



VOTE

Vote on Proposed Amendments to Bylaws of Assured Life Association

2020 has been a historic, unusual and, might we say, terrible year! Of course, this statement is only as it relates to the COVID-19 pandemic and its disruption of how we live our lives. 2020 may also be the year that you had a child born into the family, or a wedding, or retirement; not all bad. In any case, it has been an interesting year.

This is also the year that Benefit Members of Assured Life Association (Assured Life) will be asked to cast their vote on proposed amendments to the Bylaws of the Society. This is a very important process for our organization. So, please, if you are a Benefit Member,

exercise your right to vote when notified to do so. Pursuant to the Bylaws, Benefit Members have the right to vote in the corporate and business matters of the Society but are entitled to only one vote regardless of the number of insurance or annuity certificates owned by such member. Benefit Members are those persons who are age 18 years or older and who have been issued and currently own an inforce insurance or annuity certificate issued or assumed by Assured Life.

During the last week of September, Benefit Members of Assured Life will be notified by mail that a vote on proposed amendments to the Society Bylaws ▶

“...We encourage the public to join us in our mission to better the community around us!”

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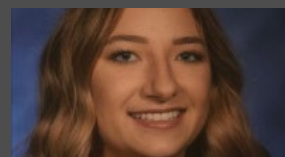
Normal Aging or Dementia?

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Will Coronavirus Ruin Your Retirement?

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2020 Scholarship Recipients

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will be conducted during the period of October 1 - October 31, 2020. An email blast will also be sent to those members with email addresses on file with Assured Life.

This year, Assured Life is utilizing the services of Survey & Ballot Systems (SBS) to conduct our online voting. To assure your voting email blast from SBS arrives in your inbox on October 1, 2020, simply add the following email address as an approved sender for your email provider: noreply@directvote.net. The email will be coming from Assured Life Association Election Coordinator mailto: noreply@directvote.net.

You will be instructed in the email and hard copy letter how to view the proposed changes to the bylaws and cast your online vote. You may request to vote by mail ballot beginning October 1st by calling SBS at 952-974-2339 or emailing them at support@directvote.net. Please do this no later than October 20, 2020 as paper ballots must be postmarked by October 31st and received by November 3rd.

Watch your mailboxes and email inboxes for the notice and instructions on how to vote on the proposed changes to Assured Life bylaws. Thank you for participating. ■

PLEASE ADDRESS MAGAZINE CORRESPONDENCE TO:

LIFE ASSURED
ASSURED LIFE ASSOCIATION
PO Box 3169
Englewood, CO 80155-3169
1-800-777-9777
fraternal@assuredlife.org

ONLINE RESOURCES

Society Website
www.assuredlife.org

Society Blog
assuredlife.org.wordpress.com

Facebook Page
facebook.com/assuredlifeassociation

BOARD OF DIRECTORS

Tanya S. Unrein, Chair
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DMuller@assuredlife.org

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Vice President
Castle Rock, Colorado
800-777-9777 Ext. 3820
jlc@assuredlife.org

Danish Brotherhood Lodge 14 Lodge Hall Destroyed in Kenosha Riots



Assured Life is saddened to report the loss of DBIA Lodge 14's lodge hall during the Kenosha riots Monday, August 24, 2020; a total loss to the membership of that chapter and to the community they served. The Officers of Lodge 14 have reported they do have insurance on the building, but the loss of their history cannot be replaced. Currently, the plan is to attempt to rebuild and keep the spirit of the organization alive.

The home page of Danish Brotherhood Lodge #14 website reads: "The Danish Brotherhood Lodge #14 is an organization dedicated to charitable endeavors both locally and nationally. We strive to provide our members a place of belonging, security, and support. Our upstairs banquet hall and downstairs rathskeller bar is available for rent to both our members and the public. Our organization is dedicated to both growing and developing our membership and providing scholarships for future generations to advance their education. Being Danish is not a requirement for renting our establishment or membership. The

majority of our events unless otherwise noted are open to the public. We encourage the public to join us in our mission to better the community around us!"

The hall was built in 1910. Lodge Treasurer, Joe Vaughn said the lodge had a 110-year-old book everyone still signed when entering meetings of the lodge. The lodge also had a collection of Danish Brotherhood in America national convention photos displayed on the now crumbled walls of the hall; just a couple of examples of the vast history lost. Most of the pictures were recovered and with some water damage repairs will be restored.

