



Wildey News Flash



WILDEY LODGE #2, I.O.O.F.

Issue 20

July - August 2020

350 N. Valley Dell Dr., Fenton, MO 63026

Established June 12, 1838

wildeylodge2@gmail.com



*From the Desk
of the
Noble Grand
for 2020
John E. Bayer*

Noble Grand Message

Greetings Brothers and Sisters;

Happy 4th of July ahead of time. As you read this, I know many of you will be planning Bar-B-Q's and family picnics. So, I hope all of you will be safe and enjoy this summer.

I am saddened to report that Sister Carol Reiner passed away on Saturday May 2, 2020. Carol was the widow of Brother James Reiner and the Past Rebekah Assembly President. She also served in many other positions in the Odd Fellows. Carol will be missed.

We also lost Sister Lauriann Korbelik on May 28, 2020. She was a delightful spirit of inspiration to all who met her. Lauriann was the Left Seen Supporter for our lodge and helped out at many of our meetings. She will be deeply missed.

Adding to our list of sorrow, Sister Shirley James has also passed away. Her enduring spirit and moral virtue will be missed.

Also, Brother Michael Morgan departed our world on June 21, 2020. His wisdom, his insights and guidance will be missed by all who knew him.

At the end of this bi-monthly newsletter is an attached Covid-19 Saint Louis County Guidelines that our lodge will be following during this pandemic.

Please take note of this and read through it. Or, simply print it.

July and August Birthday



July 4 – Kenny David

July 5 – Frank Buchholz

August 3 – Sharon Vaughn

August 18 – Janice Goldberg White

August 26 – Pamela Whisenhunt

Sickness & Distress

Members Unable to Attend Meetings Due to Illness or Injury

Ervin Drawing; Kenneth White

Quote of the Day...!

Remember, "It's your life. Don't let anyone make you feel guilty for living it, your way...!"

DOG TRAINING



"Just wait and see – the neighbors will be calling any minute now."

10 signs you're doing well in life

- 1. You have a roof over your head.**
- 2. You ate today.**
- 3. You have a good heart.**
- 4. You wish good for others.**
- 5. You have clean water.**
- 6. Someone cares for you.**
- 7. You strive to be better.**
- 8. You have clean clothes.**
- 9. You have a dream.**
- 10. You're breathing.**

Be thankful for the little things, for they are the most important

Power of Positivity

Summer Word Search

G	S	G	R	V	S	B	L	O	H	J	P
T	U	F	O	R	W	N	K	Q	N	P	M
M	M	H	B	Z	I	H	O	T	O	L	B
V	M	S	U	Y	M	I	P	E	I	S	U
P	E	Z	G	Z	S	S	M	G	T	S	V
F	R	K	S	M	U	E	K	B	A	P	N
L	J	N	O	B	I	S	A	L	C	C	E
N	O	I	V	T	T	S	X	M	A	H	N
N	L	V	W	S	E	A	J	U	V	M	U
D	V	P	U	B	B	L	O	O	P	X	J
X	T	G	A	J	N	G	H	G	R	S	U
U	U	L	A	B	J	N	R	C	T	F	L
A	L	X	O	A	W	U	J	I	A	T	Y
V	H	C	S	U	N	S	C	R	E	E	N
Y	P	E	R	O	S	U	N	N	Y	K	B
E	D	A	N	O	M	E	L	J	F	U	B

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

SUNGLASSES



August Social Dinner

Pending on Public Health Orders because of the Corona Virus.

So, here is a 7 Day Diet Plan for you to think about doing; since we are stuck inside because of this Virus.

The 7-Day Diet Plan

Eat as much soup as you desire for seven days. The recipe varies slightly, but includes a variety of low-calorie vegetables such as cabbage, onions, and tomatoes, flavored with bouillon, onion soup mix, and tomato juice. Each day of the seven-day program has specific foods that must be eaten, including potatoes, fruit juice, many vegetables, and on one day, beef.



1: Day One

- Eat only fruit, all the fruit you want except banana.
- Drink unsweetened tea, black coffee, cranberry juice, and water.
- Eat as much soup as you like.

2: Day Two

All you want – fresh, raw, or cooked vegetables of your choice. Stay away from dry beans, peas, and sweet corn. Reward yourself with a big baked potato with butter for dinner. Eat as much soup as you like but no fruit for today.

3: Day Three

Combine days one and two, eat as much fruit, vegetables, and soup, as you like but no baked potato.

4: Day Four

Eat as many as eight bananas and drink as many glasses of skim milk as you would like on this day, along with your soup. This day is supposed to lessen your desire for sweets.

5: Day Five

You may have 10-20 ounces of beef (300-500g) and a large tin or up to six fresh tomatoes. Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body. Eat your soup at least once today. You may eat broiled or baked chicken (skinless) instead of beef. If you prefer, you can substitute broiled fish for the beef.

6: Day Six

Eat beef and vegetables today. You can even have two or three steaks if you like, with fresh vegetables or salad. NO BAKED POTATO. Eat your soup at least once.

7: Day Seven

Eat all you want of brown rice, unsweetened fruit juices, and vegetables. Be sure to eat your soup at least once to day. No bread, alcohol, or carbonated beverages, not even diet soda.

Go to the [cabbage soup diet recipe](#) section now and learn how to prepare the soup. Check out the latest article [Does 7-Day Cabbage Soup Diet Plan Really Work?](#)

In Memorial



Sister Shirley James Wildey Lodge No. 2

Sister Carol Reiner Wildey Lodge No. 2

Sister Lauriann Korbelik Wildey Lodge No. 2

Brother Robert Ruester Saint Louis Lodge No. 5

Brother Bert Enfield Saint Louis Lodge No. 5

Brother Barry Rodgers Saint Louis Lodge No. 5

**Brother Michael Morgan Saint Louis Lodge No. 5 &
Wildey Lodge No. 2**

