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Greetings Sisters and Brothers,

How quickly summer has flown by! Brother Dick and I hope you all enjoyed the season's whirlwind of Grand Chapter, Installations, picnics, fun, family and fellowship as much as we did. As we start the Nature's Wonders year, we want to share with you that our theme is the "Getting Back to Our Roots to Strengthen Our Eastern Star Family Tree". Moving forward, one of the things this means returning to being guided in our work by those documents that are the foundation of our Order: our Constitution and Bylaws, Uniform Workbook, Secret Work and Ritual. These documents are as much a part of our roots as our Masonic heritage and those who traveled the Star Trail before us.

This year, Brother Dick and I will be continuing to support Paws Assisting Veterans (PAVE) and Cancer Research as our special projects. I will be working with the creative ladies of the Service Dog Committee to raise funds for PAVE. Mark your calendars to join me for Daphne Chapter's March 30<sup>th</sup> Bunco for PAVE fundraiser. Worthy Grand Patron Dick will be leading the charge to raise funds for Cancer Research. Look for his escorts to have raffle tickets for the super soft "Cuddles to Cure Cancer" afghan crocheted by Cancer Chair Sherill Wallace. The drawing will be held at Grand Chapter in 2024.

Just a reminder that the membership passed two resolutions at Grand Chapter regarding Coin Drills to support our projects and the General Grand Regenerative Medicine project:

- **Resolution #6:** That a coin drill be conducted in each Chapter over the course of the year with the proceeds being submitted to Grand Chapter to go to support the General Grand Chapter Regenerative Medicine project.
- **Resolution #9:** That a coin drill be conducted at each Grand Visitation with the proceeds being submitted to Grand Chapter to be divided evenly between PAVE and Cancer Research.

And, because we know Chapters are gearing up to work for Proficiency Awards, here are the details for the 2023 – 2024 Eastern Star year:

1. To become proficient, a member must give:
  - a. The Secret Work given by the Conductress at the Altar when she picks up the Bible, starting with “Both hands...”
  - b. The Obligation
  - c. The Signs and Passes of each Degree
  - d. Number 17 in the Secret Work (Are you a member...)
  - e. The Salutation Sign and Responses.  
(Begin with “There is one other sign....” Ritual, page 83 and Secret Work #18)
  - f. The Grip of the Order
2. Any Chapter with seven members or more having attained their Proficiency will receive a Proficiency Award at Grand Chapter.

Brother Dick and I are honored by the trust you have placed in us to guide this Jurisdiction for this Eastern Star year and look forward to visiting with the membership of Oregon as we travel the state to attend Grand Visitations, receptions, fundraisers and fun events.

See you on the Star Trail,



**Stephanie A. Beall**  
Worthy Grand Matron



**Dick Varner**  
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