Danish Brotherhood Lodge 14 was first chartered on February 1, 1884 with Jorgen Andresen as the first President. The lodge disbanded about 1886 and was re-chartered on April 30, 1892 with Jens Larsen as the President. Originally, lodge meetings were held in a second-floor room above a store in downtown Kenosha. In 1910, the members built the present building in what was known as the uptown district at 2206 63rd Street. It was a two-story brick building with a retail store front on the first floor.

The lodge has produced two national officers from its among its ranks over the years. Rolf Rasmussen became the Supreme Treasurer for the Danish Brotherhood in America national organization, serving from 1906 to 1943. Robert Ibsen was elected to the Danish Brotherhood in America national board of directors in 1975 and rose to National President in 1983.

During the first and second World Wars Lodge 14 members were very active in bond drives, blood drives and many ►

other civic projects. In its early years members were very active in gymnastics, singing societies, folk dancing and always planned something for members each month including an annual Danish Christmas Fair which back in the day attracted about 5,000 people.

Today, the lodge focuses on Bingo Nights twice a month and still put on an aebleskiver and medisterpølse breakfast for the community twice a year among a host of other activities for members and their families; including golf league, karate club, fish fry Fridays, supper club Wednesday, July 4th parade, torsk suppers, Halloween parties, hot dog stand fundraisers, Valentine's Day dinners, etc. The Danish Brotherhood Lodge 14 may very well be the most active chapter in our Society. The lodge hall was always hopping with activity; and we are sure it will be once again!

The Lodge's charitable work includes its scholarship program, Boys and Girls Club of Kenosha, along with a host of other charities supported over the years. **If you would like to help the Kenosha Danish Brotherhood Lodge rebuild, just send your check payable to Danish Brotherhood Lodge 14 c/o Robert Ibsen, 7821 8th Ave, Kenosha, WI 53143 with "Rebuild" in the memo line.**

The Danish Brotherhood in America merged into Assured Life Association in August of 1995. ■



DBIA Lodge 14 Hall
Before and after the fire



Source: Society of Certified Senior Advisors Blog
August 6, 2020



NORMAL AGING OR DEMENTIA?

As you get older, delays in recall become more common and you may ask yourself if it's normal or the start of dementia.

You can't remember where you put the car keys ... again. You start to introduce a friend and, embarrassingly, can't remember her name. You begin to tell someone about that fun movie you watched last night, but you've forgotten its title. Aargh! Not only is it frustrating, but a thought wiggles into the back of your head: Is this how dementia starts? Am I getting Alzheimer's?

Slowed recall commonly starts in your 50s or 60s, but experts say you can relax: It's very unlikely to be dementia or Alzheimer's Disease. In fact, recent studies show that the overall rate of dementia has declined over the past 10 years in older Americans age 70 and over due to cardiovascular disease prevention.

According to Amy Ehrlich, M.D., associate chief of geriatrics at Montefiore Health System in New York City. "It's very typical as you age that you have trouble remembering a name, then it will just pop into your head," says Dr. Ehrlich. "That is not a sign of impending dementia, as dementia is a disabling condition." According to leading dementia researcher Dr. Kenneth Langa, professor of medicine at the University of Michigan, 90% percent of older adults do not have dementia.

Still, it is true that the risk of getting Alzheimer's doubles every five years after you turn 65. According to research by the Lancet commission ►

[-https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30367-6/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30367-6/fulltext), older adults can reduce their risk of dementia dramatically by:

- treating depression
- quitting smoking
- treating high blood pressure
- maintaining a normal weight/BMI
- increasing physical activity
- managing diabetes

TYPES OF DEMENTIA

Dementia actually covers a variety of cognitive disorders, of which Alzheimer's is the most common. Another kind is Lewy body dementia, which happens when tiny deposits damage brain cells. Vascular dementia is caused by reduced blood flow to the brain due to heart disease or stroke.

Lay diagnosing, especially among grown children and well-meaning friends, is common and often causes family strife. Never assume it is Alzheimer's Disease or dementia, get a diagnosis. Getting some baseline testing is a good idea if you think you, or someone you know, is beginning to show signs of dementia. Two assessments can be better than one using practitioners in complementary disciplines, such as a geriatric psychiatrist/psychologist and a neuropsychologist.

