



*109<sup>th</sup> Grand Lodge  
of Alberta*

*104<sup>th</sup> Rebekah Assembly of  
Alberta*

*101<sup>st</sup> Grand Encampment of  
Alberta*

*Officers'  
Programs*

**2013 - 2014**




**HEADQUARTERS  
I O O F  
&  
Rebekah Assembly of Alberta**


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L  . Live the Lessons of the Order

O  . Open Your Mind to New Ideas


L  . Look Always for the Good in Others


L  . Laugh, Love, Learn

I  . Imagine the Possibilities

P  . Plant a Tree for Thee Who  
Comes  
After Me

O  . Obtain New Memberships

P  . Patience Is a Virtue, Practice It  
Where Possible

S  . Smile, Smile, Smile .....

## Grand Master's Message



Whatever may be your cup of tea, about whatever you give two hoots, Odd Fellowship is about how we carry out our interactions with our fellow man. The principles of the Order are an effective means of deciding on a proper course of action in any given situation. Remember that man is like the hummingbird and can move in any direction he chooses - choose carefully. I would point out that choosing carefully will give a much better result.

Fraternally,

*"Mike Metzler"*  
Grand Master



**GRAND LODGE of ALBERTA  
OFFICERS  
2013 - 2014  
109th Annual Sessions**

Jr Past Grand Master	Larry Moore
Grand Master	Mike Metzler
Deputy Grand Master	Rod Witwer
Grand Warden	Robert Whalen
Grand Secretary	Murray Lethbridge
Grand Treasurer	Ron Feyer
Grand Marshall	Sue Gilchrist
Grand Chaplain	Wayne Clemmer
Grand Conductor	Bob Whalen
Grand Guardian	Charlie Bates
Grand Herald	Barry Jones
Grand Musician	Merton Mellow
Grand Canadian Color Bearer	Barry Stevens
Grand US Color Bearer	Earl Stone
Parliamentarian	Neil Thurber

**DISTRICT DEPUTY GRAND MASTERS  
2013 - 2014**

District No. 1	Brother Lloyd Moncrieff Cayley Lodge #103
District No. 4	Sister Marg Lethbridge Crescent IOOF Lodge #81
District No. 5	Brother Harvey Adams Otonabee IOOF Lodge #134
District No. 8	Sister Florence Ponto Edmonton IOOF Lodge #30

# GRAND MASTER'S PROGRAM 2013 -2014

## Aim

- Man, like the hummingbird, can move in any direction he chooses - choose carefully.

## Motto

- Leave it better than you found it.
- The law of unintended consequences.

## Colour

- Sapphire Blue



## Flower

- Blue Lady Slipper



## Mascot

- Hummingbird



## Emblem

- Three Links.



## Song

- Music Box Dancer

## Hymn

- *Amazing Grace*

## Scripture


- Do unto others as you would have them do unto you.

## Guide

- Think before you do.

## Projects

- Living Legacy Program
- Benevolent Fund
- United Nations Pilgrimage For Youth Fund

A white dog sculpture, possibly a husky or similar breed, is shown in profile, facing right. It is standing on a snow-covered ground. The background features a line of trees and a bright sunset or sunrise sky with a sun partially obscured by clouds. The overall scene is peaceful and serene.

*Respect the elders.  
Teach the young.  
Co-operate with the pack.  
Play when you can.  
Hunt when you must.  
Rest in between.  
Share your affections.  
Voice your feelings.  
Leave your mark.*

*"We will be known by  
the tracks we leave behind."*

*..... Proverb*



## Message from the President



I'm filled with optimism for our Order as I present my Program to you. I hope that you will receive it with as much enthusiasm and see the possibilities which I see. I anticipate a year of laughter in our Lodge rooms; love extended to our communities and continued learning.

There are women who make things better simply by showing up. There are women who make things happen. There are women who make their way. There are women who make a difference. And there are women who make us smile. There are women of wit and wisdom who, because of strength and courage, make it through. There are women who change the world every day.

*Women like You .....*

May the sun bring you new energy by day  
May the moon softly restore you by night  
May the rain wash away your worries  
May the breeze blow new strength into your being  
May you walk gently through the world  
And know its beauty all the days of your life.

*Apache Blessing*

**Fraternally,**  
*"Pamella M Coombes"*  
**Assembly President**

## Desiderata

*Go placidly amid the noise and the haste,  
and remember what peace there may be in silence.  
As far as possible, without surrender,  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even to the dull and the ignorant;  
they too have their story.  
Avoid loud and aggressive persons;  
they are vexatious to the spirit.  
If you compare yourself with others,  
you may become vain or bitter,  
for always there will be greater and lesser persons  
than you.*

*Enjoy your achievements as well as your plans.  
Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs,  
for the world is full of trickery.  
But let this not blind you to what virtue there is;  
many persons strive for high ideals,  
and everywhere life is full of heroism.*



*Be yourself. Especially do not feign affection.  
Neither be cynical about love,  
for in the face of all aridity and disenchantment,  
it is as perennial as the grass.*

*Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden  
misfortune.*

*But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline,  
be gentle with yourself.*

*You are a child of the universe  
no less than the trees and the stars;  
you have a right to be here.*

*And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.*

*Therefore be at peace with God,  
whatever you conceive Him to be.*

*And whatever your labors and aspirations,  
in the noisy confusion of life,  
keep peace in your soul.*

