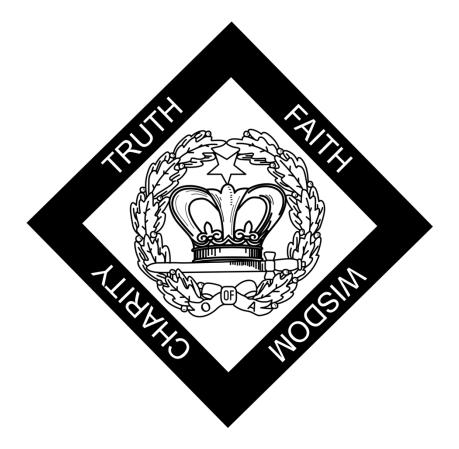


# THE CROWN & SWORD

The Newsletter of the

## SUPREME COUNCIL ORDER of the AMARANTH, Inc.



#### Honored Lady Dorothy Kippie, Supreme Royal Matron Sir Knight Gerry Milton, Supreme Royal Patron 2019 - 2020

The Crown & Sword is published four times per year by the Supreme Council, Order of the Amaranth, Inc. H.L. Kim May, Editor We invite you to visit our website: <u>http://www.amaranth.org</u> This Edition: November, 2020



## SUPREME ROYAL MATRON H.L. Dorothy Kippie

I hope this newsletter find everyone doing well, staying safe and healthy. Here we are now entering our fall months and we are still struggling to gain control of the COVID 19 Pandemic. It has been seven months since we have had a Grand Court. It is nice to see some of our jurisdictions opening up, enabling our Subordinate Courts to have meetings. In September I had an opportunity to visit with Violett Court in Pueblo, CO. They had about 30 members in attendance to include H.L. Wanetta Rutledge. How nice it was to see her and wish her a belated 90<sup>th</sup> birthday. She is doing well and looks wonderful. Hopefully we will continue to see more Courts opening and more meetings being held. Our members are anxious to get back to seeing one another, while wearing a mask and social distancing.

I have recently confirmed the meals for Supreme Council. They are the same with the exception of a \$2.00 increase. I will be posting the trifold and meal reservation forms by hopefully the end of October. The tours are currently being worked on by the Tour Committee. Some of the tours are not available until after January 1, 2021. We will post the information as quickly as we get it. Meanwhile, please go out to the Supreme Web Site and make your hotel reservations. Supreme Council will be July 4-8, 2021 at the Portland, Red Lion on the River. The room reservation fees have increased by \$3.00. There are several who are hesitant to make their reservations do to not knowing when the tours will be. I have suggested to make your reservations for a few days before the start of Supreme Council. You can always cancel. Please make your reservations early as this is a tourist area and the rooms, like last year, will fill up fast.

The fall season is upon us, and we all have much to be thankful for. We need to be thankful for the weather change in the Northwest. The fires in Oregon and Washington have been huge and many lives and properties have been lost. We are thankful for the rain. California, at this time, is still fighting fires. The devastation has been overwhelming. We hope and pray the storms across the Gulf and Midwest will come to an end. Louisiana has been hit hard by the hurricanes. The loss of personal property, businesses and several Masonic Temples of played a toll on those living in the Louisiana, Mississippi and Alabama. We pray for those who have been impacted by all of these climate events. I know that many of you are welcoming the thought of a new year so we can close and lock the door on 2020. Yes, this has been a very difficult year, for so many. Being shut in, not being able to go on the well-planned vacation, and unable to see family and friends. Our thoughts and prayers are sent to those who lost loved ones, friends, and members. We were unable to attend funerals and memorials for so many who passed away this year. One that comes to mind is the passing of our wonderful friend, H.L. Barbara Lee Overton, PSRM, Supreme Secretary Emeritus. May she always remain "Sweet in Our Memory".

