



**MEMBERS—DID YOU KNOW THAT
YOU CAN READ THIS ON THE
WEBSITE?
(idamaranth.org)**

**GRAND COURT OF IDAHO
MAY 2015
NEWSLETTER**

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

COURT NEWS



Boise Basin #3—Illness/Distress: The Court received news that HL Florence Campbell passed away on April 30th. A Memorial for HL Florence and her son will be held around May 20th at St. Michael's at 2:00 PM. **Happiness:** The Official Visit of the Grand Royal Matron, HL Stefani Kazyaka accompanied by the Grand Royal Patron, SK Richard Broemeling was held on April 21st. We had a lot of sideliners, and a nice ham dinner prior to the meeting. Donations were given to both the Grand Royal Matron and Grand Royal Patron for their projects. Memorial was held.

Emerald Court #4—Illness/Distress: HL Gloria McManigal has not been feeling well. HL Inez Thomason is still in rehab. Please remember these members with cards and well wishes. **Happiness:** HL Susan and SK Richard Broemeling are now residents of the State of Washington, and searching for a new residence. They will be in Idaho the Month of May getting their home ready to put on the market. The Court had the Official Visit of the Grand Royal Matron, HL Stefani Kazyaka accompanied by the Grand Royal Patron, SK Richard Broemeling on April 11th in the early afternoon. Memorial was held.



Garnet Court #5—Illness/Distress: None known. **Happiness:** The Court had the Official Visit of the Grand Royal Matron, HL Stefani Kazyaka accompanied by the Grand Royal Patron, SK Richard Broemeling on April 4th. May saw the initiation of two new members—HL Marya Morrison, and SK Charles Morrison. HL Marya is HL Penny's daughter and SK Charles is her hubby.



MANY WELCOMES to our Court. It has been great to have HL Donita back in Court lately. Also back in Court was HL Bert back after her recent surgery. Plans are in the works for the summer BINGO fundraiser, more information can be obtained from RM Penny. HL Diane and SK Ron Wood have been traveling again and will be seeing many friends in Seattle next month at Supreme Assembly. Memorial was held.

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

MASSACRE ROCKS REST STOP: was available for a fund raiser for Grand Court so GAM Dianne and GAP Wes Gates will man a table on the Friday and the Monday of Labor Day weekend, 7am - 7pm. They will provide all of the coffee things needed; however if any member would like to donate up to 3 dozen cookies for the event it would be appreciated. Half of the donations will go to Grand Court and half to Diabetes Foundation. A similar group does it at Blackfoot Rest Stop on Memorial weekend and usually makes \$700 or more, all donations from travelers.



Every Minute Counts (Really!)

One more reason to trash an all-or-nothing workout mentality: Walking just 20 minutes a day could add years to your life. After following more than 334,000 adults for 12 years, researchers found that, compared with inactive people, those who consistently logged at least 20 daily minutes of moderate exercise were more than 20% less likely to die prematurely than their more chair-bound counterparts. *"Even a brief amount of activity can have considerable effects on your blood pressure, aerobic fitness, and cholesterol, all of which are related to a reduced risk of mortality,"* says study author Ulf Ekelund. *"Of course, the more activity you do, the better."*

(Source: *American Journal of Clinical Nutrition*)



FOOT NOTES—

Walking is a great way to get exercise, but it's important not to let temperatures take a toll on your tootsies. Bacterial and fungal infections thrive when skin is moist, so keep your feet warm and dry. For extra protection against friction and blisters, wear a thin sock made from moisture-wicking fabric. Spraying your feet with an underarm antiperspirant can help fight dampness too.

VEGETABLE STEW W/FRESH ROSEMARY

Serves 4

- 4 Cups Fat-free, low-sodium vegetable broth, divided
- 8 Small Red potatoes, halved
- 1 Cup Baby carrots
- ½ Cup Frozen pearl onions
- 1 Med. Yellow summer squash, diced
- 1 Small Zucchini, diced
- 4 Ounces Sliced mushrooms, such as button, cremini, portobello or shitake (stems discarded)
- 1 TBSP chopped fresh rosemary of 1
tsp. dried rosemary, crushed
- ¼ tsp. Pepper
- 1/8 tsp. Salt
- 1/3 Cup Flour
- 8 Ounces Asparagus, trimmed and cut diagonally into 1" pieces
- 2 TBSP Sliced green onions (green part only)
- ¼ Cup Shredded or Grated Parmesan cheese



Rosemary contains carnosic acid,
Which fights free radical damage
In the brain!

