

Dear Sisters and Brothers,

Once again, I bring you greetings from the southern portion of our fair state. I hope this will find you all well. Be prudent, be diligent and stay busy. That was advice given to me at an early age. Fear of bodily harm kept me from disputing that advice and after all these years, I am beginning to think that, that is “the way to go”!

Our “Family” is and has been diligent in reminding each other to keep to safe practices, maintain communications and to be observant of members in need of a little extra attention. Got that base covered!

The Eastern Star family seems to have no problem staying busy. From food banks to clothing charities to service animals (and everywhere in between) our members apply themselves to being productive. Enter the Pandemic. Our daily routines were up-ended! Un-daunted, we changed our course and pursued new projects (more solitary in most cases). Most of our current activities are done by ourselves or perhaps one other person. Hardly ever in a group.

Enter the advice to be prudent! Finding yourself in difficulty when you are alone can be frightening! Do not panic! Most emergency services are still active, but may (or may not) be slow in responding. In any case, it is “prudent” to be prepared to take care of yourself until you get assistance. For instance, choking is much more prevalent in individuals over 70. Know how to dislodge choking obstructions and optimize breathing in those situations. Know how to do the Heimlich maneuver on yourself. Construction projects and landscaping endeavors expose us to physical dangers that may (or may not) be new to us. Ladders, saws, shovels, weed-eaters and a variety of other items (toys) can bite you when you least expect it! Make sure someone knows where you are and what you are doing. Keep a phone or walkie talkie on you! And, if you fall off a ladder, try really, really hard not to land on your phone!

Last, but certainly not least, be prudent in the heat. It is WARM down here! We are on our fourth day between 102 and 104 degrees. I am used to it. At least that is what I tell myself. I have only been REALLY sick from heat twice and “iffy” a half dozen or so times. A young couple with a child went on a “Nature Trail” in White Sands National Park last summer. They left their car with 2 bottles of water. Two hours later (according to the news article) they were found unresponsive on the trail. The child survived. My point is that heat is very dangerous particularly if you are not conditioned and prepared to cope with it. A few easy steps can prepare you for a thoroughly enjoyable afternoon in the back yard, garden or wherever that outdoor project may be. Be prudent and be prepared.

I have always been a “Tonight Show with Johnny Carson” fan. When Johnny left, I pretty much quit watching. I knew Jay Leno had the show, but I just didn’t watch any more. Years went by and I may have re-discovered Jay Leno! Leno, who is 70 now, is a classic car nut and frequently writes for a variety of magazines. He has this view of our current situation in AARP Magazine. “Dr. Fauci says we have to fight COVID-19 like a war. A reporter asks, “How do we do that?” Fauci says, “By staying home and watching television.” I thought to myself, I have been training for this war my entire life!”

Sincerely, Your Brother  
Robert “Bob” Bradshaw  
Grand Sentinel