As we head to Thanksgiving and Christmas, I hope that there is a way for us to gather together to give thanks to what we have and to pray for the safety of all those around us. As we enter into the Christmas Season I wish for you, **Faith** in your heart, **Hope** for the future and **Love** for one another through kindness in word and action. **HAPPY THANKSGIVING AND MERRY CHRISTMAS TO ALL.** 

#### Stay Safe and Stay Healthy – We Will Get Through This Together!



## SUPREME ROYAL PATRON S.K. Gerry Milton

It is now Fall of 2020 and the pandemic continues. What more can I say that has not been said for the last seven months? I am still staying safe and not traveling unless absolutely necessary. When I do go out, whether to go to a special family dinner, the doctor, or to the grocery store, I wear my mask and keep social distancing as much as possible. Ugh!

Between the pandemic, horrendous wildfires, and political unrest, it is unknown when Grand Court sessions can resume. I cannot wait until all of this is over and I can resume my travels to the various jurisdictions. As far as I can tell, the next scheduled Grand Court session will be in February 2021.

I continue to look forward to visiting with the Amaranth members, hopefully in the near future. In the meantime, Subordinate Courts are beginning to meet, as long as they conform to their various governmental and Grand Master directives. Keep your head up, and things have got to get better.

As I close, remember: I hugged you in my thoughts. I hope you felt it!



## SUPREME ASSOCIATE MATRON H.L. Mary Wyatt

Summer has come and gone. As we approach the Holiday season may all of us enjoy being with family and friends. Stay safe and healthy. I hope to see you sometime this year.

I am looking forward to another year of service and hope to see you on the Amaranth Trail.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Serenity Dove



## SUPREME ASSOCIATE PATRON S.K. George Kuhns

Greetings from the Supreme West and I hope everyone is staying safe during these trying times. I miss seeing everyone but staying safe does not mean that we should not keep in contact with our members. It is important to stay in in touch and make sure everyone knows that someone is thinking of them while we are apart.

I have not traveled for Amaranth since March but was able to take a mini vacation to the Ohio wine country this September. It was nice to get away, but we still tried to do everything we could to stay safe. Mary Wyatt and Alice Clark also took me and my wife Sandi, or at least pictures of our heads along to Disney World. From the pictures we saw from the trip it certainly appeared we had a great time.

I am happy to say that both my Lodge and Amaranth Court is once again meeting. Although we still are taking precautions by wearing masks and social distancing it is great to be back with my Masonic family. I am also hopeful that we will soon hear of a successful vaccine and that there is a cure for Covid-19 allowing us to get back to some sense of normalcy and resume the business of Supreme Council. Until then, may God bless each one of you and watch over you until we meet again.



Disney Trip with Mary Wyatt and Alice Clark



## SUPREME CONDUCTRESS H.L. Stella Joyner

With the changing of the seasons and holidays fast approaching, it is time for us to turn our minds away from the hard year of COVID and remember the blessings that God delivered in 2020. I know it seems like all over the country we have lost to many of our friends, but God gave us faith to carry on. It seems like we have not been together for much too long, but God gave us happy homes in which we can stay safe until we can travel again. While we have had to give up much, we have been given hope for tomorrow and His precious love. So Honored Ladies and Sir Knights, when we count our many blessings it isn't hard to see, that life's most valued treasures, are the treasures that are free. I wish all happy holidays and good health.



## SUPREME ASSOCIATE CONDUCTRESS H.L. Susan Patchin

#### Hello Again to All!

We have made it to the season of fall, the leaves are beginning to turn into beautiful colors on the trees in my area. We have a beautiful gorge that I drive through at least once a week. It has always held a calming effect on my spirit as far back as I can remember. In the spring I love watching all the trees bud and some of the beautiful mountain laurel blossom; summer it is a lovely cool area as the trees make a beautiful canopy of green. Fall brings an umbrella of color to the trees then of course the snow and ice turn it into a glistening fantasyland. This year has been especially sweet to think about all of this since we have spent much time in our homes and have missed some of our favorite places. Although, we know that all of the insanity of the pandemic will eventually pass, and we will be again free to enjoy God's handiwork in our country and our world. Part of my daily routine has become sending prayers for all our members and their families. My most prolific prayer request is for all to be safe and healthy and that we may all come together again soon to enjoy our fraternal friendships. I have been on numerous Zoom gatherings, but it truly is just not the same. I feel more and more that my choosing the theme of Timekeepers has proven to be so relevant as we must know that everything does happen not as we want it to but "In God's Time." I have through these past months learned the very valuable lesson my mother was teaching when she taught me that phrase. My Court here has opened up under the restrictions, but we are all looking forward to returning to being fully functional. To those still on tight restrictions my prayers for it to soon end. To those starting to open, be safe and healthy. God bless you all until we meet again.