PER SERVING: 191 calories, 8 grams protein, 36 grams carbohydrates, 5 grams fiber, 7 grams sugar, 2 grams fat, 1 gram saturated fat, 5 mg cholesterol, 322 mg sodium

In a large saucepan, bring 3 cups of the broth, the potatoes, carrots and pearl onions to a simmer over medium-high heat. Reduce heat and simmer covered, for 15 minutes, or until potatoes and carrots are tender. Stir in yellow squash, zucchini, mushrooms, rosemary, pepper and salt. Simmer, *covered*, for 3—4 minutes, or until both squashes are slightly tender. In a medium bowl, whisk together the remaining 1 cup of broth and the flour. Stir flour mixture, asparagus and green onions into the stew. Simmer for 2—3 minutes or until the stew has thickened and the asparagus is tender-crisp. Just before serving, sprinkle the stew with Parmesan.

YOUR BODY ON A LACK OF SLEEP

(Excerpted from *Prevention Magazine*, June 2015)



If you regularly miss the 7-hour mark, morning crankiness is the least of your worries. Here are six good reasons to put away the tablet/iPhone/whatever is keeping you up, and hit the sheets.

Weight Gain

Sleeping fewer than 6 hours ups obesity risk 30%.
One study found that women who slept fewer than 5 hours
Ate 329 more calories the next day.

Poor Immunity

People who sleep fewer than 7 hours are
+Nearly 3 times more likely to catch a cold.

Diabetes

Skimping on deep sleep can reduce the body's
sensitivity to insulin, upping your risk of type 2 diabetes.

Brain Fog

Missing out on as few as 1 ½ hours of sleep
can reduce daytime alertness
by up to 32%. (But you knew that on already.)

Lousy Heart Health

Getting 6 or fewer hours of shut-eye over the long term
increases your risk of developing—or dying of—heart
disease by 48%.

Blood Pressure Problems

Snoozing just 6 hours a night makes you 20%
more likely to develop high blood pressure.

If a daily cup of tea is your ritual

(Excerpted from *Prevention Magazine*, June 2015)



Green or black contains *theanine*, which can help ease anxiety and depression. The amino acid has been studied for several different effects, with most of the research centering on its use as an anxiety treatment. In studies, *theanine*

seems to relax the mind without causing drowsiness.

Green, black, hibiscus, or rooibos—a good choice for anyone with arthritis, fibromyalgia, or joint pain. All are naturally high in antioxidants, which can help prevent free radicals and beat back inflammatory responses.



Chamomile** can help relieve depression and anxiety, as well as digestive problems, due to its anti-inflammatory, antispasmodic, tranquilizing, and muscle-relaxing effects. In a 2012 University of Pennsylvania study, researchers gave 57 people diagnosed with anxiety, depression, or both either chamomile extract or a placebo for 8 weeks and concluded that the herb effectively reduced symptoms.

**Chamomile often causes reactions in ragweed-allergic people and those with hay fever. If that describes you—avoid it.

The newsletter was not produced during March and April due to many activities! March madness was a lot of fun and began in British Columbia. “Diamond Jubilee” Grand session was held at the Poco Inn and Suites in Port Coquitlam, March 5—7. HL Fran’s theme was: “Roaring in to the future with sparkle and grandeur of Diamonds.” At the “Guys and Dolls Costume Ball” on Friday evening, members dressed in ‘50s garb, and an Elvis impersonator entertained all of us with music of the ‘50s and ‘60’. He also performed some Roy Orbison music. Many of the members danced to this great music, and enjoyed the evening. Installation of new grand officers began at 7:00 PM, March 7th with uncrowning. The new Grand Royal Matron, HL Karen Yoshioka’s and SK Ed Scott’s theme is: “He who lives in harmony with himself lives in harmony with the world.” Motto: “Everything will be OK in the end. If it’s not OK, it’s not the end.” Goal: to increase membership in our Order. Flower: Rose. Colors: shades of purple, blue and silver. Fun emblems: Cats and Huskies. Philanthropic projects are: Camp Kakamala, Canadian Diabetic Association of BC Research, and Amaranth Memorial Book Bursary. BC’s representative to Idaho is HL Kathy Stutt. There were many members from Idaho who attended this grand session. The weather was great and everyone had fun.

