

Mailing Address:
P.O. Box 6
Cupertino, CA 95015-0006
(408) 736-6563

The Triple Links Silicon Valley Odd Fellowship

January 2023
Don Lang - Editor
donlang@sbcglobal.net

Established 1987



Life Line Screening

Life Line Screening, the nation's leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at Odd Fellows Cupertino Lodge 70 on Wednesday, February 1, 2023.

A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered:

Carotid Artery Screening (Plaque)

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease Screening

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹

Abdominal Aortic Aneurysm (AAA)

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency.

Atrial Fibrillation

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²

These 4 vital screenings take 60-90 minutes to complete. Register by calling toll free 1-888-653-6441, text the word "circle" to 216-279-1607 or online at <https://lisa.social/Hc>



John Meierdierks Passes

Brother **John Meierdierks** passed away Christmas Eve from respiratory complications. He was the current Noble Grand of Hermania Rebekah Lodge and also a past Noble Grand of Both Hermania Rebekah Lodge and Mountain View Independent Order of Odd Fellows #244, where he enjoyed 33-year memberships. He was a member of Hope and Barnes Encampments and held the office of Grand Scribe of the Grand Encampment for several years before brother **Rodney Metoyer** took over. He is survived by a sister and a daughter who lives in Reno. John joined the Order so he could attend functions of his Daughter **Stephanie** who was in Theta Rho at the time. He is predeceased by his Daughter **Stephanie**, and his wife **Jacquita (Jackie)**. The Funeral Service will be held at the Alta Mesa Memorial Cemetery on Atascadero in Palo Alto at 10:00 AM on Tuesday, January 24th. Pastor **David Moore** will speak and the Grand Encampment has agreed to perform the Odd Fellows service.

By **Jackie Brown**

Grand Master to Visit Saratoga 428

The **Grand Master Redgie Fleeman** will be visiting Saratoga IOOF Lodge, #428 on 1/24/23. The lodge are hosting a reception for him, at the Lodge, starting at 5:30 PM, This will be followed by their lodge's Officer Installation.

Saratoga's monthly business meetings now start on the 2nd Tuesday at 6:30 PM and there is NO regular 4th Tuesday meeting for them except in Oct to hold nominations for Officers.

Lets make this extra special for Reggie and have as many other lodges in the district join us for this special event. Thanks for your attention to this.

By **Connie Hall**



Silicon Valley Odd Fellowship

Simona is Cupertino's New NG

Simona Benjamin is Cupertino Lodge's new Noble Grand. This will be her first time and she is looking forward to it. One of her first things she is trying, is to increase the number of members who attend personally at meetings. Since COVID and with meetings also being in Zoom, the attendance has dropped. So she is trying to increase attendance by having dinner before the meeting on once a month many times during the year. This proves to be successful in many of the lodges throughout the state. Of course the other thing she is doing is increasing the number of social events the lodge is scheduled to have. She is also bringing back our very successful Ukrainian fundraiser. We already received a donation for the Ukrainian people from another lodge in the state.

By **Don Lang, editor**

Congratulation to all the New Officers

We would like to congratulate all the new officers which will be going into office, especially our new Noble Grands. So much of the lodge's success can be traced to how seriously the Noble Grand takes their job. Do they plan what will be covered at their next meeting, or do they just come and wing it? Will they check with their committees before hand to make sure there is progress from week to week or will they be satisfied with no new progress? This year the Noble Grands are supposed to be examined by the DDGM on the secret work, which means they should at least be thinking about what some of their responsibilities are. This has not been done in a very long while. I know in our district, it will be done in a good way, which will help the Noble Grand, and not be given like an exam.

All new officers should take their new positions in the same way. They need to learn what is expected of them in their new office, by either reading or looking over their responsibilities or asking the Noble Grand or some other knowledgeable member of the lodge who knows what it is.

The beginning of the year is a good time to correct little things that are not being followed to the letter. Like walking in front of the Noble Grands station during the meeting, interrupting the Noble Grand when they are speaking and not waiting to be recognized to address the lodge. I could go on..

