



Bits & Bytes

WINTER 2023-24

GRAND CHAPTER NEWSLETTER

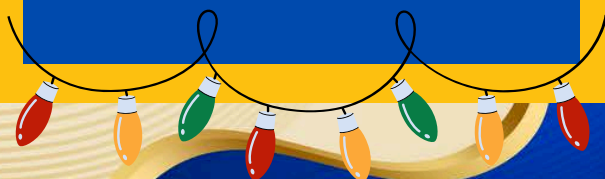


WINTER 23-24 EDITION

FRATERNAL GREETINGS TO YOU,
ONE AND ALL!

THIS PERIODICAL INTENDED TO
BOLSTER KINSHIP, EXCHANGE NEWS
AND INFORMATION AND FURTHER
SISTERLY TIDINGS THROUGHOUT OUR
GREAT ORGANIZATION.

ENJOY AND COME BACK OFTEN!





Grand Tidings!



*In behalf of
Sister Mildred A. Lloyd, Worthy Grand Matron &
Brother Jason M. Jackson, Sr., Worthy Grand Patron
of Eureka Grand Chapter, Order of the Eastern Star, State of Illinois, P.F.A*

FELICITATIONS TO
MOST WORSHIPFUL BROTHER
ROLAND G. SIMON,
GRAND MASTER
OF PRINCE HALL MASONS
STATE OF ILLINOIS





Hypertension/Hypotension

The Contributing factors of “Hypertension/Hypotension” and alternative ways to reducing or raising it.

High Blood Pressure, also known as hypertension, is when the force of blood is pushing against the walls of your blood vessels, and the blood is pumping with more force than normal. This means that your heart has to work harder to pump the blood throughout your body. Diet, lack of exercise, and Obesity is the leading cause of high blood pressure. If your blood pressure goes untreated or uncontrolled it can lead to many diseases like heart attack, stroke and Kidney failure. Regular checkups with your provider and healthy lifestyle changes is the best way to prevent and control high blood pressure.

The Do's and Don'ts of High Blood Pressure

The cause of high pressure can be a mixture of several factors. It can happen because of unhealthy lifestyle choices. Drugs, diet and a healthy exercise routine can help control hypertension. High blood pressure can lead to damaging your blood vessels in the kidneys, so they don't work as well. If the blood vessels in your kidneys are damaged, your kidneys are not working properly then the removal of waste and extra fluid from your body will not be able to happen. If your blood pressure continues to not be controlled it can lead to heart disease, kidney failure, stroke, blindness and even dementia. Both obesity and high salt intake contribute to the cause of hypertension. Living a healthy lifestyle means taking regular exercise, eating a diet low in sodium and fat, and increasing your fruit and vegetables in your diet can help lower your risk of high blood pressure. Making regular routine doctor visits and having a clear understanding of the dos and don'ts of high pressure can help you live a long and healthy life.

Hypotension is low blood pressure that can be caused by no underlying diseases. Excludes Including family history of low blood pressure or medication side effects. Hypotension is a abnormal low blood pressure. (lower than 90/60) when your blood pressure gets to low it can cause fainting, Nausea, feeling lightheaded, blurred vision, fatigue, vomiting, passing out, dizziness, or death. Your body's vital organs may not be getting enough oxygen and nutrients, which can lead to a medical emergency where your tissues, and organs can become damaged feeling sluggish, and lethargic, confusion, trouble concentrating, agitation, fast, and shallow breathing. Low blood pressure is common without any symptoms, it's not possible to know how many people it affects. Hypotension can affect people of any age, and background depending on why it happens. It happens more frequently in people over 50 years of age. Or to people who are very physically active, which is more common in younger people.

Hypertension/Hypotension *cond.*

Top: Systolic
Bottom: Diastolic

Orthostatic hypotension, blood pressure stays down longer than 3 minutes after you stand up from a sitting position. It's normal for blood pressure to drop briefly when you change positions, but not for long. Measuring blood pressure involves two numbers:

Systolic (top number) this is the pressure on your arteries each time your heart beats.

Diastolic (bottom number) The is how much pressure your arteries are under between heartbeats.