DEMENTIA AND DRUGS

The effects of certain drugs can mimic dementia, causing confusion, disorientation, and memory loss. These medications include antihistamines and those used to treat Parkinson's, and belong to a class called anticholinergic drugs. Even some doctors are fooled into thinking patients exhibiting symptoms of mild cognitive impairment have early dementia and treat them accordingly by mistake. Health care professionals should assess patients for use of anticholinergic drugs before beginning therapy for cognitive decline.

Always consult a medical professional before discontinuing any treatments or medications.

Heavy alcohol use and urinary tract infections can also interfere with memory and dementia. Blood clots, ►

WHO'S QUALIFIED TO DIAGNOSE DEMENTIA?

Older adults who have noticed cognitive changes should see their primary care physician first to eliminate treatable conditions and order further testing. Patients may be referred to a neurologist — a doctor who specializes in the brain and nervous system. Often, brain imaging is required for a definitive diagnosis. Geriatric psychiatrists, neuropsychologists, and geriatricians can also specialize in diagnosing dementia. If there is no such specialist in your community, check with the neurology department of the nearest medical school. An affiliated hospital may also have a dementia disorders clinic where expert evaluation can be found.

“ In older adults, the majority of dementia-like symptoms are not dementia at all... ”



brain tumors, vitamin deficiencies, depression, sleep disorders, head trauma ... the list of causes for problems that resemble dementia is quite long. Rule out any of these possibilities before deciding you may have dementia.

DEMENTIA AND SLEEP APNEA

Recently, sleep apnea has been linked with an increased risk of dementia and brain damage, especially among older women. Low oxygen levels have been linked to reduced thickness in portions of the brain vital for memory which change with the onset of dementia. Obstructive sleep apnea (OSA) occurs when the sides of the throat relax, narrowing the airway and impeding the flow of oxygen. A recent study found that older adults should be routinely screened for the condition by a medical professional, since the chances of having it increase with age.

NORMAL SIGNS OF AGING

Dr. Ehrlich discussed what she looks for when she's evaluating patients for signs of dementia. First, she'll check if they can still learn new technology. It's normal if it takes a little longer to get the hang of your new smartphone, but if you can learn a new task, it's not likely to be dementia. Multitasking becomes more

difficult with age and that is part of normal aging. However, semantic memory, or memory involving facts and concepts, tends to remain at the same level or dip slightly with age. At middle-age, some women find themselves forgetful and distracted due to menopausal hormonal changes.

Impaired episodic memory, which affects your ability to recall a significant personal event from long ago, such as a marriage or graduation, is a hallmark sign of dementia. There are a host of other causes having nothing to do with aging that can affect episodic memory as well. Not being able to recall the author of the book you just read or a recent appointment, on the other hand, is merely a sign of normal aging. But if you pick up the book and wonder what it is, that is not a sign of normal aging and you should consult a medical professional.

Certainly, if you suspect that you or a loved one may have dementia, or you just want some assurance that you do not have it, call your doctor. After ruling out a physical cause, she can run a combination of cognitive and neuropsychological tests to assess mental functioning. In older adults, the majority of dementia-like symptoms are not dementia at all but treatable conditions known as pseudodementia. ■

SOURCES

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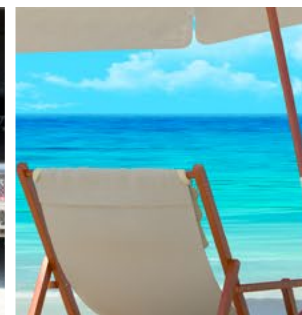
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Member Benefits through ASBA

ASBA Membership Complimentary membership in the American Senior Benefits Association (ASBA), a non-political, charitable organization that has given millions of dollars over the years to support worthy causes – a perfect fit that blends well with Assured Life Association’s platform.

