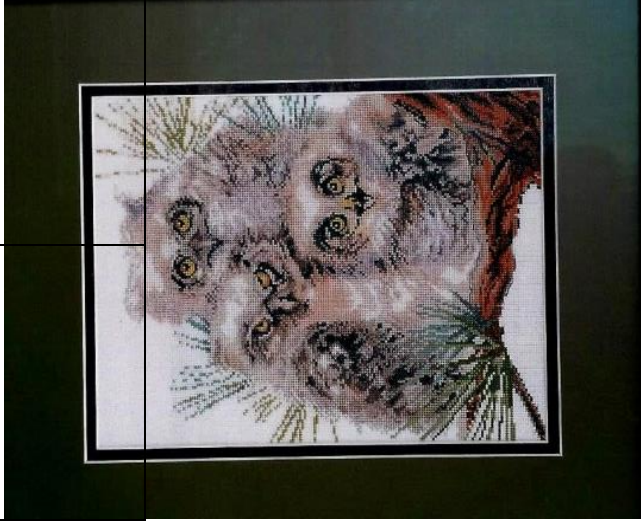
Order of the Amaranth Supports Diabetes Research

MEMBERS OF IDAHO GRAND COURT OF
ORDER OF THE AMARANTH

I have received some recipes; however, I would like to get a lot more! Let's make this a real **IDAHO COOKBOOK!**

We would like to create an Idaho Amaranth Cookbook! Please send your favorite recipes to HL Frankie Lane; P.O. Box 1460; Meridian, ID 83680-1460 or grannyf48@gmail.com. Please include your name, Court # and the office you currently hold. Categories are: breakfast; appetizers; entrees; bread/rolls; soups; sides; salads/salad dressings; and, desserts. Deadline for recipes is June 30, 2015. The cookbook will be put together over the summer to go on sale in September 2015.

	COURT	TIME	MEETINGS
SATURDAY FEBRUARY 7TH	GARNET COURT #5	12:00 NOON 1:00 PM	Pot Luck Luncheon Meeting— NOTE TIME CHANGE! Official Visit of the Grand Lecturer
SATURDAY FEBRUARY 14TH	EMERALD COURT #4	12:00 NOON 1:00 PM	Pot Luck Luncheon Meeting— NOTE TIME CHANGE! Official Visit of the Grand Lecturer
TUESDAY FEBRUARY 17TH	BOISE BASIN COURT #3	7:30 PM	Official Visit of the Grand Lecturer
			REMEMBER



**REMEMBER TO GET YOUR
RAFFLE TICKETS FOR THE
BEAUTIFUL NEEDLEPOINT OF
THE BABY OWLS! SEE ANY
ROYAL PATRON**