Pass It On

The Gift of Masonry: Stories of Sponsorship
Brethren:

Life is defined by pivotal moments. We celebrate achievements. We strive for milestones. When we reach them, we recognize our accomplishments with friends and family by our sides. We laugh, we cry, we live, we love; we learn. We never stop.

We Enter life with birth, Pass through its stages, and we are eventually Raised to the Celestial Lodge above. Squeezed between the birth and death dates that will define us on our tombstone is our story: as men and as Masons.

Our stories are all so very different; yet in the end, they’re all the same. We occupy the same places and spaces as every other man. We each face the world, wide-eyed, with many choices before us: should I go to college? Should I join the military? Should I take this job? Is this the person I should marry? Am I ready to be a father? Should I change careers? Can I retire? What do I want my retirement to look like? The list goes on and on.

Our choices define us. They lead us in different directions – to different people, careers, and locations. We try to build comfortable lives with happy, loving families, and fulfilling careers. Somewhere along the line, however, we find ourselves yearning for more. We know instinctively that there must be more to life than the normal experience most are confined to. There just has to be. So what is it? How do we find it?

Each of us found it with Freemasonry. We’ve arrived at the same destination. Somewhere along the line, each of us asked. Each of us knocked on the door of the lodge looking for something bigger than ourselves. Something more.

That moment of searching for more is when a man realizes what is in his heart.

I have had the pleasure of watching many men become Masons over the last 46 years. It’s the greatest gift we can give: a special place for someone to belong in our Masonic family—their Masonic family. A place where they know we care for them. A place where men can make a difference in each other’s lives in new, different ways.

It is our responsibility to ensure men from all walks of life can find more through Freemasonry for all the years to come. That they will find a society that will fulfill its obligation to care for them in their time of need. This is what separates Freemasonry from all other organizations men can join.

Each and every day, we should strive to make sure we are ready for those men to find us. To choose Freemasonry. To find more.

Fraternally,

Harvey J. Waugh
Grand Master
I thought, after I was raised, that I was a Mason. I had the idea that as I assumed the East, I was a Mason. But there may be another moment, as yet in the future, when I become a Mason.

A strange thing happens at coming of age ceremonies. It happens at graduations, bar mitzvahs, weddings, and confirmations, etc. While the cameras are pointed at someone undergoing a change of life in the ceremony and that person is the focus of all the attention, there are usually a couple of older relatives in the background smiling. They may be in the photo album, in a shot or two, but in their hearts they are the reason why the celebration is taking place.

I’ve heard a saying about Maine natives. You are not a Mainer if you were born there; you are not a Mainer if your grandparents were born there; you are a native Mainer if your grandchildren are born there. The beaming grandmother at a wedding, the smiling grandfather at a bar mitzvah are all happy because their beliefs, their goals, their lives are affirmed by the transition of their somewhat distant offspring.

It is the same with Masonry. There are a few of us who sponsor many new brothers. There are Masons like me, who are looking for our first protégé, our first confirmation. We have done a great deal more than replacing ourselves, necessary in its own right. We have confirmed that the proposition we accepted when we put on that apron is a proposition that will not perish from the earth. We have shown that our particular form of Masonry, be it by cooking great meals at communications, being the Tiler for our lodge, the secret society of the shadow of the White House. The events of the weekend culminated with a colonial fare dinner, replete with character re-enactors, at the Old Town district Gadsby’s Tavern and a visit to many historic rooms within the structure.

BECOMING A MASON

DEADLINES FOR SPRING 2015 ISSUE

Articles: December 19, 2014
Lodge News: January 19, 2015

BECOMING A MASON

TROWEL • WINTER 2014

Continued on page 26

Columbian Lodge Raises PM’s Son at Geo. Washington Memorial

Boston based Columbian Lodge A. F. & A. M. and First District Officers were privileged to convene in Alexandria, Virginia for a long weekend in October 2014. Over 60 members and Masonic guests gathered to attend the raising of the second son of Past Master, Wor. Nicky J. Ingaciola, of Columbian Lodge, by those lodge officers.

Bro. Christopher J. Ingaciola was made a Master Mason under the vaulted ceiling of the Alexandria-Washington Lodge #22 hall, located within the granite George Washington Masonic National Memorial. Arranged by Wor. Daniel R. Madore and Junior Warden Bro. Peter J. Lawson, and assisted with the guidance of Wor. M. Wor. Donald G. Hicks, Jr., President of the Memorial’s Association, the event included tours to the top observation deck and many historic rooms within the structure.

A highlight of the mission was to enjoy a special tour of the District of Columbia based Scottish Rite, Southern Jurisdiction, House of the Temple and dinner at the famous Old Ebbitt Grill in the shadow of the White House. The events of the weekend culminated with a colonial fare dinner, replete with character re-enactors, at the Old Town district Gadsby’s Tavern and a visit to worship service at the National Cathedral. All the tours, cool temperatures and warm camaraderie made for a very special event to be added to Columbian Lodge history.

Daniel Webster Lodge Wins Golf Tourney

Members from all eight lodges in the 18th Masonic District shared a brunch, 18 holes of golf, and dinner with their guests. A silent auction with local and PGA contributors along with Tee and Green Hole Sponsors made the event a successful fundraiser.

An intra-district challenge was inaugurated with the winning lodge receiving a financial prize.

The Prince Hall Memorial in Cambridge Common.

Celebrating 20 Years of Prince Hall Amity


In that meeting, V. Wor. Bro. Higham asked for the charter of African Lodge #459. He explained that returning the charter would greatly expedite the process.
TO BE PEACE
by Rt. Wor. and Rev. Dr. Keith C. Alderman

Not long ago I had a conversation with a man who originally came from a country where it is not legal for a citizen of that country to be a Freemason. He told me that in his country of origin, if the local authorities found out that he was a Mason, his family would be in great danger and possibly harmed. He said that he really enjoys the friendship and camaraderie which comes from his Masonic relationships. He added, “What the world really needs more of is Freemasonry.” One of the gifts which Freemasonry has to offer to its members and the world is the gift of peace.

What is peace? Peace is more than an absence of war. Peace can be defined as a state of mutual harmony between people or groups of people, especially in personal relations. Peace can also be defined as a freedom from anxiety, a state of serenity. Peace can also be defined as a state of mutual harmony and bearers of peace. You can be a messenger of peace for the world, your community, your lodge, your family, and your home. You can bring peace with you wherever you go, and can bring peace to whatever you do. You can share peace in the following ways:

- Find the time. Answer softly. Contact someone who is lonely. Listen. Apologize when you are wrong. Forgo a grudge. Forgive an enemy. Try to understand. Give up envy. Abandon jealousy. Think of someone else first.
- Express your gratitude. Welcome a stranger. Be the kind. Be gentle. Laugh. Take up arms against malice.
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- Express your gratitude. Welcome a stranger. Be the kind. Be gentle. Laugh. Take up arms against malice.

Practicing Freemasonry can be a delightful way to enjoy life and to be an agent of peace. Each person has the capacity for transforming the world around him. Each day we can choose to renew how we feel about our lives and look for the good in them. We can convert our indifference into pleasant feelings. If we have happiness and peace inside of us, all will benefit from it. Society will benefit from it. Your family and friends will benefit from it. All living beings will benefit from it. Freemasonry is a way of being peace in the world.

There is a time in the lodge where we hear the sound of a gavel or other implement striking a piece of stone or wood. First one strikes the top of the platform in front of him, then another strikes the platform in front of him, then another does the same. I look forward to that moment. For me, it denotes the fact that I am standing in a different kind of time, a moment of eternity.

Writing of a similar time in his life, Thich Nhat Hanh writes, “Listen, listen, this wonderful sound brings me back to my true self” (p. 109). For me, this sound and moment in lodge brings on a feeling of peace.

There are ways you can share peace in your circle of friends and brothers. By your actions and presence in the world you are someone’s idea of Freemasonry. By sharing the lessons we learn from the craft, we can become agents of harmony and bearers of peace. You can be a messenger of peace for the world, your community, your lodge, your family, and your home. You can bring peace with you wherever you go, and can bring peace to whatever you do. You can share peace in the following ways:

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some changes in France, the Grande Loge Nationale Française (GLNF) was recommended for recognition by the Grand Lodge of Massachusetts. “It is a vote,” said the Grand Master as the Grand Lodge voted in the affirmative.

The brothers in attendance bowed their heads, as Rt. Wor. Rev. Dr. Keith C. Alderman, Grand Chaplain, delivered the prayer after the necrology delivered by Rt. Wor. Joseph C. DeNicola, Deputy Grand Master.

M. Wor. Bro. Johnson read a petition for a merger of two lodges: Delta and St. Paul’s Algonquin Lodge. The merger was accepted when the Grand Master lowered his gavel with the words “It’s a vote.”

The members of Grand Lodge voted to accept the indefinite suspension of two brothers from different lodges.