#### AMERICAN DIABETES ASSOCIATION Susan Dishart Planned Giving Officer

#### The best minds and hearts united in the fight for a cure for diabetes.

At the American Diabetes Association® (ADA), research is making a difference and the funding from the Amaranth Diabetes Foundation is making a difference. Here is an update on the three currently funded projects.



Despite some delays due to the COVID-19 pandemic, over the past year, **Dr. Tracey McLaughlin** has produced a manuscript that highlights for the first time, what can be considered "clinically important" hypoglycemia in patients with post-bariatric hypoglycemia (low glucose levels). Her team utilized their vast dataset of questionnaires administered to patients during an oral glucose tolerance test. From these results, Dr. McLaughlin's lab was able to determine the glycemic threshold that was associated with neuroglycopenic symptoms, the prevalence of hypoglycemia

unawareness, and the sensitivity and specificity of specific symptoms in patients with post-bariatric hypoglycemia.

In addition, a second manuscript was produced which highlights for the first time the use of a gastrostomy tube, a new surgical intervention to treat severe, refractory hypoglycemia. This accomplishment was the work of a multidisciplinary team comprised of a registered dietitian and surgeon who have worked with Dr. McLaughlin's post-bariatric hypoglycemia patients who suffered tremendous loss of quality of life and frequent dangerous hypoglycemic episodes despite medical-nutrition therapy. This is a "how-to" paper that can serve as guidelines for clinicians worldwide who may want to utilize this treatment option.



**Dr. Laura Alonso** started her research at the University of Massachusetts Medical School and moved to Cornell University as of December 1 this past year. The move and the pandemic did not slow Dr. Alonso's work. This year, she made the astonishing (to us at least) observations that a specific genetic coding in human islets (cells found in clusters throughout the pancreas) is not linear but rather circular. Her team continues to have advanced knowledge of this certain circular coding in human islets and are working towards publication of their findings. This is a direct offshoot of the current project, using the same

human islet biobank and methodology developed with this project.



As part of **Dr. Greg Morton** continuation of his research, Dr. Morton reached out to collaborators with blood glucose and plasma insulin data at Cedars Sinai and the University of Pennsylvania for minimal model analysis. Growing evidence suggests that thermoregulation is tightly linked with glucose homeostasis. For example, during cold exposure, the increase of heat production that is required to maintain core body temperature is dependent on a marked increase of glucose uptake into thermogenic tissues. Their recent work suggests that this challenge is met through rapid, highly coordinated

and reciprocal changes in insulin sensitivity and insulin secretion that is mediated via the brain. For the coming year, Dr. Morton hopes to complete minimal model analysis from the data and confirm the preliminary data, with the goal to submit a manuscript.

Sharing research worldwide gives others the chance to expand on their work to improve the lives of people living with diabetes.

**Connected for Life.** 

#### AMARANTH DIABETES FOUNDATION BOARD OF DIRECTORS H.L. CHARLENE TUCKER, President

Honored Ladies and Sir Knights. I pray that each of you are all healthy and safe. All of us are affected in different ways as we live through this pandemic. I know the challenge for me is not knowing what the upcoming months will bring and what the new "normal" will look like. Staying positive and keeping my faith in God has given me the strength and direction as we remain in these uncertain times.

The holiday season is just around the corner, and with many of us staying at home I would like to remind you if you are doing your holiday shopping online, please shop using Amazon Smiles. All you need to do is shop at: smile.amazon.com and select ADF as a charity that you want to support and Amazon Smiles will send us a donation which in turn supports the ADA and the researchers we are supporting. Should you need any additional information please reach out to myself or another member on the Board of Directors.

Each of you remain in my thoughts and prayers. I want to wish you and your families a Happy Thanksgiving with many Blessings, and a Christmas Season that shines with Brightness and Joy. Be safe and I look forward to the time when we will be able to be together again.

