



STA Ledger

November 2018

Volume 22 Issue 3

Anthony (AJ) Bovio — President

Special Dates to Remember

March 22—25, 2019
STA Spring Meeting
Tampa, FL

June 30-July 4, 2019
145th Imperial Session
Nashville, TN

June 30, 2019
Annual Meeting
Nashville, TN

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information requested from the surveys that we received back from the group. Please make it a point to be there and bring your Lady as there are festivities arrange to keep her entertained. At the Presidents reception besides the normal appetizers we will have a Pizza bar and that's where you will find me.

As always, I am sure I will be overwhelmed by the old and new information provided at our March Seminar and everyone should make it a priority to attend the seminar because your input is one of the things that makes it so successful. My Divan this year is really attuned to our Financial wellbeing. We have sent out requests for proposals to many financial institutions to provide an investment plan for our money to insure we have a solid financial future. This is the first Divan in my Nine years as Treasure that is actually listing and wants to ensure the success of our Shrine Center.

Fall is here and my favorite time of the year "Holiday Time". We are very busy at our Shrine Center and have had a great year so far. We have finally (after jumping through so many administrative hoops) paved the lot next to on the right side of our Shrine Center for parking and RV hook ups and we just received Saint John's Water Authority approval for some additional work. It looks great thanks to selling some unused land it was more than fully funded.

I wish everyone a safe and wonderful Holiday season and may God Bless you throughout the year.

I am really looking forward to our March seminar and seeing everyone again. We have meet with the hotel and Imperial and your board has been working to provide additional

Be Safe and God Bless

Anthony (AJ) Bovio

Bill Wheeler — 1st Vice President



planned a surgery Friday to give her a implantable cardioverter defibrillator. All went well and she has recovered, active and feeling better.

Fall of the year is a time for the Temple Chief Rabban, with the assistance of the Board of Directors to begin preparing next years' budget. As a member of the Temple Board of Directors and the Chief Financial Officer, you the Treasurer will be considered a responsible officer for the completion and timely adoption of the Temple annual budget for the ensuring year. Remember to include your Shrine Treasurers Association annual dues of \$150 in your budget planning. Also, include travel for the Treasurer to the 2019 Shrine Treasurers Association Spring Seminar, in sunny Tampa, Florida March 22 - 25, 2019. Come, bring your lady, learn more of what is expected of you at your Temple and check out what new training or maybe break-out sessions you could experience. You want to see friends and make new ones.

Yours in the Faith

Bill Wheeler, 1st VP STA
Cahaba Shriners

Nobles and Ladies,

Forgive us for missing the Shrine Treasurers' Association Annual meeting in Daytona, Florida July 15, 2018. As life will have it, sometime we are not in control, but we believe in the one who is. On Wednesday July the 11th my wife, Brent suffered a ventricular tachycardia and was rushed by ambulance to Huntsville Hospital. (Luckily, we were in Huntsville at the time for my chemo) A potentially bad situation was saved by a quick and experienced medical team. On Thursday, in the hospital, Brent was adamant to keep our flight plans Friday to attend the Annual meeting. We had to inform her that her doctors had

“Remember to include your Shrine Treasurers Association annual dues of \$150 in your budget ”

Bruce Wiggins — 2nd Vice President



our meetings. We thank each of you for your response.

The sales tax that went into effect in Kentucky on July 1, 2018 has not help our bingo bottom line and I'm sure this has effected all Temples in Kentucky as well as other states that has sales tax on gaming. Fund raisers are crucial to all temples so if you have some successful ideas please share them at our next meeting.

New members and keeping the old ones seems to be more difficult this year than in the past, we will have a loss this year and that is three in a row after two with increases.

"Fund raisers are crucial to all temples so if you have some successful ideas please share them at our next meeting"

Greetings to my fellow Treasurers Nobles and Ladies, if you nave not notice this year is almost gone. I don't kwon where the time has gone but it is only 32 days from

Thanksgiving.

Hopefully your 2019 budget is almost complete and your Chief Rabban has budgeted for you to attend the Treasurer Association meeting in Tampa on March 23-25 2019.

The survey that we discussed at our meeting during the last Imperial secession and was sent to you by our Secretary//Treasurer Robert (the Bob) Bulman did not get the response that we had hoped for, but we did get some ideas and information to improve

I know a lot of temples have gains each year and we need to hear from you on how your are accomplishing this, please share with us in March.