Note: To opt out of ASBA options:

By Mail: ASBA
PO Box 300777
Chicago, IL 60630

By Email: info@asbaonline.org

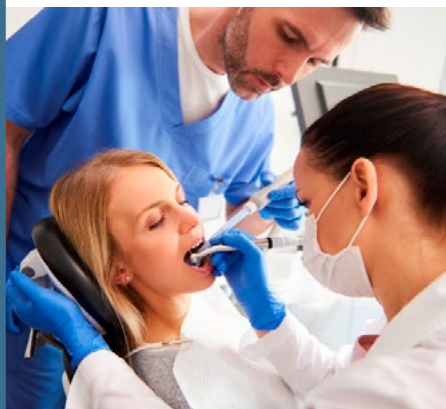
By Phone: 877-906-2722

DENTAL INSURANCE

Comprehensive dental protection from ASBA and Ameritas with no waiting period. From routine care to costly root canals, here are just some of the procedures covered: Implants, Dentures, Cleanings, X-rays, Fillings, Oral Surgery, Crowns, Root canals and more. To learn more about your newly available dental insurance program, call 1-866-692-1980 Mon-Fri 9AM-4PM Eastern.

VISION INSURANCE

With vision protection from ASBA and VSP you have the freedom to choose the provider who is right for you, even if they are not in the VSP network. However, when you do visit a VSP provider, your out-of-pocket expenses are lower and there are no claim forms to complete. To learn more about your newly available vision insurance program, call 1-866- 692-1980 Mon-Fri 9AM-4PM Eastern. ▶





MEDICAL AIR SERVICES ASSOCIATION (MASA) EMERGENCY MEDICAL EVACUATION

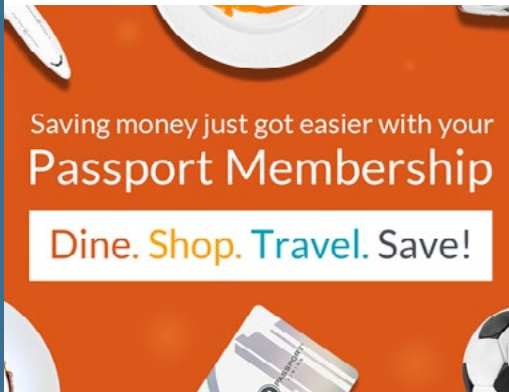
A prepaid emergency assistance service through MASA whether you are home or traveling. MASA's "Platinum Membership" will provide you with potentially lifesaving, emergency ambulance transportation (via jet, helicopter or ground ambulance) to the nearest medical center that can treat your needs anytime, anywhere. Learn more at <https://www.asbaonline.org/view/download.php/member-programs/insurance/masa-brochure>



Download an enrollment form at <https://www.asbaonline.org/view/download.php/masa-application>

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Americans fell below poverty thresholds in 2017. They were going to have to continue working, according to Anna Maria Chavez of the National Council on Aging.

All of these vulnerable adults are looking for a way out of their predicament, and it's spawned a new wave of scammers targeting them for whatever savings they have left. "We call it 'fake friends,'" says Chavez. These cheats offer "financial services" or pitch get-rich-quick schemes involving retirement or investment ideas. The Federal Trade Commission has responded with a scam bingo card to educate older consumers about the fraud.

USE ASSISTANCE

Financial experts urge those who qualify to sign up for state and federal programs aimed to help them through hard times. You may qualify for SNAP (you may remember it as food stamps) or unemployment insurance. Ask your landlord for rent reduction or call your lender and see if you can negotiate forbearance on mortgage payments that will then be tacked on to the end of your mortgage term.

If a job with a low payout would enable you to manage but you can't find anything locally, try contacting the Retired and Senior Volunteer Programs (RSVP) at <https://www.nationalservice.gov/programs/senior-corps/senior-corps-programs>. These programs connect people age 55 and up with rewarding work that may pay a small hourly rate.

CARES ACT

In the meantime, the Coronavirus Aid, Relief, and Economic Security (CARES) Act has several provisions covering retirement accounts:

- If you're younger than 59-and-a-half, there is normally a 10% penalty on withdrawals from IRAs and defined contribution plans, such as 401(k)s and 403(b)s. The CARES Act waives the penalty if you've experienced hardship due to the pandemic for withdrawals up to \$100,000 made from January 1, 2020 to December 31, 2020. The CARES Act also allows up to three years to pay taxes on the withdrawal, and you can repay all or part of the distribution within three years and they won't be counted toward annual contribution limits.▶

WHAT TO DO WHEN THE MARKET FALLS

Nothing. That's right, the best thing to do is simply hold tight. Don't sell! The market goes up and the market goes down, but mostly over time, it goes up. If you buy and hold low-cost index funds, you can pretty much ignore the market gyrations. Of course, when the market is down the stock of great American companies is on sale — recently, by as much as 40%! If you had extra cash, it was a great time to add to market holdings.

