

The Anahgram

"Changing Lives Together" Newsletter



Photos: Ed Gardella, Anah Photo Unit

THANK YOU TO ALL OUR ADVERTISERS!

We are trying to keep our ANAHGRAM published but with the COVID-19 we are sending you a newsletter instead trying to keep the news out there for you. This will help with costs of the publication and mailing; we need to send a thank you to Rich Armstrong and Ben Pollard from Snowman's Printing with making this newsletter possible.

Anah Shrine is ANAH STRONG! and will make it through this staying safe and staying your distance. I know it is hard to put a hold on your life, but we will make it better and by helping all our advertisers when they are open you will help your Anahgram with future editions.

I know some can see The Anahgram online, but this publication is important to all that don't have access to the internet or even a computer. Please make sure you let the advertisers know we are shopping with them to Thank them for helping make The Anahgram a successful Shrine magazine that survived the 2020 Coronavirus. Being Shriners and Masons make you better men and your generous contributions will help us make this a successful year. Thank you for all you do for making the life of a child better. When you see a child smile because they can get their burns healed, walk or catch a ball for the first time. That is why we are here. Thank you to all the Ladies and your family members that stand by your side to make Anah Strong!

We will have dates and events soon to make everyone busy with the Shrine get-togethers that will help us donate to the Shrine Hospitals. The Anahgram will survive this and come out stronger along with all of you.

THANK YOU TO ALL OUR ADVERTISERS!

Rich Armstrong, Editor "The Anahgram"

Janice Young, Anahgram Ad Manager

Illustrious Sir, Tim Dutch. Potentate Anah Shrine 2020

Anah Shrine Divan and all the Anah Shriners

THE BLACK CAMEL

**HONORING THOSE WHO
HAVE GONE BEFORE US!**

Kenneth Connelly, Hancock, Maine

June 17, 1938 – Mar. 20, 1921

Ralph Pollard Lodge #217

Raised 10/11/1962

Created Anah 1/16/1963

Irving E. Cunningham Jr., Dexter, Maine

Aug. 4, 1940 – May 12, 2021

St. Andrews Lodge #83

Raised 11/13/1964

Created Anah 6/5/1965

Ronald J Chalmers, Bangor, Maine

Oct. 29, 1933 – June 8, 2021

St. Andrews Lodge #83

Raised 5/21/1965

Affiliated Anah 1/1/2000

Jerry R. Hutchinson, Houlton, Maine

Nov. 23, 1945 – May 17, 2021

Monument Lodge #96

Raised 10/19/1983

Created Anah 6/16/2012

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BANGOR PIPE & SUPPLY
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WEBB'S RV CENTER
WHITTEN'S 2 WAY RADIO
YOUNG'S LOBSTER POUND &
SEAFOOD



POTENTATES MESSAGE

Don Gordon, Potentate



WOW! That's all I can say. The full June Ceremonial was a go and what a time we all had. The cribbage tournament on Thursday, the golf tournament and parking lot party on Friday, a complete ceremonial for new candidates, including a parade, along with a well

attended ladies luncheon, and a delicious southern BBQ to complete the day on Saturday made for a terrific weekend for fun and fellowship. Anah is back! We are on the move and going forward from the past year and half of not being able to.

I need to give my heartfelt thanks to my personal aides: Todd Foster, Director General, Greg Lawson for organizing activities with the Bangor-Brewer Shrine Club, and Piggy for putting together the fantastic Saturday night banquet.

I also want to thank Team 21, the members and the ladies who worked hard to put this ceremonial together and produce a fantastic weekend. Your ideas, the hard work and dedication you put forth made for a fun time and is appreciated by me and Lady Gail.

Now that the June Ceremonial is behind us, July is looming ahead. That is when the 147th Imperial Session will be happening in Houston, Texas. Anah's voting representatives, their ladies, and a few others will be leaving for that week long convention just before the Fourth of July. I do hope it won't be too hot.