#### GRAND COURT OF ALASKA H.L. Victoria Ault, PSRM Reporter

Alaska Court No. 1 held a meeting in September. Masks were worn, distances kept. We had PGRM Wanda Preuss (CA) visiting and filling in an office. H.L. Janette Raley (Truth) had a successful kidney transplant in Seattle and is home and recovering. Our York Rite dinner organized by H.L. Sandy Thompson Wallace (AM) was quite a success. The tacos, Spanish rice, salad and sopapillas were a hit with the men. Not a left over in sight!

Our Jr. PGRM and PGRP are moving to Washington. We will miss them.

Aluminum can collecting continues. Hunkering down did not affect people drinking sodas, etc., but the recycle plant was closed for several months.

Polaris Court No. 2 has not been able to hold a meeting due to lack of quorum. Older members do not wish to expose themselves to the covid virus. Chocolate making is on hold for now.

H.L. Beverly Prince (PGRM-1978-1979) had a severe stroke and passed away this week. Many previous visitors to Alaska Grand Court will remember that active Honored Lady.

#### GRAND COURT OF CALIFORNIA H.L. Dorcas Aunger, PRM Reporter

This has been a challenging year for the Honored Ladies and Sir Knights of California, as I'm sure it has been for the Members of the Order of the Amaranth in other states and countries. Our Grand Court was barely over, when the lockdown for the Covid-19 pandemic was put in place. Only five Courts had their election and no Court had their installation of officers. Immediately following was a severe electrical storm which ignited hundreds of wildfires, several of which are still burning as this article is being written. California is still locked down, and our Masonic Centers are still closed, but our Amaranth Courts are alive and busy.

All but two of our Courts use Zoom, Google Meeting or other electronic media to meet informally each month, on the evening of their regular meeting. They chat, play games, and brainstorm ideas for other activities. They have had participation from members who can't usually attend Court because they live too far away. One Court has had special guests, including H.L. Dorothy Kippie, Supreme Royal Matron, Arthur Weiss, Deputy Grand Master of Masons, and Charlene K, Tucker, President of the Amaranth Diabetes Foundation.

Golden Crown Court is meeting weekly and has had special events on weekends. Called Amaranth 101, 102 or 103, the weekend sessions have been educational. covering such topics as the relationships of the Supreme, Grand and Subordinate Court levels, the tools we use to manage our Courts, the basics of parliamentary procedure and the importance of being prepared for emergencies. This Court is usually dark in August, and uses that day for their traditional fundraiser of the year, a barbecue and swim party at the home of a member. This year they did it virtually, with a crazy beach towel contest, each member having their own picnic lunch and chatting while they ate. They had a drawing lesson and played games. They have had a virtual lemonade stand, which is ongoing, and has so far raised more than \$1,000.00 for diabetes.

All of our Courts are keeping in touch with their members by phone and sending get-well, birthday and thinking of you cards. Eureka Court has taken that a step farther, taking "Doorbell Ditch" thinking of you gifts to their members.

Fundraising abounds. Fremont and Serenity Courts had a virtual Pampered Chef Party, ordering from a catalog. Mission Bell court sold "Ear Savers", headbands to which the ear-loops of masks are attached to save pressure on your ears. Loyalty Court had a virtual tea party. Loyalty and Eureka Courts have gone into mask making in a big way, each court making hundreds of masks. They charge for their materials, and have made them for their community, social services, hospitals, elementary schools, friends and family. Eureka found that when they took donations for the masks instead of charging, they made more money. The money that was raised from donations will go to Diabetes, and that amount so far is over \$1.000.00. There was also a "Bakeless Bake Sale", and a "No Fun Fundraiser".

Our Courts also have projects to help other people. Golden Crown sent a Covid-19 care package to H.L. Elvira Valtoribio of Sierra Madre Court #43 in the Philippines. H.L. Elvira is an elementary school teacher at the Balete Elementary School in Balete, Nuevo Vizcaya, and has become a familiar face to several American Amaranth members through interaction on Facebook. Included in the box were cute masks for her students, 12 children's books, 120 colorful pencils, and a personal gift to H.L. Elvira of an Amaranth beret and a jar of mango jam from a batch made by several Honored Ladies from California Courts. Most recently, Golden Crown is doing a local community service project, collecting headsets or the money to buy them, for the children of the Bellflower School District who don't have one and need it for the Virtual School Year.