To raise your Blood pressure: Use more salt, not too much to not elevate the blood pressure causing hypertension. Drink more water. Fluids increase blood volume and help prevent dehydration, both of which are important in treating hypotension. Wear compression stockings.

Take prescribed medications.

Most of all seek medical attention such as:

Your medical doctor if any of the symptom's mentioned in the above article pertains to you personally, or someone you know is experiencing any of those symptoms.

Contributing writers:

Sis Temika Deloney

Sis Brianne Silas

Sis Felecia Randle

Sis Arutha Thompson

Sis Karyl Dodd

Sis Valerie Crowley

Sis Tiara Johnson

Sis Pakeshia Benton Hodges



STATEWIDE RESOURCE GUIDE

EUREKA GRAND CHAPTER
ORDER OF THE
EASTERN STAR
SOCIAL AWARENESS
COMMITTEE

MENTAL HEALTH

NAMI Chicago
1801 W. Warner Ave., Suite 202 Chicago,
IL 60613
833-NAMI-CHI (626-4244)
<https://www.namichicago.org/>

Family Christian Health Center
31 W. 155th St., Harvey, IL 60426
708-596-5177
<https://familychc.com/>

Beloved Community
Family Wellness Center
3518 W. 139th St., 2nd Floor
Robbins, IL 60472
708-577-5060
<https://www.bcfwc.org/>

The Living Room Wellness Center
1730 Washington St.
Waukegan, IL 60085
847-360-1020
<https://icthelivingroom.org/>

Velocity Health
8348 Lincoln Ave., Skokie, IL 60077
815-215-8555

DOMESTIC VIOLENCE

Wings Program, Inc
Chicago, IL
847-519-7820
<https://wingsprogram.com/>

Anew:
Building Beyond Violence And Abuse
18137 Harwood Ave.
Homewood, IL 60430
708-794-2140
<https://anewdv.org/>

House of Peace
671 S. Lewis Ave.
Waukegan, IL 60085
224-430-4977
<https://houseofpeaceshelter.org/>

Behavioral Services Center
8707 Skokie Blvd., #207
Skokie, IL 60077
847-673-8577
<https://integrative-health.us/>

STATEWIDE RESOURCE GUIDE



MENTAL HEALTH

HEALTHY SOUL TALK

1701 S. 1st Ave Suite 307
Maywood, Illinois 60153
708-483-8455

<https://www.healthysoultalk.com/>

Fox Valley Institute
Mental Health Service
640 N. River Rd., #108
Naperville, IL 60563
630-718-0717
630-718-0718
fvinstitute.com

Elgin Mental Health Center
750 S. State St., Elgin, IL 60123
847-742-1040
dhs.state.il.us

Will County Health Dept & Community
Health Center
501 Ella Ave., Joliet, IL 60433
815-727-8517
willcountyhealth.org

Rosecrance Ware Center
2704 N. Main St.
Rockford, IL 61103
866-979-9407

<https://rosecrance.org/rosecrance-ware-center/>

DOMESTIC VIOLENCE

Sarah's Inn
1547 Circle Ave., Forest Park, IL 60130
708-386-4225 (phone)
708-669-6149 (text)
<https://sarahsinn.org/>

Mutual Ground Domestic Abuse
Treatment Center
418 Oak Ave., Aurora, IL 60506
630-897-0084
630-897-0080
mutualground.org

Community Crisis Center Inc.
847-697-2380
847-742-4088
wwwcrisiscenter.org

Guardian Angel
168 N Ottawa St., Joliet, IL 60432
815-729-0930
gacsprograms.org

Remedies Renewing Lives
220 Easton Pkwy., Rockford, IL 61108
(815) 962-6102
remediesrenewinglives.org

News Around



COMMUNITY SERVICE WITH THE EUREKA GRAND CHAPTER AND THE GRAND LODGE IN EAST SAINT LOUIS.

REPRESENTING THE 4TH DISTRICT, THE EUREKA GRAND CHAPTER, AND THE GRAND LODGE, WE ESTABLISHED A PRESENCE AT THE EAST SAINT LOUIS CITY HALL IN THE ROTUNDA. WE COOPERATED WITH THE "DIVINE 9," WHO WARMLY WELCOMED AND ACCEPTED OUR CONTRIBUTION TO THE COMMUNITY. A BIG THANK YOU TO SIS. ROCHELLE REED AND SIS. MARTHA YOUNG FOR SPEARHEADING THIS PROJECT.