Anah is on the move again, so I'll say to all the nobles and their ladies, welcome back. Until next time, please know the work we do together really does change lives.

Don

"Changing Lives Together"

"FROM THE RECORDER'S DESK" Charlie Pray



What a wonderful gathering we all had last month. Bringing in 15 new candidates and their families, our Potentate showing off his weather forecasting skills, declaring that the parade would be hot and dusty (With 10 minutes to go, the rain stopped, the skies cleared off and the temperature rose 20 degrees – Sorry "Pote" but no dust).

Our temple overdid itself with the Bangor Brewer Cribbage Tournament Thursday night, the parking lot party Friday night and the day long festivities shared by all on Saturday, culminating in a "Wicked Good" Southern BBQ meal Saturday night. It was just wonderful to gather, break bread and celebrate as a family once again! Anah Family!!!!

As we continue to work our way back into a somewhat normal life, your Divan is pleased to announce that the building is once again open to traffic. We do however, request that anyone not fully vaccinated, continue to wear a mask when within the confines of the building. Other than that, your building is fully open and able to accept visitors.

Regarding visitors, as has been emphasized in the past, the rental business with our building has exploded. Consequently, if you wish to utilize the temple for a fundraiser or a special event, please Please PLEASE get your permission request forms

in as soon as possible. We have very few Saturdays left this fall and only a few full weekends in the remainder of the year.

Special thank you to Nobles Aaron Moore & Shawn Lahey for their work with contacting the candidates as well as Duffy Woods (Captain of the Guard Tom Woods Lady) for organizing the Ladies. Our membership team (Which we are all a part of) did a wonderful job informing our newest members, a tip of the Fez to you all!

Until next time: Visit your Blue Lodges, think membership and promote Shriners Hospitals for Children.

Remember: Masons Make Men Better, Shriners Make the World Better!

Fraternally,
Charlie

P.S. Go Red Sox!

WHEELERS

The Wheelers would like to Congratulate Ill. Sir Don Gordon on a great Ceremonial, we are definitely Anah Strong. To all the new Nobles of Anah, we would like to congratulate you on joining our large family of philanthropists. As the old saying goes "we ride so they can walk", Shriners Hospitals are a worthy cause for us to come together, and, have fun doing it.

Wheelers are off to a great start; we have attended a couple of parades in June, and we are looking forward to a busy month of July. You can find us rolling through Jonesport on the 3rd, both Bangor and Bar Harbor on the 4th. We will be in Lincoln on the 17th for the Loonfest. On the 18th we will be attending the memorial service for Anah Noble Jerry McLean, a member of the Wheelers.

Nobles old and new, we have several rigs in need of drivers, if you are interested and want to check us out, join us in Ellsworth for a meeting (every month on the second Friday, 7pm @ Lygonia Lodge) or call our Captain, Corey Roberts @ 485-2777. "Keep the shiny side up, and the rubber side down!" – Noble Matt Mower reporting.

HIGHLANDERS

Greetings Nobles and Ladies. Your Highlanders are diligently practicing our traditional street tunes in preparation for summer parades. The only problem is that many of our traditional events remained canceled. As of Memorial Day weekend, we are under the impression that the annual 4th of July parade in Bar Harbor remains canceled due to the China virus. We are scheduled to play at the Rockport Masonic lodge and the Lincoln homecoming parade. I'm not even sure of the plans for the June Ceremonial as I see they are apparently "subject to change".

It has been almost 2 years since I've done a parade. I haven't been able to make practices, but I have started marching down my street and marching back up. It is almost a half mile down and back. Not sure what the neighbors think, but it is necessary. People don't understand the mechanics of piping. Despite knowing the street sets backwards and forward, the speed (or beats per minute) that you practice the tune dictates the speed at which you march. If I'm practicing at 87 bpm and we march at 84 bpm, I'm not going to be in step and it will cause musical problems with those around me.

