



## LOVE YOUR HEART – IT LOVES YOU

Dear Sisters and Brothers:

The Heart Fund Committee needs your help. We need your help in supporting one of our most important charities, The Heart Fund.

This year the Masonic Medical Research Laboratory was selected to be the recipient of our donations. Please select one of your February or March meetings and dedicate your Sunshine collection to The Heart Fund. In the past, some chapters have held special fundraisers to support our charity.

February, officially known as Heart Month, is also the month we celebrate Valentines Day. A few simple facts to remember; take a walk for at least 30 minutes a day, quite smoking, lose some excess weight, schedule a heart check up and limit salt and fat in your diet. Research has shown that for every hour of regular exercise, you can receive two hours of additional life expectancy.

Don and I are available to give a short talk to your chapter about your heart. Our email address is [vega76oes@hotmail.com](mailto:vega76oes@hotmail.com). Our home phone number is 414-483-5353.

Star Love,

**Maria & Don**

Maria and Don Jensen  
Heart Fund Chairmen

**CHAPTER SECRETARY – PLEASE READ THIS IN FEBRUARY OR  
YOU FIRST MEETING IN MARCH (IF DARK IN FEBRUARY)**

# HEART FUND PLEDGES 2009

Chapter Name & Number \_\_\_\_\_

City \_\_\_\_\_

Worthy Matron \_\_\_\_\_

Please make checks payable to:

Grand Chapter OES of Wisconsin  
“Heart Fund” written on the memo line

Mail to:

Grand Chapter Secretary  
36275 Sunset Drive  
Dousman, WI 53118

Thank you



Maria & Don