Eureka Court is also doing community service in addition to providing masks. They have raised money to buy shampoo, soap, washcloths and towels which were donated to their community's new travelling shower for the homeless. They have also made donations of several kinds of things including \$120 in Target gift cards, to the Veterans Village, a housing project for veterans.

Coming up in the near future will be the 1<sup>st</sup> ever Officially Unofficial Official Visit of our Grand Royal Matron, accompanied by our Grand Royal Patron, on October 17, at 10:00 AM. It will be on Zoom. That's one I don't want to miss.







#### GRAND COURT OF OHIO H.L. Kathy Hubert, DSRM Reporter

#### HELLO FROM OHIO

To the Honored Ladies and Sir Knights,

We hope each of you are doing well and staying safe in this very stressful time.

Our Courts have started back to having meetings. Everyone is working hard to keep our members involved with the work of our Order.

Following the guidelines a strawberry festival was held in July by Faith Court. It was great to see some of our Amaranth family. On Labor Day Temple Court had their pancake breakfast. It was held outside in a large garage. Although it was a very rainy day and those who came had a very good time.

The Holidays are just around the corner. Ohio wishes everyone a very happy Thanksgiving with family. Please take time to remember those who are on the front line each day fighting this virus.

Our Christmas wish to all of you may the gift of **Faith**, the blessings of **Hope** and the **Peace** of his love be yours at the Christmas time and through all of the coming year.

Please be safe and always believe in Amaranth.

#### CROWN AND SWORD EDITOR H.L. Kim May, DSRM

When you belong to a Masonic order for a number of years hearing the words fraternal or philanthropic or service are just part of your normal vocabulary. In your everyday life you really don't hear these words often. I think this can be both good and bad. Good that we know what these words should mean, and bad because we may take them for granted. Think about these words and what they mean to you and if you embody these words. The first word is fraternal. Do you have that bond with other members? Do you feel part of a family? Do you treat the other members as family? What can you do to have stronger fraternal bonds?

The next word is philanthropic. The definition of philanthropic is "seeking to promote the welfare of others". While the meaning leans more to financial support, there are so many other ways you can be philanthropic. Do you donate your time, your resources, your knowledge to promote human welfare? Is there a way to be more philanthropic? Or are you a member to just to say you belong to a philanthropic organization without doing any of the work?

The last word is service. To me it is the most important word we hear. What we are taught in all the Masonic orders, what we vow during our initiation, the lessons we learn, all center around service. During the last month how have you been of service? During the pandemic, how have you helped someone? During your Masonic career have you lead with a heart of service? Or have these days, months, and years been only about what you can get, or who can serve you? Are you more worried about how you appear than the impact you can make? I've said in other articles, that I firmly believe that when we all lead with a heart of love and service, we are better. We are better people, a better organization, and a better world.

We don't know how much longer there will be restrictions. But one day we will be able to be with each other again. Take this time define these words for yourself, so you will be ready to embody them.

My wish for each of you is that you are safe and healthy. Don't forget to reach out to others during this time. Please remember to send any newsworthy items, ideas, suggestions, Fundraising or Member Spotlights to me at <u>crownandsword@amaranth.org</u>. This publication can only be informative and successful with your help. I look forward to hearing from you.

BE A VOICE NOT AN ECHO!