Hopefully, this China virus crap will end soon

and towns will get back to having parades and festivities. We enjoy playing. We enjoy seeing the crowds cheering us along. We enjoy knowing the funds we raise go to one of the best charities on the planet. Until next time, be blessed.

SCHOODIC SHRINE CLUB

Greetings from Schoodic Shrine Club:

Haven't been out much during the past year or so. Went out to Karen's Restaurant, Calais, May 19th for a regular meeting of Schoodic Shrine Club. First time I had been out to a restaurant since January, 2020. Hope everyone is staying safe and hope you have had your vaccination so we can all get back to "normal".

There was a great turnout for the meeting at Karen's. We had 21 Nobles and ladies in attendance. Our Noble President, Todd Smith, called the meeting to order following dinner. He introduced our Divan representatives, PP Brad Prout, and Second Ceremonial Master, Todd Alley. Noble Alley brought us up-to-date on what is happening with Anah.

Much of the meeting centered around the 5th Annual International Festival of Trees, to be sponsored jointly by Schoodic Shrine Club and Washington County Shrine Club on December 10th, 11th and 12th at the WCCC in Calais.

Before the close of the meeting, the winner of the Club's "Barrel" raffle was drawn – Noble Norm Howe. Congratulations!

Stay safe and watch for the announcement of up-coming meetings.

"Til next time!

WIDOWS CLUB

Happy Fourth of July.
Hope this finds all doing well.

Since we have been vaccinated it is so nice for us to be together again.

We did go out to lunch in June. Those that were able to make, it was nice to see you.

We have been invited to Doug Dulac's for lunch on the 28 this month. We will plan for 11:30 at 33 Fiddlehead in Carmel. The same place we went last year. If you would like to carpool give me a call, 989-3664. We should bring a little something to share.

Enjoy the month and stay safe.
Lorena



Ernie Abdelour • Jul-22
 Richard D. Adams Sr. • Oct-22
 LTC Richard N.Anderson,USAF Ret. • Dec-20
 Bobby Averill • Oct-22
 Dick & Sandra Averill • May-25
 IMO Richard F.Averill, Sr. • May-25
 IMO Marilyn Baggett • Dec-22
 IMO C.Alton Bagley • May-23
 IMO Richard H. Bagley,PP.1978 • May-23
 Dennis Ballerd & Joyce Pratt • Apr-22
 Danny Bird, P.P. Luxor • Mar-24
 IMO Albert"Bucky" Bishop • Jul-21
 Irene Blood -IMO Allen Hayward • Apr-23
 Blinn & Joan Boone • Jul-22
 Fred & Meghan Brown • Apr-24
 Dennis H. Brugman • May-22
 Richard "Dick" Carlisle • Feb-21
 Bruce & Nancy Cameron • Mar-22
 Galen Call • Feb-23
 Kim & Dick Carlow • Jan-22
 Roger Chesley & Carol Jean • Nov-21
 IMO Kenneth "Kenny" Cirone • Feb-22
 IMO Fredrick E.Clarke Jr. • Mar-22
 Bruce & Trudy Clarke • May-23
 IMO Tom Clukey • Jan-22
 IMO Galen Cole, PP • Dec-20
 Dan & Lanci Costain • Jun-21
 John L.Cousins, Sr. • Feb-22
 IMO Sonny Crocker • Oct-21
 George & Carolyn Crocker • Oct-21
 Crump's Stove & Chimney Supply Co. • Sep-28
 Ken & Janice Crump • Sep-28
 IMO Irving Cunningham-N,P,S,C, • Jul-22
 Wayne & Tanya Darling • Mar-22
 Maurice & Bonita Day • Oct-21
 Larry T.Doughty • Oct-21
 Mark Doughty • Oct-21
 Bryant R.Dutch • Apr-23
 Jean & Tim Dutch, P.P. 2020 • Apr-24
 IMO Thomas E. England • May-22
 John & Donna Farrington • May-21
 IMO Robert Farrington- N.P.S.C. • Feb-22
 IMO Ted,Paul & Dick Farrington • May-21
 IMO Wally Fenlason • Jul-25
 Thomas & Carroll Fernald • Mar-24
 Ronald & Carol Jean Forrest • Apr-21
 IMO Hugo Frati • Apr-22
 Orlando Frati • Apr-22
 Peter Frati • Mar-22
 Joseph F. Friedman • Jun-23
 Clinton & Sandra Fulton • Feb-26
 IMO George D. Gaddis • May-23
 Paul & Diana Giles • Jul-26
 Goody & Roz Gilman • Oct.-33
 IMO Carroll I. & Gerry Goodwin, Jr. • Jun-25
 IMO Richard A.Goodwin • Feb-22
 IMO Robert R. Gould • Jul-21
 Dana & Dorthy Graves • Apr-23

