



# THE CROWN & SWORD

*The Newsletter of the*

**SUPREME COUNCIL  
ORDER of the AMARANTH, Inc.**



**Honored Lady Elizabeth Herbolzheimer, Supreme Royal Matron  
Sir Knight Richard Marsh, Supreme Royal Patron  
2024 - 2025**

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**H.L. Kim May, Editor**

We invite you to visit our website: <http://www.amaranth.org>

This Edition: **November, 2024**



## SUPREME ROYAL MATRON H.L. Elizabeth "Bizzy" Herbolsheimer

Happy Fall Everyone!

The first three months of this Amaranth Year have flown by! It has been wonderful seeing all of our members and thank you for your warm smiles and hugs as you greeted me along the Amaranth Trail. I am looking forward to seeing more of you as my travels continue.

Thank you to everyone who filled out the Amaranth Survey for the Vision Committee. I am really looking forward to seeing the strategic vision for our Supreme Council.

Congratulations to the Grand Courts of Washington and Indiana. These Grand Courts have constituted new Courts within their Grand Courts. It is great to see these new members being so excited to join us and help raise funds for Diabetes Research.

A reminder - we have pins, pendants, and passports for sale with proceeds going to the Amaranth Diabetes Foundation. Please reach out to me or Miranda Peruso, Supreme Diabetes Coordinator, if you would like to purchase any of them.

This fall there have been some great donations to the Amaranth Diabetes Foundation! I appreciate each Grand Court's and Subordinate Court's efforts this year. Some highlights include the 1st Annual Diabetes walk in Washington and the Grand Court of Alaska donating over \$14000! Congratulations to all- I look forward to learning about our final total in July!

I wish for you a wonderful Holiday Season. I hope you get to spend time with family and friends. I am really looking forward to spending time with my family in Australia over Thanksgiving for the official visits down under.

After the rush of the Holidays, 2025 will be here and a new calendar year full of Amaranth activities. May we celebrate the Amaranth future and ensure the success of our amazing Order.



With the Supreme Worthy Advisor at Supreme Session of Rainbow,  
Honored Lady Kay Letterman



Heralds and Guardians in Silver State



Supreme Officers in Silver State



Supreme Officers in Baytown



Heralds and Guardians in Louisiana



Supreme Officers in Louisiana



Returning the traveling gavel from Louisiana



Heralds and Guardians in Alaska



Supreme Officers in Alaska



Heralds and Guardians in Idaho



With the Royal Matrons and Patrons of Idaho SCJ



Supreme Officers in Iowa



Heralds and Guardians in Iowa



Supreme Officers in Wisconsin



Heralds and Guardians in WI



## **SUPREME ROYAL PATRON**

### **S.K. Richard Marsh**

Greetings!

I would like to thank all the members, family and friends who attended the receptions for our Supreme Elected Line Officers: H.L. Marsha Weidinger and S.K. Bill Haas, H.L. Emily Moyer (where she revealed her choice, S.K. Ernie Sayo, to join her as she advances to the Supreme Throne), and H.L. Hollie Dahm Stivers. Each reception was unique, fun and enjoyed by all who attended. Thank you also to all the members and friends who worked so hard to make these events such a success.

As of this writing, I have been able to attend the Official Visits to Silver State Court, Baytown Court, and the Grand Courts of Louisiana and Wisconsin. Thank you all for your gracious hospitality, friendship, and kindness shown to your visiting guests.

I mentioned in my last article that I challenged everyone who attended the installation at Supreme Council Session to be a BEAR (Brave, Enthusiastic, Accepting, and Respectful) this year. Last issue I focused on being Brave. This issue will concentrate on the second attribute of being a BEAR—being Enthusiastic. Whenever I think of enthusiasm—that strong feeling of active interest—I think of the two polar opposites in the Disney’s cartoon movie, “Winnie the Pooh”—that’s right--Tigger and Eeyore.

On one side of the spectrum, you have Tigger. He is so full of energy, excitement, and enthusiasm that he can hardly contain himself. A “Tigger type” member bounces from person to person and from one thing to another. Their enthusiasm is usually contagious. Almost everyone has to smile when they see, listen to, or watch a Tigger person.

It is almost always a pleasure to talk with energetic and enthusiastic people. They are usually upbeat, and always involved in something. They have a positive approach to life. I’m sure you all can think of a few people who are “Tigger-like” in their actions.

On the other end of the spectrum, you have Eeyore. An Eeyore type person expects people to serve them and seek them out to talk to them. Have you noticed what it is like to talk to them? Nothing is ever right. Something is always wrong. And the sad thing is that, maybe even unconsciously, they make the choice to be that way.

To me, that is the key. Each one of us determines how we react to people, situations, circumstances, and obstacles. We, ourselves, are the only ones who decide how we will react. We are in control of our actions.

Let us be BEARs, being enthusiastic, and work toward achieving our goals in growing our Order and improving our Courts. Let’s move toward the Tigger end of the enthusiasm spectrum and away from the Eeyore chasm of self-doubt, self-pity, and negativity. It is up to us, the members, to make the choice of how we wish to proceed and be perceived.

In closing, remember to be enthusiastic and kind to one another, because you may never realize how one simple act of kindness may impact someone's life.

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## **SUPREME ASSOCIATE MATRON H.L. Marsha Weidinger**

Hi everyone.

