



# Parish The Thought

Volume 54 Issue 11

November, 2021

## BALTIC AND EAST NIDAROS LUTHERAN PARISH Two Churches - One Parish - Centered on the Cross



- Tue Nov 2      **1:00 Bible Study @ East**  
2:30 Pastor Questad Worship @ DNRC
- Wed Nov 3      8:30-12:00 East Nidaros Quilting  
5:30-6:30 6th grade Confirmation @ East  
6:30-7:30 7th & 8th grade Confirmation @ East
- Thu Nov 4      8:30-12:00 East Nidaros Quilting
- Sun Nov 7      **Time Change– FALL Back 1 Hour**  
**Holy Communion**  
4:30-6:00 East Nidaros Soup Supper  
Pastor Questad gone to 1st Call Retreat  
Sunday the 7th after worship until the 9th.
- Tue Nov 9      6:00 Baltic & East Council Meetings @ East  
7:00 Joint Council Meeting @ East
- Wed Nov 10     6:30-7:30 Confirmation @ East
- Sun Nov 14     5:00 Youth Group @ Renner Lutheran Church
- Tue Nov 16     **NEWSLETTER DEADLINE**  
NO Bible Study @ East
- Wed Nov 17     6:30-7:30 Confirmation @ East
- Sun Nov 21     East Nidaros Quilt Dedication
- Tue Nov 23     2:00 Bible Study @ East
- Wed Nov 24     **NEWSLETTER ASSEMBLY**
- Thu Nov 25     **HAPPY THANKSGIVING**
- Sun Nov 28     **Holy Communion**
- Tue Nov 30     2:00 Bible Study @ East

UPCOMING EVENTS



# NOVEMBER PULPIT POST

## *“Baptized into Death”*

**Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore, we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.**

***Romans 6:3-4***

Do you remember the last time when you heard these words declared by Paul, the author of Romans? Most likely it was at a funeral service. However, according to Paul, these same words could also be spoken for a baptismal service. Martin Luther cites this scripture in response to the question about what Baptism means for our daily living in the Small Catechism.

At first, the idea of including baptism and death in the same sentence seems contradictory or offensive. However, the death that baptism delivers us from is bigger than the death we experience when we take our last breath in this life. When we are baptized into a death like Jesus, our death is as temporary as a good night of rest. Before we know it, we will be on our feet once again and walking in newness of life just as Jesus did on Easter morning.

The first Sunday in November is All Saints Sunday. On this day we remember **all** saints. We not only remember those who rest in Jesus Christ after taking their last breath on earth, but we also remember those who have been baptized into the death of Jesus Christ. You too are a saint because Jesus has called you his beloved child in the sacrament of baptism. You will have the opportunity on November 7th during worship to light a candle on All Saints Sunday. As you light this candle, remember you too are one of God’s saints.

Blessing to you, Pastor Randall J. Questad

# Parish Nurse & Health Board

The leaves have fallen and winter is right around the corner. It is that time again for flu season as well as the COVID continuing. Again the CDC recommends everyone 6 months and older get the flu vaccination each year. The COVID booster can be determined by your physician. Anyone who has asthma, no matter what age, is at greater risk of having serious flu-related problems which can result in hospitalization or death. Even if asthma is mild or symptoms well controlled by medicine, people with asthma have swollen and sensitive airways and the flu can cause further inflammation of the airways and lungs. A flu infection in the lungs can trigger asthma attacks and a worsening of asthma symptoms. People with asthma should get the flu vaccine made with inactivated (killed) flu virus. This vaccine is the flu shot given with a needle. The flu-mist (given the nasal route) should not be given to people with asthma as it is a live virus. It takes about two weeks after vaccination for the body to develop an immune response.

November is Diabetes and Diabetic Eye disease awareness month. Prevent Blindness has declared November as Diabetic Eye Disease Awareness Month to help education the public on the effects of diabetes on vision, types of diabetic eye disease, risk factors and treatment options. As the rates of diabetes continue to grow, so do the projected rates of diabetic eye disease. The study also found that, unlike other eye diseases such as cataract, glaucoma and macular degeneration, more men than women have diabetic retinopathy. All people with diabetes are at risk of developing eye disease that can permanently damage the vision and even lead to blindness. However, there are steps that can be taken to help prevent diabetic eye disease, including: Maintaining good blood sugar, blood pressure, cholesterol control, getting an eye exam at least once a year, keeping a healthy lifestyle that includes, exercising, not smoking, and a healthy diet. The good news is that by taking the necessary steps to manage the condition, we can help to limit the harmful impact that diabetes can have.