Ronnie & Carole Green • Jun-21
 Julie & Roger Grindle, P.P. 2019 • Jul-24
 Charles C.W. Hackney • Oct.-23
 Carolyn & Richard Hallett PP. • Sept.-22
 IMO Elbridge M. Hamm, Sr. • Nov-23
 Gene & Pamela Hamm • Aug.-21
 Donna & Kenneth Hanscom Jr. • Sept.-21
 IMO C,Harold Harding - N.P.S.C. • Nov,-22
 Wallace & Jeanette Harvey • Dec-21
 Theresa Hatch IMO Dale"Slapshot" Hatch • Nov-21
 IMO Norman "Hoopy Scoopy" Hatch • Sep-21
 IMO Alan Hayward • Jul-22
 IMO-Ralph Hill • Jul-24
 Skip & Jane House • Feb-22
 Jerry & Lois Hutchinson • Sep-21
 IMO David L. Ireland • Aug-25
 Rich & Cindy Johnson • Jul-26
 Steven and Jaclyn Averill Jones • Nov.-21
 Walter & Claire Kennedy • Dec-23
 Ellen Kenney-IMO- Alton Kenney • Jul-21
 Brian & Diane Ketchum • Nov-21
 Robert & Rae Jean Knowles • Oct-24
 P.P. Lee Kaufman & Lady Peggy • Feb-23
 John & Joan Killinger • May-22
 Mary Knox IMO Stanley E. Knox • Mar-23
 IMO Charles Larson • Apr-23
 IMO Ernest "Bud" Larson • Feb-22
 Larry & Gail Larson • Aug-21
 IMO Floyd Lenfest,Sr. • Dec-22
 Floyd R.Lenfest, Jr. • Dec-22
 Robert & Sandi Look • Feb-24
 JohnH. Lynch-IMO M. Jean Lynch • Mar-24
 IMO Donald (DeeDee)Lyons,Sr. • Jul-22
 Francis & Winston Mackay P.P.Luxor 1997 • Oct-21
 IMO Robert Macleod • Jan-23
 Roy Martin • Oct-25
 Bert & Don Maxim,P,P, 2000 • Jul-22
 IMO Frank B. Maxwell • Apr-24
 Welman & Natalie McFarland • Aug.-21
 Lorraine McGown-IMO Alan McGown • Jun-21
 IMO Tom (Pig Farmer) McKinney • Feb-22
 Bob & Mary McReavy • Dec-20
 Don & Deanne Merrill • Apr-22
 Jerry & Cindi Merrithew • Oct-21
 Jim & Mae Merrithew • Oct-21
 IMO Gordon C.Moreside • Aug-21
 IMO Wesley Nash - N.P.S.C. • Feb-22
 Richard & Betty Nevers • Dec-25
 Richard & Mary Ruth Nichols • May-25
 David O'Donnell • Dec-22
 Warren & Velma Orcutt • Oct-21
 Robert"Boomer"Palmer,Jr. & Julianna • Nov.22
 Diana & Jethro Pease • Apr-23
 Ed Pellon,P.P.1998-IMO Esther Pellon • Jul-23
 Martin"Fou" & Dara Perfit • Oct.-25
 Joyce & Rod Pinkham P.P. 1997 • Oct-22
 Don & Linda Potter • Oct-21
 Cliff & Nancy Pottle • Jan-23