As I write this, I can't help but think of all the damage from Hurricanes Helene and Milton and the tornadoes caused by these hurricanes. They have affected and changed so many lives with mass destruction. But I've also watched the resiliency of the people in the affected areas. They are helping one another without thought to race, color, religious beliefs, social status, age, etc. They are sharing what they still have, working together to recover what items they can find, and helping each other however they can.

S.K. Bill and I are working diligently on plans for our year. We have started announcing our Supreme Officers for next year. We will be getting the information for DSRM's and DSRPs out soon. I plan to get the DSRMs/DSRPs letters and forms out on the Supreme Web Page and Supreme Facebook Page (once approved by the administrators) and will mail out this information to those who don't have computer access. So if you are eligible and would like to be DSRM/DSRP, Please look for these forms or send me your name and address so I can mail the info and forms to you.

I am enjoying my travels to the Grand Courts this year. It has been great to meet new friends while renewing old friendships. Thank you for the hospitality you have shown me in my travels.

Please continue to pray for those who have been affected by these storms or who are facing other issues. Remember, never underestimate the difference you can make in the lives of others.

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## **SUPREME ASSOCIATE PATRON**

### **S.K. Bill Haas**

Looking Forward  
Too much water, not enough water.  
Material possessions which are here today but gone tomorrow.  
What does the future hold?

Thank you to the members of Supreme Council for giving me the opportunity to serve you. My deepest gratitude to all who attended the reception in Knoxville, TN.

We have members in Florida, Georgia, Philippines, South Carolina, and North Carolina who have been affected by an overabundance of rain and the flooding associated with it. We have members whose homes, businesses, and even Amaranth meeting locations have been inundated and even washed away. Other members in the midwestern and western parts of North America are worrying about continuing drought conditions and the very real potential of wildfires. As we drove west after the Grand Court of Iowa, we could easily see a smog line in above the horizon and occasionally got a whiff of smoke. While it was great to see that the harvest was in full swing, anyone driving on gravel road or working in the fields generated a large plume of dust.

Computer models using data from the past weather events in an attempt to predict upcoming weather events and even the paths of current storms. Their success is limited. We, too, look to our past Amaranth activities to determine what might happen in the future. But that past only gives us an idea, there is no guarantee.

As our members rebuild their lives and learn from their experiences, we too can continue to build our beautiful Order. We can look to the past to see what has worked and to understand the “why” of how we do things today. Our rich Masonic heritage brings us together and gives us our traditions.

However, our world not only is changing, it already has changed. We must, in fact, look to the future and select a path that allows us to grow while maintaining our values. We must step out of our comfort zone and try new ideas. Who knows, the new ideas may actually be fun and profitable and allow us to continue our effort to raise money for Diabetes Research. If we enjoy what we are doing, others will see our efforts and may join in the fun.

A paraphrase of the words from the Van Halen song “Right Now”, we don’t want to wait until tomorrow. It’s our tomorrow right now! So let us Look Forward and be Amaranth Proud.



## **SUPREME CONDUCTRESS H.L. Emily Moyer**

My heartfelt thanks for all the prayers and loving thoughts and words at the passing of my husband, S.K. Allen D. Moyer. I am reminded of the remarks S.K. Ernesto Sayo made during my reception that Amaranth members are a family. This has been proven time and again by the outpouring of concern and sympathy during illness and the loss of someone I loved very much and the rejoicing and joy shared during happy celebrations. Amaranth is one of the strongest support groups when you need it the most and for this, I am so grateful.

As we head into the holiday season, I hope you and your family enjoy the celebrations, rejoice in your happiness and are thankful for your Amaranth family and friends. Again, my sincere thanks. You have touched my heart and I hope in the future I can return the kindnesses and work for the advancement of the Order of the Amaranth.

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## **SUPREME ASSOCIATE CONDUCTRESS H.L. Hollie Dahm Stivers**

Hi all, what a whirlwind the past few months have been. Our group of Grand Associate Conductresses and Associate Conductresses under SCJ are very interested in helping build up our Organization. We are known as the 'Fascinators' and it fits. My ladies never cease to amaze me at the fascinating ideas. Keep them coming.

Thank you to all for the kind wishes for the reception I had as Supreme Associate Conductress. Oregon, thank you!

Looking forward to seeing you all on the Amaranth trail.







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## AMERICAN DIABETES ASSOCIATION

### Susan Dishart Amaranth Liaison

Dear friends,

Each year we honor November as National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. We are thankful that you work EVERY month to rally support for those who are living with diabetes. Your work to fund needed research is so important. Here are important statistics about diabetes:

1. **Over 38 million people** have diabetes
2. **Nearly 98 million adults** million adults have prediabetes
3. **136 million people** have diabetes or prediabetes
  - a. **1.2 million** Americans are newly diagnosed with diabetes each year, that's nearly 3,300 Americans are diagnosed with diabetes each day or every 26 seconds someone in the U.S. is diagnosed with diabetes

These are just some of the numbers of diabetes to highlight the staggering reach of this disease. If you or a loved one need additional information about how to live with diabetes, please visit the website of the American Diabetes Association [diabetes.org](https://diabetes.org).

The Amaranth Diabetes Foundation Inc. and your donations are currently supporting 5 research grants. New brochures are available for you to distribute in your community. There is new contact information for ordering the brochures (available in packages of 25): email [Giving@diabetes.org](mailto:Giving@diabetes.org) or call 703-719-8617 or 888-700-7029.

Your work is important and so appreciated.

