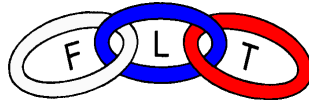


Established 1987



Clean your Heart, Make a Healthy Lodge

There are many ways to help your Lodge become more-healthy. A simple way is to clean. And this is what the Aikido members have done for years. For over a decade your Aikido club at Lodge #70 has done an annual cleaning in the first few months of the year. The latest cleaning was March 7th 2020. Then on March 16th the whole country shut down for the Covid-19 pandemic. And everything stopped.

But a deeper thought to cleaning is with your heart. And that cannot be mandated. It is not always a job left for a committee or dedicated group. It is a job of each individual member to see what needs to be cleaned. A few people can band together and just get something done. A group recently did this to clean up the parking lot before it was resurfaced. It doesn't need to be a standing committee or sub group.

We paid a janitor to clean before the Covid shut down. Now we pay a member for doing that work. This is a good step forward. And is a giant responsibility for that one person. Fortunately, we pay them a stipend for their work, which is not nearly enough for all that they do.

But can there be a better way to keep the lodge clean? Try this.

Each person can learn to be aware of your lodge. When you see something, pick it up, trim a branch, pickup something and put it in a better place. Now there's the challenge. To look and really see. Do you see the dust on the fan blades? Do you see the areas under chairs that need vacuuming? Do you see the dust on the framed pictures and in the vents? Have you cleaned the ledges on the walls?

Recently we had a reception for the Grand Master. The lodge was left a cluttered mess with lost feathers and more everywhere. Could any of those members have picked up after themselves?

Aikido teaches awareness of your surroundings so as to be safe. It is a normal extra step in Aikido to see those parts mentioned above and more. And, to do what needs to be done. It is called, Musubi, which means to blend and fit.

The lodge does not teach a culture of awareness like Aikido can, but it could. It must first start with your personal awareness of "your-self" and your selfishness. But if it stops with your selfish view, you'll not see what others need. When you can go beyond what you want, and see what others need, that is a good start. But you must take action on your own. And not wait. If you see someone stumble, you catch them. But even before they stumble, try to see the need and prepare for it. Don't wait for a committee to be formed or a group to band together to help. Be less selfish by being more aware, and "help other people at all times". (A good idea from the Boy Scout Oath.)

Here are two images from years past when your Aikido club at lodge #70 cleaned the meeting room together. One from 2014 and the other from 2020 March 7th.

By *Tom Blackburn*



Newly Paved Parking Lot

Cupertino Lodge #70 recently got it's parking lot newly black topped with bright white lines for parking cars. We have space for 64 cars. It looks great, but cost us an arm and a leg and done at a time when our normal renters were still keeping away due to COVID. Finally we are getting some renters back.

By *Don Lang, editor*

Silicon Valley Odd Fellowship

Grand Lodge Session

The Odd Fellows Grand Lodge and the Rebekah Assembly sessions will be held in Modesto, CA, starting on Wednesday May 18 and run to Sunday morning, May 22. New legislation will be voted on Thursday, Friday and Saturday, with reports given and climaxed with the joint installation of all our new state Officers on Saturday evening. You need to be a lodge representative to vote, which means you need to be a Past Grand for the Odd Fellows or Past Noble Grand for the Rebekahs, (notice in the difference in what they are called). However you can still be there and listen to what goes on and take part in the dinners and other events which go on. More about the what happened in the next newsletter.

By *Don Lang, editor*

April Cupertino Social

Last months social was a great success although we only had 18 at attendance. COVID still kept some away as did other scheduled personal activities. The ones that were there enjoyed the food and the socializing. Head chef **Simona Benjamin** was at her best, also the other great helpers from the lodge, who cooked up corned beef, with roast carrots and potato salad, with tiramisu and cheese cake for dessert. We look forward to our next event.

By *Don Lang, editor*



May Social

Cupertino Lodge is trying to find a member to head up the first BBQ of the Spring/Summer months on the 3rd Monday of May, May 16. **Simona Benjamin**, our Vic Grand, who has been doing most of the socials, will be out of town that day. So we are looking for someone else to step up and take that job. If they do, we will have the BBQ.

By *Don Lang, editor*

Ukrainian Dinner Fund Raiser

Lodge 70 passed a motion to donate the lodge dining room to support a fund-raising event for Ukraine on Saturday, July 30th, 2022.

Antonia Gale (Toni) worked for the Peace Corp in Ukraine. She is now part of the Returned Peace Corps Volunteers (RPCV). With the website, <https://www.allianceforukraine.org/cpages/home>. This group is associated with the Northern California Peace Corp (NCPC), <https://www.norcalpca.org/cpages/home>.

Aside: Returned Volunteers for the Peace Corp started at the beginning of Covid-19 around March 2020. My niece, **Katie Lee**, was returned from Dakar, Senegal during that time.

Antonia Gale was born in Slovenia. Toni is a refugee from the Bosnian war. She started working for the Peace Corp in the United States. The Corp sent her to the Ukraine to assist the Ukrainian Peace Corp effort.

Planning is still underway with initial concepts of a \$50 a plate dinner accompanied by music related to Ukraine.

Stay tuned for the Ukrainian fund-raising dinner to come. And note; both groups, NCPC and RVPC are official 501(c)3 tax organization. This means any donations are tax deductible.