The Grand Master with presented the Rt. Wor. Oscar A. Guinn, Jr. and Rt. Wor. W. Terence Stephens (the “Terry”) trophies to Rt. Wor. Deane P. Price, Daniel Webster Lodge and District Deputy Grand Master of the 18th District. The Rt. Wor. Oscar A. Guinn, Jr. award is for best overall attendance and the Rt. Wor. W. Terence Stephens award is for the highest percentage of officers attending. This is the second year in a row that Rt. Wor. Dean Price has taken these awards for the 18th district.

Rt. Wors. Ernie Pearlstein, Frank Gomes, and Robert Jolly were escorted to the East for a special presentation to the guest who had been ushered in prior to the opening of Grand Lodge. That guest was recent Master Mason Rookie recipient, Bro. Jonathan Rizzo, of Saint John’s Lodge, Boston.

Bro. Rizzo received the Good Samaritan Award from the Grand Master. He and his neighbors were the victims of a 5 alarm fire in East Boston. As recounted in the last issue of TROWEL, Bro. Rizzo saved his family and others from the burning building, but lost all he had—including his electronic equipment, the tools of his trade. The Grand Master, with the Grand Lodge Service Committee and Rt. Wor. Bro. Jolly, worked quickly to write him a check from the Brotherhood Fund to help him restart his life. Bro. Rizzo remarked that “though it is difficult to accept charity,” he was heartened to have some help from the Fraternity.

Rt. Wor. Bro. Jolly recounted that when Bro. Rizzo came to accept the check it was not exactly charity: Bro. Rizzo gave Rt. Wor. Bro. Jolly a pair of Masonic cufflinks saying that it was all he had left. Rt. Wor. Bro. Jolly took this opportunity in the East of Grand Lodge to return those cufflinks to the cheers of all assembled.

Wor. Otis Jackson, Master of Marine Lodge in Falmouth was escorted to the East to present M. Wor. Bro. Hicks with $34,000 in donations to help brothers in need. Rt. Wor. Bro. Hicks presented, Rt. Wor. Otis Jackson, Master of Marine Lodge in Falmouth a substantial donation to the George Washington Masonic National Memorial in Arlington, Virginia. In addition, he was the first in this communication of Grand Lodge to present a gift to the Brotherhood Fund.

The Grand Master called Rt. Wor. Donald M. Moran, Deputys for Massachusetts, Ancient Accepted Scottish Rite for the Northern Masonic Jurisdiction of the United States of America, and Rt. Wor. William H. Holland to the East. They represented Illustrious John William McNaughton, Sovereign Grand Commander made a donation to the Brotherhood Fund.

In his address, the Grand Master thanked Rt. Wor. Rev. Dr. Keith C. Alderman, Grand Chaplain, delivering the prayer after the necrology delivered by Rt. Wor. Joseph C. DeNicola, Deputy Grand Master.

For Senior Grand Warden, the Grand Master introduced Rt. Wor. H. Robert Huke III, Rural Lodge, Quincy, and Rt. Wor. Thomas A. Roezis, Celestial Lodge, Westwood. For Junior Grand Warden, the Grand Master presented, Rt. Wor. H. Robert Huke III, Rural Lodge, Quincy, and Rt. Wor. Richard Maggio, William Parkman Lodge, Woburn. The Grand Master said all the brethren will be meeting the candidates over the course of the next months of the “non-campaign” and all are worthy of the positions.

In his address, the Grand Master thanked Rt. Wor. George Bibilos for two reasons: his work on the budget, accepted earlier by the brethren, and his work toward the travel a great deal to meet the brothers around Massachusetts.

Masonic Lodge, Boston Commandery, Boston University Lodge, Badleigh Lodge, Columbian Lodge, Delta Lodge, De Witt Clinton Lodge, Frank W. Thompson Lodge, Mariners Lodge, Masonic Leadership Institute, Merrimack Valley Daylight Lodge, Milton Lodge, Mount Lebanon Lodge, Mount Olivet Lodge, Norfolk Lodge, Orient Lodge, Palestine Lodge, Pequosette Lodge, Philanthropic Lodge, Prospect Lodge, Star of Bethlehem Lodge, Union Lodge (N), and William Sewall Gardner-Kilwinning Lodge. In total, the Brotherhood Fund received around $34,000 in donations to help brothers in need.

This communication of Grand Lodge marks the beginning of the “non-campaign” for the next Senior and Junior Grand Wardens. Candidates are forbidden to campaign for the offices for which they are running: however, they do represent the following lodges and institutions lined the North of Grand Lodge to present the Grand Master with donations to the Brotherhood Fund: Amity-
one day class. The date for the one day class is Saturday, March 7, 2015.

The Grand Master recounted some of his visits over the past quarter: the redemption of the Mount Holyoke Lodge Building on June 14th, the presentation of three veteran medals at Golden Fleece on June 16th, and the redemption of J. Phillip Berquist Lodge on March 24th.

On June 24th, the same day as addressing a Masonic Health care convention in Boston, the Grand Master was honored to present his brother, Sam B. A. Waugh, a retired Navy commander, with his veteran’s medal.

Health care convention in Boston, the Grand Master was present at the Golden Fleece on June 16th, and the rededication of the Fez Room which displayed a new Potentate, Wor. Richard Doherty unveiled a plaque on June 28th. With over 200 people in attendance, the Grand Master was “flabbergasted” when I was asked to present the Potentate, Past Potentate and Past District Deputy Grand Master, Dennis Reebel,” continued the Grand Master.

The Grand Master mentioned the recent scholarships granted by Grand Lodge which totaled around half a million dollars to 173 students.

The Grand Master described his busy summer: on June 30th oversaw the merger of Golden Rule Lodge and Mount Herman Lodge in Wakefield; in August worked with the audit committee, Masonic Education and Trust Trustees, and monthly Board of Directors meetings; on August 23rd, attended “an excellent training session featuring brothers to want to expand their leadership qualities”; (continued on page 15)

ASK THE GRAND LECTURERS

by Rt. Wor. Robert F. Doherty, Chairman of the Grand Lecturers

Happy Holidays to all as we start a new year which will feature the first statewide one-day class in the last several years.

Q What different versions of the duties and responsibilities of the Grand Lecturer’s Aide. Could you clarify them?

A Yes. Prior to the conferral of the first degree these questions must be presented to every candidate individually by the Junior Deacon in the presence of the Stewards and no one else. This is covered in the Grand Constitutions. Additionally, as covered by instructions in the Standard work as well as the cipher, the Junior Deacon must present the preliminary questions from memory. This will also be required in the 2015 Exemplifications.

Q Why is it so important for Lodge Ritualists to attend workshops and exemplifications? After all the ritual does not change.

A No, the ritual does not change, but our recollection of that ritual may be incorrect. Our Lodge Ritualists are a very competent and dedicated group of Masons. However, only the Supreme Architect has all the correct answers. I can testify from personal experience that listening to ritual being presented at a workshop or an exemplification can point out words or phrases you have learned wrong. Since we are imperfect beings teaching and being taught by imperfect beings it is reasonable to presume there are minor flaws in the ritual we have learned.

Continuing education is a very important part of our lives. The day we stop learning is the day we die. Also, we owe it to our candidates to give them the best possible presentations of our degrees and our Ritualists along with the exemplifications and workshops play an important part in this. Our future depends on these men and they are more likely to follow our footsteps than our advice.

A When a candidate may sit in on a business meeting provided the Lodge is open on a degree to which he has been obligated, he is not a Lodge member until he signs the bylaws. Thus he may not vote on Lodge motions or ballot on a candidate.

Q Are there any requirements as to the presentation of the preliminary questions to new candidates?

A Yes. Every Mason must have these questions asked of them to assure them that they are a part of the Lodge.

A I do not hear of any restrictions as to the presentation of the preliminary questions to new candidates.

A It is important to note that these questions are a benefit to the Lecturer as they will not be asked the same questions at each degree and it will encourage the Lodge Ritualists to study their degrees.

A Many Lodges have a different way of presenting the prelim questions. Some Lodges use a written presentation while others use a written or verbal presentation.

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Most of you are aware of the membership challenges our fraternity is facing. Membership for most fraternal organizations has been an ongoing challenge, but for Massachusetts Masons, we have received a rather pronounced wake-up call. In the past few years our annual numbers for new Master Masons has dropped from more than 1500 to about 700.

Needless to say, we have some work to do on the membership front. It is important to ask, what went right and what went wrong with our last membership drive? We certainly drove the numbers up, but unfortunately we had a corresponding increase in demits and suspensions for non-payment of dues. Our failure to retain and engage many of these new brothers caused many to walk out the back door soon after knocking on the front door. Unless we address this problem, this issue is not going to go away.