*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. -Margaret Mead*

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**AMARANTH DIABETES FOUNDATION BOARD OF DIRECTORS**  
**H.L. Charlene Tucker, President**

Honored Ladies and Sir Knights

I am happy to report that because of the donation that we made to the American Diabetes Association at Supreme Council we were able to fund an additional research grant. Dr. Lisa R. Beutler, MD, PhD, from Northwestern University Medical School was chosen by the Board of Director to be the fifth grant. Dr. Beutler's Pathway grant "Dissecting sugar-induced modulation of gut-brain circuits." This project will monitor the activity of several neural populations critical for normal feeding and glucose balance in mice before and after a high-sugar diet. The funding for this grant will go through December 30, 2027. With the addition of this new researcher a new brochure for 2024-2025 has been created and is now available. To order brochures please call 888-700-7029 or email [giving@diabetes.org](mailto:giving@diabetes.org).

With Grand Courts and Subordinate Courts under Supreme Jurisdiction for 2024-2025 in full swing, it is important to remember those members who have gone upon and beyond raising money for diabetes research throughout our Order. There are two ways that you can recognize these members. The Individual Distinguished Service Award (IDSA) and the Unsung Hero Award. Do you have a member who has never been recognized? It is easy to place a nomination for your Unsung Hero. Send an email to HL Emily Moyer, Supreme Conductress giving details of why this member should receive this award. This award is presented at your session or official visit. For the IDSA Award please go to the Supreme Council website and under the Membership tab and forms tab, you will find the nomination letter and form. Once the form is completed, please have your Grand Royal Matron or Royal Matron for SCJ sign and is return it. All instructions are included in the letter. Please provide as much information as possible when completing this form. All nominations received will be presented to the Board of Directors and then one member is chosen and announced at Supreme Council. Should you need additional information please reach out to HL Charlene Tucker or HL Emily Moyer.

I want to wish you a wonderful holiday season with family and friends. Stay healthy and be safe. God Bless.

## Funded Research Improves Lives



### **BARIATRIC SURGERY REVERSES TYPE 2 DIABETES** **TRACEY LYNN MCLAUGHLIN, MD** 2019-2022

Dr. McLaughlin worked to understand exactly how gastric bypass surgery can reverse diabetes, especially because this surgery is not appropriate for every patient with type 2 diabetes. The research focused on exactly how gastric bypass surgery reverses diabetes, opening the door to the possibility of mimicking the procedure with less invasive treatments or new medications. Ultimately, this could result in the opportunity to improve or even reverse type 2 diabetes in many more patients.



### **STOPPING DIABETES FROM EVEN HAPPENING** **JEFFREY ELMENDORF PhD** 2015-2017

Dr. Elmendorf found that cholesterol accumulates in fat and muscle cells very early in the development of type 2 diabetes and this may be caused by overeating. The increased cholesterol in the membranes of these cells may contribute to the development of insulin resistance which is a hallmark of the disease. Importantly, he found that lifestyle changes, such as diet and exercise, known to prevent the progression to type 2 diabetes could prevent the toxic accumulation of cholesterol in these tissues.



### **PREVENTING OBESITY AND DIABETES** **GREG MORTON PhD** 2019-2021

When we are in cold environments, we need to burn more energy to stay warm. This means our heat-generating tissues deplete glucose at a much faster rate and our bodies adapt to meet this increased demand while maintaining normal glucose levels and preventing hypoglycemia. Dr. Morton's work has shown that our brain plays an important role in these metabolic adaptations and a better understanding of the neurocircuitry may lead to novel strategies for treating obesity and type 2 diabetes.



## Contact Information

**ADF Board of Directors**  
adf\_inc.board@amaranth.org

**Supreme Council**  
**Order of the Amaranth, Inc.**  
supremesecretary@amaranth.org

To order brochures call:  
**888-700-7029** or email [giving@diabetes.org](mailto:giving@diabetes.org)  
Please indicate that you are calling from the Order of the Amaranth.

For information about diabetes and the American Diabetes Association\*:  
**diabetes.org**  
**1-800-DIABETES**

The American Diabetes Association\* and Amaranth Diabetes Foundation, Inc. gratefully accept planned gifts.

For free Estate Planning information:  
**diabetes.org/giving**  
**1-888-700-7029**  
[PlannedGiving@diabetes.org](mailto:PlannedGiving@diabetes.org)

**The mission of the American Diabetes Association\* is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.**



ORDER OF THE AMARANTH  
Amaranth Diabetes Foundation, Inc.



American Diabetes Association.



**2024-2025**

**FOR MORE THAN 45 YEARS,**  
The Order of the Amaranth and the American Diabetes Association\* (ADA) have worked together to fund numerous researchers and their cutting-edge work **in the fight against diabetes.**

In Partnership With



ORDER OF THE AMARANTH  
Amaranth Diabetes Foundation, Inc.



American Diabetes Association.

## About us

The **Order of the Amaranth** is an international Masonic-related organization that endeavors to develop the moral character of its members through a belief in a Supreme Being and teaching the lessons of Truth, Faith, Wisdom and Charity.

The **Amaranth Diabetes Foundation, Inc. (ADF)** is a 501c3 organization that serves as the charitable arm of the Order. Since its inception in 1979, ADF donates all monies it raises in the United States to the ADA, where 100% of the funds support promising diabetes research. Our International Order also funds research in their respective areas to help stop the spread of diabetes.

