



Alabet Temple No. 31
Daughters of the Nile

7910 Newburg Road,
 Rockford, Illinois 61108

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"The future belongs to
 those who believe in
 the beauty of
 their dreams."

--Eleanor Roosevelt

Cathy's Cleopatras

Greetings and Happy New Year to all:

Here is hoping that your Holidays were filled with joy shared with family and friends. Where did the last 10 months go? So much left to accomplish in such a short time. February brings our "Vacation to Egypt" and a Ceremonial on the 12th. Plans are in the works for the Fashion Show on March 4th at the Tebala Event Center.

We ALL need to work on MEMBERSHIP. My goal this year was to end on a positive number, but we're not there yet. We all need to remember why we joined Daughters of The Nile so we can pass that passion for the children on to prospective members. Children are depending on our help. Will you be there for them? Give with your heart.

My thoughts and prayers go out to all that are experiencing health issues. May 2017 bring good things to all.

In Nile Love
Queen Sharon

The logo for 'UPcoming EVENTS' features the word 'UP' in a large, green, stylized font with a blue outline, positioned above 'coming' in a smaller green font. Below 'coming' is the word 'EVENTS' in a blue, serif font. Three red stars are scattered around the 'UP' text.

UPcoming EVENTS

JANUARY 2017—No Stated Session

January 13---Sewing before 9 am at the Tebala Event Center

NO BAKE SALE—CHAIRMAN JEAN KEYSER, PQ

FEBRUARY 2017

February 1 – Stated Session, 6 pm Light Supper/7 pm Stated Session

Ladies with their last name beginning with T thru Y contact Carolyn Pitterle

February 10 –Sewing at 9 am at the Tebala Event Center

February 12 - 11:30 am Brunch/1:30 pm Winter Ceremonial

February 22 – Board Meeting 5:30 pm at 2003 Harrison Ave., Rockford

MARCH 2017

March 1 - Stated Session, 6 pm Light Supper - POTLUCK/7 pm Stated Session

MEMORIAL SERVICE AND ELECTION OF OFFICERS

March 4 – Fashion Show at 11:30 am

March 10 – Sewing 9 am at the Tebala Event Center

March 26 – INSTALLATION OF OFFICERS



What's It All About?

Have you ever said or done something and then regretted it? ...Or how about just the opposite? ...Done something spur of the moment just because it felt right, and you enjoyed every minute?
That is what life is all about...Choices.

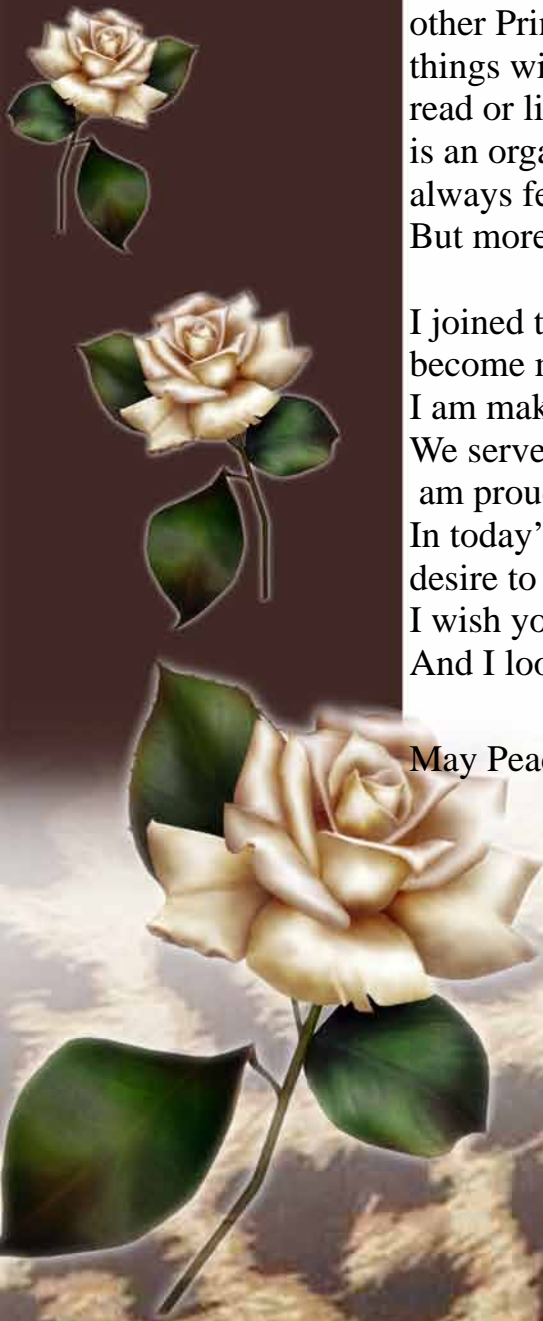
I made the choice to become a member of the Daughters of the Nile to support my husband in his endeavor as a Shriner. I did not know much about the organization when I joined, and to be honest, I am still learning about the depth and breadth of its history and protocols. History and protocols aside, what I am enjoying most as a Daughter is the Sisterhood I have gained since I joined.