As such it is important for us to take a comprehensive approach towards how we fix this challenge we face. We need to have a “membership toolkit” that will help us attract new members and just as important—keep new members involved in their lodges. Highly successful programs such as the Master Mason Rookie Award continue to be a major way to achieve this goal. Additionally for the individual lodges, the Grand Master’s Award, is a proven successful blueprint for lodges to engage their membership. For our veteran brothers we also have the Master Builder’s Award which helps to re-engage some of our members who have become less active.

Another part of this toolkit, over and above these programs was the Membership Development Committee bringing back a new Beyond the Third Degree program last spring to talk about the importance of engaging our new members. The seminar talked about ways to increase the value proposition of being a Mason. It stressed the need for excellent degree work, good meals, efficiently run business meetings and having enjoyable social activities in conclusion, the importance of Masonry.

Making Membership something special that will cause our members to want to attend lodge on a regular basis was the clear message. Expect to hear more on this subject, as we continue to address the issue of retention and engagement.

In terms of advertising and this “toolkit,” Grand Lodge has contracted with a new vendor to refresh our advertising campaign and do more digital advertising hoping to target the younger demographic we want to attract. This will be tied into a refreshed Grand Lodge webpage which will be the portal to which we will be driving prospective candidates to lodges. The goal is to get a better handle on what kind of traffic our advertising money is driving our way in the form of prospects. It is important that for Grand Lodge to have measurable metrics of success, which we believe this new approach will provide.

Dovetailing off of the new advertising campaign needs to be a concerted effort by lodges to improve their Square and Compasses Open House Day. Clearly, the open house concept has gotten a little tired and we need to make it more interesting for those attending. Lodges running programs such as blood drives, yard sales or anything to increase foot traffic helps their open house efforts.

Yet another tool the Membership Development Committee is using is the return of a Grand Lodge One Day Class, as authorized by our Grand Master, M. Wor. Harvey J. Waugh. We don’t know how big this class is going to be, but if we view it as “part of the solution” and not “the solution” we are clearly in position for success. There are people who do not like the One Day Class, but the fact of the matter is their rate of retention and engagement is about the same as a tradition al three-month (in town for three per month candidates)—15%. That 15% number is the real problem, not whether they are One Day candidates or not. If members don’t like what our lodges are providing them we are doomed to failure either way.

It should be noted that one of our candidates for Junior Grand Warden was a One Day Class candidate, R.W. Paul A. Cataldo. Right in our own lodge I can point to Wor. Edward W. Vossler who served as Master of my lodge a few years ago who was a One Day candidate. He did a great job and remains an active and important member of the lodge. I say this just to point to a couple of examples of where One Day Candidates can have a positive impact on a lodge and beyond.

Another tool our Grand Master has brought back is the “Pass It On” brochure which is in TROWEL and was used to much success under M. Wor. Jeffrey Hodgdon’s membership drive. This convenient brochure made it that much easier for our members to start to getting prospects into what we have been calling this past year or so “the membership funnel.”

The whole concept of “the membership funnel” speaks to what we are doing to keep it filled with prospective candidates and also working to ensure that only the ones who should become Masons do. In our last membership drive not only did we not do a great job of retaining and engaging our new members, but we also admitted members who probably should never have become Masons in the first place. We need to do a better job of vetting our candidates before we ballot them for the degrees. Grand Lodge has instituted mandatory background checks which certainly is a good first step, but lodges need to do more. They need to get to know their candidates and their families to make sure Masonry will be a good match. Rushing candidates to become Masons doesn’t do them or the lodge any favors.

So in conclusion, the message is clear: we have a lot of work to do, but lessons learned from our last membership drive will put us in a stronger position this time. Perhaps we don’t need to get back to 1500+ members a year, but if we can get it back to say 1000 or 1200 with a better retention and engagement rate, thus mitigating demits and suspensions, hopefully we can be more successful.

Getting our lodges to do a better job engaging our members, leveraging the many programs Grand Lodge offers to support membership engagement, strengthening the vetting process, using the One Day Class as “a tool” to rejuvenate their lodges and making a determined effort to improve the lodge experience will go a long way to turning around our membership challenges.

Freemasonry is a membership based organization. If we lose the battle to grow our membership, we will lose our fraternity. Now is the time my brethren. As you have read, there is a lot to do, but fortunately we know what needs to be done—and as we have discussed we have the tools to fix it. Back in January of this year when M. Wor. Bro. Waugh had his reception, he charged all of us “to make a difference” in our fraternity. Now you know the membership challenges we face and the path forward to begin solving them—are you ready to answer the call?

I moved to Scituate, Massachusetts in the summer of 1977 with my stepmother. A girl I loved very much had broken up with me several months short of our wedding and I just wanted to change. I wasn’t interested in a new relationship, but that change proposal was the one I was presented to me several months later. Meredith was the most wonderful thing that ever happened to me, but as true as that is, Freemasonry is a close second.

Our marriage produced two adored sons and a prodigious amount of work. Meredith started a Boy Scout troop which she ultimately ran for nearly seven years, teaching the lives of hundreds of young men and changing scouting in Scituate forever. Both of our sons are Eagle Scouts.

In those days, I would buy Meredith a new car and drive what she left behind. Among the relics was a 1985 Oldsmobile Regency 98. It became a real relic after it became my commu- nity car; it died in the driveway of our home. I realized that I had never bought a battery for the car and that this was the likely problem. I called the South Shore Auto Parts here in town and a nice gentleman answered the phone and after some discussion he checked his battery inventory and confirmed that he had a battery that would fit my Olds.

### Pass It On THE GIFT OF MASONRY: Stories of Sponsorship

by Rt. Wor. George Bibilos

THE MEMBERSHIP TOOLKIT

by Rt. Wor. George Bibilos

The Gift of Masonry: Stories of Sponsorship

by Wor. Michael L. Smith

The Gift: Friend, to Father, to Son

by Wor. Michael L. Smith

THE GIFT: FRIEND, TO FATHER, TO SON

by Wor. Michael L. Smith

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“Well don’t sell it!” I said hurriedly. “Can you hold it for me until tomorrow morning? My wife won’t be home until after you close but I can be there first thing in the morning.”

“You live here in town?” The voice on the other end of the phone inquired. “Sure do,” I answered and gave my address.

“Well I’ll deliver it and if you remove the old battery, I can just bring it back to the store. You won’t have to pay a core charge. I’ll be along in about twenty minutes.”

I hung up a little blue truck, the parts store, and drove up in my driveway. A distinguished looking tall gentleman got out of the truck and we exchanged batteries and I made payment. We then introduced ourselves. “Michael Smith” I said sticking out my right hand to thank my day’s savior: “Jack Rhodes,” came the reply. We shook hands and the very nice man and his little blue truck disappeared down the road.

I saw Jack several times after that in the parts store and it was always a pleasant meeting and a reminder of a past kindness. Such it remained until the summer of 2003. That summer after a short period of illness, my beloved wife was diagnosed with metastatic colon cancer. In the midst of pain and confusion, I decided to check out Freemasonry, if only because I had the feeling that my life was about to change and the idea of buying myself with important and selfless work seemed like a really good plan.

I called Grand Lodge and a lovely lady informed me that the Lodge in my town was named Satuit. She took my contact information and told me that she would have someone from Satuit get in touch with me. Three days or so later I got a call at work. When I picked up the phone and said “Hello, this is Michael Smith.” The reply came quickly. “This is Jack Rhodes from Satuit Lodge, Michael. I understand that you are interested in becoming a Mason.”

Jack, Wor. John J. Rhodes III, was everything a sponsor should be and more. I learned the Craft from a great friend and a great Mason. I joined the line, became acting Master in 2010, then Master in 2011. We lost Meredith in 2006. In 2010, then Master in 2011. We lost Meredith in 2006. Three of us went on to receiving 50-year veteran’s medals; Harvey will be receiving his medal in a few years. He became very active in Grand Lodge and is now our Grand Master. I am very proud to have signed the petition for two of my brothers, but to introduce Masonic Careers to my son-in-law, Daryl Flynn of Hollis, New Hampshire is something special. Daryl is a wonderful husband to my beautiful daughter, Allison, and a terrific dad to my grandchildren, Ryan, Noah, and Emma. His occupation is that of president of a plastics manufacturing company. As he is about to start his Masonic journey, I know he is looking forward to it with anticipation and zeal. Me too. I can’t wait to call him “Brother.”

My father was a wonderful dad and a wonderful Mason. He wasn’t just a member of the Fraternity; he lived the life of a true Mason. Known as a man of integrity, honesty, and loyalty by all who knew him, my brothers and I looked up to him as a great man and a wonderful, caring father. So, when my brother Harvey and I heard about DeMolay, and it being associated with Masonry, we both joined, got involved, and eventually made our way through the chairs. It was a great experience for the both of us and had a profound influence on our future Masonic Careers.

When I turned 21, I applied to Wyoming Lodge via my good friend, Wor. Winthrop L. Hall, while Harvey joined the military.

