

A Very Busy Aleppo Temple Guard

It has been another very busy spring and summer for the Aleppo Temple Guard. We march in all scheduled parades as well as those to come later plus working all of the shows at the Auditorium, the Roller Derbies, Ultimate Fights, and the North-South Football Game. Whew!

So it's time for a break. By the time you read this the Temple Guard will have had its annual Summer BBQ. As in the past, the BBQ was administered, managed, constructed, planned and promoted by Noble **Charlie Diminico**, the Temple

Guards' very capable Quartermaster extraordinaire. Charlie is also doing his best to make sure that the Temple Guard members who attend the Imperial Session in San Antonio over the 4th of July are perfectly uniformed to compete. Charlie does everything and doesn't break a sweat. How does he do it all?

At the Ceremonial in June the Temple Guard was ably assisted in the Aleppo Mentor Program by Nobles **Bob Haskell** and **Ray Rosch**. The result was the recruitment of two new members for the Temple Guard. It was a Golden (as in Leon) opportunity for the Temple Guard in more ways than one!

The Temple Guard is always looking for new members to join our very active Unit. Our Captain, **Ray Minyard**, would love to meet you at the next Ceremonial. If you are a new Shriner or candidate and are attending the November 14th Ceremonial, look for a Temple Guard member wearing a green jacket and the gold "Aleppo Mentor" badge. We will be next to where you will get your new Fez. We will be very happy to show you around and introduce you to all of the Aleppo Units plus we will have you meet our Captain. We meet monthly in our Unit room at the Auditorium every third Monday at 7 pm except in July and August.



The Temple Guard led the way for Aleppo in the Wilmington Memorial Day Parade on May 25, 2009.

Fitness Camp Helps Build Muscle, Confidence

WHAT about us?" was the cry from the teenage boys at Shriners Hospital for Children-Chicago.

After all, there was GLAHM Camp: a week filled with makeovers, health and wellness education and nights on the town for young women at the Chicago Shriners Hospital with spinal cord injuries. GLAHM stands for "Good Life and Healthy Mind."

When was the guys' turn?

Sara J. Klaas, director of the spinal cord injury service in Chicago, decided to create a program just for them.

"I was inspired by GLAHM Camp," said Klaas. "I thought the guys would love to learn about wheelchair body building, so I decided to get a hold of Nick."

"Nick" is **Nick Scott**, a former patient of Sara's who has become a championship winning trailblazer of wheelchair fitness and body building. He left at the chance to lead the camp and introduce the young men at the Chicago hospital to new fitness opportunities.

"Bodybuilding creates confidence," said Scott. "It shows them what they can accomplish and really opens up a new reality for them."

The bodybuilding camp featured five days of learning and fun. The guys discovered more about nutrition, fitness options, healthy supplements and how to get in a good cardio workout — a challenge when you can only use your arms.

"They even got to play laser tag, which helps maintain agility," shared Klaas. "It was a great week."

For the grand finale of the week, Scott worked with some of the participants on competitive posing. While that was definitely fun, Scott hopes the guys left the camp with some solid information.

"I hope they gained some skills for living healthier lives," he said. "I hope they choose to make good nutrition and staying active a part of their general lifestyles."

If the response gathered from post-camp surveys is any indication, Scott need not worry about the impact of the camp.

"This camp changed my life," said one young man. "I realize no one needs to be left out," shared another.

"We just wanted to help these kids realize what they could access and open some doors for them," Klaas explained. "Hopefully we can turn this into an annual program and spread the idea to other Shriners Hospitals for Children across the country."



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