The **ADF recognizes that diabetes is a devastating** disease that affects nearly 38 million Americans and countless others around the world. Statistics show that 1.4 million Americans are diagnosed with diabetes every year. It is for this reason that the ADF has been a strong supporter of the ADA and its research.

**We can make a difference** by making a tax-deductible donation to the ADF. In addition to cash gifts, the ADF accepts memorial donations, honorariums, stock, and estate designations. Together, we can help people live longer, healthier lives.

**Truth, Faith, Wisdom,  
and Charity for  
a cure.**

## 2024-2025 Amaranth Diabetes Foundation, Inc. Supported Research Awards and Grants

The Amaranth Diabetes Foundation, Inc. is an integral part of the global effort to stop the spread of diabetes. The Foundation Board selects the ADA-sponsored research projects that are conducted by the following scientists:



**JUDITH AGUDO, PhD** ▶ Dana-Farber Cancer Institute

**Harnessing immune privilege mechanisms from stem cells to protect beta-cells from immune attack**  
A true cure for type 1 diabetes involves replacement of missing insulin producing beta-cells. The goal of this project is to develop strategies to ensure the survival of transplanted or regenerated beta-cells, by allowing them to effectively and safely cloak from immune cells. *(Grant funded through June 30, 2025)*



**HOWARD WILLIAM DAVIDSON, PhD** ▶ University of Colorado Denver

**A high throughput test predicting future beta cell loss in subjects with recent onset T1D**  
The rate at which insulin producing cells are lost (progression) in someone with type 1 diabetes varies considerably between individuals. We believe that testing proteins and genes together will provide a much more accurate and precise test and overcome the limitations of those currently available. *(Grant funded through June 30, 2025)*



**WILLIAM GEE CHANG, PhD** ▶ Yale University School of Medicine

**Micro vessels-on-a-chip to model diabetic microangiopathy and to advance precision medicine in diabetes**

Diabetes results in hyperglycemia that damages micro vessels throughout the body. This is known as diabetic microangiopathy and can lead to dysfunction of multiple organs including the brain, eyes, heart, kidneys, and nerves. This study will increase understanding of the biological processes driving diabetes-related small vessel disease, generate new biomarkers to track disease, and establish a platform to potentially test new therapeutics. *(Grant funded through June 30, 2025)*



**MEGAN L. BAKER, MD** ▶ Yale University

**Cellular and Molecular Characterization of Human Diabetic Kidney Disease**

This project focuses on investigating the progression of diabetic kidney disease, aiming to unravel the mechanisms leading to kidney failure. The goal is to develop treatments that specifically target these identified pathways, thereby altering the natural course of the disease. Ultimately, this project holds the potential to contribute significantly towards the prevention and treatment of diabetic kidney disease by offering insights into novel therapeutic targets. *(Grant funded through June 30, 2027)*



**LISA R. BEUTLER, MD, PhD** ▶ Northwestern University Medical School

**Dissecting sugar-induced modulation of gut-brain circuits**

Despite its clear link to metabolic disease, very little is known about how a high-sugar diet alters the dynamics of this communication. This project will monitor the activity of several neural populations critical for normal feeding and glucose balance in mice before and after a high-sugar diet. These experiments will enhance understanding of how nutrition impacts brain function, determine how this goes awry during the development of obesity and diabetes, and identify neural targets for preventing and treating these diseases. *(Grant funded through December 30, 2027)*



**AMARANTH DIABETES FOUNDATION  
BOARD OF DIRECTORS**



**Direct donation site**

The Amaranth Diabetes Foundation, Inc. (ADF) has launched a link to a direct donation website. You can use the QR code below or type in <https://donors.diabetes.org/page/Amaranth> to access the site.

We encourage Grand Courts and SCJ Courts to use the QR code on their web pages, Facebook pages, or any other printed information distributed to the members or to the public. Donors will have the ability to include comments to honor or remember a loved one or they can credit their donations to the Grand Court or SCJ Court of their choice. Donations can be a made one time or as a monthly donation.

The ADF will be distributing business cards with general information about the Amaranth Diabetes Foundation, Inc. and directions to create Facebook fundraisers using the direct donation site. Please contact any member of the ADF board for further information.

To request a digital copy of the QR code or the new Amaranth Diabetes Foundation, Inc. logo, contact H.L. Gwen Rochette at [gwen.m.rochette@gmail.com](mailto:gwen.m.rochette@gmail.com) or call (203) 605-4280.

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**SUPREME HISTORIAN  
H.L. Stacey Harris**

🌟📷 Got Pictures? 📷🌟

Hello my friends! Where has the time gone? The year is truly underway, and I have a severe feeling of missing out. We all can't be in the same place at the same time so what's the next best thing? Share your travels with me! I am excited to hear from you and see what exciting things Amaranth has to offer around the world. Share those with me so I can document this wonderful year.

Share your pictures on the Facebook pages or email them to me at [SupremeHistorian2024@gmail.com](mailto:SupremeHistorian2024@gmail.com). I would love to see them.

I am also interested in hearing your stories as well. Do you have a fun/inspiring/exciting tale to tell? I want to hear it. 😊

It is my great honor to hold this position this year and I do so with the thought that the record of our order is for all of us to enjoy. I look forward to sharing this year with all of you and I can't wait to see all the adventures you share with me.