NOTABLE EVENTS

FAMILY FITNESS FRIGHT FEST iNitiative



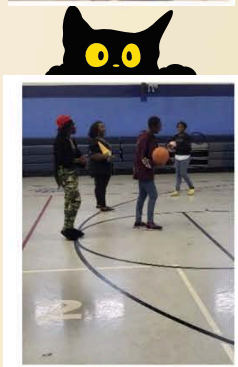
HELD IN THE
1ST AND 3RD DISTRICT



The Grand Ways and Means Committee is proud to present the successful planning and execution of the Family Fitness Fright Fest event. This remarkable event took place in the 1st District in Chicago, IL, and the 3rd District, in Springfield, IL. The primary objective of this event was to promote the importance of fitness and wellness among families while providing a platform for them to come together and have fun in an atmosphere conducive to physical activity.



The Family Fitness Fright Fest event created an enjoyable and rewarding experience for families and children alike. Through a variety of fitness-focused activities and engaging entertainment, we endeavored to spread awareness about the significance of staying fit and healthy as a family unit. The event encompassed an array of activities such as pumpkin painting, face painting, TikTok dances for kids, basketball, and informative sessions for adults, including line dancing, tai chi, and other interactive exercises.



The Family Fitness Fright Fest event was a testament to the power of teamwork, hard work, and resilience. Through the collaboration of dedicated volunteers and enthusiastic participation from families, we created an event that had a lasting positive impact on the community. This event marked the first of many such initiatives, and we look forward to continuing our mission of promoting fitness, wellness, and family bonding. Thank you to everyone who contributed and participated in making this event a resounding success.

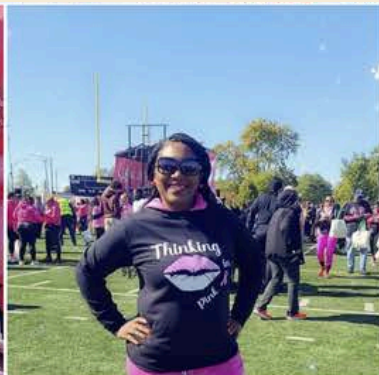


#EUREKAGRANDCHAPTER
#WERISEBYLIFTINGOTHERS
#SMILE

News Around

INDIANA

The Sisters from Princess Orpah Chapter #127 and the Brothers from Jachin Lodge #133 supported the Sista Strut on Saturday Oct. 6, 2023 at the Kroc center. "Think Pink" breast cancer walk. This was for a great cause. We had guests from Indiana, Wisconsin, and other parts of Illinois. We even had a new candidate to attend ❤️



NOTABLE EVENTS

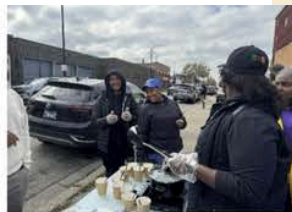
Eureka Chapter #87 & Doric Lodge #77 Annual Chili Event



We are delighted to share with you the heartwarming success of our recent collaboration between Eureka Chapter #87 and Doric Lodge #77 at the annual chili and hot cocoa event hosted by Franciscan Outreach Shelter in Chicago. It was a truly fulfilling experience as we joined forces to warm hearts and feed souls in our community.

We would like to extend our appreciation to the Franciscan Outreach Shelter for providing us with the opportunity to collaborate and serve the community together. Their continued support and partnership are instrumental in our ability to impact those facing adversity.

As Eureka Chapter #87 and Doric Lodge #77, we are committed to serving our community and making a meaningful impact on the lives of those who need it most. We believe that acts of kindness, no matter how small, can bring about powerful change and create a ripple effect of compassion.

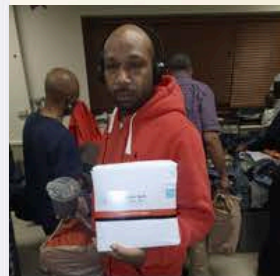


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#SMILE

News Around



DONATIONS FROM THE COMMUNITY SERVICE PROJECTS TEAM OF EGC WERE PROVIDED TO A FEW LOCATIONS IN NEED ACROSS THE 1ST AND 3RD DISTRICTS, FOLLOWING A SUCCESSFUL PROJECT COLLECTION OF NEW TWIN-SIZED BEDDING.



