



FRATERNAL GREETINGS



NOVEMBER IS DIABETES PREVENTION MONTH



OFFICER ELECTIONS ARE APPROACHING



100 PENNIES SCHOLARSHIP DRIVE KICK OFF

FRATERNAL UPDATE



Greetings From the SPJST Fraternal Department

Greetings! I hope everyone is enjoying the cooler weather. I don't know about you but Autumn is my favorite time of the year. There is a crispness in the air, leaves are changing color and it is a time to enjoy God's masterpiece. Here is a quote by Jim Bishop, "Autumn carries more gold in its pocket than all the other seasons." Just as the photo above shows the gold in the leaves, I hope you have much gold in your pockets — the gold of happiness and health to your family and friends during the Thanksgiving Holiday.

This is a photo of Old Baldy at Garner State Park, in the Texas Hill Country. God's beauty at its best!

November - Diabetes Prevention

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans.

Type 2 diabetes in the United States is an epidemic: 29 million Americans have diabetes and 86 million have pre-diabetes. (That's one out of three people). It's alarming news, but preventing diabetes (and managing it if you're diabetic) is within your control. It's proven, possible, and powerful.

Diabetes doesn't just strike older people. At least one in eight people diagnosed with diabetes is now under 40, compared with about one in 30 just 20 years ago, and they are likely to die up to 15 years early because of it. Here are the latest diabetes prevention tips from the American Diabetes Association:

Be Active!

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin—which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and strength training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

It's easy to start an exercise routine once you've decided it's time for a change, but keeping it up can be a challenge. Hitting a road block or two is normal, but you need to have a plan to deal with it. There are bound to be days when you have a bad work out or don't get to exercise at all. When this happens, the most important thing is to accept it, turn any negative thoughts into positive thoughts, and plan to get back at it tomorrow.

*86 million have
pre-diabetes*



Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It's never too late to start!

by Mayo Clinic

Get Plenty of Fiber

It's rough, it's tough—and it may help you reduce your risk of diabetes by:

- Improving your blood sugar control
- Lowering your risk of heart disease
- Promoting weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

Lose Extra Weight

Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight — around 7% of initial body weight — and exercised regularly, reduced the risk of developing diabetes by almost 60%, according to data collected by the Diabetes Prevention Program.

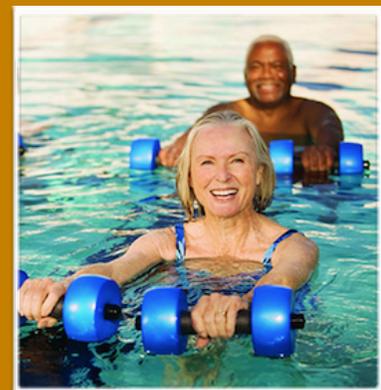
Skip the Fad Diets and Just Make Healthier Choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first. But their effectiveness at preventing diabetes isn't known, nor are their long-term effects. By excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, make variety and portion control part of your healthy eating plan.

The Bottom Line

It's never too late to start making healthier choices. A few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Going slowly at first raises your chances of being able to stick with your plan.

Weight loss and diet is a key factor



Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage.

by Mayo Clinic

(Sources: American Diabetes Association, Mayo Clinic)

Officer Elections

The end of 2017 is rapidly approaching. This is the time of year when lodges across the state will be electing the leaders for the coming year. Has your lodge set goals for 2018? Keeping this in mind may help you make choices on who you will elect to keep your lodge moving forward in the coming year.

It is the duty of all members to provide the leaders of their lodge with suggestions, ideas and assistance. Fraternalism works best when every member is involved in the process.

This would also be an excellent time to check the back page of the *Vestnik* for your meeting date and time. This would be an excellent time to get the information listed. If any of this information has changed, please contact *Vestnik* Editor/Director of Communication Melanie Zavodny at 800.727.7578 and have her update your lodge information.

Fraternalist of the Year Nominations

It's time to start thinking about selecting your lodge's Fraternalist of the Year for 2017. This is your chance to recognize a stand-out individual who through example and accomplishment, provided outstanding service to your lodge or community this past year. This year we will again be recognizing your lodge's Fraternalist at your District Spring meeting.

Please know the Fraternalist of the Year information sheet and application can be found in this packet. Thanks for attending to this item at your October, November or December meeting. If you have any questions, please give me a call.

Outgoing Officers

With the election of new officers, do not forget to honor your officers who have given their time and dedication to your lodge. Honor your outgoing leaders by giving them an outgoing officer



plaque. Any officer who is not elected to serve in 2018 and does not seek re-election in future years is eligible. The recipient must be a current SPJST member and must be active at the time of selection. The plaques should be awarded at your local lodge meeting.