Charlie Pray, Recorder Anah Shrine • Apr-21
 IMO Frank O. Pray,Sr. • Apr-21
 Bud & Kathy Prouty • Jan-21
 Trey & Kim Prouty • Apr-23
 IMO Bob Pushard, Sr. • Aug-23
 Martin E. Ray • May-22
 IMO Stanley L. Reed, Sr. • Feb-22
 P.P. Clyde V.Reynolds & Linda • May-21
 IMO Keith B.Roberts • Sep-24
 Tim & Diane Robinson • Oct.21
 IMO Sumner Rogers • Apr-22
 Nick & Kathryn Rossignol • Dec-21
 Larry & Donna Rowell • Nov-23
 Spike Savage • Jul-22
 IMO Clifton R.Scoville • Jun-22
 Todd C. Scoville • Jun-22
 IMO Douglas Segee- N.P.S.C. • Feb-22
 Bob & Janice Shaw • May-22
 Derward & Betty Shedd • Oct.22
 IMO William Sinford Sr. • Jun-22
 IMO Ken Smith • Apr-22
 Roger Smith - IMO Pat Smith • Dec-21
 IMO Thomas M.Smith • Jan-22
 IMO Vernon Smith • Jun-21
 Edward & Lisa Snow • Feb-22
 IMO Ed Sprague, PP • Apr-22
 IMO Glendon "Papa Clown" & Mary Sprague • Jul-23
 Kerry"Spiffy" & Pam Spofford • Jul-21
 IMO Robert"Bob" Strout & Elaine • Jun-22
 Mr.& Mrs.Gary Sudsbury-IMO "Our Scooby" • Sept.-25
 Elliott & Joyce Tarbell • Jun-22
 IMO Betty Tarr • Jun-22
 Dale & Karen Tarr • Jan-24
 Daniel L.Tarr • Jun-22
 Wilbert & Joan Terry • Jul-21
 IMO Bill Thibodeau • Mar-22
 IMO Alexander R. Theodore • Sept.-21
 Brenda & Jesse Thomas,PP.2015 • Sep-21
 Ronald Thornton • Oct-21
 Tim & Ann Thornton • Feb-22
 Al & Pat Trask • Jun-21
 Esther & Bourke Trask • Apr-25
 Lance Trundy • Feb-22
 Alan Tweedie & Heidi • Oct-23
 Arthur "Coota" & Phyllis Watson • Jun-22
 Burt & Jackie Weed • Nov-21
 IMO Wayne & Marilyn Wheeler • Dec-24
 Buddy & Caryll Wheeler • Sep-24
 Roger & Laurene Windsor • Oct-23
 Donald & Felicia Wiswell • Feb-23
 Will & Maren Whitlock • Sept.-22
 Bob & Norma Winglass • Aug-23
 IMO Donald K.Wright Sr. • Sep-22
 IMO Douglas Yost • Dec-21
 Donald "Bo-Bo" & Janice Young • Jun-22
 Duane "Div-it" Young, IMO Karen Young • Aug-23

BOOSTER RATES

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Name as you want it to appear _____

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janice@anahshriners.com or call; 207-942-2254.