Foot Care Clinic will be held again on December 2. Per the vote of the Joint Council, the Footcare will continue with a Sanford Footcare Nurse

*Cont.*

after the discontinuation of the Sanford contract and Parish Nursing program. This has been a wonderful service to provide for the Parish and community and I am blessed to have been a part of getting it started in the Parish.

Blessings,  
Marjell Wendland, RN, FCN

Footcare Clinic will be Thursday December 2nd and every other month following. The next ones will then be February and April. This change was made by Sanford. We will still be doing them on the first Thursday of the month and will do our best to accommodate all clients.

Check with me with concerns.

Marjell, RN, FCN



## **HOME MEDICAL EQUIPMENT AVAILABLE**

Crutches, Bed Rails, Commodes, Walkers, Cane,  
Urinal, Boot, Shower Stool, Depends,  
Toilet Riser, Wrist Brace



Remember if you are in need of Home Medical Equipment contact Marjell or the church office.

There is now a sign-out sheet in the Home Medical Equipment room at East, so please complete it when checking out equipment and also when returning, so we have a record of all that we are pleased to be able to offer anyone in the community.

Thanks for your cooperation with this.

**MARJELL'S OFFICE HOURS** are Thursdays from 9am –3pm, but she will not always be available at the church due to home visits. She can be reached at her home telephone (529-5457—leave a message).

### **IF YOU ARE HOSPITALIZED.....**

Please remember due to federal regulations, hospitals cannot inform the church of your admission without you giving them your permission. Likewise the Pastor and Parish Nurse cannot call or visit you if you are sick without your permission. If you would like a visit please notify the church office at 529-5471 or e-mail [nidaros@alliancecom.net](mailto:nidaros@alliancecom.net).

# Health Board Minutes

September 15, 2021

Marjell called the meeting to order. Health Board members present: Ann Romsdahl, Marjell Wendland, Jean Hammer, Brett Tevelidal, Lynda Johnson, Trudy and Randy Hartman.

Marjell made a motion and Brett seconded to approve the August 2021 minutes as discussed.

With the joint council's decision to discontinue the program, there are several items that will need to be decided upon going forward.

Foot Care will continue with volunteers assisting. Next scheduled for Oct. is full. Starting at 8:30 to get another guest in for the day. Marjell will train the volunteers.

Additional home medical supplies from Baltic were taken out to East.

No Blood pressures done in September due to Rally Day.

Sanford Health Ministry conference scheduled for November 5 has been postponed at this time. Marjell will still attend whenever it is held.

She did meet with Karla after the decision but there are still points to clarify. She can possibly move to another location to be involved with the faith community nursing. There are some items in Marjell's office that belong to her, rather than the church. She wants to be certain she can remove those from the church and not have the council clear it out. She will take some of these items to share with the other parish nurses in the system.

Marjell did make copies of her contract as these should have been in the secretary's office. The addendum of adding to 6 hours is also included.

Each church now has a copy.

Prayer Shawls. None have been given out at this time. There are many on hand. Will this ministry continue in any form?

Financial Report: \$ 857.50. How will funds be disbursed when we discontinue program? \$300 back to the foundation. \$100 goes to Marjell. Balance of \$457.50

Trudy stated that she had heard that the plan was to continue all the programs and a health board to manage the programs.

During discussion, Brett suggested to have a proposal in writing from Marjell to the councils to discuss options to be able to continue the program. For her to meet with the council and include members of the health board.

Randy made a motion to have a Marjell request a meeting with just the

*Cont.*

Presidents first with the board. To discuss the future of the health board and responsibilities in 2022 if there would be one. Brett seconded the motion. Based on the outcome of that, possibly request a special joint council meeting, with the health board.

Propose October 6 to meet with the Presidents if available, in Baltic. Marjell made a list of the different things the program has supported/planned/organized over the years:

Health Fairs

Prayer Shawls

Foot Care

Scavenger Hunt

Drug Task Force

Bereavement ministry

Service of Healing

Service of Remembrance

Heart Screens

Ladies Luncheon

AED Batteries

Depression Support

Exercise program

Phase 3

Blood pressures.