As I assumed the role of Princess Marshal I began to read the lines of the other Princesses and took to heart the intent behind them. So often we say things without ever thinking about their meaning or impact. If you haven't read or listened to the words lately, I suggest you do. Daughters of the Nile is an organization that promotes Harmony, Peace, and Love. We may not always feel harmonious, peaceful, or loving, but that is okay; we are human. But more than that, we are Sisters.

I joined the organization on a "Whim" and have yet to regret it. As I become more acquainted with each of the members I treasure the friends I am making and the difference we are making in the lives of families. We serve for a larger cause; children who need our love and support. I am proud to be included in an organization that focuses on others' needs. In today's self-centered society it is heartwarming to work with women who desire to make a positive influence in the world.
I wish you and your families a blessed 2017!
And I look forward to seeing you at the next session!

May Peace, Love, and Harmony Prevail,

Marianne Miller
Princess Marshal



A lesson in Did you know.

Did you know....???

- We had a PSQ from Alabet No. 31 Temple in 1947--Norma Hoble.
-We became a chartered temple on October 25, 1926.
-That Alabet is Tebala spelled backwards.
-The BIBLE is open to the passage on the 5th Chapter of Matthew.
-The sewing club was established in 1926.
-The Patrol was established in 1945 with 18 members in 1977
- Dancers and the chorus both established in 1949.
- That Founder's Day is October 30th.
- Many years ago Alabet Temple sold a goose as a fundraiser. (1934)
- We have sold peanut brittle as a fundraiser. (2009)
-The tomb wall depicting Queen Nefertari as the great royal wife of Pharaoh.
-That Princess Royal is a Royal Princess of Egypt known for her graciousness and charity.
-That Princess Tirzah is known as "The Noble Princess" because she had strong faith.
-That Princess Badoura was of royal ancestry and was known for her hospitality and entertaining.
-Princess Nydia is blind from birth and her sister is Patience.
-Princess Zulieka has no sense of smell and her sister is Joy.
-Princess Zenobia has no taste and her sister is Mercy.
-Princess Zora has no emotions and her sister is Devotion.
-Princess Zuliema is deaf and her sister is Melody.

There are so many things to learn about when being involved in Daughters of the Nile. This was just a brief look in to what makes us up. There is so much more. The main thing is we keep everything focused on how we can benefit the children



Princess Badoura
Sava





Happy New Year to everyone!

The new year for Nile is quickly approaching us! Installation will be Sunday, March 26th, 2017 at 2 pm. If there is a position or committee you are interested in being a part of, please let me know! I'm hoping that we have a fun and successful 2017, if you have an activity you would love to see us try, again let me know! I am open to any new ideas.

Don't forget to bring teddy bears to the February session to be donated to the hospital!!!!

I also want to thank everyone who donated and attended the Card party this year! It was a lovely place to have a lunch and fun was had by everyone who attended!