CLUB NEWS

TRI-COUNTY SHRINE CLUB

Tri-County Shrine Club held their monthly meeting on the 19th of May at the Famous Ralph's Barn, located in beautiful Corinna, Me. After a lively libation hour, under the direction of Libation Master Corey Roberts, the meeting was called to order by President Ralph McNaughton. Noble Dan Starbird gave the invocation and President McNaughton led the salute to the flag of our country. We had 21 Nobles in attendance. Instead of the usual introductions, the President went around the room and had everybody introduce themselves and give a little history about themselves. This was done to introduce the Nobles to the new Nobles that had joined Anah in January and March. We welcomed back some Nobles that haven't been to Tri-County for various reasons. Chummy Jackson, Don Mitchell and Dannel Starbird. Past Potentate "2013" Lee Kaufman was in attendance. Representing the Divan was Outer Guard Rick Johnson. Winner of the 50-50 Raffle was Colby Johnson, who donated his share back to Tri-County. A tip of the Old Fez to Colby. Noble John Simpson donated the Roast Pork for our excellent meal. BOBO aka Donald Young, spoke about hospital transportation that Anah Shrine provides. PALS, provides airplane service to children that need it to the Hospitals. The Sunshine Club is also very actively involved with this endeavor. Lee Kaufman spoke about the Annual Shrine-Knights of Columbus meetings we have had in the past. There is talk of renewing this tradition in the fall. Noble Dan Starbird would like to be on the committee. His Father, was involved in organizing the first meeting between these two groups. Rick Johnson spoke of a fund raiser for Tri-County. His group of Nobles and Ladies will be providing food and beverages for Corn Hole competition at Anah Shrine. Ceremonial in June will be back to normal. No further business the meeting was closed. ALWAYS REMEMBER TO WORK ON MEMBERSHIP, FOR THE SHRINE AND YOUR BLUE LODGE. KEEP YOUR FELLOW NOBLES AND BROTHER IN MIND AND CHECK ON THEM. IT WOULD MEAN A LOT TO A NOBLE OR BROTHER WHO IS A SHUT-IN OR JUST LONELY.

WCSC

Can't believe June is here already and almost half gone. Our grandson, Hayden Jellison, was at the Shrine's Springfield Hospital this week getting the bar removed from his pectus excavatum repair done in 2018, which was a very successful surgery.

A special thank you to the doctors and nurses who did the surgery and repair work, and to the Sunshine Club and Janice for all their assistance to Kathy on the trip.

Fundraising and meetings are beginning to start up now that the Covid rules have relaxed some. It is still important to remind ourselves that we need to be diligent and on top of Covid still being out there. There are new cases daily still.

The WCSC hosted the Divan at their June 3rd meeting. Their next meeting is July 1st.

The June Ceremonial will be over with by the time you receive the Anahgram.

July birthday wishes go to Tristan E. Alley, Maxine Barker, Raymond Ellis, Paul Farnsworth Jr., Stan Foss Jr., Suzanne Fox, Julie Joy, Rodney Kawashima, Debbie Kelley, Joseph McDonald, Velma Orcutt, Joyce Pinkham, Janet Robinson, Dan Sawyer, Bernard Ward, Carroll West, Rebecca White and Janice White.

Anniversary bells rang out for Forrest & Linda Bubar, Edwin & Dawn Degenhardt, James &

Kathleen Dowling, Donald & Kelli Emery, Richard & Jolene Farnsworth, Ricky & Bethany Foss, Sidney & Esther Foss, Ricky & Carla Harmon, Scott & Veronica Harriman, Billy & Amy Houck, Kevin & Julie Joy, Rodney & Paula Kawashima, Rick & Sue Meserve, PP Brad & Shannon Prout, Stewart & Mordina Roberts, Dale & Marilyn Schevenius, William & Olivia Spencer, Dan & Jan Thompson, and Julian & Janice White.

Until next month, wishing you all good health, and much happiness. Enjoy your summer with family and friends.

SPRINGFIELD HOSPITAL REPORT

Happy July to you all. The Springfield Hospital Board of Governors voting members will be having our first face to face meeting at the hospital this month after about a year and a half of remote meetings. I am in hopes the associates will be joining us face to face soon. It will seem good to see my counterparts as well as the staff, and especially see the kids coming and going from check-ups and appointments. Even the 6 hour drive is not looking bad.