Important Paperwork

Everyone please know that the forms listed below are very important in receiving your enhanced premium refund and other incentives. Please return these forms even if there are no changes from the previous year.

Fraternal Activities Coordinators, it is very important to enter and complete your hours by Friday, January 19, 2018 to receive those refunds and other incentives. Please look for the 2018 New Officer Listing form to be mailed out the first week of November from Receptionist Tamara Gettys. This form needs to be completed and turned in as soon as possible to the Home Office. All other deadline dates remain the same. They are as follows:

- January 2, 2018 New Officers Listing form — address, phone listing and emails
- January 19, 2018 Year-End Fraternal Incentive Reporting Hours
- February 23, 2018 Outgoing Officer Awards
- May 15, 2018 990 and 990-T to IRS and copy to Home Office

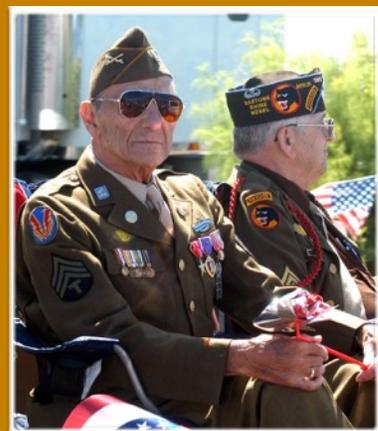
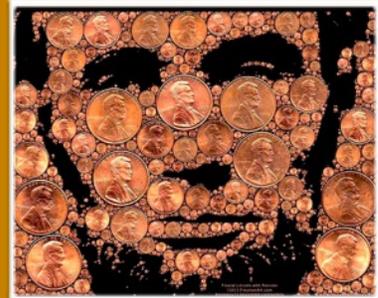
100 Pennies Scholarship Drive

Everyone spread the word! October 1 started the SPJST 100 Pennies Drive to benefit the scholarship fund. Through your generous donations, SPJST has been able to continue to provide scholarships to members who wish to further their education.

Donations of any amount will be accepted and added to the general scholarship fund that is maintained by the Home Office. No amount is too small or too large. The 100 Pennies Scholarship Drive will run through March 31, 2018.

Veteran's Day

On November 11, please find a moment to remember to



Show support to our Military men and women on this Veterans Day November 11, 2017. We owe it to them!

honor our veterans who have bravely answered the call to defend our right of freedom, aided and comforted our friends and allies, and have turned away countless aggressors. We, as a nation, can never repay our debt of gratitude to the many men and women who died or were wounded to protect the right of our freedom.

Please pause on this day and at your local lodge meeting (even if it is after November 11) to recognize and thank the veterans and the many military men and women who have fought in the past and are still fighting today to protect our freedom.

Happy Thanksgiving

From the Fraternal Department — at this time of Thanksgiving celebration — our thoughts turn gratefully to you our members with warm appreciation. We are all very thankful to be part of the wonderful SPJST statewide family that does so much for each other and our communities. As we celebrate the holiday let us give thanks to our Creator and His Son and reflect on what is important, our family and friends. Cherish the time you have with each other and always let them know how much they mean to you.

Temple Christmas Parade

Please make plans to be in Temple on Monday, December 4, 2017. This is the date of the City of Temple's Annual Christmas Parade and Tree Lighting. Again, this year SPJST will participate in the parade so come out to see the SPJST floats and District Two Royalty.

Please note SPJST will not be hosting the Annual Christmas Open House at the Home Office, located at 520 North Main Street in Temple.

Progressive "42" Domino Tournament

The first SPJST State Tournament of 2018 will take place on Saturday, January 13. This will be the Progressive "42" Domino Tournament to be held at the SPJST Home Office in Temple. Please include in your New Year's Resolution to become actively involved in all state and local lodge activities in 2018. For additional details about the tournament, please see your next *Vestnik*.



Maybe Christmas,
the Grinch thought,
doesn't come from a
store.

Dr. Seuss

Calendar of Events

Please remember to mark your calendars for the 2018 SPJST State Tournaments. Again this year's State Tournaments will be held at the SPJST Home Office. Entry for the tournaments will be \$10 for members and non-members. There will be Czech pastries in the morning, a catered meal for the participants during the noon hour and fun and fellowship. The following tournament dates are below:

Tarok Tournament, February 3, 2018
SPJST Home Office

Straight Dominoes, March 3, 2018
SPJST Home Office

Regular "42" Dominoes, April 7, 2018
SPJST Home Office



David Kucera of Lodge 79, Corpus Christi enjoying a round of Tarok.