My older brother, Richard, joined my father’s lodge, Seaview, in Revere when he came of age, just a few years after our dad had been Raised to the Celestial Lodge above. How proud my father would have been if he were here long enough to witness Dick’s initiation into the Craft. He would also be proud to know that Dick stepped up to run Wor. Roger W. Waugh escorts his brother M. Wor. Harvey J. Waugh into Grand Lodge Quarterly.

Since that time, Freemasonry has been a mainstay in our lives. It gave Robert direction and purpose, helping him return to collegiate studies, develop a career path, and be an inspiration to others. He is currently Senior Warden of Satuit Lodge.

There are many things that are equal, he will become the youngest master in the Lodge’s history in September of 2015. Sponsoring and working with my son has been the joy of a lifetime and I hope every Mason who has a son might someday experience this delightful series of events.

It might just be the best way to grow and prosper for the Fraternity.

THE GIFT: AMONG BROTHERS
by Wor. Roger W. Waugh

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THE GIFT: BROTHERS-IN-ARMS TO BROTHERS
by Rt. Wor. Phil Nowlan, Bros. William Maldonado and Quan Nguyen

Major General Henry Knox Lodge is rare, one of only two in the country. It is a military lodge which accepts only currently serving or honorable discharged men of the US Armed Forces. Wor. Phil Nowlan meets that criterion: he is a Vietnam combat veteran. He recently met and sponsored two men from different backgrounds who are were installed as Stewards this September. Bros. William Maldonado, born in Florida, and Quan Nguyen, born in Vietnam, went from being brothers-in-arms to become our Brothers.

As the sponsor of these candidates, Rt. Wor. Phil Nowlan meets that criterion: he is a Vietnam combat veteran. He recently met and sponsored two men from different backgrounds who are were installed as Stewards this September. Bros. William Maldonado, born in Florida, and Quan Nguyen, born in Vietnam, went from being brothers-in-arms to become our Brothers.

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He wrote: “I know people work, have responsibilities. I know work, family then Freemasonry, [I] got it. But in the 1700, 1800 and 1900s people had the same responsibilities and more. Only life was a lot harder for them, and they got to meetings. Maybe they had to hitch up the horses to get to town, maybe they had to make sure the firewood was cut first . . . The majority at meetings should not be the retirees and the Past Masters. It should be newer Masons learning the ritual from the veterans.”

He went further to say, “We all should try to bring in two candidates a year, and don’t go for the low hanging fruit. We should all have business cards. We should talk to teachers, police officers, firemen and the guy at the coffee shop. You meet people every day, give them a card, don’t push just a little nudge.”

Bro. Nguyen said “I guess the journey in and of itself is the true reward. To learn is to live.”

THE GIFT: UNLIKELY ENCOUNTERS
by Wor. Gerald A. DeGregorio

In the past 14 years as a Mason I have had the honor of sponsoring many men to the Craft. This is my favorite story and it is about one of my favorite Masons. The year was 2006, and I had the privilege of being the freshman Master of Delta Lodge, A.F. & A.M. in Braintree. I received the dreaded phone call that a beloved member of our Lodge had passed on. My Lodge Secretary brought me up to speed about this Past District Deputy who was affectionately nicknamed “The Grouch.” I arrived at a packed funeral home in Canton, and among the brethren present were two Past Grand Masters. I pleaded my case that a freshman Master was not worthy to do a Masonic Funeral and the Past Masters. It should be newer Masons learning from the experienced. The brother was Wor. Lee H. Fenn. His interest and zeal has been contagious and he has spurred me on to be a better Freemason.

I met him as he walked into our Lodge building with his wife and young son for an Open House. He stood there looking around, his eyes looking for someone to talk with. I approached him and his family, noting a very energetic son who could not stay still. I introduced myself to him and welcomed them to our open house. He still looked around thanking me for welcoming him and noting to me that his wife’s father was a Brother in the Philippines and his interest in our organization. I mentioned to take a tour of our building and to answer any questions that he may have. Both he and his wife had interesting questions and I answered as well as I could. His interest grew, he made out an application to join, took his degrees, and just stepped down from the East of Mount Olivet after serving for three years as Master. The brother was Wor. Lee H. Fenn. His interest and zeal has been contagious and he has spurred me on to be a better Freemason.

I am proud when he went through the line and became Master, although unfortunately I could not attend his installation.

I still maintain a relationship with Wor. Bro. Melanson through the internet and have even been invited to stay with him and his family on several occasions which to date I have been unable accept. I am now 80 years young and not quite as mobile as I used to be.

N.B.: Wor. Bro. Melanson is the current editor of the Cape and Islands newsletter which chronicles the Masonic events of the region. To subscribe to the email publication, please contact Wor. Bro. Melanson at alamelsonscnp@gmail.com.

THE GIFT: STRANGERS FOR A MINUTE
by Wor. Robert F. Stanley

I met him as he walked into our Lodge building with his wife and young son for an Open House. He stood there looking around, his eyes looking for someone to talk with. I approached him and his family, noting a very energetic son who could not stay still. I introduced myself to him and welcomed them to our open house. He still looked around thanking me for welcoming him and noting to me that his wife’s father was a Brother in the Philippines and his interest in our organization. I mentioned to take a tour of our building and to answer any questions that he may have. Both he and his wife had interesting questions and I answered as well as I could. His interest grew, he made out an application to join, took his degrees, and just stepped down from the East of Mount Olivet after serving for three years as Master. The brother was Wor. Lee H. Fenn. His interest and zeal has been contagious and he has spurred me on to be a better Freemason.

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N.B.: Wor. Bro. Melanson is the current editor of the Cape and Islands newsletter which chronicles the Masonic events of the region. To subscribe to the email publication, please contact Wor. Bro. Melanson at alamelsonscnp@gmail.com.
A resident sat outside the independent living building at the Overlook Life Care Community in Charlton. She was enjoying the refreshing summer breeze as she gazed out over the courtyard. Her body had declined somewhat since she had moved in six or so years earlier, and her left hand rested on her walker.

I was rushing to a meeting and smiled and said hello as I passed. She smiled and said, “Hello, Patrick. Thank you.”

“Thank you?”

She caused me to break my stride a bit. I glanced over my left shoulder, turned and walked back to where she sat.

“You’re welcome,” I said. “What did I do?”

“You convinced us to move here. We didn’t want to at first but we listened and what you said made sense.”

“Oh, you’re welcome,” I replied. “I’m glad you’re happy with your decision.” Her eyes left mine and drifted back to looking out at the gazebo which sits in the center of the courtyard. “Our lives were much simpler before we moved in but as we aged we both developed medical issues and a greater need for assistance,” she explained.

She looked back to me as she explained that her husband needed to move throughout the continuum to receive higher levels of care, however, seeing as they lived here she was still able to just walk down a hallway to visit him everyday. “I don’t know what we would have done if we weren’t here,” she said. “I just don’t know how we would have made it.”

I crouched down, like a catcher, so I was on eye level with her and told her that I was sorry to hear about the challenges that she and her husband had endured over the years but that I was very pleased that we were able to be there for them. I agreed that our front-line employees are exceptional and that the levels of care that are provided are second to none. I also emphasized that what I heard above everything else was that she experienced true community and a caring, family environment that provided a support structure just as we had always said it would.

I stood, because my knees were giving me a rather stringent reminder that I was not a catcher, smiled and wished her well and turned and began walking towards my meeting. I then stopped and walked back. She looked up quizzically and grinned.

“Thank you,” I said. “Now what are you thanking me for, Patrick?” she replied.

“You gave me an opportunity to make a difference.”

She slightly nodded, “Well you did. You made a difference.”

That’s all I ever wanted when I came to Masonic Health System in 2002, an opportunity to make a difference. Let’s

Thank You Overlook
by Patrick McShane

In the words of Bro. General George Washington, “The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation.” Overlook Hospice has accepted the mission of serving the men and women who have protected our liberty, as they face their end of life.

At Overlook Hospice, a person’s comfort is priority. Our goal is to provide the best care possible to people through the end of their life, realizing that suffering is unnecessary and that something can be done to alleviate all kinds of pain. To provide care and support which reflects the essential contributions made by America’s Veterans, Overlook Hospice has become a national partner of We Honor Veterans, a pioneering collaboration between the Department of Veterans Affairs and the National Hospice and Palliative Care Organization. The intent of this program is to improve access to hospice and palliative, pain relief, care for America’s Veterans. A vast majority of veterans are not enrolled in the VA and may not be aware of the benefits available to them, including the Medicare Hospice Benefit and VA paid hospice care.

One in four dying Americans is a US Veteran. 1,000 World War II Veterans die each day. Veterans, especially those who have faced combat, may have complex needs at the end of life, as they have already come face to face with the grim realities of death in a dramatic way. By witnessing face facts, no one has ever said, “I’m going to go become rich and famous by working in not-for-profit healthcare.” However, what everyone who entered healthcare has thought is, maybe I can help. Maybe I can change my little piece of the world and maybe some people will be better off because of something that I can do.