Sparkles of Nile Love,

Princess Royal
Jenilee



NEWSFLASH



To all ladies of the household:

Please return all Alabet Temple No. 31 properties, i.e. rituals, floor charts, bylaws and any and every book that has the Nile book mark inside the front cover. All of these books must be returned to Alabet at the February 1st, 2017 meeting. Many of these are outdated and we are trying to get them out of circulation. Also, we don't care if you forgot to turn it in, but we are trying to do our inventory on our properties.

**Thank you,
Queen Sharon Secoy
Past Queen Jan Bloom, Chairman**

Happy New Year Ladies of the Household! I sincerely hope that everyone had blessed and beautiful, joyous holidays! As we start this New Year out together, Daughters one and all, I challenge you to consider your current habits and choices.

Having had so much time off during our cold December, provides time to reflect the year past. Getting 2017 off to a good start, this is the optimal time to make new and improved habits and choices.

Are you ready to accept the inevitable?

Death and taxes are common examples of certainty. We know that in this life many other things are not certain to include health, wellness and safety, etc. So we prepare for the unexpected. We make choices daily which can increase a sense of well being. And we take precautions, we even review or change our insurance for the coming year to better meet our current needs.

"We reap as we sow." A man(implied) reaps what he sows. Galations 6:7

Similarly to personal health, I urge you to consider the health of our Temple. One definition of insanity is performing the same action again and again, each time expecting to achieve a different result.

Likewise we must step out of our comfort zones and take steps to create change in our Temple to insure it's success. For without more and frequent new members continually being added to our role(s?) our future becomes more bleak with each passing year.

The good news is that we are each one of us, capable of greatness. This greatness becomes multiplied with each thought, prayer, email, phone call, act of kindness, action and so forth. Our actions can have great impact! As members of this organization, we vowed to support one another and to do good work. That starts with each and most importantly every one of us inviting eligible ladies to our fun events. Searching our own personal lives, delving in to every aspect of our social lives and finding prospective quality members who will happily join our beloved organization.

I know that Alabet No. 31 is near and dear to your heart as it is to mine and every other officer who serves their duty. As Ladies of the Household we must take action, each and every single solitary one of us. Instead of only some people bringing in new members, I highly encourage each of us to change our thinking, habits and actions. Challenge yourself and each other to bring in at least 1 new member each and every single year.

With current attendance trends at approximately 30 per session, wouldn't it be grand when we double our numbers?

Final thoughts: Please be generous with our upcoming fundraisers such as The Trip to Egypt and our annual Fashion Show. Consider buying extra items and/or tickets as our fundraising efforts have been impacted due to severe weather.

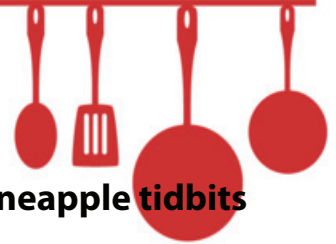
Friends are after all are the family we choose!
Looking forward to a great year,

Princess Tirzah Joy McDonnell

Recipe--Pat McClelland

I doubled this recipe for Nile and left out the walnuts. I used fresh squeezed lemon juice rather than Realemon. and I used some mixed fruit as well as pineapple to total the amount called for of pineapple.

1 cup confectioner's sugar	2 eggs
1/2 c. lemon juice	1/2 t. salt
1/2 lb. spaghetti broken into 2 inch pieces	1 can (20 oz.) pineapple tidbits
3 med, tart apples diced (I left peel on)	
1- 8 oz. carton frozen whipped topping (thawed)	
1/4 c. chopped walnuts Maraschino cherries, halved (I love these so I used several)	



In a saucepan, combine sugar, lemon juice, eggs and salt; cook and stir over medium heat until temperature reaches 160 degrees and mixture is thickened, (about 4 minutes).Cool completely.

Cook spaghetti according to package directions; drain and rinse in cold water. Place in a large bowl.

Drain pineapple, reserving juice. pour juice over the spaghetti; stir in apples. Toss gently; drain.

