

Dear Sisters and Brothers,

Hello from Albuquerque. I am so happy that we have all made it to today and hope this finds you in good health.

Sisters and Brothers, I want to thank you for allowing us, your Grand Officers to come into your lives with these pearls of wisdom. Let me tell you I have developed a new sense of respect for any one who has to come up with something important or uplifting every week, people such as Ministers, journalists and many others, IT IS HARD. Our WGM has written 21 of these articles our WGP 19, all told the average is 17+ for each Grand Officer. Please take pity on us when some of our articles are slightly lower in content and inspiration than others.

I do want to reiterate what our WGM Pam said in her article last week. We are having two Zoom meetings this month for anyone who may be interested. We have an All Member Meeting on October 31st at 1:00 PM for the drawing for the baskets. We hope to see each of you at these meetings. We had to postpone the Membership/ Marketing meeting scheduled for the 21st to a date in November to be determined.

We as your grand officers would love to hear what you are doing in your chapters, any one who wants to share what your chapters are involved in let us know, you may end up giving someone in another chapter an idea or vis-a- versa. Please allow me to let you know what we are doing in Adah #5 we have collected gift cards for the Albuquerque Children's Christian Home for any incidentals that may arise. When the governor raised the number allowed for groups, we organized a drive by for our members that are not able to attend meeting to let them know they are not forgotten. Last Sunday we visited 9 members to which we delivered flowers, we also had one of the Shriner's little cars which we would unload and drive around. We have received calls and letters thanking us for thinking of them. Unfortunately, with the governor's new restrictions we will have to put this on hold for a short time.

We have had, to date three Zoom meetings which have averaged about 20 members or guests each. These have been attended by both in state and out of state members. It is so good to see each other enjoy the fellowship that we all sorely miss.

Now for a few groaners.

During this time of isolation here is a way to stay in shape.

An exercise for people who are out of shape: Begin with a five-pound potato bag in each hand. Extend your arms straight out from your sides, hold them there for a full minute, and then relax. After a few weeks, move up to ten-pound potato bags. Then try 50-pound potato bags, and eventually try to get to where you can lift a 100-pound potato bag in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each bag.



And,

Scene: With a patient in my medical exam room Me: How old are your kids? Patient: Forty-four and 39 from my wife who passed away, and from my second wife, 15 and 13. Me: That's quite the age difference! Patient: Well, the older ones didn't give me any grandkids, so I made my own.

During this time, we may need a few words of inspiration. I do not know how many of you have every heard Jim Valvano's acceptance speech at the ESPYs in 1993, but if you have not, please take the time to listed to it on YouTube. He had a couple of quotes that I hope you find worthwhile.

He said "To me, there are three things we all should do every day of our life. Number one is laugh. You should laugh every day. Number two, think. You should spend some time in thought. Number three is you should have your emotions moved to tears, be it happiness or joy. Think about it. If you laugh, you think, you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're gonna have something special."

And one of the best things he said, also in this speech was, "Don't give up. Don't ever give up."

If you are not aware Jim Valvano passed away from cancer in April of 1993 shortly after he received the Arthur Ashe Courage Award.

So, in closing please follow his advice, Don't give up. Don't ever give up. We will come through this.

I hope you enjoyed this, stay safe and may the Lord watch between me and thee, while we are absent one from another.

In Star Love,
Jeff Satterfield
Associate Grand Patron