

Excelsior Echo

The Official Publication of the Excelsior Grand Chapter, Order of the Eastern Star, TN Jurisdiction, Prince Hall Affiliate

Excelsior Echo
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Matron**

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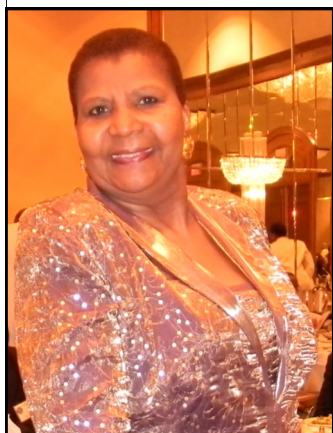
Spread the News!

**Send your chapter
news & photos to the
Grand Publicist for the
next edition.**

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Spring into the Season with a Renewed Spirit

As we embark upon this season of celebration and triumph, reflecting on the life and ultimate sacrifice of our Risen Savior, Jesus Christ, I continued to be proud yet humbled by the leadership entrusted into my hands. While I continue an emphasis on educating our Chapters and growing membership, during this season of reflection and renewal I should also encourage us to continue to walk in faith, to always "...let our light so shine..." That our words, thoughts and actions reflect the light entrusted to us when we entered into our Beloved Order. That we continue to be transformed into the perfect Star that God would have us to be. For many of us that means that old grievances should be no more, that old wounds (and relationships with our sisters and brothers) are healed—since Christ paid the price, we should "carry the cross no more." And, as it is in nature, the old will wither away and die and spring blossoms (our Christian love for one another) will grow anew. That as we all continue to age with the precious gift of time from God, that we also grow in grace, wisdom and forgiveness.



Chapters should continue to give necessary attention to conducting the business of the Order with all due diligence, using proper forms and that semi-annual returns and credentials are submitted to the Grand Secretary within the time specified in the Official Circular.

We now have our official website in place www.tnexcelsiorgrand.org, providing a wealth of information about the Tennessee Jurisdiction—I encourage all members to visit our website and view all of the information being made readily available to you. Chapters now have a choice of publishing information about your OES programs and activities electronically (on the website) or in the Excelsior Echo newsletter.

I am excited in anticipation of seeing all of you during Grand Visitation and at Grand Session in Chattanooga.

Rubye B. Meeks
Rubye B. Meeks
Grand Worthy Matron

Ecclesiastes 3:1,3-4: To everything there is a season, and a time to every purpose under the heaven: A time to weep, and a time to laugh; a time to mourn and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing.

Reflections of Esther

in our Hearts, Minds
and in Fellowship.



Seated the speaker Dr. M'Lisa Young King, Associate Patron Hardin Franklin, Associate Matron, Deanna Smith, Worthy Matron Frances Neal; standing Rena Sherrill, Vivian Nelson, Tangela, Niles, Percilla McNairy, Delores Young, Saletta Inman, Ruth Coffee, Florinda Birdsong and Jasmyn Stewart. Seated the speaker Sis. M'Lisa Young King, A. Patron Hardin Franklin, A. Matron, Deanna Smith, Matron Frances Neal, standing Rena Sherrill, Vivian Nelson, Tangela, Niles, Percilla McNairy, Delores Young, Saletta Inman, Ruth Coffee, Florinda Birdsong and Jasmyn Stewart.



Celebrating Palm Sunday

A Season of Renewal of Mind, Body & Spirit.



Each year St. Mary's Chapter #5 and St. James Chapter #78 bring their chapter members together for the Palm Sunday Service. These two Chapters have a long-standing history of working together in Clarksville, and Palm Sunday is another opportunity to fellowship, to serve and learn together. With Sis. Martha Smith, PM as Mistress of Ceremony and Sis. Sheila Norris, WM presiding the program progressed smoothly. Bro. Ray Chase, WP led chapter members through the ceremony without a hitch. And, Rev. William Poindexter, PM delivered a soul-stirring message for the occasion. This year's service was hosted by St. Mary's Chapter #5 and members of St. Mary's Sunbeams Chapter #40 served as ushers, and Sis. JoAnn Pettus-Mayes, WM on program and members of St. James Chapter #78 participating in the OES ceremony and members of Warfield and St. James Lodges in attendance it was a perfect afternoon celebration.



Memphis District Open House

..... a PHAmily Affair



The outcome of O.E.S. Open House that was held in Memphis on Saturday February 16, 2013 accomplished exactly what it was intended to do. First to provide a forum designed to share information and entertain questions about our Order with individuals interested in learning more about it. In addition, chapters represented were able to meet some guests who have already given thought about joining the Order. This also included former members interested in reestablishing their relationship

with us. It was a wonderful opportunity to meet representatives from a number of chapters in the Memphis District. The second purpose for having Open House was a means to energize the Memphis District. Mission accomplished!

The atmosphere was filled with excitement as the beautiful little Sunbeams made their presentation. Sunbeam Deputy, Chandra McKinner delivered a historical overview and background of Sunbeams and extended an invitation for membership. The information shared was not limited to potential members of the Order of the Eastern Star. Bro. Bobby Pearson, Director of the Knights of Pythagoras was present along with his team of directors and advisors who provided information for young men who could potentially become members of the Knights of Pythagoras. In addition, a display of talent was presented by some of the Knights.