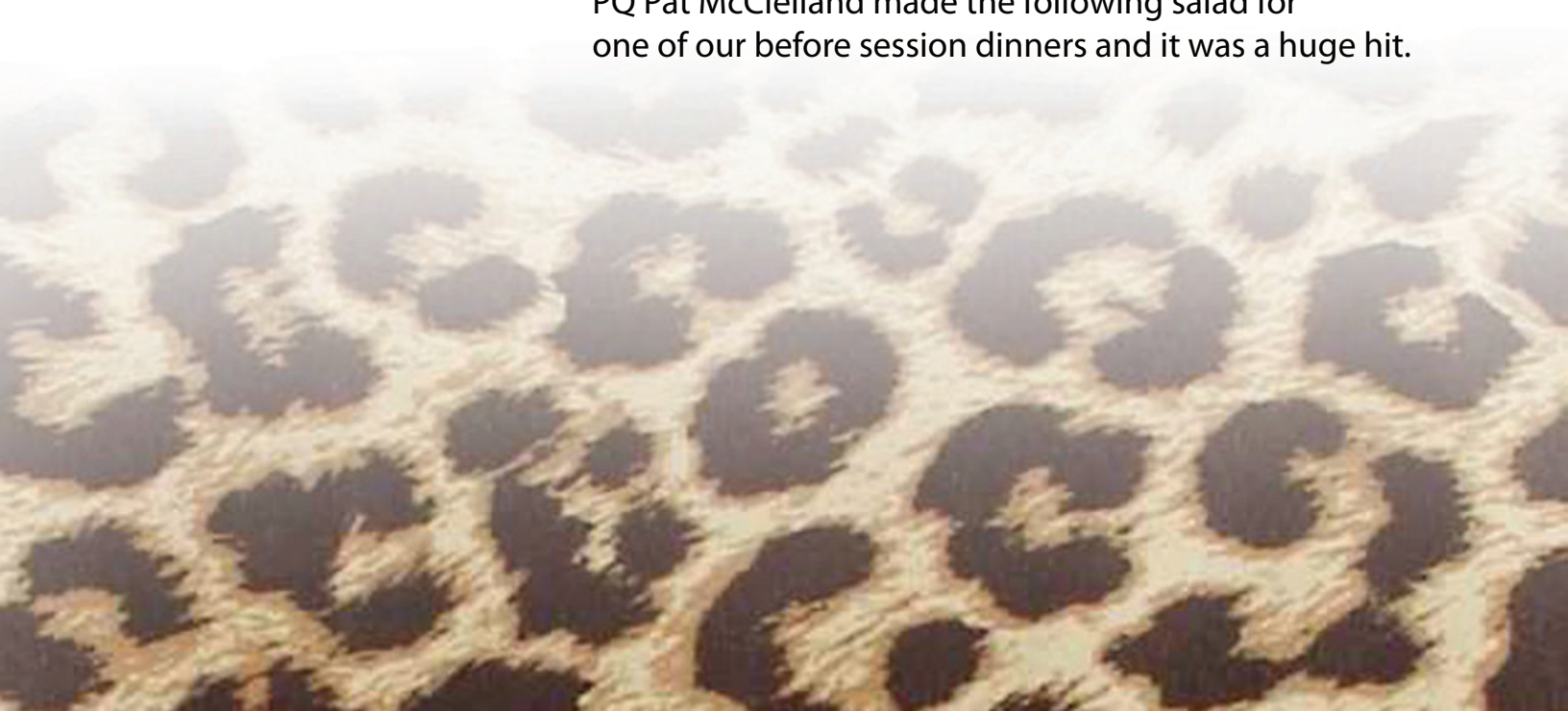
Stir in the egg mixture and pineapple. Cover and refrigerate overnight.

Fold in whipped topping just before serving. Garnish with walnuts and cherries. (I added the cherries like the fruit/pineapple. Yield: 12-14 servings.

Enjoy! Blessings, Pat



PQ Pat McClelland made the following salad for one of our before session dinners and it was a huge hit.





Alabet Temple Presents: Having Fun with Fashion



Tebala Shrine Center
Saturday, March 4, 2017

11:30 AM

\$20 per ticket

Lunch will be served

For More Information Contact: Carolyn Pitterle

815-543-2883

dimp42148@aol.com



NILE BRIDGE MARATHON LUNCHEON

TUESDAY, MARCH 14, 2017

UNIVERSITY CLUB

954 N. MAIN ST., Rockford, IL 61103

11:30 A.M.