Enjoy the rest of the year what little is left, make plans now to attend our March meeting have a nice Thanksgiving and a Merry Christmas.

Fraternally yours,
Bruce Wiggins
2nd V.P. STA
Rizpah Shrine
Madisonville, Ky.

Vic Hopper — 3rd Vice President



attend the Treasurer's meeting in March. I can't express how informative and important these meetings are!

As I write this, we are watching Hurricane Michael coming to shore at the panhandle of Florida. We pray our brothers and their families that live in this area come thru the storm ok.

In closing, we are coming up on the Holiday Season and I would like to wish each of you Happy Holidays and hope you are able to have a lot of quality time with your loved ones.

Yours in the Faith,
Vic Hopper, P.P.
3rd V.P Shrine Treasurers
Assoc.

A handwritten signature in black ink that reads "Vic Hopper".

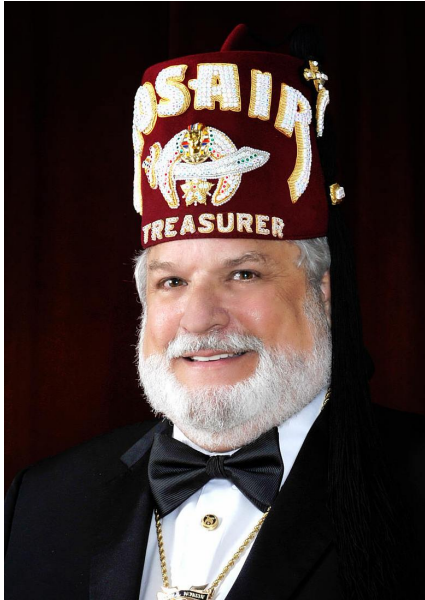
“you should have completed all financial reports for 2017 as well as the 990 tax forms”

Dear Fellow Treasurers,

Hope this finds all of you doing well as we head into the last quarter of 2018!

By this time you should have completed all financial reports for 2017 as well as the 990 tax forms. If not, remember they are due by November 15th! And just a reminder to ask the Chief Rabban to include in his budget for 2019 that you to

Gary Morgan —4th Vice President



to become a member. It is truly one the best association a temple can be involved in. It is educational and real business is conducted at our meeting. It will help the treasurers to be updated in the changes of their duties, responsibilities and changes in the International Shrine laws as it relates to finances and treasure’s duties.

Hope to see you in the spring at our annual meeting. I assure it will be one of the most worthwhile meeting you will attend in Shriners associations. Until we meet again I wish everyone the best.

Faithfully yours,
Gary L. Morgan

Treasurer KOSAIR Shriners
4th Vice President STA

“It is truly one the best association a temple can be involved in. ”

As summer fades and the fall comes in I hope everyone is doing well. As the year starts to come to an end I hope it has been a good year for everyone. With the end of the year coming it is a time when the treasures of the temples are starting to get busy preparing budgets and closing out the year.

Several Shrine Center have not paid their 2018 due to the Shrine Treasure’s Association. If your temple is one who has not paid, please encourage them to do so. If your temple is not a member of the STA encourage them

Robert the Bob Bulman — Secretary-Treasurer



ing season is open, fund raising activates at Midian Shrine, Midian's Fall Ceremonial, Fall gardening, etc. etc. etc.

So, there are a lot of task that need my attention. Multitasking. You know that word right? It means "a person's ability to do more than one thing at a time". In today's world it seems it is expected of all of us and almost become routine. I found the article on the next page in "psychology today" and thought it has some valid thoughts.

1. *Are you really doing you best when juggling several tasks at once?*
2. *Can you explore outside the box when you have multiple boxes at hand?*
3. *Are you really working on priority number one?*
4. *Are you being as productive and efficient as you should?*
5. *Is your multi-tasking interfering with your personal and working relationships.*

For me, I have taken the approach of putting a list of tasks and activities together and prioritized them by first date due and then by importance to my family and then to my external responsibilities. I believe it has improved my overall productivity.

I hope you take time to read the article and give it some serious thought.