#### SUPREME DIABETES COORDINATOR H.L. Susan McKinney, DSRM

Honored Ladies and Sir Knights,

I first want to thank all the members who purchased products this year and/or donated funds for ADF. We sold \$9,129.25 worth of products this year! I am so pleased at what we have been able to do as an organization. I will give the details in my reports next year at Supreme. I still have t-shirts (some sizes are limited quantities), window clings, car magnets and refrigerator magnets. The prices remain the same. REMINDER: IF YOU PURCHASED FAULTY MAGNETS LAST YEAR, please contact me to get your replacements! Please keep an eye/ear out: there will be different items later this year to sell to raise money for diabetes! I want to encourage you to look OUTWARD to our local communities instead of INWARD at our Masonic family. I'm not saying to not sell to Masonic members, but we really, really need to get our product out into the community to bring in local community dollars to the ADF. Consider taking the images of the products we're selling and sharing it on your local community's Facebook page. See if there are local bazaars, community festivals or expos that you could sit at a booth with product to sell. Do you have a local grocery story that would allow you to set up a booth to sell magnets or clings? Contact your local ADA office about getting information into their newsletter about your fundraising efforts for diabetes. I will be sharing our merchandise information with as many ADA Facebook pages as I can. If they generate some sales, those jurisdictions will get credit for the sales. Finally, I have the new ADA/ADF brochures. If you want 50-100, please contact me at smckin@gmail.com or call me at 217-778-3016. Together we can AIM HIGHER at Finding a Cure for Diabetes!



Let's Set Our Sights Higher and Aim for a Cure! Support Diabetes Research!					a Cure!
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T-shirt				\$15.00	
T-shirt				\$15.00	
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Car Magnet				\$5.00	
Cling/Magnet Set				\$7.00	
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This is the current schedule as of November 1st. Some of the dates listed may have changed by the time you read this. Please check the Supreme Council webpage, Supreme Council Facebook page, or the Grand Court directly for current information.

Supreme Itinerary				
		August 2020		
Suspended until 2021 SAM Louisiana Grand Court Denham S			Denham Springs, LA	
Suspended until 2021	SAM	Royal Court and Magnolia Court	Sisterville, WV	
Suspended until 2021 SRM Silver State Court		Silver State Court	Las Vegas, NV	
		September 2020		
Suspended until 2021	SAM	St. Marks Court	Inverness, Scotland	
Suspended until 2021	SRM	Alaska Grand Court	Anchorage, AK	
Suspended until 2021	SRM	Idaho Grand Court	Boise, ID	
		October 2020		
Suspended until 2021	SAM	Iowa Grand Court	Des Moines, IA	
Suspended until 2021	SRM	Wisconsin Grand Court	Wisconsin Dells, WI	
Suspended until 2021 SAM Illinois Grand Court Effingham, IL		Effingham, IL		
Suspended until 2021	SRM	Pineland Court	Auburn, ME	
Suspended until 2021	SRM	North Carolina Grand Court	Clemmons, NC	
		November 2020		
November 6	SRM	West Virginia Court	Clarksburg, WV	
Suspended until 2021	SAM	New Mexico Grand Court	Albuquerque, NM	
Suspended until 2021	SRM	Alabama Grand Court	Rogersville, AL	
Suspended until 2021	pended until 2021 SAM Minnesota Grand Court		Bloomington, MN	
Suspended until 2021	Suspended until 2021 SAM New South Wales Grand Court		NSW, Australia	
		February 2021		
February 10	SRM	Baytown Court	Channelview, TX	
February 12	SRM	Blue Bonnet Court	Richland Hills, TX	
February 13	SRM	Yellow Rose Court	Cleburne, TX	
February 18-20	SRM	California Grand Court	Visalia, CA	
Suspended until 2022	SAM	Virginia Grand Court	Virginia Beach, VA	
Hohruary 70 74		North American Conference of Grand Masters	Seattle, WA	
February 25-27	SAM	Colorado Grand Court	Denver, CO	
February 25-27	SRM	South Carolina Grand Court	Myrtle Beach, SC	