All Nile members are cordially invited to the Nile Bridge Marathon Luncheon at University Club on Tuesday, March 14⁰¹. The cost of the luncheon is \$15.00 which includes coffee, tax, and gratuity.

Please choose from the following menu:

Chicken Caesar Salad

Grilled Chicken Wrap

Prime Rib Grinder

Reservations and monies to Leah Junor, 4712 Cardamon Ln., Rockford, IL 61114 by March 1⁺⁰.

Leah Junor

Mary Jane Schindler

Nile Bridge Marathon Luncheon, Tuesday, March 14, 2017

Name: _____

Chicken Caesar Salad _____

Grilled Chicken Wrap _____

Prime Rib Grinder _____



BAKER'S DOZEN

(MyJobScope.com/Lisa McCallister)

HOW TO HAVE A GREAT CONVERSATION

Having a great, one-on-one conversation is more about being responsible to the other person, through active listening and body language, than being witty and dynamic. Here are 13 tips:

1. **BASICS** Smile! Greet the lady always by name! Good eye contact! Even if you are on the phone, the lady will hear the smile in your voice.
2. **GET PERMISSION TO TALK** – Always ask if it is a good time to talk. This is always important when you call someone, because you don't have visual cues for what the lady is doing. You can always find a mutually agreeable time.
3. **REPEAT WHAT YOU HAVE HEARD** – When you paraphrase what the other lady has said, you have proven that you are really listening, interested and considering what they have said.
4. **ASK THEIR OPINION** - Everyone has an expertise on something, so ask their opinion with simple questions like, "What do you think....?" Or "Can I ask your advice?" Listen and consider their input carefully to show that you really need, respect and value their opinions.
5. **MAKE AN OBSERVATION** – You could make a compliment or simply say something about what you have observed. Always give the other person in the conversation time or a chance to respond. Way too many questions may lead the other lady into feeling as though they are being interrogated.
6. **BRING UP SOMETHING UNEXPECTED** – Other words, do your homework and know what you are talking about.
7. **REPEAT SOMETHING THEY SAID THE LAST TIME YOU SPOKE** – This is definitely another way to prove that you LISTEN!
8. **SHARE SOMETHING INTERESTING ABOUT YOURSELF** – Just through it out, but don't go on and on about yourself. Sometimes you will find out that you have things in common that you didn't know. Give ladies a chance to get to know you.
9. **SENSE OF HUMOR** – It is always welcome in a conversation. Gossiping or mean-spirited humor are not. Better to make fun of yourself than others. Laugh at yourself.
10. **BE UPFRONT AND HONEST** – Respectful disagreement may increase the other lady's trust in you. If they know you aren't going to "yes" them, they will see you as authentic and forthright.
11. **ASK PROVOCATIVE, INSIGHTFUL QUESTIONS THAT MAKE THE OTHER PERSON THINK** – By asking thoughtful, open-ended questions fuel conversation. Open conversation and active listening will open the doors to conflict resolution.
12. **BE OBSERVANT OF BODY LANGUAGE, VOLUME AND RATE OF SPEECH** – Body language accounts for more than half of what is communicated in a conversation. It sends subtle cues to the other person and can either put them at ease or make them feel uncomfortable.
13. **CLOSE** – Wrap up what you talked about so both of you agree on what was said in the conversation. By being attentive, you are communicating to the other lady that they are important and you value their insights. A great conversation can set the stage for a great relationship. So ends the conflict.



Chief Rabban, Bill Robertson & Lady Barbara

Cordially Invites You to The

Tebala Shrine

Open Installation of Officers

Saturday, January 21, 2017

Cocktails at 5:30 p.m. Dinner at 6:30 p.m.

\$25.00 per person/\$15 Shrine Widows

Black Tie or Dark Suit Event
Formal to Cocktail for Ladies

*Please R.S.V.P. by January 16 to
Tebala Shrine Temple Office
by calling
(815) 332-2010.*

*Dinner served by Backyard Bar and Grill
Music by The Missing Links Band*