The next adventure was to Oregon’s Grand session which was held in Portland Oregon, March 12--14. HL Jeanne’s theme was “Pearls of the Sea,” and the decorations were magnificent! The new Grand Royal Matron, HL Anne Beaton’s and SK Wes Aanderud’s theme is: Celtic, and her group is the Vikings and Valkyries. There were members from Idaho who attended this grand session; however, several of the members were ill and could not attend.

Finally, Washington’s Grand session, “Dreams Do Come True.” Was held at the Wenatchee Convention Center March 19—21. HL Lori Kellison’s and SK Fred Docker’s theme was Disney Princesses. Friday night’s banquet was “Cinderella and Fellas,” and was a costume ball. A DJ provided music and dancing followed. The installation of new grand officers began at 7:00 PM, March 21st with uncrowning. The new Grand Royal Matron, HL René Buchanan’s, and SK Dave McCroskey’s theme is “Treasures of the Sea.” Colors are purples, fuchsia, teal, gold and silver and the flowers are Roses and Iris. Washington’s representative to Idaho is SK Dennis Bippes, DSRP. Several members of Idaho attended; however there was a lot of illness and the numbers had diminished by the end of Washington’s grand session.

nocebo | nō-śe-bō

A negative assumption that causes physical symptoms to worsen—i.e., the opposite of the placebo effect. New research from the University of Exeter in the UK suggests that a negative interaction with your doc may trigger it.

When a patient perceives a lack of understanding or acceptance, it can create anger and distress, physiological conditions that can actually worsen illness.

Source: American Journal of Medicine

An All-Natural Immunity Upgrade

A sense of awe, of all things, may boost your defenses, says research from the University of California, Berkeley. People who regularly experienced this oh-so-human emotion were found to have lower levels of proinflammatory cytokines, proteins that can screw with your immunity and also raise risks of arthritis, depression, and heart disease. What is awe, anyway? Elusive, perhaps, but the researchers say the necessary boost could come from the simple wonder inspired by a good tune, a poignant picture, or, of course, a vista that leaves you breathless.

Excerpted from *Prevention Magazine*, June 2015



Strawberries to the MAX!

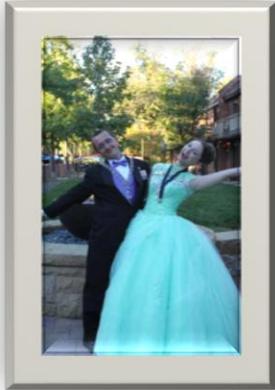
They're at their juicy peak in June.

Take advantage early and often with these three recipes. All serves 4.

Strawberry Compote: On sheet pan, toss 2 ½ cups halved strawberries, 1 sliced serrano chili, 1 chopped shallot, 1 TBSP honey, 1 TBSP olive oil, and ½ tsp. each salt and pepper. Heat oven to 425°F and bake until berries release juices, 8—12 minutes. Stir in 4 tsp. lime juice and serve with roasted pork or fish.

Strawberry Oatcakes: In a medium bowl, mix 1 ¾ cups quick cooking oats, 1 ½ tsp. baking powder, ½ tsp. cinnamon, and ¼ tsp. salt. Add 1 cup diced strawberries, 1 cup applesauce and ¾ cup almond milk and stir. In a greased skillet over medium heat, cook ¼ cup scoops of batter until golden.

Strawberries with Sweet Cream & Chocolate: In a small bowl, combine 1 cup 2% plain Greek yogurt, 4 tsp. maple syrup, and 1 tsp. vanilla extract. In a small dish, grate 1 ounce dark chocolate. To serve, dip 1 ½ cups strawberries in yogurt mixture and then in chocolate “sprinkles.”