Winning is only half of it. Having fun is the other half.

Bum Phillips

SPJST FAC Assistance

We are here to help if you need assistance. Please feel free to call me or Tammy. Your District FAC is also available to assist you.



State Fraternal Activities Coordinator
Frank Horak
Cel. 254.534.0681 — 800.727.7578
frankh@spjst.com



Fraternal Services Specialist
Tammy Martinez
800.727.7578 — 254.773.1575
tammym@spjst.com



District One
Kyle Skrabanek
979.820.0531



District Two
Ruth Hanusch
254.771.0193



District Three
Vicki Sims
214.763.0341



District Four
Janeece Williams
806.632.5239



District Five
Don Fruin
832.651.5388



District Six
Helen Zabransky
361.798.3347



District Seven
Theresa Haag
830.625.8262

SPJST 2017 Fraternalist of the Year Program



**FORM DUE
DECEMBER 29!**

**Recognizing Members
Making a Positive Difference
for Each Other and
for the Communities
SPJST Seeks to Serve**

Purpose

The SPJST Fraternalist of the Year program recognizes members who have, through example and accomplishment, provided outstanding volunteer service to their lodge, society and community during the past year. The selection process has been greatly streamlined for 2018.

If you are selected as the Fraternalist of the Year for your local lodge, you are encouraged to complete the short biographical form included with this mailing. In turn, you will be recognized in the *Vestnik* and at your district's 2018 Spring Meeting. Again, the reason for this change is to shift the attention to recognizing and celebrating fraternalism in the lodge and community rather than characterizing fraternalism in the lodge and community rather than characterizing fraternalism as a competitive endeavor.

Eligibility

Each lodge is encouraged to sponsor the program within their local lodge. It is suggested that the program be coordinated by the fraternal activities coordinator. Annually, each lodge may select one Fraternalist of the Year. Individuals previously selected by a lodge may be honored more than once. Nominee must be at least 16 years old and be a member in good standing in a local lodge and must be living at the time of selection.

Selection Procedure

Your local lodge Fraternalist of the Year may be chosen in a variety of ways. The lodge decides upon the method that works best for you. The main emphasis should be on making sure that all adult members 16 or older be considered without bias and that the member's effort was in some way exceptional or outstanding.

Please Submit by December 29

An original head and shoulders color photograph of the nominee must be included and will not be returned. All nomination forms are requested to be submitted to the Home Office by December 29, 2017.

Thank you for taking the time to recognize your lodge's Fraternalist of the Year for 2017! Any related questions may be directed to the Fraternal Department at 800.727.7578 or locally at 254.773.1575. Please send completed nomination form to:

**SPJST State Fraternal Activities Coordinator
c/o SPJST Home Office
P.O. Box 100 • Temple, Texas 76503**

Selection Form
2017 SPJST Fraternalist of the Year
(To Be Completed by Lodge or Nominee)

Name: _____

Address/city/state/zip: _____

Phone Number (Including Area Code) _____

E-mail address: _____

Date of Birth: _____

SPJST Lodge No. and Location: _____

Member Since (Year) _____

Name of Spouse and/or Children, if any: _____

Please attach a head and shoulders color photograph of the nominee.
Thank you for returning your
completed nomination form on or before December 29, 2017.

Lodge and Community Support

Provide a bulleted listing of the nominee's significant involvement in the past year in the local lodge. Include any offices or positions held. Use additional sheet if needed.

SPJST Outgoing Officer Plaque

Eligibility:

- * An outgoing officer who is not re-elected for the next year and does not seek re-election anymore. This is to honor lodge officials who may be near or at the end of their service tenure to the lodge.
- * Recipient must be a current SPJST member.
- * Recipient must be alive at time of selection.

The plaques should be awarded at your local lodge meeting. The plaque may also be mailed to the recipient or delivered by the Home Office.

Lodge # _____ District # _____

<u>Name</u>	<u>Office(s) Held</u>	<u>No. of Year(s) of Service</u>
<i>Ex: Gordy Hoofnagel</i>	<i>President, Treasurer</i>	<i>2003 – 2011 (9yrs)</i>
<i>Ex: Jane Doe</i>	<i>President</i>	<i>2010 – 2011 (2yrs)</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Note: You may write additional names on back or a separate sheet if necessary. Please allow at least three weeks for processing.

Sample Plaque:



Deadline: Last Friday in February

Send to:
 SPJST
 Re: Outgoing Officer
 P.O. Box 100
 Temple, Texas 76503
 Email: tammym@spjst.com