Baptism gifts

Home Medical equipment

Vacation Bible School

Phone visits have been frequent. Able to make more in-person visits.

Deacons in Baltic are also doing home visits, she will see about coordinating with Pastor to make the visit and not double up on the time for those.

Trudy made a motion for the meeting to be adjourned and Brett seconded it.

Closed with the Lord's Prayer.

Please remember to bring a copy of your Health Board notes to next meeting as none will be given out.

Respectfully submitted,

Ann Romsdahl



# Health Board Minutes

October 6, 2021

## Special Session

Ann called the meeting to order. Health Board members present: Ann Romsdahl, Marjell Wendland, Jean Hammer, Brett Teveldal, Lynda Johnson, Pat Brende, Susan Hookie, and Randy Hartman.

Special session with Craig Krogstad and Dale Erickson.

Randy brought up the items that we are concerned with. The reason why it is being eliminated. Terminate the contract with Sanford. Randy is inquiring, if there is an option if there is a way to continue the program. The cost of the program is the fact that the churches need to refocus funds.

Dale stated that there is a nurse that has stepped up to volunteer to do blood pressures. There will be volunteers to assist with the foot care. Appointments will no longer be managed through the church office; a different contact number is being established for this.

Prayer shawls are made by volunteers. The requests for these will possibly now go through the pastor and possibly the quilting group will manage and maintain them.

Phase 3 will be considered as self-sufficient.

The functioning of the board is basically ended when the contract ends. Items that still need to be determined if they will continue or in what capacity will be reviewed and decided by the councils. They will be asking for volunteers to fulfill many of these.

Marjell should be moved out of the office by December 31.

Marjell gave a copy of her proposal to Dale and Craig for them to bring to the joint council on November 9.

Respectfully submitted,

Ann Romsdahl

*The Following Gifts Have Been Given As Memorials:*

**East:** In Memory Of:

**Judy Laue** East Nidaros Lutheran \$1000.00



# Baltic Lutheran Council Minutes

## September 14, 2021

The monthly meeting of the Baltic Lutheran Church Council was held at Baltic Lutheran Church on September 14, 2021. Council members present were: Dale Erickson, Lori Berg, Dick Berg, Shirlene Allgier, Karen Sinding, John Sinding, Myron Nohava, J. Serna, Jeff Boldt, Gary Gregg and Alana Tommeraasen, and Pastor Randall. Not present, Al VanEck.

Dale Erickson called the meeting to order.

Pastor Randall opened in prayer.

Motion by Myron Nohava and second by John Sinding to approve the August minutes. Motion carried.

### **Financial Report:**

August reports were distributed by Alana. Motion by Dick Berg and second by Karen Sinding to approve August financial reports, motion carried.

### **Request from the SD Synod:**

Pastor Randall, Craig Krogstad & Dale Erickson met with Bishop Constanze Hagmaier on September 7th via Zoom Conference. You will see in next month's newsletter that Pastor Roger Olness has resigned due to sexual harassment. Roger Olness served at Baltic Lutheran many years ago, so it was protocol for them to make us aware.

### **Trustees' Report:**

Generous gift offer of electronic sign from Will Hubers to Baltic Lutheran. He will move and wire to new location on Lovely Ave. Maybe the Fire Department property, need to check with the city to see where we can place it. Myron made the motion to accept the sign, second by John, motion carried. Jeff Boldt said he can help with property lines if need be. Hopefully we can get it moved by winter.

Another AC issue for the main AC for sanctuary. Replaced bad condenser (\$600), also had to replace fan blade that caused a whistling noise (\$200). Paid Preventative Maintenance Contract (\$298.87) and Fall Maintenance Check (\$79.59) which included new filters & replaced 2 thermocouples. We will put in the budget for a new AC next year.

Another reminder of church usage: last one out should turn off lights and lock all exit doors. If no key available, lock all deadbolts from inside and exit from the farthest south wing door. (no deadbolt) Three outside exits remained unlocked overnight after an event in the church.



New Technology people needed soon for alternating Sunday Facebook live.

Wayne Gunderson has offered to widen the sidewalk on the west side of the church. He will then do the snow removal also.

Need to get snow removal lined up for winter. J. Serna will check with Cody if he is still willing to clear the parking lot. Will check with Aberson's if they would like to shovel the sidewalk.