NOTABLE EVENTS



PLEASE JOIN EUREKA GRAND CHAPTER CHARITY COMMITTEE IN OUR WALK ON AUTISM!

DOWNTOWN CHICAGO WALK
SATURDAY, OCTOBER 21, 2023
SOLDIER FIELD

SCHEDULE
8:30 A.M. - REGISTRATION & ACTIVITIES
10 A.M. - OPENING CEREMONIES
10:15 A.M. - WALK BEGINS



WALK DAY DETAILS

PARKING: is available in the Waldron Deck for \$25. Use address 458 E 18th Dr., Chicago, IL 60605 (just off the 18th Drive exit from Dusable Lake Shore Drive)

PUBLIC TRANSPORTATION: is available via the CTA Red, Orange, or Green line to the Roosevelt stop. You can also take the bus and walk from the Roosevelt stop and take the Roosevelt and Sate Bus #146 to Soldier Field/Field Museum stop. Walk south to Soldier Field South Lot.

WALK LOCATION: is Stadium Green situated along the southeast side of the stadium grounds.

WALK ROUTE: is 3.1 miles

WALK DAY ACTIVITIES: We'll have a fun activities for everyone!

See any member of the ECC Charity Committee for signing up or additional details

Mildred A Lloyd, WCM Jason Jackson, Jr, WGP
MW Bro Roland G Simon, Grand Master



Eureka Grand Chapter and
Most Worshipful Prince Hall Grand Lodge, State of Illinois

Presents

Community Service Day

Offering

FREE Covid and Flu Vaccination

November 18, 2023
9:00AM - 12:00PM

Prince Hall Grand Lodge
809 E. 42nd PL
Chicago, IL 60653



For more information contact:

Sister Karole Barnett: proudmom508@gmail.com
Brother Michael D. Ramey, Sr: jw@lprincehall.com

Sponsored by: Walgreens

Sister Mildred A. Lloyd, WGM

Brother Jason M. Jackson, Sr., WGP

MW Brother Roland G. Simon, Grand Master



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News Around



EUREKA GRAND CHAPTER, OES
STATE OF IL PRESENTS ITS
ANNUAL CHRISTMAS
FEED THE COMMUNITY
COAT DRIVE AND TOY
Giveaway
Sunday
10:00AM-
2:00 PM | 17 | December
2023



NOTABLE EVENTS

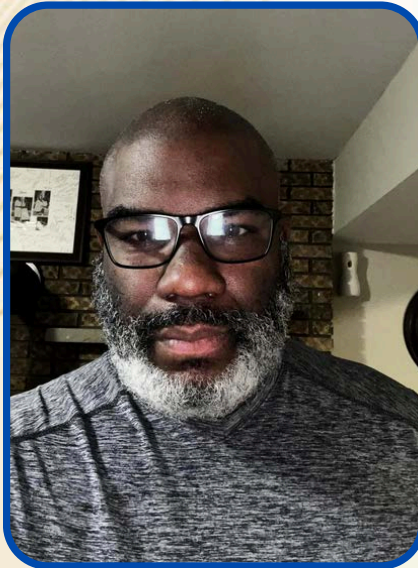
NO SHAVE NOVEMBER



REAL MEN
GET IT DONE

Est. 1983

NO SHAVE NOVEMBER IS A CAMPAIGN CREATED TO GROW AWARENESS BY LETTING YOUR HAIR GROW FOR 30 DAYS. MEN ARE CHALLENGED TO GROW OUT THEIR FACIAL HAIR, BEARD, MUSTACHE, WHATEVER THEY CAN STAND! THIS MOVEMENT WAS CREATED TO RAISE AWARENESS OF MEN'S HEALTH ISSUES, INCLUDING ANY NUMBER OF DISEASES AND MORE NOTELY CANCER. THOUGH PROSTATE CANCER MAY NOT RECEIVE AS MUCH MEDIA ATTENTION AS BREAST CANCER, IT IS NEARLY AS COMMON, AFFECTING ABOUT 1 IN 8 MEN IN THEIR LIFETIME. RECEIVING PROPER HEALTH SCREENINGS CAN BE LIFESAVING.