Yours in the Faith

Robert (the Bob) Bulman,
Secretary-Treasurer
Past President STA 2015-2016
Midian Shriners

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"it is time for everyone to plan for the 'Spring meeting in Tampa Fl. March 23 – 25 2019'"

"MULTITASKING
a person's ability to do more than one thing at a time"

First I want to let everyone know that the STA By-laws, Policy and Procedures have be revised and updated. The current version is available on the STA web-site under the downloads tab.

Next, it is time for everyone to plan for the 'Spring' meeting in Tampa Fl. March 23 – 25 2019. The officers have collected results of the survey that was sent out this year and are pulling together plans to address the thoughts that were given in response to the survey questions. The Seminar will provide knowledgeable presenters from Imperial Officers and Staff for response to those thoughts.

Now some personal thoughts. This is the start of a busy part of the year for me. The Holiday season is fast approaching, it's the height of the high school football season (I have 3 grandsons playing this year), hunt-

Robert the Bob Bulman — Secretary-Treasurer

Multi-tasking and information overload impinge on creativity

This article was co-written by Teresa Anbele, Ph.D. and Susan Reynolds

In today's world, multi-tasking has become *de rigueur* (fashionable). We're all trying to juggle as many things at once as we can, because that's what's happening in the larger world. Expectations at work and home have become more complex and demanding, not less. Unfortunately, your [brain](#) is designed to focus attention on the task it deems most important, usually the one that it thinks is the most closely related to survival. It prioritizes getting away from saber-tooth tigers over brushing your teeth. Makes sense, right? But somewhere along the line, instead of doing one task and then another, humans started trying to do more than one thing at a time, then two things, and then three things, and more. Nowadays we often try to do ten things at a time, with disastrous results (for example, see any study on talking on the cell phone while driving).

Why Multi-Tasking is Multi-Taxing

The truth is that your brain simply *cannot* focus on more than one task at a time. When you ask it to do so, it doesn't. It switches off between tasks. So, when you're talking on the phone while driving, you may think you're paying attention to both, but you're not. Your brain may be attending to the driving, but then when the person you're talking to says something that needs an answer, your brain switches its attention back to the conversation and ignores the driving completely. Additionally, there's a lag time as the brain switches between each task.

The more tasks you add, the less efficient your brain is, and the less likely it is to focus

on the most important task (which explains why people talking on cell phones get into car crashes). Multitasking also ramps up the energy demands on your brain, leaving you feeling depleted afterwards. This is why it's best to eliminate as many distractions as possible whenever you have a task that requires your full attention. It's also why you shouldn't make consequential decisions when you're in the middle of eight other things. You're likely to pick the wrong answer!

Why Too Much Information Can Lead to Brain-Freeze

Given the glut of information we are all subjected to each day, it's little surprise that scientists are now researching what happens when you have too much information-what is popularly called "analysis-paralysis." Feeling like you have too much information to process has become such a prevalent condition that the Oxford English Dictionary added an entry for "information fatigue" in 2009. It's not a new phenomenon, but what's new is our realization that information overload not only leaves people feeling frustrated and emotionally depleted, it actually causes [cognitive](#) impairment. Recent research in the science of [decision-making](#) has shown that too much information can lead to people making objectively poorer choices, choices they later regret.

The research has shown that an [unconscious](#) system guides many of our decisions, and that it can be sidelined by too much information. It also shows that the incubation of ideas needed for true [creativity](#) (incubation that ideally occurs just below your conscious awareness) becomes increasingly difficult when information just keeps pouring in.

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“it is time for everyone to plan for the ‘Mid-Year’ meeting in Tampa Fl. March 23 – 25 2019”

“**MULTITASKING** a person's ability to do more than one thing at a time”

Robert the Bob Bulman — Secretary-Treasurer

Why It's a Numbers Game

Every bit of information presents a three-pronged choice: whether to reply immediately, whether to factor it into an impending decision, or whether to discard it entirely. Your working memory can only hold about four items of information; after that, information deemed worthy of holding onto has to be shuttled to your short-term and perhaps even your long-term memory, which requires a conscious effort. While still accumulating information, your brain begins to struggle with what it should keep for future reference and what it can discard. Ignoring repetitive input and deciphering what is not going to be useful later ties up your cognitive resources—and the more information keeps pouring in, the harder it gets. Let's get specific about the ramifications of information overload.