Karen Sinding stated that Phillip Everett checked the roof for any hail damage, there was none.

Swedish Meatball lunch from 11 - 1 on October 24th at the Baltic School commons. They served about 220 people in 2019. They are looking for helpers and donations.

Rally Sunday was a big success! At least 112 were counted.

### **Deacons' Report:**

Noisy Can for October: Sunday School. Pastor Randall also suggested for future ideas to sponsor a podcast by Luther House of Study.

### **Old Business:**

Church library status, in the narthex until the end of September, then remainder will be given to charities.

Wondering about bookshelves in the basement, do we need? Yes, may need them for Sunday school, will keep for now.

### **New Business:**

Approval needed to issue church and office keys to Angela Aspaas as new Sunday School Superintendent. Motion by John, second by Shirlene to approve. Motion carried.

Approval needed to purchase 2 new smaller tables, rectangular, for Sunday School pre-school & kindergarten room. Cost is \$612.43 total. Needed to fit size of 18 students. Karen made a motion to approve, Myron second, motion carried.

### **Pastor's Report:**

Vacation Bible School, 1 day worked very well, wondering what thoughts are for future if we keep it at one day? It also worked very well to tie it in with Baltic Dog Days. Hopefully we can continue in the future. We gained at least 5 families to join.

Homecoming Parade, we should participate, think of ideas. It is Friday, October 1 and the theme is "Games" (board games, arcade, game-show, etc...).

Reformation Sunday (Oct 31), Dr. Paulson will be here again. We will also be dedicating the grand piano during this service as well. *Cont.*

Confirmation, Pastor sent out letters to families. If there is anyone else you know who would be interested please let him know. We have 7 - 6th graders, 7-7th graders, and 3-8th graders. October 13th they will be serving at the Banquet. Not sure what that will look like this year, maybe limited on how many can help.

Trying to get a youth group/trip together with area churches. Tom Stadem is helping set up. Will be meeting 2nd Sunday of each month for grades 9-12.

Sunday School, we have at least 58 children signed up. Hopefully have enough room. They will be using "Sola Seed" Sunday School curriculum. New members, 5 new families!

**Next Meeting: October 12, 2021, at 6:30pm at Baltic Lutheran.**

**Joint Council Meeting: November 9, 2021, at 6:00 East Nidaros Church.**

Pastor Randall led the closing prayer.

Motion by Shirlene and second by Myron to adjourn. Motion carried.

<b>BALTIC GENERAL FUND 2021</b>				
Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	\$6,981.07	\$9,476.16	\$6,981.07	\$9,476.16
Feb	\$9,170.31	\$11,517.44	\$16,151.38	\$20,993.60
*Mar	\$20,240.55	\$8,758.26	\$36,391.93	\$29,751.86
Apr	\$14,719.98	\$12,484.38	\$51,111.91	\$42,236.24
May	\$9,334.18	\$9,823.57	\$60,446.09	\$52,059.81
Jun	\$7,298.37	\$8,955.38	\$67,744.46	\$61,015.19
Jul	\$11,090.80	\$9,855.20	\$78,835.26	\$70,870.39
Aug	\$8,928.50	\$9,843.30	\$87,763.76	\$80,713.69
Sep	\$10,566.21	\$12,085.11	\$98,329.97	\$92,798.80
Oct	\$9,508.18	\$9,004.20	\$107,838.15	\$101,803.00

October is as of October 25, 2021

\*PPP Loan \$11,250.00



**BALTIC SEPTEMBER NOISY CAN:**  
 \$153.00 for Baltic School Angel Fund  
**EAST SEPTEMBER NOISY CAN:**  
 \$62.97 CASA

BALTIC BLDG FUND	
Jan	\$100.00
Feb	\$120.00
Mar	\$140.00
Apr	\$105.00
May	\$140.00
Jun	\$145.00
Jul	\$45.00
Aug	\$50.00
Sep	\$60.00
Oct	\$85.00
YTD	\$990.00