Bonds can give you some peace of mind when the market is declining. They tend to go up when stocks are sliding down. Finally, the dividend payout of stocks naturally rises when the value of the stock falls, as long as the company doesn't cut dividends. If you find yourself hyperventilating during a market downturn, watch this 2-minute video of legend Warren Buffett at <https://www.cnbc.com/video/2018/10/12/why-you-shouldnt-panic-when-stocks-are-getting-slammed.html> and financial professionals for reassurance.





- Some employers allow loans from employer-sponsored retirement plans for those impacted by the coronavirus. The limit is \$50,000 to \$100,000 if your employer is participating. You may also borrow up to 100% of your vested amount, with the possible limit temporarily bumped up to \$100,000 from \$50,000. Loan payments due from now until December 31 on an existing loan may be deferred for a year. However, interest will continue to accrue. Contact your human resources office for details where you work.

Whether or not you should take a loan or make a withdrawal from your retirement plan is a different question. If you can avoid it and get by on other savings or assistance, you probably should. But if you're facing an inability to pay your mortgage or buy food, it may be your only option.

Finally, the CARES Act allows people subject to required minimum distributions (RMDs) to forego them without penalty for 2020. People 72 and older with an IRA, SIMPLE IRA, SEP IRA or other retirement plan such as a 401(k) can waive payments. If you can make do without the withdrawal, it may be a good idea, but be sure to consult your tax advisor first.

Thankfully, many sectors of the economy appear to be recovering faster than was expected. But a crisis can occur at any time. The best offense is a good defense: In this case, having emergency funds so you don't need to tap retirement accounts. But if you must, there is leeway through the CARES Act to make that a little less painful. ■

SOURCES

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<https://www.cnbc.com/2020/06/01/how-the-coronavirus-pandemic-is-hurting-retirement-confidence.html>

2020 SCHOLARSHIP RECIPIENTS

**ALEXIS ANTWINE**

TN River Pearl
Chapter 1013
\$1,000 FK Holm
Scholarship

No Photo
Available

**JULIA AUG**

AZ Grand Canyon
Chaper 1002
\$500 El Camino Camp
925 Scholarship

No Photo
Available

**JOSHUA BIERMAN**

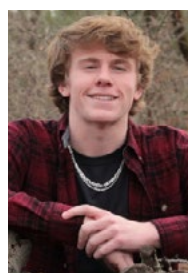
CO Denver
Camp No. 1
\$500 Tanya Unrein
Scholarship

**DEREK BOWKER**

MT Big Sky
Chapter 992
\$2,500 Longmont Building
Camp 31 Scholarship

**AUTUMN CALHOUN**

ID Boise Camp 150
\$500 Cactus Country
Camp Camp 976
Scholarship

**JACKSON CHENEY**

AR Bauxite Chapter 987
\$2,000 Supreme Camp
Of The American
Woodmen Scholarship

**CAELAN COLBERT**

NJ DBIA Viking
Lodge 342
\$1,000 Danish Old
Peoples Home Scholarship

**KARAH COLEBANK**

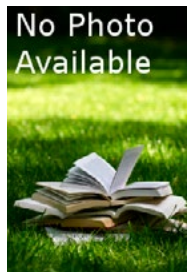
IL DBIA Dwight
Lodge 034
\$500 Rocky Mountain
Camp 999 Scholarship

**GABRIELLE DANCY**

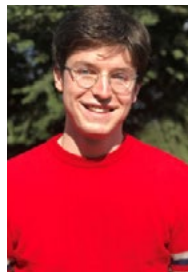
CA Golden Gate
Camp 64
\$1,500 Danish Brotherhood
Endowment Scholarship

**GARY DANCY**

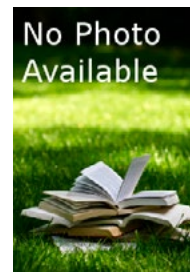
CA Golden Gate
Camp 64
\$500 Pikes Peak Camp
005 Scholarship