It's Affecting Your Decisions: We're all being overexposed to an onrush of information, which means our brains are being asked to respond instantly. Your brain tries to keep up—even if it's making bad choices. If your brain is being bombarded, it tends to favor quick over right, causing even the smartest, most educated executives to accept the notion that a quick decision is the best decision.

It's Screwing Up Priorities: Your brain is wired to notice and respond to change, which means incoming emails or text messages put your decision-making brain to work immediately, because your brain usually will assume that the latest news is the most important news. Behavioral economist George Lowenstein of Carnegie Mellon University calls this the "urgency effect;" paying a lot of attention to the most recent information, and discounting what came earlier. Your brain learns to overvalue immediacy and quantity of thought more than quality of thought.

It's Smothering Your Brain's True Genius: If you are allowing yourself to be besieged by an influx of information, you are more likely to have trouble making the creative leap required for original thought—or to make wise decisions. Your brain needs time to subconsciously integrate new information with existing information and make novel connections or identify hidden patterns. Being bombarded impinges on your ability to think creatively.

Give Your Brain Some Space!

Just thinking about all the thinking that has to be done to process an onslaught of information feels exhausting. Luckily, you can give your brain the breathing space it needs if you:

- Limit the flow of information. Yes, you can turn off your cell phone, your BlackBerry, your iPad, your computer, the radio, and, most importantly, your TV.
- Don't have your computer ding every time an email arrives. Check it twice in the morning and twice in the afternoon (or at most only once an hour).
- Manage email. Address those that need immediate attention; file those that don't require immediate attention but include crucial information you'll need later; file those you can sideline; delete everything you don't need to read.
- Set priorities, particularly when you have a project that needs your full attention. When a decision or a project is vital, set everything else aside and allow your brain to bring all its juice to bear on that one project, the one idea.

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Robert the Bob Bulman — Secretary-Treasurer

- Choose your sources carefully. When you have to gather information from a variety of sources, seek out the most reliable sources and disregard the rest.
- Close off the flow of information when you need to be creative and give your brain time to percolate. Do something that doesn't feed into information overload, like taking a walk or listening to a concerto.
- Don't go with a methodical, conscious process of pros and cons (or whatever basis you use) when deluged with complex information. Instead, give your unconscious brain a chance to mull it all over.

Establish the most important criteria for each decision, and focus on those components rather than every piece of information that has come in. Remember that information should not be ranked by when it arrived.

To improve decision-making, you can improve the functions of your brain that are related to that task. So, for example, since being able to focus helps you make decisions -because you need to concentrate on the decision and on the facts needed to make the decision - any effort you make to improve your focus, even if you're just focusing on emptying the dishwasher or reading a book, will eventually improve your decision-making skills. Your brain's skills are transferable!

Below is a list of the major brain functions related to decision-making. Ask your lovely brain to review it closely and create a personalized list of ways to bolster its true genius.

1. The ability to focus: How well you can drown out distractions and focus on the task at hand affects your ability to absorb information.
2. The ability to control your thoughts: How well you can slow down, speed up, or contain the flow of information running through your brain can all affect how

well you think.

3. The ability to process new information: How well you comprehend new information can affect your decisions.
4. The ability to integrate information: How you connect new information to what you already know affects the amount of information available to your thinking process.
5. Short-term memory: Your ability to retain new information could affect your decision-making processes, particularly if you have to absorb a lot of information and make decisions quickly.
6. Long-term memory: How you think about choices and make decisions can be vastly influenced by painful or happy [memories](#) and how much emotional charge is connected to them.
7. The ability to develop new skills: Keeping your brain firing on all pistons keeps it supple and makes it easier to learn new skills.

There are, of course, a multitude of things you can do to improve your brain functioning, but the most important things you can do are:

- limit the amount of inconsequential information your brain receives
- selectively feed your brain the reliable information that really matters
- give your brain time and space to integrate information and seek novel connections
- focus on one task at a time

The more you train your brain to focus, and then provide the opportunity to focus, the more it will rise to the occasion. It's up to you to deliver the muscle, to put the ideas and suggestions into practice and work much harder to fully engage, challenge, teach, train, and nourish your brain. As with all things, those who work hardest will receive the best results