**Dec. Newsletter Deadline:  
Nov. 16, 2021**

*GIVE  
Thanks  
WITH A  
GRATEFUL  
heart*



**NOVEMBER NOISY CAN**

**Baltic:** Baltic Food Bank  
**East:** SIGH Socks

**THANKSGIVING OFFERING**

**Baltic:** 1/2 Baltic Food Bank and 1/2 The Banquet  
**East Nidaros:** Church On The Street– Welcome Home Baskets

SEPTEMBER PARISH RECORD CHANGES	
<p><b><u>BALTIC</u></b></p> <p>New Members: <i>No Changes</i></p> <p>Transfers Out: <i>No Changes</i></p> <p>Baptisms: <i>Madeleine French</i></p> <p>Weddings: <i>No Changes</i></p> <p>Deaths: <i>No Changes</i></p>	<p><b><u>EAST</u></b></p> <p>New Members: <i>No Changes</i></p> <p>Transfers Out: <i>No Changes</i></p> <p>Baptisms: <i>No Changes</i></p> <p>Weddings: <i>Kirby &amp; Sydney Krogstad</i></p> <p>Deaths: <i>No Changes</i></p>



# East Nidaros Council Minutes

## September 7, 2021

Attendance: Mark Brobjorg, Pastor Randall, Kathy Hegge, Alvina Harvey, Jimmy Vollan, Deb Larson

Craig Krogstad called the meeting to order at 7:15 p.m.

Secretary Report: The minutes were emailed out. A motion to accept the minutes as presented was made by Jimmy Vollan and Mark Brobjorg seconded. Motion passed.

Financial Report: The report was emailed prior to the meeting. No discussion was needed on the report. A motion to accept the report as presented was made by Jimmy Vollan and seconded by Alvina Harvey. Motion passed.

Parish Nursing report: Sanford Health was sent a letter of termination of contract to commence on 12/31/2021. Craig Krogstad and Dale Erickson met with Marjell Wendland and discussed discontinuation of program. Further discussion with Marjell to be held to finalize plan.

Pastor Randall Report:

1 Bulletin and newsletter to publish 2–3-week fellowship serving schedule.

2 Vacation Bible School - request discussion to be held to determine 1 day or 3-day event in the future. Also, age-appropriate content to be included in the future

3 Community Worship - consider a mass mailing to invite participants. Pleased with response of recent community worship event. Make sure to include offering in the future.

4 Milestone event - September 26 - distribute bibles to 2nd graders and prayer pillows to 1st time preschoolers.

5 Confirmation class - orientation for class is September 15 at East Nidaros for 6-7-8th graders

6 Reformation Sunday - October 31 - Dr. Steve Paulson to attend

7 Covid updates - offering - where to place containers; announce where they are located; move location to a more visible location.

8 Live Streaming - need volunteers to help with slides, IPAD, Livestream, and camera

9 Rally Sunday - September 12 - Morton Center location. Need volunteers to setup and clean up. Offering dedicated to Sunday School. Freewill offering for meal, Ice cream cups, hot dogs & buns, Ron Luke of Garretson Food Center to cater lunch.

*Cont.*

Old Business:

1 Gutters need to be cleaned.

2 Need price quotes on window replacements in Fellowship Hall. They are falling apart.

3 Bat in the basement.

Next meeting October ???

A motion to adjourn was made by Kathy Hegge and seconded by Alvina Harvey. Motion passed.

Pastor Randall closed in prayer.

Submitted by Debra Larson

Substitute for East Nidaros Secretary Jennifer Hartman

Month	Monthly Income	Monthly Expenses	Year to Date Income	Year to Date Expenses
Jan	\$4,844.14	\$3,777.56	\$4,844.14	\$3,777.56
Feb	\$13,765.50	\$6,537.17	\$18,609.64	\$10,314.73
Mar	\$4,418.85	\$9,431.85	\$23,028.49	\$19,746.58
Apr	\$15,512.25	\$8,053.60	\$38,540.74	\$27,800.18
May	\$8,824.30	\$13,545.06	\$47,365.04	\$41,345.24
Jun	\$3,276.55	\$6,437.65	\$50,641.59	\$47,782.89
Jul	\$11,714.05	\$6,123.11	\$62,355.64	\$53,906.00
Aug	\$2,744.49	\$5,696.10	\$65,100.13	\$59,602.10
Sep	\$5,655.28	\$7,224.88	\$70,755.41	\$66,826.98
Oct*	\$5,744.68	\$5,926.76	\$76,500.09	\$72,753.74

\*As of Oct 26, 2021.