**CHRISTOPHER DESMELIK**

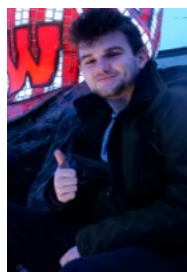
GA Brown Thrasher
Chapter 1000
\$1,500 Danish Brotherhood
Endowment Scholarship

**HAVEN DICK-NEAL**

CO Bighorn Chapter 1012
\$2,000 Daniel J Collyar &
McCabe Family Memorial
Scholarship

**SARAH DREES**

OH Cardinal
Chapter 1004
\$2,000 Assured Life
Association Endowment
Scholarship

**LUCAS DUFFIN**

IL DBIA Dwight
Lodge 034
\$1,000 Axel Skelbeck
Scholarship

**ZACHARY FRIZZELL**

TN River Pearl
Chapter 1013
\$1,000 Robert Weitzel
Memorial Scholarship



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GRIFFIN GASKINS

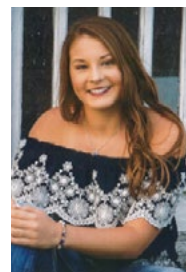
IN Crossroads Chapter 1020
\$500 James D. Wiederstein Scholarship



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RAGAN GASKINS

IN Crossroads Chapter 1020
\$1,500 Assured Life Association Endowment Scholarship



JORDYN GERLACH

ND Peace Garden Chapter 1016
\$2,500 Longmont Building Camp 31 Scholarship



JOSHUA GERLACH

ND Peace Garden Chapter
\$1,500 Longmont Building Camp 31 Scholarship



GERALD HENDERSON

AZ Grand Canyon Chapter 1002
\$2,500 Danish Brotherhood Endowment Scholarship



ISABELLA HUTTO

TN River Pearl Chapter
\$1,500 Longmont Building Camp 31 Scholarship



BROOKE JENSEN

CO DBIA Sletten Lilley Lodge 261
\$1,000 Magnolia Camp 92 Scholarship



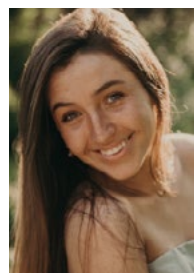
ALEXIS JOHNSON

IL Lincoln Chapter 989
\$1,000 Supreme Camp Of The American Woodmen Scholarship



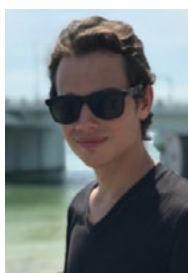
HANNAH JUHL

IA DBIA Dike Lodge 144
\$500 Pikes Peak Camp 005 Scholarship



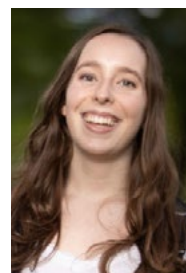
ELLEN MCCLURE

IA Assured Life Camp 999
\$1,500 Jack L and Janet E Cloud Scholarship



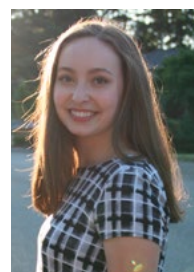
HARRISON MOUNTAN

VA Dogwood Chapter 1008
\$1,000 Pendleton Camp 41 Scholarship



ANNE-CLAIRE MOUSSEAU

AZ Grand Canyon Chapter 1002
\$2,500 Assured Life Association Endowment Scholarship



MADELEINE MOUSSEAU

AZ Grand Canyon Chapter 1002
\$1,500 Jack L and Janet E Cloud Scholarship



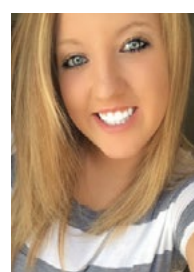
LUCIANO ORLANDINO

CO Denver Camp No. 1
\$2,000 Daniel J Collyar & McCabe Family Memorial Scholarship



ELENA PETERSEN

CA DBIA CA-NV District Lodge 626
\$2,000 Danish Brotherhood Endowment Scholarships



MAKENNA PETERSEN

SD Mount Rushmore Chapter 1018
\$1,500 Carl & Viola Hansen Scholarship



RACHEL PETERSEN

CA DBIA CA-NV District Lodge 626
\$500 DBIA Fresno CA Lodge 67 Scholarship



JACI PETERSON

SD Mount Rushmore Chapter 1018
\$2,000 Assured Life Association Endowment Scholarship