Talk soon! ~Stacey

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”— Maya Angelou

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

Alaska Grand Court ended September 14. Grand Royal Matron H.L. Carol Addison Lippert and Grand Royal Patron S.K. Jim LeFlore are to be commended for a “grand” year. There were 71 in attendance with 17 jurisdictions represented. The Wednesday night “picnic” was held at the Air Museum just a few blocks from the hotel on Lake Hood. The Prince Hall Shriners catered the dinner.

H.L. Carol did a fantastic job with decorations, many using her “Flying” theme. Friday’s luncheon honored first responders. The speaker was Battalion Chief Jim Dennis from the Anchorage Fire Department. Jim is Past Master of Glacier Lodge #10. PSRP Jerry Pinion and H.L. Wanda Pinion, PGRM, wore their military uniforms.

Friday night’s dinner was a rip roaring success. “Snowballs” were thrown and much laughter filled the room.

Grand Treasurer H.L. Iris Crothers, PGRM, was honored with the “Unsung Heros” Award. H.L. Iris picks up many bags of aluminum cans for recycling every week and she makes sure Alaska Court 1 is signed up to take tickets at the Alaska State Fair’s Red gate. H.L. Iris estimates we have recycled 14,000 pounds of aluminum this year.

The Amaranth Diabetes Research Foundation will be receiving a check of \$14,020.

Alaska Court No.1 had many guests for its Oct. 10 meeting as several out of jurisdiction members, here for Grand Court, came early. We were able to have all chairs filled plus sideliners. SRM Elizabeth Herbolsheimer was among the attendees. Newly installed Grand Royal Matron Sandra Thompson Wallace and Grand Royal Patron Johnnie Wallace have plans for the new Grand Court year and will be visiting several “outside” (Alaskans’ term for the lower 48 states) Grand Courts during their term. H.L. Sandy is also Deputy to the MWGM in Alaska OES so she will

be attending General Grand Chapter Triennium at the end of October in Myrtle Springs, S.C.

Six Alaska Grand Court members attended Idaho’s Unity Meeting September 28-H.L.s Sandy Thompson Wallace, Victoria Ault, Diane Wood, S.K.s Del Militare, Johnnie Wallace, Jerry Pinion.

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

Summer in California has been full of activities with multiple purposes: to show to friends and the public what Amaranth is all about, including having fun for the members. We have had a number of projects to raise funds for the ADF. Some of those were mentioned in the last edition of this magazine. There have also been projects to help local community aid for veterans, for senior citizens and for the homeless. There have been projects to support Masonic youth groups. And lastly, activities for fun and fellowship for our members and their friends.

By the time you read this article, the Queen Christina Gala will have been held on Sept. 17, when the Grand Conductress will reveal her choice for the S.K. who will travel with her to the Throne of Grand Court. It will be held at the Treetop Gazebo of the Los Angeles Zoo, a very public place.

Advance Nights begin this month. H.L. Joji Sayo, GAM and S.K. JD Hammett. SAP have announced that they will be attending each of them. During the Advance Night, they will announce the names of the members of that Court who will serve Grand Court in the coming year. This is a change from previous years when the new officers had kept the secret until a week to two before Grand Court.

California members also send congratulations to the Honored Lady and Sir Knights who will be serving Supreme Council this year. They are S.K.

Richard Marsh SRP, S.K. David Bezner Sup. Prelate, H.L. Susan Amirsehhi Sup. Faith.

Just off the latest news is the announcement by H.L. Emily Moyer, Sup. Conductress, that her choice to be her Supreme Associate Patron is S.K. Ernesto “Ernie” B. Sayo, of Black Diamond Court. Congratulations S.K. Ernie. It is an honor that is well deserved.

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## GRAND COURT OF COLORADO H.L. Lula Ellsworth, PGRM Reporter

We held our 1st Poker fun Run in July. It was a great day, weather was good and everyone had a good time.

We had a door prize and drawings from the 5 stops. We stopped at 5 different Masonic temples across the Denver area.

S.K. Ken Hayter fired up the grill for lunch at our final destination.

We've enjoyed 2 Rockies baseball games. The Rockies won both games.

We held our 8th annual 5K Walk for Diabetes. A warm day for the walk, but everyone enjoyed the fun and fellowship congratulations to HL Betsy Emry for getting \$1500.00 in pledges.

Upcoming event is the Craft Fair to be held Oct 27th.



G.C. Kristine Tucker, GRP Mark Tucker  
With their 2 little ones, Julianna and Edwynn.  
Manning a station for the Poker Fun Run.



2024 8th Annual Walk for Diabetes  
Sporting our Amaranth T-shirts. It was a beautiful day for the 5 K walk.

A great group of H.L. & S.K.s. Lula Ellsworth, Ken Hayter, Robert Tschida, Karen Wagner, Kim Fairchild, Kristine Tucker, Betsy Emry, Jim Miles, Larry Bottolfson Julianna and Edwynn Tucker, Mary Keithline, Lauren Ralston, Brandi Long, Cookie Bell Mary Wilkes, Sara Jensen, Pat Hayter Pam Bottolfson GRM, Lyle Wilkes, and Dana Fairchild.

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## GRAND COURT OF FLORIDA H.L. Ann Marie Williams, DSRM

Welcome to Fall! As we have resumed our meetings and as the Holidays approach, let us pray for all those affected by the recent storms from Florida to West Virginia and throughout the world. In August, a delegation from Florida attended Louisiana Grand Court and was greeted warmly by the members of Louisiana.