March 2021				
March 4-6	SRM	British Columbia Grand Court	Abbotsford, BC	
March 11-13	SRM	Oregon Grand Court	Clackamas, OR	
March 17-20	SRM	Washington Grand Court	Yakima, WA	
March 17-20	SAC	Kentucky Grand Court	Louisville, KY	
March 18-20	SAM	Georgia Grand Court	Peachtree Corners, GA	
March 25-27	SRM	Connecticut Grand Court	Hartford, CT	
April 2021				
April 1	SRM	Michigan Court	Alma, MI	
April 3	SRM	Wichita Court	Wichita, KS	
April 8-10	SRM	Missouri Grand Court	Springfield, MO	
April 17-20	SRM	Pennsylvania Grand Court	Harrisburg, PA	
April 22-24	SRM	<b>Massachusetts Grand Court</b>	Salem, MA	
April 22-24	SC	Arkansas Grand Court	North Little Rock, AR	
April 29-May 1	SRM	<b>Tennessee Grand Court</b>	Gatlinburg, TN	
		May 2021		
May 2-4	SAM	Philippines Grand Court	Palawan Philippines	
May 6-8	SRM	New Jersey Grand Court	Mt. Laurel, NJ	
May 13-15	SAC	Arizona Grand Court	Phoenix, AZ	
May 13-15	May 13-15 SC New York Grand Court Syracuse, NY		Syracuse, NY	
May 13-15			Oklahoma City, OK	
May 20-22	ay 20-22 SRM Florida Grand Court		Tampa, FL	
May 20-22	SC	Ohio Grand Court	Zanesville, OH	
May 28-29	SRM	Ontario Grand Court	Burlington, ONT	
May 28-29	SAM	Queensland Grand Court	Queensland Australia	
June 2021				
June 3-5	SRM	Indiana Grand Court	Nashville, IN	
July 2021				
July 4-9	12	23 <sup>rd</sup> Supreme Council Assembly	Portland OR	

KEY		
Supreme Royal Matron	SRM	H.L. Dorothy Kippie
Supreme Associate Matron	SAM	H.L. Marry Wyatt
Supreme Conductress	SC	H.L. Stella Joyner
Supreme Associate Conductress	SAC	H.L. Susan Patchin

#### Guidelines for Submitting Articles to The Crown & Sword

**§ ARTICLES** may be submitted on paper by mail, or via email, to the EDITOR. All copy should be typewritten and single spaced on 8  $\frac{1}{2}$  x 11  $\frac{1}{2}$  "white paper. The name, address, and title of the Authorized Representative doing the submitting must be included. Please use only a single space between sentences and a single line space between lines. <u>Articles should be a maximum of 300 words per Jurisdiction</u>. The editor has the authority to edit the article to conform to size requirements.

**§ DATES**: Articles should be timely with reference to the publication date. All articles must be submitted by or through the Authorized Representative of your Jurisdiction. Articles <u>MUST be received by the Editor by the 10th</u> <u>of the months of JANUARY, APRIL, JULY, and OCTOBER.</u> This deadline will be complied with firmly. Please do not include Grand Royal Matron's detailed itineraries, names of members who are or have been ill or have died. DO NOT send any articles for publication in the Crown and Sword to the Supreme Secretary. The Supreme Publication Committee gives the Editor the right to fill unused, available space.

**§ PHOTOGRAPHS** are encouraged and can be either color or black and white. However, **people and situations MUST be identified.** Emailed photographs should be in .jpg format and sent as separate files, i.e., attachments, not as part of the message.

**§ ADDRESSES:** Your address label carries the MONTH and YEAR that your subscription expires. You should renew your subscription before the expiration date is reached to avoid missing any issues of the Crown and Sword. This can be done either through your Authorized Representative who was appointed by your Grand Royal Matron, or directly with the Supreme Secretary. Send all address and subscription information directly to the Supreme Secretary whose address is given below. DO NOT send subscription requests or changes of address to the Editor. Please send email articles to: crownandsword@amaranth.org. The Editor will get them from there.

§ **DEADLINE** for articles for the next issue is <u>January 10, 2021</u>!

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Name:State:	State:				
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Send subscription fees and form to Supreme Secretary, address below, or your authorize representative. <b>DO</b> <u>NOT</u> SEND SUBSCRIPTIONS TO EDITOR!	ed Crown & Sword				
Ms. Patti Baker, Supreme Secretary 9100 W. Jewell Ave, #105 Lakewood, CO 80232-6466					
supremesecretary@amaranth.org					
9100 W. Jewell Ave, #105 Lakewood, CO 80232-6466					

Ms. Patti Baker, Supreme Secretary Supreme Council, Order of the Amaranth, Inc. 9100 W. Jewell Ave. #105 Lakewood, CO 80232-6466

AMARANTH FIGHTS DIABETES We invite you to visit our web page, <u>http://www.amaranth.org</u> "Order of the Amaranth" MEMBER:

#### The Crown and Sword Newsletter Publication Data.

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