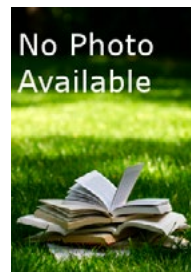
TARYN SANBORN

CA DBIA Gimle Lodge 095
\$2,500 Danish Brotherhood Endowment Scholarship



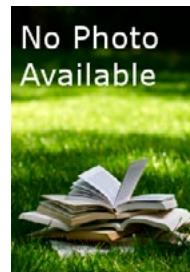
GILLIAN SANCHEZ

AZ Grand Canyon Chapter 1002
\$2,000 Supreme Camp Of The American Woodmen Scholarship



TANNER SHALKOSKI

KS Sunflower Chapter 1014
\$500 Rocky Mountain Camp 999 Scholarship



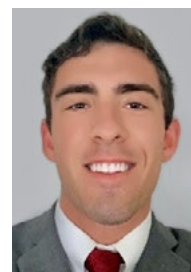
NOLAN SMALL

SD Mount Rushmore Chapter 1018
\$2,500 Danish Brotherhood Endowment Scholarship



MICHAEL STANLEY

AR Bauxite Chapter 987
\$1,500 Danish Brotherhood Endowment Scholarship



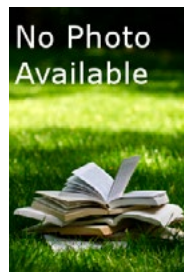
ANDREW STRALEY

VA Dogwood Chapter 1008
\$1,000 Longmont Building Camp 31 Scholarship



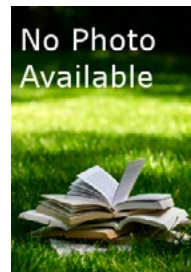
ALEXIS VAN HOWE

CO Denver Camp No. 1
\$2,000 Supreme Camp Of The American Woodmen Scholarship Scholarship



ANDREW VEILLON

LA Cypress Chapter 1003
\$500 Tim North Scholarship



JONATHAN YOUNGBLOOD

MS Honeybee Chapter 1011
\$2,500 Assured Life Association Endowment Scholarship

“The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.”

Pierre de Coubertin - The founder of the International Olympic Committee



TOP SCHOLARSHIP AWARD RECIPIENT

KELLY MORCK

MI DBIA Detroit
Lodge 227

\$3,000 Arthur J Barrett, Jr
Memorial Scholarship



“What Olympic athlete, past or present, do you most admire and why? You might choose this athlete because they best represent the spirit of the Olympic oath or mission, or courage in competition or patriotism. Identify the athlete, tell why they are significant to you, and explain what makes them admirable.”

AN OLYMPIC INSPIRATION

The founder of the International Olympic Committee, Pierre de Coubertin, once said “The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.” Sailor Helene de Pourtales proved Coubertin’s notion that taking part in the Olympics is just as important and significant as winning. Helene de Pourtales made history during the 1900 Olympic Summer Games in Paris when she became the first ever woman to compete and win a medal in the Olympic Games. What made Helene’s first Olympic Games even more extraordinary was the fact she competed on Switzerland’s men’s sailing team, and she won both a gold and silver medal. Although Helene de Pourtales isn’t the most decorated Olympian in history, her example as the first woman to compete and win a medal in the Olympics has inspired countless female athletes and will continue to inspire the future generations.

To me, Helene de Pourtales is a trailblazer and the most admirable Olympian in history. Not only did Pourtales overcome gender barriers, but she also proved that with sheer determination and drive anything is possible. Helene de Pourtales’s ability to go against the norm and break down the previous gender barriers is inspirational to me as a woman who wants to pursue a career in a male-dominated STEM career field. Pourtales showed that women can do whatever they want or be a part of anything they want, no matter what society says. Furthermore, Pourtales’s Olympic journey emphasized the idea that anything is possible with determination and love for what you’re doing. This notion encourages me to continue my passion and love for science and engineering and inspires me to keep going no matter how hard the journey there gets. Helene de Pourtales continues to inspire us all through her courageous and extraordinary actions as the first woman to compete and win a medal in the Olympic Games.