The committee meetings will have that feel of additional information by seeing facial expressions and body language. The hospital has gone through some safety changes due to COVID19 and those will be interesting to see and review. We will be meeting some new staff as well as missing some old ones and that's always an experience. I will make sure first hand that ANAH is up and running and send their full support as always. We should be proud our funding has been so great and I'm proud to wear my ANAH FEZ so everyone knows I'm from, in my humble opinion the best Shrine Center represented.

In closing I'd like to remind you all that summer comes with activities that can be very harmful to kids, especially the 4th of July. These youngsters are our future so cherish and keep them safe. God Bless you all. There is a light at the end of this tunnel. Bob

ACADEMICIANS

As of this writing we have not yet had the June Ceremonial, so more on that next time.

WE NEED TO FINISH OUR CURRENT RAFFLE FUNDRAISER. IF YOU CAN PLEASE HELP BY BUYING AND/OR SELLING TICKETS PLEASE LET ME KNOW. WE REALLY NEED THE HELP. As a reminder, we are working to raise the money for a much-needed new equipment trailer and to increase our annual donations to the hospitals, Sunshine Club, Learning Center, and Building Fund. We are raffling two 34-pound meat packages and two \$500 cash prizes. Each raffle has a 200-ticket limit. Tickets are \$10. Checks for tickets are made payable to Anah Academicians and sent to me. Just let me know how many tickets you want and whether they are to be for the meat, cash, or both, and I will send them to you. (My contact information is at the end of this column.)

We can really use some new members in all unit sections, so if you know of anyone who would be interested let's please get them an application. What could be more fun or worthwhile than this? I can send you an application if you need one.

From The Wonderful World Of Donnie (Copeland, not Disney): "From Hungry Hollow in Island Falls, well, now we don't have to dress-up in a wannabe bank robber costume to get groceries etc. (AKA a mask - Guess it worked.) Our raffles are doing good (but we got more to sell - please help). The upcoming Ceremonial will have been a good time by the time you read this. Support your Blue Lodges. Get OUTTA THE CAMP. Enjoy the

summer!"

Well that's all folks, for now. May the Force Be With You! And remember, never hesitate to contact me with any news, questions, concerns, gossip, nonsense, or just plain outright lies you would like to generously share with the rest of our Academicians family and Shrinedom in general. I can be contacted via email at rbilancia@roadrunner.com or by phone at 207-989-2617. Traditional mailing info is Ron Bilancia 59 Allison Park, Brewer, ME 04412.

CONVERTIBLES

We are now past all the July 4th celebrations! I hope everyone had a great and safe time celebrating this great country of ours.

Summer seems to be going by quickly, we've already completed three parades at this time. Our first in over a year. Good to get back in the swing of things! Having fun for the kids!

Last weeks June heat wave finally broke last night because I finally broke down and installed our bedroom air conditioner after suffering through the high temperatures for four nights. It worked great outside as well. It was only 57 degrees out this morning.

Three ladies celebrate birthdays this month. Lady Carol Miller, Lady Janice White and my Lady Lorraine. Now if I could just remember the day. Anyway hope you all enjoy your special day! Noble Julian White and his Lady Janice celebrate their anniversary this month as well. Lots of cake around that house this month. Congratulations!!! Topless times finally are with us again! As I said earlier, it's great to be back at it.

That's it for now. Remember all of our Shrine family and friends in your thoughts and prayers as we enjoy this summer.

Reporting for the convertibles Gaylord E. Sundt

KAMPERS KORNER

Attended Bev Watson's graveside service recently. Great service She was a great lady. Weather was cooperative. It was good to see Ron. Keep him in our thoughts and prayers during this difficult time.

Had a good time at Palmyra Campground in May - the following were present:

Don and Felicia Wiswell, Kenneth & Charlene Hall, Runtz & Ora Farnsworth, David & Bonnie Keezer, Allen & Bonnie Chase, Ken & Bonnie Whitney, Butch & Jean Costain, Walter Ash, Irene Blood and Harlan Emery stopped by (good to see him).

Friday night played bingo. Saturday hot dog lunch, played yankee swap (lots of laughs), Good relaxing weekend.