Also in August, H.L. Athena Mock, Grand Associate Conductress received the DeMolay Legion of Honor. H.L. Athena has been involved with Florida DeMolay for many years and is in charge of their yearly convention. In addition, H.L. Heather Earnhardt received a Lifetime Achievement Award at Florida DeMolay Conclave. Congratulations to these dedicated women.

H.L. Lara Stucki, GRM and S.K. Stephen Edson, G.R.P. represented our wonderful Order at the Florida International Rainbow for Girls convention in St. Augustine, FL.

As we travel far and wide for our beautiful Order, let us remember to be kind, thoughtful and always smile.



HL Cathy Miller, SK Patrick Wilberding, PGRP, SK Ron St. Jacques, PSRP, SK James Patterson, PSRP, HL Karen Patterson, HL Janet St. Jacques, PGRM-FL/GRM-GA, HL Kathy Seichko, PGRM, HL Judith Barnes, PGRM, SK Stephen Edson, GRP-FL, HL \_\_\_\_ HL Betty Cox, PGRM, HL Cathy Edson, PGRM, SK Rick Klenke, GRP-GA



HL Athena Mock, Grand Assoc. Cond – FL and Brother Jason Sinnett- FL DeMolay



HL Heather Earnhardt

## GRAND COURT OF ILLINOIS H.L. Susan McKinney, DSRM

The Grand Court of Illinois is excited for October! We had our Advance Nights in July and August and now we're ready for Grand Court! Our Grand Court session will be October 18-19 and we are looking forward to H.L. Jane McKee, Grand Royal Matron, presiding over our annual session. We will have a "Fiesta in Acapulco" for our Friday Night Banquet, and we hope to raise a lot of money for the Amaranth Diabetes Foundation. As the Fiesta ends, we look forward to the new year and the Installation of H.L. Renee Dempster and S.K. Brian Cox as Grand Royal Matron and Grand Royal Patron. As we leave our "Butterfly Garden", we go in search of Woodland Fairies, Dragonflies and Beavers.



HL Jane McKee, Grand Royal Matron and SK John McKee, Grand Royal Patron

**GRAND COURT OF MISSOURI**  
**H.L. Jacqueline H. Camargo**  
**Reporter**

Jewel Court #16 September 28th Initiation meeting and lunch had a great turnout. We initiated Mr. and Mrs. C L Squires which brings our number up to 5 new members this year. It was an enjoyable meeting, everyone having a good time, especially HL and SK Squires. We are happy to have them in our Court and look forward to sharing many meetings with them. Thanks to all that helped make the lunch so delicious and our Pro Tems who made the meeting run so smoothly.

Sunshine Court No 3 is having social/fundraising events with the Masons and other appendant bodies. We hosted "Burgers and Bingo" in July and "Brats" in September. A New Year's Murder Mystery is in the works. Also in July, Sunshine members assisted Kirkwood Lodge with their Annual Fish and Chicken Fundraiser. They thanked us with a generous check. Our members have been assisting other Courts initiating members and is looking forward to initiating three new members this fall.

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**GRAND COURT OF OKLAHOMA**  
**H.L. Stacey Harris, DSRM**  
**Reporter**

Oklahoma, on the Move!

Hello Friends! We are so excited to share that Oklahoma is on the move! Traveling around the state and across the country as we explore our beloved order. HL Lori and SK Bill, Grand Royal Matron and Grand Royal Patron of Oklahoma have represented Oklahoma well as they start the official visits, schools of instruction and bringing greetings at a variety of masonic orders.

I hope you have your passport from the Supreme Diabetes Coordinator as Oklahoma is on the move to get the most unique stamps in their books. Our Grand Royal Matron and Grand Royal Patron both

have a special stamp and are ready and willing to stamp passports for those moving around in Oklahoma. We would love to see you with us! Safe travel everyone and we look forward to spending time with you soon!



HL Theda Wise, HL Bizzy Herbolsheimer, HL Lori Correia, HL Lila Berry All in Iowa for their Grand Court.



HL Nancy Parker and HL Lori Correia (Lori is wearing Nancy Parkers Grand officers dress) at the official visit of the Grand Royal Matron to Will Clark Tulsa Court.



**GRAND COURT OF PENNSYLVANIA**  
**H.L. Shelley Krall**  
**Reporter**



H.L. Miranda Peruso, Supreme Diabetes Coordinator helps the Queen of Hearts (H.L. Stacy Anthony, GAM) with her crown.



The Mad Hatter (S.K. Donald Bellamy, GRP) and Alice (H.L. Amy Baxter-Bellamy, GRM) arrive for the tea party.



The cast of "Tweedledee's Murder in Wonderland"

**GRAND COURT WISCONSIN**  
**H.L. Michelle Varelas**  
**Reporter**

As we conclude the 74th Annual Session of the Grand Court of Wisconsin, it is a pleasure to reflect on the wonderful year we've experienced. Thank you to everyone who made the trip and joined us for this memorable event.

We would like to extend a heartfelt thank you to HL Mary Schults and SK Robert Miksch for their unwavering dedication to our order and wish the best of luck to HL Mary Lubach, SK Dale Homen, and all the advancing officers as they embark on the upcoming year.

Please visit our website to stay updated on this years events in Wisconsin.

<http://www.wisconsinamaranth.org>



Why did the cowboy adopt a turtle?  
Because he wanted to see a slow ride into the sunset!