The heroes are the day-to-day caregivers; the people who devote their lives to providing care and services. Some directly assist and others work in the background to ensure that food, linens and supplies are all readily available. They are all making this world a better place. Most are doing it anonymously, without the proper recognition for their efforts or the realizations of all that they are contributing to the lives of these individuals.

They are the heroes. You don’t know their names. But if you ever need them, they will be here for you.
**Retiring the Rake**

*by Sandra O'Shea*

H**erb** and Fran Mower had replaced the furnace, the water heater, and the windows on their home in Westford, Massachusetts. They’d painted and patched. And they knew that the next years in their 25-year-old house would simply mean more of the same: maintenance.

“The house owned us rather than us owning the house,” says Herb.

After choosing to move to the Overlook in Charlton, Herb gave his rakes and tools to his sons—in-law and friends from volunteer groups. And he happily changed a budget line item from Home Repair to Travel.

“Now, instead of repainting the house, we’ll be flying down the Danube River this fall,” says Herb.

**Less Time on Service Calls, More Time for Service Work**

The Mowers are part of a national trend of older adults choosing not to retire from work (whether full-time, part-time, or service) yet wanting to retire from housework. At the Overlook, employees handle snow plowing and shoveling, mowing, repairs and more. If a problem arises with a washer, dryer, or electrical item, all it takes is one phone call to have it taken care of.

“They’ll even till the resident garden plots,” says Herb. “The only thing I haven’t talked them into is weeding the garden for me!”

Herb says that now that he doesn’t have to deal with home maintenance, he has more time for service. His many commitments include coordinating educational programs for the DeMolay state chapters, volunteer work throughout Region 1, and contributions to the Massachusetts Institute of Technology in several ways including interviewing prospective students.

He is even sharing those interests and talents with new neighbors and the Overlook team by, running a program to help the high school students who work in the dining staff understand what to expect during college interviews.

While Sally Dietrich says she didn’t mind yard work, her husband, Bob, says it was a big factor in him choosing the Overlook.

Since moving to the community from Monument Beach, Massachusetts last year, Sally has maintained her love for gardening by signing up for and tending a raised bed. Home maintenance-free living means she has time for some new interests as well. “You just call maintenance and down they come,” says Sally, “and they fix whatever your problem is.”

She is most excited about an initiative she launched in June—an Overlook Eastern Star group. Each month the group of women has grown in number, attracting residents from both the Independent Living and Enhanced Living sections of the community. The group is mostly social, but they’ve worked in learning about Eastern Star through trivia and history chats. Sally now plans to bring in some speakers for future meetings. “It’s been fun to find people that belong to Eastern Star.”

**Gifts of Fun, Friends**

For the Dietrichs, their choice of the Overlook was primarily motivated by a desire to never have to move again. It is a continuing care retirement community, which means that support and services are available to them as health needs change.

“It’s a gift you give your children,” and she said it’s been a gift to herself, too.

“I’ve just started singing in the chorus. We enjoy the concerts that are here, the people who come to entertain. There was a gentleman who talked about the history of different musicians,” says Sally. She’s also joined a walking group that explores both the Overlook’s campus and area trails.

It’s a far cry from the impression many people have of retirement communities. “I think they think that everybody’s older, that you’re on your last years. But it’s quite the opposite. Everybody here is so active,” says Herb.

Herb Mower agrees, noting there is so much going on yet you’re not forced to do anything. His interests include playing the pipe organ at a community center in Charlton and, yes, traveling with Fran. “We tell the front desk we’re leaving and when we’ll be back. We lock the door and we don’t have to worry about anything.”

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**RATE YOUR PLATE WITH “MY PLATE”**

*by Melanie Cohen, MS, RD, LDN*

On a daily basis, there is a new article or television program promoting the latest and greatest diet plan. With all the information available, it can be confusing as to what may be the best plan for you. One of the most common questions I am asked as a Registered Dietitian is “What should I eat?” My answer can depend on a few things. I typically inquire about any medical concerns that the person may have and need to be mindful of. Also, what is their goal? For example, were they interested in losing weight, athletic training or improved blood sugar control?

An excellent resource has been created by the US Department of Agriculture (USDA) called “My Plate.” It offers nutrition information, health tips, and guidance at www.choosemyplate.gov. This replaces the former food guide pyramid and the basic four food groups. Information for all age groups including children, adults, and older adults is available, all at no cost.

I encourage patients to visit the following areas of the website for individualized guidance:

- **My Plate:** Provides food group overview, proper portion sizes and daily recommendations.
- **Weight Management:** Offers guidance for weight management and calorie control, including a Body Mass Index (BMI) calculator.
- **Physical Activity:** Includes how to increase your physical activity level and how many calories you can burn.
- **Super Tracker:** Allows you to plan, analyze and track your eating and physical activity.

The Super Tracker section utilizes your personal health information and goals to create meal plans specific to your nutrition needs. The MyPlate feature has calorie limits with sample meal plans, physical activity goals and targets for daily food groups. The Food Tracker allows you to enter in the foods you eat daily and track your nutrition information like calorie and fat intake, and compare it to your personalized goals.

Consider keeping a food log for a few days and comparing it to the guidelines in “My Plate.” This is a wonderful way to rate your plate. For all meals and snacks include the time of day, food and serving size. Include how a food was prepared (fried/baked) and anything was added (dressing/sauce/ oil). Don’t forget about drinks too! You can then enter it into the Food Tracker to compare your plate to your nutrition goals. Here is an example of how being specific can give you the best information.

**Breakfast (7 a.m.)**
1 cup of steel cut oats, 1/2 cup skim milk, 2 tablespoons of raisins, 1 tablespoon of dry roasted almonds, 1 teaspoon of margarine, 1/2 teaspoon cinnamon. Six ounces cup with 1 tablespoon of half and half, 1 teaspoon of sugar.

**Snack (10 a.m.)**
8 oz greek yogurt, plain, 1 cup of blueberries/strawberries, two 8 oz glasses of water throughout morning.

**Lunch (12 noon)**
Turkey Sandwich (2 slices of whole wheat bread, 3 ounces of deli turkey, one slice of cheddar cheese, 1/2 cup Lettuce and tomato, 2 tablespoons of light mayonnaise).
Small apple, 10 baby carrots, 12 ounce can of seltzer.

**Snack (4 p.m.)**
Two cups of raw veggie crudité (peppers, cucumbers, broccoli) with 3 tablespoons of hummus, two 8 oz glasses of water throughout afternoon.

**Dinner (7 p.m.)**
6 oz grilled Salmon with lemon, large sweet potato with 1 teaspoon margarine, 1 cup of steamed, fresh green beans. Small whole wheat dinner roll with 1 teaspoon margarine. One cup of skim milk.

**Snack (8 p.m.)**
6 oz glass of red wine, sliver of cheesecake.

By keeping an accurate food record, you will be able to compare your intake with your nutrition guidelines to see if you are meeting, not meeting or exceeding your nutrition needs. For example you may only eat one serving of vegetables per day when your goal is to have four per day. This could leave you short in meeting your fiber, vitamin and mineral requirements. Also, if you exceed your fat requirements for the day, this could be affecting your ability to lose weight. Best practice for keeping a food log is to be honest! Write down the foods throughout the day as soon as you finish eating, when it is fresh in your mind. Research has shown that when people track what they eat routinely, they make better choices and are more aware of their intake. Try to rate your plate, using “My Plate!”
Meet an Active Massachusetts Mason

Having grown up in an active Masonic community, and seeing all the good that the local lodges and the Shrine do to assist the community, I was a young, eager man looking for something where he could give something back to the community he cared so much for. A few weeks later he saw the Square and Compasses banner hanging from North Reading Lodge, and Daniel Killpatrick stepped in with pen in hand.

A few months later, he was raised on St. Patrick’s Day by Wor. John Soderblom on Past Masters’ Night along with a fraternal visit of the District Deputy Grand Master. Bro. Killpatrick became active in the Lodge and spearheaded a number of community awareness activities, which he continues to do today. One of them is an annual “Chowda-Fest” and a monthly dinner program with varying successes. He is working with the North Reading Garden Club trying to create an “Adopt-A-Spot” program to enhance the beauty of the town.

Bro. Killpatrick was elected to serve as his Lodge’s Worshipful Master and just finished his term. He is challenged in coordinating efforts toward increasing Lodge activities. As a new Master Mason, he participated in the Rookie Program as well as the Master Builder program. He says these are great opportunities to gain a wide understanding of what we can do as Freemasons. By providing these opportunities, he says the individual brother can gain a wider understanding of what we can do as Freemasons come from all walks of life and backgrounds, and can be made to better attract a younger demographic by showcasing the various professions within our fraternity.