PLEASE NOTE: Weekend of September 17 & 18 - Annual Meeting will be at Balsam Cove Campground, Orland (we camped there last year) - Phone #469-7771, Please make your own reservation. Let them know you are with the Anah Campers.

There will NOT be the Machias Blueberry Festival (always look forward to this weekend in August) hopefully next year.

Birthdays for July: Betty Bowen, Nancy Bunker, David Clark, Keith Dewitt, Ron Green, Ron Harford, Sheila St. Amant, Carolyn (Nelson) Miller.

Anniversaries for July: John Ashmore & Shirley Morrissey, Jack & Sue Jones, Dan & Jan Thompson, Greg & Lois Dutch.

Campers group is invited to Runtz and Ora's on July 2 & 3rd. for the 4th weekend festivities. Irene Blood, Secretary







Anah Shriners
1404 Broadway
Bangor, ME 04401

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PERMIT NO. 912

Bridget's story: The prima ballerina

In September 2020, Bridget, a 12-year-old dancer from Westfield, Massachusetts, landed on her left knee while performing a front aerial, an acrobatic move she had perfected many times before.

"I was in immediate pain. I couldn't put any weight on my knee," said Bridget. "I think I was in denial that I was hurt because I had never had an injury like that before."

Competing since she was 6, dance was everything to Bridget. "In that moment, everything in Bridget's world stopped," said her mother, Erin. "We knew she wouldn't be dancing for a while, and that was crushing."

Following a visit to her pediatrician, Bridget was referred to Shriners Hospitals for Children — Springfield, where she met Ahmad F. Bayomy, M.D., medical director of the hospital's sports health and medicine program.

A complete evaluation included an MRI confirming that Bridget had experienced a first-time kneecap dislocation without other injuries to the knee. Dr. Bayomy diagnosed patellofemoral instability and discussed both non-surgical and surgical treatment options. "Bridget was passionate to return to dance. After reviewing the options and considerations specific to Bridget, we agreed that she was a terrific candidate to try the non-surgical route."

"We were so thrilled and relieved to know she didn't need surgery," said Erin. "But it was important to us that she be recognized as an athlete as she entered therapy. Dr. Bayomy and the entire team treated her like a serious athlete every step of the way."

Bridget was fitted for a knee brace in the hospital's orthotics and prosthetics department, and began eight weeks of physical therapy with physical therapist Erin Carpenter, PT, D.P.T., who was also a trained dancer. "We try to pair patients with therapists who are familiar with the patient's sport. I knew Erin's background as a performing arts athlete would help maximize Bridget's time spent in treatment," said Dr. Bayomy.

At the start of therapy, Erin worked with Bridget on improving the range of motion in her knee and strengthening her hips and core. "As she gained strength and the pain in her knee reduced, we progressed to running and jumping," said Erin.

"It was so cool how Erin incorporated dance moves into my therapy," said Bridget. "She knew all the moves. We talked the same dance lingo!"

After eight weeks of therapy, Erin evaluated Bridget on her balance, neuromuscular control and strength to assess her progress in her recovery. "She passed with flying colors," said Erin. "Bridget was cleared to make a gradual return to dance."

"I advised Bridget to continue to wear the knee brace for a few more months to give her extra support when running, jumping or pliéing in order to reduce the risk for another dislocation," said Dr. Bayomy. Erin also developed a home exercise program to help Bridget maintain her strength and range of motion.

In December, Bridget returned to dance practice and executed a front aerial to perfection. "I was so emotional," she said. "It was such an amazing feeling."

Bridget's dance instructor, Hayley, said it looked like she hadn't missed a beat. "She looked ready to take on anything."

With aspirations to become a principal ballerina in a professional dance company, Bridget and her family are grateful for the level of care she received at the Springfield Shriners Hospital. "Bridget was treated like a first-class athlete and that meant everything to us," said her mother. "Thanks to Shriners Hospital, my daughter will be able to follow her dreams."