## SCOTLAND

### H.L. Aileen Brand and H.L. Kathleen Dinardo

Honoured Ladies and Sir Knights, H.L. Aileen Brand and I have so many Amaranth friends to thank for making our annual visit to Supreme memorable.

Congratulations to H.L. Susan, S.K. Mel with the Elected and Appointed Supreme Officers for leading us through a successful session with dignity and respect. I'm sure together with the support of Past Supreme Royal Matrons and Patrons, as well as H.L. Dixie, S.K. Pappy and the teamwork behind the scenes, made this all worthwhile. The amazing donation of \$510,142.19 to the ADA was truly the icing on the cake!

The river cruise gave us a chance to relax and spend time with friends, we enjoyed the choice of meals at the various dinners and the hotel staff looked after us so well. A special mention to S.K. Pappy, a proud member of Clan Gunn, for the stirring sound of the Pipes and Drums at the Monday Banquet and thank you to H.L. Susan for taking Julie Earl, Aileen and I sightseeing. The funicular ride and views from the restaurant on a glorious sunny day were spectacular and we enjoyed hearing the history of Pittsburgh.

We are so thankful for the friendship of H.Ls Dianne Dean PSRM and Cathy Thompson DSRM, who, over the years, have helped us in so many ways, organising memberships of Harmony Court and Victory Court as well as Registration, booking meals, tours and on our arrival a very generous food hamper. To Pat and Stoney Pavlik PSRP for the warm smiles, welcome hugs, card games and Constant Comment tea. We know how much you do behind the scenes of our annual Assembly as well as your dedication to Grand and Subordinate Courts. To H.L. June Haas PSRM and the Ritual Committee of Carol, Becky and Mary Ann, it was an honour to work with you and, between the serious duties, we enjoyed a little light hearted fun.

As Scotland no longer has an Amaranth Court we appreciated seeing the video messages from H.L.

Bizzy with Susan, Marsha and Emily on their travels throughout the year and the progress being made increasing our membership. Congratulations to H.L. Elizabeth Herbolsheimer SRM and S.K. Richard Marsh SRP for a lovely Installation and Coronation, a wonderful memory for proud father S.K. George PSRP and all the family. Our beautiful Order is in good hands and we wish you safe travels.

To the officers and members of Harmony Court #11 and Victory Court #149 thank you for accepting us and we appreciate the emails and cards keeping us informed throughout the year. Aileen and I will be visiting the little town of Kelso next month to spend time with H.L. Evelyn Mitchell PGRM who loves hearing all the Amaranth news. She has many happy memories and regrets she's unable to travel now, however she'll love the photos and news of good friends Margaret Peacock, Jan Eperson, John and Lillian Worton PSRM.

Finally, to all the members we send our best wishes for a happy, healthy and harmonious year. We are looking forward to seeing everyone in Glendale AZ 2025.

## **SUPREME DIABETES CORDINATOR**

### **H.L. Miranda Peruso**

Let's Celebrate a Cure! You can still purchase the 2024-2025 Supreme pin and pendant to support the Amaranth Diabetes Foundation. Both items measure 1.25" x 1" and cost \$5 each. The pendant comes with a chain included as a gift. This year's image is of an angel.

This year's design was created by the same artist, Sarah Hunter (SK George, PSRP and HL Sandi Kuhns' daughter-in-law and SK James Kuhns, PGRP's wife).

There is a special collector set for just \$10 that will include this year's Angel Pin or Pendant and the Serenity Dove pin/pendant from HL Mary Wyatt and SK George Kuhns' year. These will be a limited time offering. Both of these pins/pendants' images were designed by Sarah Hunter.

We have a special Passport for the 2024-2025 year. These passports are \$5 and will give everyone the opportunity to receive stamps at their visits this year. Each unique visit stamp will give you a point to join the Passport Club at different levels. Bronze is 10-19 unique visits, Silver is 20-29, Gold is 30-29 and Elite is 40+.

You can order using the form and then payment can be made in the following ways:

Checks may be made payable to Elizabeth Herbolsheimer.

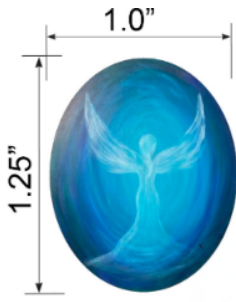
PayPal Bizzy at bizaeth@hotmail.com

Venmo @BizzyH (if you select Venmo, please be sure to hit the "See more people" at the bottom and then search until you find Elizabeth Herbolsheimer with Bizzy's picture among the options).

You can mail checks and/or order forms to H.L. Miranda Peruso at 11080 Piney Ridge Road, Huntingdon, PA 16652 or email her at mperuso@gmail.com.

For additional information, please contact H.L. Miranda Peruso, Supreme Diabetes Coordinator, at mperuso@gmail.com or 814-599-4300. Please put Diabetes Pins/Pendants in the subject line when emailing.

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# Let's Celebrate A Cure!