By *Tom Blackburn*

Earth Day

The Cupertino Lodge Booth at the Cupertino park next to their Library went very well. **Tom Blackburn** showed up at 9:00 AM to put up his tarp cover to prevent the sun from cooking those who were in the booth. There was **Ron Myres**, Noble Grand, **Mark St John**, **Don Lang** and **Ivan Fawley** who showed up around 12:00 who were at the booth all day. **Karen Sanico** got about 28 small garden pots and garden dirt and made up little signs to plug into the pot, with plenty of wildflower seeds. We had the kids fill the pots with dirt and plant the seeds. This was a big hit with not only the children but several parents also took a pot home. Don went to Grand Lodge and pick up many different Odd Fellow Flyers and he up dated the flyer which he and **Mary Lou** made up many years ago, which high lighted the Cupertino Lodge #70 and Philotesian Rebekah Lodge #145, plus all our Odd Fellow facilities in the state. Mark went and printed up 50 colored copies. We had a fun day talking to a lot of interested people. I was surprised to hear that this was the 14th year for Earth Day event in Cupertino.

By *Don Lang*

May 30th Degree?

It doesn't look like we will be holding an Initiation Degree on the 5th Monday of May, mainly because that is Memorial Day and many members are not available then. We are however trying to schedule one in the very near future since Cupertino has a candidate who is waiting. It may take place on the 4th Monday of May at the regular Cupertino meeting. Stay tuned for more information,

By *Don Lang, editor*

All Are Welcome Here

~ Mural Committee Update ~

The IOOF Mountain View mural committee consists of myself, Sister **Bev Manzano**, Sister **Jessica Dickinson Goodman**, and Brothers **Paul Dickinson** and **James Dyer**. In 2021, we developed and honed down ideas for a mural that could potentially be painted on the Villa side of our building to help enhance and beautify downtown Mountain View while spreading our Odd Fellows message and identity to passersby.

There were many steps we looked into even before the development of concepts: We spoke to the city permitting offices to see what was required of them, as well as to the city's Public Arts Committee, where we learned there is currently no other mural in the downtown area. The arts committee was happy to hear of our plans of creating an inaugural public mural. We gleaned valuable knowledge, from legal to pragmatic matters, meeting with a representative of *Pow! Wow! San José*, which is a mural festival in nearby San Jose. I also spoke to several mural artists and building painters, and got bids for their services.

We developed a Creative Brief based on feedback from a questionnaire to lodge members to guide the creative development so that the mural would reflect our members' viewpoints. The majority of people surveyed agreed the surrounding community at large is the most important target audience. The main reason for creating it would be to communicate our IOOF values of Friendship, Love & Truth, and the main message to communicate is one of inclusivity, "**All Are Welcome Here.**" The majority thought the artwork's emotional tone should be historical, approachable, and light-hearted/whimsical.

From there, the mural committee vetted over a dozen concepts I developed to distill the points above into one image. The visual we identified as a front-runner features a field of sunflowers with a butterfly in the foreground. The butterfly pollinator represents our lodge's activities of making the world a better place, while tying into the agricultural history of this region.

As world events unfolded during this process, I realized there was a serendipitous connection between the concept chosen by the mural committee and the people of Ukraine who are currently at the center of volatile turmoil. Sadly, their dire circumstances are not likely to improve for some time. When I learned their national flower is the sunflower, I wanted to get our image displayed sooner rather than later to help show solidarity with Ukraine.

The problem is that painting a mural would require a sizable investment as well as a long lead time. If the concept and budget were approved, it would take 5 to 6 months to complete, including the time to apply for permits and red tape to wade through.

Some of the ideas we were considering combined custom-printed window blinds to coordinate with the mural. It occurred to me that instead of painting a mural (or as an interim solution before committing to painting a mural), we could simply have the design custom-printed on a retractable roller blind at the kitchen entrance on Villa Ave. Doing so would allow us to put out our message quickly, and for a fraction of the cost and time of painting a mural. The idea was approved by popular vote at the end of March, and is currently in production at the vendor. I'll be looking for a volunteer who can install it once it is delivered in a few weeks!



In the near future, there are several other low-impact opportunities we can also investigate to communicate our values and help beautify the neighborhood: we can desktop-print the same approved image/message in a format appropriate for display in the storefront, and possibly paint a different mural in the kitchen above the cabinet wall. Both of these options are DIY projects without the necessity and cost of permits or outside vendors.

It makes me very happy to help put our image forward so the public can learn about all the wonderful things our lodge has done and continues to do for the surrounding community and world at large. I look forward to coming back to the lodge on a regular basis with this colorful and uplifting visual greeting everyone at our entrance, and truly hope others find it as pleasing.

By Bev Manzano, Mural Committee Chair

Mockup of how the finished product will appear, spreading good cheer and a message of heartfelt inclusivity. The design was arrived at by distilling answers to a survey of lodge members in order to communicate our collective vision. The tie-in with Ukraine's national flower was an unexpected bonus!

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 Tuesday, June 14, 2022.

A package of five 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

Osteoporosis Risk

An ultrasound is performed to measure the shin bone for abnormal bone mass density. This can help assess the risk of osteoporosis, a disease where bones become weak and brittle.

These 5 vital screenings take 60-90 minutes to complete. Register by calling toll free 1-888-653-6441, text the word "circle" to 797979 or online at <https://llsa.social/HS>

Working Committees

Lodge 70's Marketing Committee is collaborating with the Website, Building, Events, and Rental Committees to publicize our Lodge and our good works. We help advertise lodge events by creating flyers and writing articles, encourage reviews on social media sites like Yelp and Google, and provide input on design ideas to improve the hall and landscaping. We publicize all aspects of the Lodge as we work together to help others!

By *Karen Sanico*

No June Newsletter

There will not be a June Triple Links, the editor will be out of town for 2 weeks, and will be going to the Odd Fellows Grand Lodge session and then flying back to New Jersey for his nephew's wedding. Sorry about that.

By *Don Lang, editor*