Additionally, promoting the local awareness events within a Lodge’s community piques the interest of good, like-minded men as well as offering something worthy of competing for people’s busy schedules. Outside of the Lodge environment, Wor. Bro. Killpatrick is a dad, and very proud to be one! He says one of the most joyful things in life is to observe and celebrate newly learned things through your child’s eyes. He also enjoys cycling and averages around 6,000 miles each year. He says he’s currently finding time to get more cycling back into his life.

As a single parent, Wor. Bro. Killpatrick is able to get out a lot. He says the honor of raising his son is strong support of his engagement to our gentle Craft. Some of the recent changes to officer training will need some time, he mentioned, to determine how effective they have been. He also feels improvement was necessary, though he is not certain that centralization was the way to go. He says the districts need a certain amount of latitude to determine how effective they have been. He also feels improvement was necessary, though he is not certain that centralization was the way to go. He says the districts need a certain amount of latitude in order to get goals and objectives achieved.

Wor. Bro. Killpatrick is a member of Cochichewick Lodge and an officer in the Massachusetts Lodge of Research. He says one of the joys of the Craft is working with others, learning from them, and getting projects done. He loves planning and one of the key points he has learned throughout his training is “always have back-up plans!” He is constantly striving to lead his lodge and improve it where necessary. As a licensed physical therapist, he is not afraid to learn new skills and techniques and apply them to the best of his ability for the betterment of his patients. The same can be applied to how he leads and manages his Masonic skills for the betterment of his Lodge and the Craft.

Living Freemasonry

by Rt. Wor. Steve Cohn

TROWEL • WINTER 2014
They never can define by word or a sign, of a Free and an Accepted Mason.
Then join hand in hand, by each other firm stand; let’s be merry and put a bright face on.
What mortal can boast so noble a toast as a Free and an Accepted Mason.

As I am finishing this letter the morning after, I can now say that I received a flash of light after the most memorable night of my life! My initiation was a most magical thing indeed. I am a farmer’s son and have never left the town, let alone attend any theatre performance. Can you imagine such a boy suddenly being thrown into such a drama, such a boy suddenly being caught out.

Hogarth, and was told that some old London lodges change the order of the passwords to the candidate. They explained how these had to be the best part of the evening —partaking of the punchbowl instead of having to serve it! I was able to read the couplets painted inside, which are only visible as the bowl is drained!

Then charge my dear Brethren, a bumper all round. To the brim fill each glass, let no day-light be found! Here’s a health to all Masons who honour the name. By walking upright, and observing the same.

Come then, my brother, an hour of leisure here. And quit awhile your business and your care. The day is all our own, connected to our fate. Bonds, interest, all the cred it and the debt!

As we recited these sayings everyone slammed down their shot glasses together with a deafening volley, only to be quickly refilled from the flowingly hot punchbowl that had been brought in.

Time was passed— thou canst not recall. Time is, thou hast, employ the portions small.

Time future is not, and may never be. Time present, my brothers, is the only time for thee.

When the time came for the final toast “Happy to meet, sorry to part, and happy to meet again” that was when the bar tab was presented to me by the tavern keeper. To my shock I found that I owed nothing to the establishment, and was delighted to realize that I was now indebted to The Craft! As they say: “The rich man must leave his wealth outside the tyler’s door, while the poor man finds his best respect upon the chequered floor.”

Hope to see you on that chequered floor soon, my brother!

Enjoy, TJ

Bro. Jeremy John Bell was raised in Scotland, 291 Cannongate and Leith and lives in Leominster, in the lower apartments of ‘General Estabrook’s’, also known as the Kendall Tavern.

Above: After enduring another ten minutes of labor, three Brothers enjoy some more pints.

Below: A demonstration of what met a candidate if he had received his first degree in Charleston.

That had to be the most important part of the evening —partaking of the punchbowl instead of having to serve it! I was able to read the couplets painted inside, which are only visible as the bowl is drained!

Change my dear Brethren, a bumper all round. To the brim fill each glass, let no day-light be found!

Here’s a health to all Masons who honour the name. By walking upright, and observing the same.

Come then, my brother, an hour of leisure here. And quit awhile your business and your care. The day is all our own, connected to our fate. Bonds, interest, all the cred it and the debt!

As we recited these sayings everyone slammed down their shot glasses together with a deafening volley, only to be quickly refilled from the flowingly hot punchbowl that had been brought in.

Time was passed— thou canst not recall. Time is, thou hast, employ the portions small.

Time future is not, and may never be. Time present, my brothers, is the only time for thee.

When the time came for the final toast “Happy to meet, sorry to part, and happy to meet again” that was when the bar tab was presented to me by the tavern keeper. To my shock I found that I owed nothing to the establishment, and was delighted to realize that I was now indebted to The Craft! As they say: “The rich man must leave his wealth outside the tyler’s door, while the poor man finds his best respect upon the chequered floor.”

Hope to see you on that chequered floor soon, my brother!

Enjoy, TJ

The Excitable Heart

Atrial Fibrillation

Part V of a Five-Part Series

by Dr. Charles Antzelevitch, Executive Director, Masonic Medical Research Laboratory

The most important fact that you need to know about atrial fibrillation is that one third of all debilitating strokes in the United States are caused by untreated AF. For this reason, if you suspect AF, due to a fast and irregular heart rhythm, you should seek medical help without delay.

AF is caused by abnormal, rapid and irregular electrical activation of the upper chambers (atria) of the heart. Although the atria are activated hundreds of times per minute, many of the impulses generated are blocked at the level of the atrioventricular (AV) node, the safety valve of the heart, and are not transmitted to the ventricles, the main pumping chambers of the heart. The pulses that succeed in making it through the AV node emerge at an uneven pace, causing an irregular rhythm, most commonly at heart rates ranging between 100 to 175 beats per minute. Less commonly, particularly in the presence of drugs, a large fraction of the impulses may be blocked within the AV node, causing abnormally slow heart rates. Although both abnormally slow and rapid rates can be problematic, AF is usually not life-threatening, so long as both patient and doctor are vigilant about proper anticoagulation.

AF can develop both in the presence and absence structural heart disease or systemic disease. In some cases of AF have no identifiable cause. Others are linked to dysfunction of the sinus node (the “natural pacemaker” of the heart) and a number of heart and lung disorders including coronary artery disease, rheumatic heart disease, mitral valve disorders, and peri-carditis. It is a common but transient complication of coronary artery bypass graft surgery (CABG). Hypertension (high blood pressure), hypertrophic cardiomyopathy, and recent heavy alcohol use (binge drinking) or surgery of the heart, also predispose to the development of AF. Some forms of AF are inherited, in which case the arrhythmia may appear at a very early age, even in infants. Familial forms of AF are often associated with more deadly syndromes such Brugada, Short QT and Long QT syndromes.

Treatment of AF depends on the cause and on whether the arrhythmia is chronic or of recent onset. There are four distinct issues that are important to consider in patients with AF:

1. rate control (control of rate of beating of the ventricles);
2. rhythm control via conversion of the atrial fibrillation to sinus rhythm;
3. maintenance of sinus rhythm following conversion; and
4. prevention of embolic stroke from thrombus that form in the fibrillating atria.

Rate Control: Heart rate is commonly high during AF, due to the fact that the fibrillating atria beat at a rate of about 500-600 times per minute. At this rate the atria are not able to move blood effectively. Fortunately, most of the electrical signals are blocked at the level of the atrioventricular node. Nevertheless, enough impulses may get through to increase the atrioventricular rate to levels at which the pumping of blood by the ventricles (continued on page 30)
In the previous installment of this column we have visited with John Albert Blake, the immediate predecessor of the subject of this issue, Dana Flanders, and a comparison of the two are illustrative of the variety of men who have served as Grand Masters of Massachusetts. Blake was large in stature and in personality; he was well-known and drew attention whenever he entered a room. Flanders, by comparison, was a smaller, quieter man—but each was a well-respected and beloved leader of the Fraternity in Massachusetts.

The Young Mr. Flanders
In his youth, Brother Dana Judson Flanders was an expert telegrapher at the Boston and Maine Railroad. His ability and knowledge earned him the position of general ticket agent in 1874, and general passenger and ticket agent in 1884, and passenger traffic manager in 1906.

Brother Flanders came to Masonry as a young man, receiving his degrees in New Hampshire at the age of 23, in 1873; his advancement in the Fraternity was just as rapid. His mother lodge in our jurisdiction was Merrimack Lodge in Haverhill, where he traveled—in Blue Lodge, in Royal Arch Chapter, and in the Commandery, where he served as Grand Commander during its centenary in 1905. In December, 1908, just before his 58th birthday, he was elected to the highest office in Massachusetts, Grand Master of Masons.

Grand Master Flanders had two important tasks facing him right away, each begun or contemplated under his predecessor, Grand Master Blake. The first was the firm establishment of the Masonic Home, which had just been established; the second was the reorganization of Masonic Districts in the state, a task made complex by the rapid growth of the Fraternity since it had last been done in 1883.