IDAHO MASONIC YOUTH NEWS

International Order of the Rainbow for Girls (IORG)

The Meridian Gems Assembly #12 had an initiation ceremony for Abigale Dopperalski on May 18th. Friendship Assembly#1 helped Meridian out by filling stations. Abby's parents and baby sister were able to be at her installation. The Assembly is getting ready for Leadership Camp to be held in Mt. Home on May 29—31, and also getting excited about



Grand Assembly the 2nd weekend of July in Yakima, WA. There will be a car wash coming up in June on the 13th at the Broadway Les Schwab from 12:30—4:30 PM and an installation of new officers on June 27th @7pm at the Meridian Masonic Temple.

Meridian Gems #12 meets on the 2nd and 4th Monday of the month, at the Meridian Masonic Lodge, and their meetings start at 7:00 PM. Friendship Assembly #9 meets on the 1st and 3rd Tuesday of the month at 7:00 PM at the Mt. Home Masonic Lodge.

International Order of Jobs Daughters



We always love to have you attend our meetings. Before attending a meeting, please call the Bethel Guardian to be sure that we are having a meeting that night. School functions may require us to change our meeting day or time.

Bethel #6 Meridian, Idaho

Meridian Masonic Temple 800 E. 2nd St
Meets 1st & 3rd Wednesday at 7:00 p.m.
Bethel Guardian—Ruth Heyob—cell phone 631-3208

Installation of new officers will be June 6th at 1:00 PM at the Meridian Masonic Center.

International Order of DeMolay for Boys



Need to receive information regarding DeMolay and their activities @ (208) 304-9159 or at 48raptorsluvme@outlook.com.

The big chill—frozen fruit is a great option when fresh varieties are out of season.



FRESH FRUIT FACTS

(Excerpted from *Diabetes Focus*, winter 2014)

Fruit often gets a bad rap, since it tends to be higher in sugar than vegetables. But in truth, fruit supplies only a fraction of the sugar most Americans consume—and it's loaded with healthy nutrients, antioxidants and fiber. Here is some fruit-friendly advice from the experts at the UC Berkeley *Wellness Letter*:

GO FROZEN—fresh fruit starts to lose nutrients shortly after it's picked. Frozen fruit, which is usually frozen right after picking, retains those nutrients—plus, it's available year-round and perfect for smoothies!

EAT DRIED SPARINGLY—dried fruits are concentrated sources of healthy minerals, such as iron, copper, potassium and fiber, but they're also high in sugar and calories. Eat them in small amounts—no more than half cup a day—and be sure to brush your teeth afterward.

CHECK JUICE INGREDIENTS—limit juice consumption to one cup a day and make sure the label says "100% juice." Be aware that manufacturers often sneak in apple and grape juices as fillers for pricier and healthier juices—such as pomegranate and blueberry.

ADVERTISEMENTS



Order of the Amaranth
Supports Diabetes Research

MEMBERS OF IDAHO GRAND COURT OF
ORDER OF THE AMARANTH

Keep those recipes coming! 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 **NEW E-MAIL:** 48raptorsluvme@outlook.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.

This is a Grand Court Project and will continue over several years to include more volumes. All proceeds will go to Diabetes Research and will incur no cost to the Grand Court of Idaho.



Grand Court Session: "Bountiful Harvest with Friends"

**October 1st, 2nd, 3rd, 2015
Riverside Hotel in Boise
2900 Chinden Boulevard
Boise, ID 83714**

Check out the website at:

Idamaranth.org

There is a lot of information at your fingertips!

*As our Friday night, October 2nd banquet will have a Halloween theme, it is strongly encouraged that you find and wear a **COSTUME**.*

By Googling "costumes" you will find many sites offering costumes for adults, all sizes and styles. We wanted to give all members **PLENTY OF TIME** to find a costume in order to participate in the fun. If you prefer not to wear a costume, the dress will be **FORMAL**.*

Contact the webmaster@idamaranth.org if you have questions—SK

Richard Broemeling



	COURT	TIME	ETINGS
SATURDAY JUNE 6TH	GARNET COURT #5	6:30 PM 7:30PM	Dessert After the Meeting Step-up Meeting
SATURDAY JUNE 13TH	EMERALD COURT #4	12:00 NOON 1:00 PM	Pot Luck Step-up Meeting
TUESDAY JUNE 16TH	BOISE BASIN COURT #3	7:30 PM	Step-up Meeting



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