#EUREKAGRANDCHAPTER
#WERISEBYLIFTINGOTHERS
#SMILE

News Around

INDIANA



NOTABLE EVENTS

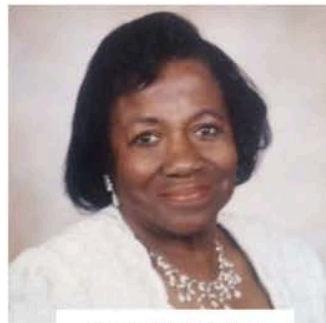
VELMA J. THAMES & WILLIENE AUSTIN YOUTH FRATERNITIES



The initiation ceremony held for the Velma J. Thames Youth Fraternity was a success. This event not only saw an increase in the number of youth joining our fraternity but also welcomed special guests from the grand line.

Most importantly, we had the privilege of initiating new members into the Williene Austine Youth Fraternity of the 3rd District, marking a significant milestone for their journey with us.

Congratulations to all !!!!



Sis. Williene Austin
St. Mary's Chapter #65

#EUREKAGRANDCHAPTER
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#SMILE

News Around

INDIANA



NOTABLE EVENTS

Beyond Wacker Drive

celebrating Veterans Day



& World Kindness Day!

The Beyond Wacker Drive team is thrilled to share the incredible success of our Veterans Day and World Kindness Day event, where we had the privilege of honoring and celebrating several veterans in our community. We want to express our sincere gratitude to our three partner chapters Truth #125, Silver Link #139, and Imani #153 for their support and willingness to jump right in when asked. Their assistance with food, beverages, and service was invaluable.

It is a humbling experience to serve those who have courageously laid down their lives for us. We would like to extend a thank you to Brother Clifford Brown and Brother Rovaughn Graham for their efforts in setting up the POW-MIA table. The Grand Director delivered a beautiful poem, and Brother Graham graciously invited Chicago's 17th district Senator, who sent his representative to join us.



We would like to give a special shout-out to the Assistant Grand Director, Sister Charlene Wells, Sister Arutha Thompson, and the Beyond Wacker Drive members who ensured that we had delicious cakes and rolls for the veterans. It was an honor to have the Worthy Grand Matron in attendance, demonstrating her commitment to serving others.



Together, we made an impact on our veterans' lives and showcased the power of unity within our Grand Chapter.

IT IS THE GOAL OF THE BEYOND WACKER DRIVE TEAM OF EUREKA GRAND CHAPTER, OES-PHA, ILLINOIS TO INCORPORATE ALL KINDS OF GIVING BACK EACH MONTH.

PLEASE NOTE

**JOIN
OUR TEAM**
— BE PART OF OUR STORY —



News Around

INDIANA



NOTABLE EVENTS

QUEEN VASHTI CHAPTER #121 PROVIDES LUNCH FOR SENIORS



Queen Vashti Chapter #121 under the direction of Sis. Madalia Gray, WM organized a charity event at TCR Senior Village. This event was a senior luncheon where we had the pleasure of feeding over 50 seniors with a delicious meal.

The menu for the luncheon included mouthwatering dishes such as smothered roast beef, grilled chicken, butter and herb mashed potatoes, broccoli Normandy, dinner rolls, and a variety of desserts and beverages. It was heartwarming to see how much the seniors enjoyed the meal and appreciated the effort put into preparing it.

We would like to express our utmost gratitude to Sis. Moia Gamble for graciously allowing our chapter to serve the seniors in her building. Additionally, we extend our special thanks to Bro. Aaron Reid, AP for his outstanding culinary skills in preparing the meal. The seniors enjoyed the lunch so much that they even expressed their desire for us to host similar events monthly.

It is through the support and dedication of individuals like Sis. Moia Gamble and Bro. Aaron Reid that we can make a positive impact on the lives of the seniors in our community. We are grateful for their generosity and willingness to contribute towards this meaningful cause.

Once again, we want to thank all the members of our chapter who volunteered their time and efforts to make this event a success. Your commitment to serving others is truly admirable, and it is moments like these that showcase the power of compassion and kindness.