Masonic Home
Brother Flanders was a featured speaker at the Feast of St. John in 1928, at which time he was the Senior Past Grand Master. His entertaining account describes his early experiences at Grand Lodge (“I happened to be a Past Master of my Lodge, and the first thing that I knew, upon the day of installation . . . [I received] a telegram from General Lawrence saying, ‘I have appointed Mr. Flanders District Deputy Grand Master for the 10th District . . . General Lawrence was one of that kind of men who did things, and when he started to do things you might as well sit down. They were going to be done.’”)

Later in his speech, Brother Flanders talked about the funding of the Masonic Home. “Brother Blake, my immediate predecessor, and I used to talk things over . . . Brother Blake came into office as Grand Master, and one day he was at my Lodge, and he asked me if I would appoint a committee to purchase a home, or a site for one. He had a large committee who travelled up and down the Jurisdiction obtaining contributions . . . When they got enough to build the Masonic Home, and it is hard sledding for the Lodges to take care of them. I said, ‘I would like to help the Lodges. Therefore, I would like to take $3,000 and give to the Lodges as they need it. The other thing, the other $3,000, I would like to see go back into the fund to increase it.’ The General looked at me and said, ‘You can have it. You make out the orders and we will put them through the Grand Lodge tomorrow,’ and that is what he did.

Samuel Crocker Lawrence had been gone for more than fifteen years when this speech was delivered; indeed, all of the Past Grand Masters from Brother Flanders’ time were deceased. His narrative was entertaining, describing how he dealt with the imposing figure of General Lawrence—and got what he wanted. The foundation laid in Brother Flanders’ time has made the Masonic Home strong and well-funded to the present day.

Redistricting
In 1883 Grand Master Lawrence had dealt with the rapid increase in lodges and overall membership by creating 28 Masonic Districts, along with districts for Chile and China (replacing the original 16 drawn by Grand Master Dame in 1867 and the three others added since then). As early as 1907, there was a plan to redraw the map once more, but it was not enacted until Grand Master Flanders’ second year in office. This reorganization created 32 (and shortly 33) Masonic districts, as well as Chile and China. The new arrangement particularly alleviated crowded districts in the Connecticut Valley, the South Shore and Cape Cod.

The new arrangements upset many people, but this redistricting—and the division of several districts in 1926, further elaborating on the theme—was essential for governing the ever-growing jurisdiction. (Our last major redistricting in 2003 was met with consternation in many circles in part because there had been no change for more than 75 years:

(continued on page 30)
A Father to Son Tradition at Rabboni Lodge

M. Wor. Harvey J. Waugh with the newly installed officers of Rabboni Lodge, which has a father and son tradition.

M. Wor. Harvey J. Waugh joined the officers of Rabboni Lodge at their installation on September 16. But this night was history: a father, Wor. Anthony Visconti, and a father and son tradition.

A Father to Son Tradition at Rabboni Lodge

continued from page 3

FRATERNITY NEWS & EVENTS

Wor. Nicholas Papadinis installed his son Bro. Ross Papadinis as Senior Warden on September 16. But this night was history: a father, Wor. Anthony Visconti, and a father and son tradition.

M. Wor. Harvey J. Waugh with the newly installed officers of Rabboni Lodge, which has a father and son tradition.

Michael Bickford, who coordinated the lodge’s participation in the event for the second year, had their hands full all afternoon with lines of children eager to climb into the inflatable funhouse. The Prince Hall Amity continued from page 3 the process toward recognition. Once the charter was returned, he said, Prince Hall could seek the United Grand Lodge of England’s reconsideration for re-chartering another African Lodge as a Grand Lodge.

“For us, that charter did not represent a single lodge. That charter represented the regularity and Masonic authenticity for every single Prince Hall lodge,” recalled M. Wor. Bro. Locker. He refused England’s request, “I just couldn’t give it to him,” he said. His position was that he would “not now nor ever consider such a request; that Prince Hall Masonry, as it was, should be recognized with no need for reaplication to England.”

This meeting did not end with V. Wor. Bro. Higham storming out of the Park Plaza meeting room and M. Wor. Bro. Locker wishing him good riddance. Despite the serious disagreement over the charter, both men continued to discuss the possibility of recognition of Prince Hall Masonry for what it is: genuine Masons doing Masonic work.

Twenty years ago, the United Grand Lodge of England, in their December 14, 1994 session, adopted a resolution stating “nonwithstanding its unusual formation the Prince Hall Grand Lodge of Massachusetts should be considered as regular and be recognized.”

This Restoration of Amity opened the door for acceptance of Prince Hall Masonry throughout the country. It started, however, in Massachusetts when the resolution was announced in the Grand Lodge of Masons in Massachusetts there was a standing ovation. M. Wor. David W. Lovering then invited M. Wor. Bro. Locker to Grand Lodge for a celebration. The celebration continues to this day.

The sign was made to match Satuit Lodge’s neo-classical façade, and the joinery was performed with antique tools. Constructing and carving a new sign has been one of my goals as Master. It took many hours of work, but it was a labor of love,” said the Master, “I am grateful to Bros. Christopher Carchia and Andrew Scanzillo who helped install it, and I particularly thank Rt. Wor. Robert Goodwin who donated the 23 carat gold leaf with which the incised letters are adorned.”

Wor. Bro. Stockbridge, besides serving the investing the serving community by day, is a marine landscape painter who exhibits in galleries on the South Shore and Martha’s Vineyard. He is also an accomplished wood carver, having studied with master wood carver Paul McCarthy for a number of years. The family name Stockbridge has been familiar to all in Scituate since his ancestors settled there in the 1630s. Wor. Bro. Stockbridge is entering his second year as Master and has set himself more goals to accomplish.

Norumbega Fraternity Lodge contributed one of the biggest free attractions to this year’s Newtonville Day, in the form of a giant bounce house. Wor. Jay Gibson, and Senior Warden Bro. Michael Bickford, who coordinated the lodge’s participation in the event for the second year, had their hands full all afternoon with lines of children eager to climb into the inflatable funhouse. The...
Joseph Webb Lodge Holds Reach Out Days

On two separate days this fall, members of Joseph Webb Lodge got together and reached out to inactive brothers. They made this effort to check on the well-being of their fellow members, with hopes of getting them involved once again.

The brothers first met in September, in the lodge’s apartment in the Grand Lodge. During this event, four brothers attended and having several hands made for light work. Wor. Mark Girardin, current master of Joseph Webb Lodge, spoke to an 82-year-old, the oldest member of the lodge, who is 97 years young. He was thrilled we contacted him, but cannot attend meetings since he has Parkinson’s disease. In response to this situation, the lodge plans to send a group of brothers to his home.

On October 18, lodge members once again convened in the lodge apartment. This time, 11 brothers attended, and having several hands made for light work. Wor. Mark Girardin, current master of Joseph Webb Lodge, spoke to an 82-year-old gentleman, who served as the lodge’s Worshipful Master 35 years prior. The brother since moved to Florida, and managed to beat non-Hodgkin lymphoma seven years ago. Fortunately, he is healthy and doing well after overcoming this obstacle. At both of these events, the brothers had a good time, partaking in camaraderie and hanging out. Even though Joseph Webb Lodge is quite active already, it is taking steps to ensure that no member is left behind. — Bro. Charles L. Bovaird II

The Young Tyler

by Wor. David Riley

T he Young Tyler took a sip of his coffee and smiled as he considered his friend’s question. “Well, my lodge is very active. So most months we are doing work that we call degree work at our meetings, meaning that we are performing the ceremonies that make a man a Mason. And since I am an officer, I also go to a rehearsal every month so we can do the degree work properly. At Lodge of Instruction they offer training for officers on how to run a lodge. And then, there are various social events and charitable projects.” The Young Tyler gave a shrug. “But I also spend time with my brothers when we’re not doing something as a lodge because they are my friends.”

His friend laughed and said, “Sounds like a lot of meeting.” He glanced around the coffee shop, as if checking to see if anyone was paying any attention to their conversation and then leaned forward and asked, “What about all that secret stuff?”

Laughing, the Young Tyler said, “Oh, there are secrets. That’s why I stand outside the door of the lodge room with a sword. Just in case you try to break in during our meetings. But the truth is that none of our secrets would be of any use or of any importance to anyone who was not a Mason.”

Considering this, his friend gave a small nod. “So, how do you become a Mason? Do you have to be invited?”

“No,” the Young Tyler said. “If you are interested, you just let a Mason know. Then, he’ll put you in touch with the lodge Secretary who will arrange a pre-application meeting for you with some of the senior officers of the lodge. There, you’ll get a chance to ask all your questions and they will begin the process. It takes some time to apply—we want to make sure we really know that a man will be a good fit for our Fraternity and for our lodge before we admit him. And the Fraternity moves at its own pace—slow and deliberate. We’d rather take our time and get it right.”