**Thrivent & East Nidaros Action Project 2021 Angel Tree** to benefit Church on the Street Our angel tree this year will benefit families that have become housed. Church on the Street is asking for “Welcome to Your Home Baskets”. Basket ideas are, a mop bucket filled with cleaning supplies, a soup pot filled with kitchen gadgets or reusable shopping bags filled with non-perishable food. Basically, anything that you use in your own home. Go ahead have fun and be creative or just purchase items and we will make up a bag. Cash donations are always welcome, and we will do the shopping! Your check can be made to East Nidaros Angel Tree Project. Feel free to bring your items anytime between now and December 19, 2021. As always, thank you for your support!!

# EAST NIDAROS SOUP SUPPER

Sunday, November 7, 2021

4:30-6:00

SERVING  
CHILI  
CHICKEN NOODLE  
CHEESY HAM & POTATO  
BREADS~CRACKERS  
FABULOUS FALL DESSERTS



FREE WILL DONATION



## FOOD PANTRY ITEMS NEEDED

Monetary Donations  
always Welcome!

Donations can be mailed to:  
PO Box 244 Baltic SD 57003

- White sugar
- Brown Sugar
- Ramen Noodles
- Pancake Syrup
- Boxed Noodles
- Canned Fruit
- Ketchup
- Mustard
- BBQ Sauce
- Coffee
- Juice
- Laundry Soap
- Boxed Potatoes
- Knorr Sides (Pasta & Rice)
- Saltine Crackers
- Snack Crackers
- Canned Chicken
- Pop Tarts
- Cereal
- Peanut Butter
- Jelly
- Dish soap
- Baking Items
- Spices
- Canned Vegetables
- Taco Seasoning
- Tuna
- Spaghetti Sauce
- Kleenex
- Personal Hygiene Items

**NO OPENED,  
PARTIALLY USED  
OR  
OUTDATED ITEMS  
PLEASE**

Items may be dropped off at  
the Baltic School in the red  
box in the Commons or in  
the Baltic Narthex or  
East Nidaros Fellowship Hall.

## Fellowship Coffee and Treats

<b><u>Nov 7</u></b>	<b><u>Nov 7</u></b>
<b><u>Baltic</u></b> Joann Moan                      360-3524 Greg & Kari Bartling        201-5285 Gaila Schreurs                 310-4069	<b><u>East Nidaros</u></b> David & Melissa Daugard <span style="float: right;">999-8290</span> Janet Leffring & Larry Hemmer <span style="float: right;">963-2137</span> Dan & Patty Franz            359-0881
	
<b><u>Nov 14 &amp; Nov 21</u></b>	<b><u>Nov 14 &amp; Nov 21</u></b>
<b><u>Baltic</u></b> Melva Hilmoe                    359-5225 Travis & Robyn Brothers    940-6728 Julius & Shirlene Allgier    201-0670	<b><u>East Nidaros</u></b> Lori Kappler                      321-2018 Keith & Paula Harvey        360-9281 Louie & Karen Doom         261-8403
<b><u>Nov 28 &amp; Dec 5</u></b>	<b><u>Nov 28 &amp; Dec 5</u></b>
<b><u>Baltic</u></b> Paul & Ann Romsdahl        582-6009 Mark & Manda Sheaffer    360-8074 Cody & Kari Sundermann    310-9145	<b><u>East Nidaros</u></b> Deb Larson                        351-7958 Mark Brobjorg                    351-5917 Nicole & Ryan Voeltz        940-9851

### **Bible Study**



### **BIBLE STUDY**

Tuesdays at East Nidaros at 2:00.

All are welcome.

Sunday November 7, 2021



# Parish the Thought

Volume 54 Issue 11 November, 2021

**BALTIC LUTHERAN CHURCH**  
&  
**EAST NIDAROS LUTHERAN CHURCH**

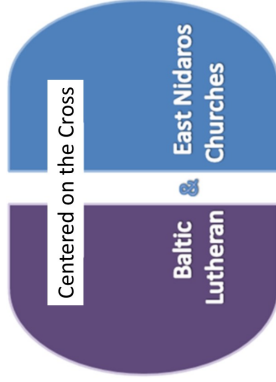
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find us on Facebook

**Pastor Randall Questad**

Cell: 605-940-2646



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Baltic, SD



**N O V E M B E R**