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News Around

INDIANA



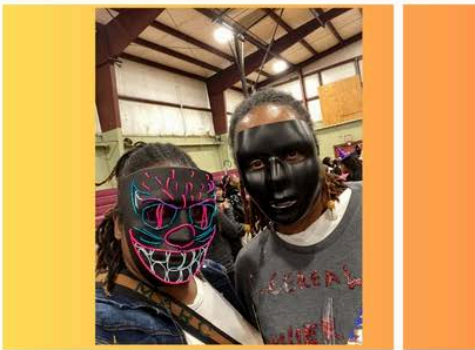
NOTABLE EVENTS

PRINCESS HAGAR #7 AND JOHN JONES LODGE #7

TRICK-N- TREAT AT MARKHAM PARK DISTRICT



CHARTIY



MAKING SURE WE GIVE BACK

The brothers of John Jones lodge #7 participates in this event each year. The members of Princess Hagar #7 come out and help support our brother lodge. The bond and the support continue to grow!!!!
Something about those 7's



UPCOMING EVENTS

Eureka Grand Chapter
Order of the Eastern Star - State of Illinois, PHA
CHARITY COMMITTEE
PRESENTS

Deluxe Cart RAFFLE

Filled with Special Spirits and More!



FEBRUARY 24, 2024
at Mid-Year Session

\$1.00 PER TICKET OR 6 FOR \$5.00

Winner need not be present

*Eureka Grand Chapter, Order of the Eastern Star
State of Illinois, Prince Hall Affiliation*



SAVE THE DATE

Murder Mystery Luncheon
honoring
Sister Mildred A. Lloyd,
Worthy Grand Matron

March 23, 2024

An afternoon of suspense where everyone is a suspect



UPCOMING EVENTS

#EUREKAGRANDCHAPTER
#WERISEBYLIFTINGOTHERS
#SMILE

UPCOMING EVENTS

SUBMIT YOUR
EVENT
— TO THE —
COMMUNITY CALENDAR »

EGCNEWS7@GMAIL.COM



Eureka

Grand Chapter

Matters

HAPPY
BIRTHDAY



HERE'S AN IDEA!



ADD YOUR
EVENT NOW





Eureka
Grand Chapter
Matters



TO HONOR AND COMMEMORATE ANY MEMBER OF OUR JURISDICTION WHO WAS IN GOOD STANDING AT THE TIME OF THEIR DEATH. PLEASE SUBMIT THE NOTICE AND WE WILL PAY HOMMAGE HERE.

Sister
OHNNIE MAE
Wilson

in loving memory

The officers & members of Rosie E. Moore #78 O.E.S. I.L.P.H.A.

**ROSIE E. MOORE #78,
 OES~PHA, IL
 30+ YEARS OF SERVICE**

2023 GRAND STAFF

HELP US GROW!

This newsletter is a work in progress and labor of fraternal love. Some things will be great, some things could be better. We strive to give you the best product possible. Your feedback helps make that happen. Let us know what you liked, what you didn't and/or what you'd simply like to see more/less of. Send us information for the good of the group and we will do our best to produce a high-quality product for your enjoyment, as well as for your information. So be sure to check back with us every month - you never know what grand idea might be featured next...it might be yours!

2023-2025 REPORTING COMMITTEE

Sis. Delana Henry, Grand Director Reporter
Sis. Sonya Clements, Deputy Grand Director Reporter
Sis. Irene Jackson, Deputy Grand Director Reporter
Sis. Tiffany Matthews, Deputy Grand Director Reporter
Sis. Heather L. Smith, Deputy Grand Director Reporter
Sis. Regina Yoakum, Deputy Grand Director Reporter
Bro. Brian Beatty, Deputy Grand Director Reporter
Bro. Tyrone Jackson, Deputy Grand Director Reporter



Eureka Grand Chapter,
OES-PHA, Illinois



egcnews7@gmail.com

2024

Scripture:

Therefore encourage one another and build each other up, just as in fact you are doing.

-1 Thes. 5:11

Motto:

*We Rise by
Lifting Others*

Theme:

*Stars Making an
Impact through
Leadership and
Empowerment*