When the program ended delicious refreshments were served while those present viewed the star point tables and chapter highlight displays. District Deputy, Sharon Franklin spearheaded this event and is confident that it will be first of many more to come. She commends the members of the Open House Committee along with all others who pulled together to see this project to fruition.



The 2013 Planning Conference was hosted this year by Grand Worthy Matron Rubye Meeks and the Jurisdiction of Tennessee January 18-19, 2013. Guests were warmly welcomed to the beautiful city of Memphis. The host hotel was the Memphis Marriott Downtown, 250 North Main St, Memphis, Tennessee 38103.



Leadership Planning & Training at the Southeast Region Conference

This group encompasses Grand Matrons from the jurisdictions of Mississippi, Alabama, the Bahamas, Georgia, the Caribbean, Florida and Tennessee. Sister Patricia A. Stafford, Grand



Worthy Matron of Florida is Chairperson. Members include: Sister Martha Ann B. L. Alford, Grand Matron of Mississippi; Sister Annie Pringle, Grand Worthy Matron of Alabama; Sister Marlene Dorsett, Grand Worthy Matron of the Bahamas; Sister Lynette Hymes, Grand Worthy Matron of Georgia; Sister Eleanor Small, Grand Worthy Matron of the Caribbean; and Sister Rubye B. Meeks, Grand Worthy Matron of Tennessee

The hospitality “meet and greet” repast was held that Friday night at the Double Eagle Building. An in-depth discussion took place regarding the dress codes of the



various jurisdictions. Past Grand Worthy Matron, June E. Jones and Past Worthy Matron, Sis. Essie Patterson modeled funeral attire for the Tennessee Jurisdiction. Worthy Matron, Sis. Twanda Love modeled O.E.S. attire for the Tennessee Jurisdiction. Sis. Sharon Franklin, HGDD, Sis. Evelyn Tinnon and Sis. Irene B. Robinson, also participated in this conference.



When You Smile...



A collage of 14 photographs from the 2014 Excelsior Grand Chapter O.E.S. Tennessee P.H.O. 9th Annual Dinner. The photos show individuals in formal attire, including white robes and crowns, and groups posing for portraits. One photo features a purple banner with the text "Excelsior Grand Chapter O.E.S. Tennessee P.H.O. 9th Annual Dinner 2014".



Your Sense Of Smell

Smell is an important sense. Certain smells can help you recall your dad's cologne or alert you to danger, like smoke from a fire. When you can't smell things you enjoy like morning coffee or flowers, part of life may seem very dull. As you get older, your sense of smell may fade. Your sense of smell is closely related to your sense of taste. So, when you can't smell, food may taste bland, and you may lose interest in eating. Some things can cause a long lasting loss of smell. A head injury, for example, can damage the nerves related to smell. Some problems with smell only last for a short time and may be due to:

- A cold or flu that causes a stuffy nose that blocks your sense of smell. The ability to smell will come back when you're better.
- Allergies that block your sense of smell. Try to avoid things you're allergic to, like pollen and pets. Talk to your doctor about how to manage your allergies.
- A harmless growth (called a polyp) in the nose or sinuses that gives you a runny nose. Having the growth removed may help.
- Some medications like antibiotics or blood pressure medicine may affect your sense of smell. Ask your doctor if there is another medicine you can take.
- Radiation and chemotherapy treatments. Your sense of smell may return when treatment stops.

Sometimes, loss of the sense of smell may be a sign of a more serious disorder, such as Parkinson's disease or Alzheimer's disease. Be sure to tell your doctor about any change in your sense of smell. It's important to be aware of odors around you. You need to be able to smell:

- Smoke—check your smoke detectors once a year to make sure they work.
- Gas leaks—make sure you have a gas detector in your home.
- Spoiled food—throw out food that's been in the refrigerator too long.

Household chemicals—make sure there is fresh air where you're working. When food tastes bland, many older people try to improve the flavor by adding more salt or sugar. This may not be healthy, especially if you have medical problems like high blood pressure or diabetes (high blood sugar). Eating food that is good for you is important to your health. If you have a problem with how food tastes, be sure to discuss it with your doctor.

Some medications can change the way food tastes. These include some antibiotics and medicines to lower cholesterol and blood pressure. If you think a medicine is changing how your food tastes, talk to your doctor before you stop taking your medicine. Gum disease, dentures, and some infections can leave a bad taste in your mouth that changes the way food tastes. Alcohol can alter the way food tastes. Also, smoking can reduce your sense of taste. Quitting may help. People who are having cancer treatments might have a problem with taste. These treatments can make food taste bad or "off." Some say that food tastes metallic. If this happens to you, try:

- Eating four or five small meals during the day Eating cold food, including yogurt, pudding, and Jello. They may taste better than hot food.
- Eating fresh, uncooked vegetables. Cooked vegetables often have strong odors that are not appealing.
- Drinking lots of fluids including water, weak tea, juice, and ginger ale

There are doctors that help treat problems with smell and taste called otolaryngologists (oto-lar-yn-gol-o-gists). These doctors can help you cope with the loss of smell and taste.

Source: <http://www.nia.nih.gov/health/publication/smell-and-taste-spice-life>

Half Century of Service with a Smile.



Deputy Threatt Recognized for more than 50 years of leadership at Grand Session.