## 2024-2025 Supreme Diabetes Coordinator Items Pin, Pendant, Passport Options

*The brand new Angel image shown above is exclusive to ADF and was designed by Sarah Hunter, artist and wife of SK James Kuhns and daughter-in-law of SK George and HL Sandi Kuhns. Sarah also created the Serenity Dove image for HL Mary Wyatt's pin and pendant that will also be available again this year.*

**All Pins and Pendants measure 1.25" x 1" and cost \$5 each. The pendant comes with a chain included as a gift.**

**Special Collectors Set includes Angel and Serenity Dove Pin or Pendant for \$10.**

**Passports are \$5 each.**

Name \_\_\_\_\_ Jurisdiction \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Item	Quantity	Price	Total
Collector Set – Angel Pin/Serenity Dove Pin		\$10	
Collector Set – Angel Pendant/Serenity Dove Pendant		\$10	
Angel Pin		\$5	
Angel Pendant		\$5	
Serenity Dove Pin		\$5	
Serenity Dove Pendant		\$5	
Passport		\$5	
<b>Domestic Shipping*</b>		<b>\$3/10 items</b>	
<b>Grand Total</b>			

\*International Shipping will have an additional charge.

### **Payment Methods**

\_\_\_\_\_ Check (made payable to Bizzy Herbolsheimer)

\_\_\_\_\_ Venmo (@BizzyH)

\_\_\_\_\_ PayPal (biza leth@hotmail.com)

### **Distribution**

\_\_\_\_\_ I will be attending \_\_\_\_\_ and will pick my order up there.

\_\_\_\_\_ A member of my jurisdiction will be attending \_\_\_\_\_ and will pick my order up at that event.

Member name who will pick up order: \_\_\_\_\_

\_\_\_\_\_ Please ship my order.

You can either mail your order form to **HL Miranda Peruso, Supreme Diabetes Coordinator at 11080 Piney Ridge Road, Huntingdon, PA 16652** or email it to [mperuso@gmail.com](mailto:mperuso@gmail.com). If emailing, please mark *Supreme Diabetes Project* in the subject line.



**PURCHASE  
YOURS FOR \$5**

# **SUPREME PASSPORT PROGRAM**

**EXPLORE THE WORLD OF AMARANTH  
PRIZES AWAIT AT THE END OF THE YEAR:  
10-19 UNIQUE STAMPS - BRONZE LEVEL  
20-29 UNIQUE STAMPS - SILVER LEVEL  
30-39 UNIQUE STAMPS - GOLD LEVEL  
40+ UNIQUE STAMPS - ELITE LEVEL**

**MEMBERS CAN PURCHASE THEIR PASSPORT FROM  
BIZZY HERBOLSHEIMER, SUPREME ROYAL MATRON  
OR  
MIRANDA PERUSO, SUPREME DIABETES  
COORDINATOR**

**PAYPAL- BIZALETH@HOTMAIL.COM  
VENMO- @BIZZYH**

<b>Supreme Itinerary</b>		
<b>November 2024</b>		
November 7-9	New Mexico Grand Court	SRM
November 14-16	Alabama Grand Court	SRM
November 24	Queensland Unity Meeting	SRM
November 30	New South Wales Unity Meeting	SRM
<b>December 2024</b>		
December 2	Royal Victoria Official Visit	SRM
December 7	Pineland, Maine Official Visit	SRM
December 9	Heritage, Ontario Official Visit	SRM
December 13	Bluebonnet, Texas Official Visit	SRM
December 14	Yellow Rose, Texas Official Visit	SRM
<b>February 2025</b>		
February 13-15	Virginia Grand Court	SRM
February 20-22	Colorado Grand Court	SRM
February 27-March 1	California Grand Court	SRM
February 27-March 1	South Carolina Grand Court	SAM
<b>March 2025</b>		
March 6-8	Oregon Grand Court	SRM
March 20-22	Washington Grand Court	SRM
March 20-22	Georgia Grand Court	SAM
March 27-29	Connecticut Grand Court	SRM
<b>April 2025</b>		
April 3-5	Tennessee Grand Court	SRM
April 10-12	Missouri Grand Court	SRM
April 11-12	Kentucky Grand Court	SC
April 24-26	Massachusetts Grand Court	SRM
April 24-26	Arkansas Grand Court	SAC
April 27-30	Pennsylvania Grand Court	SRM
<b>May 2025</b>		
May 1-3	New Jersey Grand Court	SAC
May 5-7	Philippines Grand Court	SRM
May 8-10	Arizona Grand Court	SRM
May 8-10	New York Grand Court	SAM
May 15-17	Ohio Grand Court	SRM
May 15-17	Florida Grand Court	SAM
May 29-31	Oklahoma Grand Court	SRM
<b>June 2025</b>		
June 5-7	Indiana Grand Court	SRM

## 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 ½ x 11 ½ “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. **Articles should be a maximum of 300 words per Jurisdiction.** 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 **MUST be received by the Editor by the 10<sup>th</sup> of the months of JANUARY, APRIL, JULY, and OCTOBER.** 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 **January 10, 2025!**

### Crown & Sword Subscription Form

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Send subscription fees and form to the Supreme Secretary (address below) or your jurisdictional Crown and Sword representative.

Patti Baker, Supreme Secretary  
9100 W. Jewell Ave, #105  
Lakewood, CO 80232-6466  
supremesecretary@amaranth.org

Trivia Answers: 1971, Nana, Aurora (Sleeping Beauty), Oswald the Lucky Rabbit, No Worries, Pixie dust, Hot dog!

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, <http://www.amaranth.org>  
"Order of the Amaranth"

MEMBER:

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

**The Crown & Sword** is published four times per year by the Supreme Council, Order of the Amaranth, Inc.  
Contact the Supreme Secretary at the address given above or the Guidelines page.

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H.L.	Diane Wood	ID	2026
H.L.	Becky Wolbert	GA	2027
H.L.	Kim May	GA	Editor

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