But, good luck to everyone and I wish you all a great year of fun and success

By **Don Lang, editor.**

New Years Eve Party

The Cupertino Lodge again joined with the Kani Ka Pila Hawaiian Club to celebrate the incoming 2023 new year on New Years Eve. However, it took place in New York City's time zone. There were about a total of 40 people in attendance. Most people brought a pot luck dish or dessert which was added to the Pizza that the lodge supplied. The Laule's Hawaiian Band again performed during the night with their Hawaiian dancers, including two men. Many of their club members in the attendance also joined in with their own ukuleles. The band displayed the songs on the big screen, so everyone knew how to play the songs. They all had a good time. I couldn't tell you what happened at 12:00 NYC time, when the big ball dropped, because I had to leave early because I must have ate something that either had a small amount of nuts or nut meg in it which I was allergic to My reaction wasn't bad, but I needed to take some Benadryl which I did not have with me.

By **Don Lang, editor**



Important Dates in January

Jan 2 (Monday) Rose Parade Pasadena
Jan 12 THUR (6:30PM) Dinner & Installation Mt View 244
Jan 16 (J) Installation MON 2:00 pm Stella #22/Freja #284
Jan 16 (J) Installation - MON (7:30 PM) Cupertino 70/
Philotesian 145 @ Cupertino
#2 Sun. AMOS & LOTO Installation (2 PM) San Francisco
Jan 17-3rd Tues Movie Night (5to7- Family)(7to9-Action) Emory ST
Jan 21 (SAT) 11:30 AM Installation Hermania 49 by ZOOM
Jan 24 Sar. 428 (Tues)5:30 Gr Master Visit & Installation
Jan 30—Initiation - MON (7:30 PM) Cupertino
Feb 4— Installation - Sat (approx 1:00 PM) True Fellowship

By **Mary Lou and Don Lang**

Silicon Valley Odd Fellows

True Fellowship New Year Story

The San Jose True Fellowship lodge #52 is kicking things up a gear for 2023, and you are cordially invited to join us. Each month, we'll be hosting a board game day on the first Saturday, a potluck on the second Wednesday, and a movie night on the third Tuesday (these are always double features - a family movie followed by one for older audiences). In addition, from March through October we'll continue our tradition of hosting a hamburger fry on the last Wednesday of each month, and any month with a fifth Saturday will have a crepe and omelet breakfast. Plus, we're even bringing back an old favorite - corned beef and cabbage the Wednesday before St Patrick's Day (March 15th this year).

The calendar is packed with some other one-offs as well, from an extra crepe and omelet breakfast on February 4th (followed by officer installation), a Super Bowl party on February 12th, and a Mardi Gras party on February 21st (which bumps that month's movie night). And that's just February.

So what's going on, you might be wondering? Well, as always, it all comes down to the people. And True Fellowship is growing by leaps and bounds. On January 30th, we'll be initiating as many as 12 new members at once. Most of these wonderful additions became involved thanks to a pair of new members we welcomed this past Summer - **Jane Beckman** and **Andrew Crockett** - who immediately saw a potential in our community that I'm not sure we even saw ourselves.

I think sometimes we forget what an amazing thing this organization is. Especially during the pandemic, but even before that, our society has become incredibly isolating. The easiest thing to do is be alone. There's plenty to entertain ourselves with, we can get all of our shopping delivered to us, and many of us don't even need to leave our homes to do our jobs. How many people in our community even know their own neighbors? Do you know yours? There is a need for the fellowship that we offer, and I'm reminded of it every time I see the excitement on another person's face when they understand what they've walked into.

The Oddfellows isn't primarily a social club. Our purpose is so much more than that. But that first principle, friendship, is incredibly important, and one that bears thinking about and acting on. As incoming noble grand for True Fellowship lodge, I am so excited to see it become a place for friendships to be born and nurtured. So getting back to the calendar, we keep creating events, new people keep showing up (and often fill out applications), and suddenly we have more people available to help organize more events to bring in more people. And as those new people invite their own friends, the virtuous cycle keeps on going.

I would love for you to join us. This month's events:

- * Board games - January 7 at 1PM

- * Potluck - January 11 at 6PM (please RSVP

to sanjoseoddfellows@gmail.com, and let us know if you're bringing a main dish, a side, or a dessert)

- * Movie Night - January 17 at 6PM (showing "Onward" at 6, followed by "Everything Everywhere All at Once" at 8 - feel free to join for one or both)

By *Mason Wolf*

Incoming Noble Grand for True Fellowship #52