*With all its sham, drudgery, and broken dreams,  
it is still a beautiful world.*

*Be cheerful. Strive to be happy.*

**REBEKAH ASSEMBLY of ALBERTA  
OFFICERS  
2013 - 2014  
104<sup>th</sup> Annual Sessions**

President	Pamella M. Coombes
Vice President	Susan Collins
Warden	Eleanor Howard
Secretary	Darlene Clemmer
Treasurer	Judy Fuller
Jr Past President	Dorothy O'Donnell
Marshall	Trudy Boyles
Conductor	Linda Twigg
Chaplain	Shelly Flexhaug
Inside Guardian	Gwen Davies
Outside Guardian	Sandra Jordan
Musician	Joyce Wilcox
Right Herald	Diny Smith
Left Herald	Jo Snowden
Canadian Flag Bearer	Sylvia Keeler
American Flag Bearer	Dayl Alford
	
Alberta Flag Bearer	Cae B. Parry
International Flag Bearer	Donna Reed
Rebekah Flag Bearer	Ethel Molofy
Right Page	Rose Patterson
Left Page	Shirley Zuelke
Assistant Inside Guardian	Robin Carter
Assistant Outside Guardian	Donna Wenstrom
Right Support Chaplain	Connie Humby
Left Support Chaplain	Win Sandam
Parliamentarian	Diane Thompson
Assistant Musician	Margaret Roger
Custodian of President's Banner	Helen Shilling

**DISTRICT DEPUTY PRESIDENTS  
2013 - 2014**

District No. 1	Sister Trudy Boyles Welcome #45
District No. 2	Sister Brenda Whalen Maple Leaf #2
District No. 4	Sister Sandra Smyth Alberta #77
District No. 6	Sister Sandra Jordan Bow View #125
District No. 7	Sister Robin Carter Langdon #117
District No. 8	Sister Geraldine Brandt Fairview #115



# PRESIDENT'S PROGRAM 2013 -2014

## Theme

- "What fills your cup?"
- Fill your cup and nourish others with the overflow.

## Flower

- **Dahlia** for Dignity & Elegance and an Eternal Bond between two people.
- **Hydrangea** for Friendship, Devotion and Understanding.

## Awards

- Best Newsletter Article
- Show Your "Rebekah" Colors
- Lodge with the highest Lollipop Tree Sales
- "Rebekah" Poem Contest

## Mascot

- **Wolf** "For the strength of the pack is the wolf and the strength of the wolf is the pack."



## Symbol

- **Birch Tree** "The forest is a peculiar organism of unlimited kindness and benevolence that makes no demands for its sustenance and extends generously the products of life and activity; it affords protection to all beings."

## Songs

- I Am A Rebekah
- The Happy Wanderer
- If I Should Fall Behind
- Lollipop, Lollipop

## Hymns

- Hymn of Promise
- Hail Mary, Gentle Woman
- Simple Gifts
- The Prayer
- Here I Am Lord

## Scripture - Psalm 91:4



## Guide

- "Desiderata"
- Rebekah Ritual

## Projects

- Benevolent Fund
- Rebekah Assembly Treasury Fund
- Rebekah Lollipop Fund Raiser
- Soup Sisters & Broth Brothers
- Tea for Three
- Hello Dollies

## Grand Patriarch's Message



Greetings Fellow Members - It is with an air of excitement that I approach this next year as Grand Patriarch. We have our work cut out for us if we are going to revitalize our Grand Encampment. Our numbers are dwindling. We need to do as the character Albus Dumbledore said, "Happiness can be found even in the darkest of times, if one only remembers to turn on the light." Let us turn on the light of the Order -- be active in our duties, share the responsibilities, remember those less fortunate than us, support our crippled and afflicted children, and find the happiness that awaits. This is my mandate and my goal. Let us unite our efforts in this cause.

Fraternally,

*"Don Leeson"*  
Grand Patriarch





**GRAND ENCAMPMENT of ALBERTA  
OFFICERS  
2013 - 2014  
101<sup>st</sup> Annual Sessions**

Grand Patriarch	Don Leeson
Grand High Priest	.
Grand Senior Warden	.
Grand Junior Warden	.
Grand Scribe	.
Grand Treasurer	.
Grand Marshall	Lance Gilchrist
Grand Inside Sentinel	Barry Stevens
Grand Outside Sentinel	.
Grand Musician	Merton Mellow
Grand Parliamentarian	.



**DISTRICT DEPUTY GRAND PATRIARCHS  
2013 - 2014**

Northern / Central Region	Barry Stevens
Southern Region	Jack Wickens

# GRAND PATRIARCH'S PROGRAM 2013 -2014

## Aim

- To revitalize our *Grand Encampment*

## Motto

- "Happiness can be found even in the darkest of times, if one only remembers to turn on the light."

--Albus Dumbledore

## Flower

- Highland Thistle



## Colour

- Emerald

## Mascot

- Great Horned Owl



## Emblem

- Light house



## Song

- Angels Among Us

## Scripture

- Matthew 7:12 "Therefore all things whatsoever ye would that men should do to you, do ye even so to them ..."

## Hymn

- I Need Thee Every Hour

## Guide

- The Bible

## Projects

- Crippled and Afflicted Children's Fund







Rebekah



Odd Fellow  
Lodges of Alberta

"Become A Rebekah Today!"

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