“Are these initiation ceremonies…” the friend started to ask, but couldn’t find the words to quite finish. “I mean, college fraternities have a history of hazing…”

“Oh, there is nothing in the ritual intended to embarrass or humiliate a candidate,” the Young Tyler said with confidence. “George Washington had a notoriously well-developed sense of personal dignity and he went through substantially the same degrees we have today. If he managed it, I think someone like you, for example, would be fine.”

The friend grinned. “Yes, okay, I’m interested.” But I’m not sure that I have enough time for it.”

The Young Tyler nodded. “Well, you have a new job and a new kid. It might be that even the lot of meetings a month you’d be expected to attend as a candidate would be too much. Think about it and if you have more questions ask me. Maybe this isn’t the right time for you to join. That’s okay, too. You have the rest of your life.”

His friend smiled and laughed, “You’re a terrible salesman.”

The Young Tyler set his coffee down and said, very seriously, “That’s because I’m not trying to sell you anything. We only want men who want to be Masons to join. Men who have the time to devote to improving themselves, helping each other, and being of service to their communities. Men who care about keeping a very old tradition alive and who have the time to devote to improving themselves, helping each other, and being of service to their communities.”

“Sign me up,” his friend said softly, “I take it back. You’re a pretty good salesman.”

M. Wor. Jeffrey Hodgdon speaking at the 275th Anniversary of the Grand Lodge in 2008 said “… the rededication of the Pilgrim Monument in Provincetown last [2007] was the highlight of my term. I can truly say that we had more Masons there last year than were present 100 years ago.”

“The current lodge building, built in 1869, boasts a fine set of Masonic Murals. We sent portions of our original valences to the Smithsonian at the time of our 200th anniversary in 1995. They in turn called King Hiram’s one of the finest examples of a High Victorian Lodges extant in America. The lodge has recently undergone an extensive rebuilding of its dining room and kitchen facilities, as well as the entrance lobby. This was greatly aided by our retail rental on the first floor.

The lodge and these artifacts were planned for a most auspicious day — Saturday, 20 June 2020, being the eve of the ancient Feast of St John the Baptist. We hope that Grand Lodge, Massachusetts Masons, and our brethren from all corners of the country will join us on this memorable day to mark these two great events.

We invite all our brethren to visit us on Cape Cod during the summer, check out kinghiramslodge.org and contact one of the Fraternity moves at its own pace—slow and deliberate. We’d rather take our time and get it right. — Wor. Ralph Edward Desmond
our brethren of a century and more ago had become accustomed to changes every 20 years or so). At the time of his address to the Feast in 1928, Dana Flanders had just become the senior Past Grand Master; he had only four other colleagues in that northeast corner, including four of the five men who had immediately followed him—his immediate successor, Everett C. Benton; he had died a few years earlier. The men of his time, the great figures he served with and remembered, had largely moved on to the Celestial Lodge. His participation in, and observation of, the great tale of growth and renewed interest in the Fraternity made him a wise counselor for the newer generation. He was still consulted and listened to, the gentleman conductor of an earlier train: not as a forceful personality as Lawrence or Blake, but a respected elder statesman, kindly, courteous, and gracious in manner, . . . a friend to all, and an ornament to the Craft.

Excitable Heart continued from previous page 23

is inefficient, causing shortness of breath, chest pain, or even loss of consciousness. When the bypass tract is present between the atria and ventricles, as in individuals with the Wolff-Parkinson-White syndrome, the ventricles may beat so fast as to precipitate ventricular fibrillation, and thus cause sudden death. Rate control is one of the priorities of treatment.

1. Rate control can be accomplished with drugs or radiofrequency ablation techniques that slow or partially block conduction through the atrioventricular node, so that the ventricles beat more slowly. Drugs used for this purpose include beta blockers and calcium channel blockers.

2. Radiofrequency ablation can reduce the number of beats passing through the AV node or be used to produce complete AV block. In the latter case, a permanent pacemaker will have to be implanted to drive the ventricles of the heart.

3. Radiofrequency ablation of the bypass tract is present between the atria and ventricles, as in individuals with the Wolff-Parkinson-White syndrome, the ventricles may beat so fast as to precipitate ventricular fibrillation, and thus cause sudden death. Rate control is one of the priorities of treatment.

Conversion of AF to Sinus Rhythm: Most people feel better when their hearts are in normal sinus rhythm than when their hearts are in AF. AF often stops by itself if it fails to do so, arrhythmogenic drugs may be used to convert the arrhythmia. When these agents fail to work, or when circumstances do not permit use of oral antiarrhythmic drugs, radiofrequency current is delivered to the heart through a catheter to create lesions that ablate the atrioventricular node and atria. Blood clots (thrombi) that form in the atria during a prolonged period of AF can break away and enter the brain or other part of the body where normal sinus rhythm is restored. The result is an embolic consequence. The consequences can be so dreadful that cardioversion of AF is rarely attempted unless the patient is treated with a “blood thinner” (anticoagulant, usually heparin or warfarin) for two to three weeks. In many cases, a transesophageal echocardiogram (TEE) is performed to ensure that the atria are free of clots. After cardioversion, anticoagulant medication is usually continued for a period of time because the atria may not contract mechanically for some time after the electrical abnormality is corrected.

Maintenance of Sinus Rhythm Following Conversion: One of the greatest challenges in the management of AF is to prevent the arrhythmia from recurring. As a general rule, patients who do not take antiarrhythmic medication or have ablation procedures have a 75% chance of returning to AF within one year, although this often depends on the duration and frequency of previous episode(s). Older antiarrhythmic drugs such as quinidine or procainamide and newer drugs such as sotalol, dofetilide or amiodarone can reduce the frequency of AF recurrences. Combination therapy—oral anticoagulant and beta blocker (e.g., atenolol)—is recommended by some. Recent studies have shown that when combination is used, some physicians is the “pill in the pocket” approach, which involves the self-administration of propafenone when an individual senses that AF has recurred. Co-administration of beta blockers or calcium channel blockers to “protect the atria” from arrhythmia is recommended by some recent studies. Some recent studies have shown that one of the most effective agents in preventing recurrence of AF is amiodarone. Combination therapy is associated with a reduced risk of atrial fibrillation and stroke.

Consequently, many physicians prescribe combination therapies to prevent the recurrence of AF. Combination therapy—oral anticoagulant and beta blocker (e.g., atenolol)—is recommended by some. Recent studies have shown that when combination is used, some physicians is the “pill in the pocket” approach, which involves the self-administration of propafenone when an individual senses that AF has recurred. Co-administration of beta blockers or calcium channel blockers to “protect the atria” from arrhythmia is recommended by some recent studies. Some recent studies have shown that one of the most effective agents in preventing recurrence of AF is amiodarone. Combination therapy is associated with a reduced risk of atrial fibrillation and stroke.
blood clots (thrombi) that form in the atria due to hemoosta-
sis (stagnating blood due to interruption of normal blood
flow through the atria). When these clots leave the heart and
enter the brain, they can cause a stroke. The risk of stroke
from AF is estimated to be 1.5% for those 50–59 years of
age, and approaches an incredible 30% for those 80–89
years of age. The risk of stroke increases with age over 65
and the presence of hypertension, heart failure, previous
stroke or blood clot, myocardial infarction, diabetes,
mechanical valves, and mitral stenosis. There has been no
distinction in stroke risk between chronic atrial fibrillation
and a more intermittent form of atrial fibrillation.

This risk can be significantly reduced, but not eliminated,
by administration of anticoagulants (e.g., heparin or war-
farin) and/or antiplatelet (e.g. aspirin or clopidogrel) agents.
Careful attention to proper anticoagulation, most common-
ly warfarin (coumadin), is a critically important part of the
approach to therapy of AF. The target level for anticoagula-
tion is generally an INR between 2 and 3.

Future Directions:
The knowledge that has made these advances and therapies
possible emanated from decades of painstaking research
conducted at medical research laboratories worldwide.
Among the laboratories contributing fundamentally to our
present day knowledge of cardiac electrophysiology and
arrhythmias is the Masonic Medical Research Laboratory
(MMRL). On-going research is focused on cardiac arrhyth-
mas, the single most prevalent mechanisms of mortality
and morbidity in the United States. In recent years, the
MMRL has contributed importantly to identification of the
genetic basis for atrial fibrillation and the mechanisms
responsible for the development of this arrhythmia.

Atrial fibrillation (AF) is the most common arrhythmia
encountered in the clinic. It has reached epidemic propor-
tions in the United States with over 2.5 million Americans
affected. Projections indicate that the prevalence will
increase to 15 million by the year 2050. Because of the
rapid progression of the disease and its socioeconomic
impact, safe and effective pharmacological treatment of AF
is considered to be one of the greatest unmet medical needs
facing our society. MMRL scientists have recently con-
tributed to a paradigm shift in our approach to pharma-
ologic management of AF with the discovery that sodium
channels in the atria are different than those in the ventricles
and that certain drugs, particularly the combination of
ranolazine (Ranexa) and dronedarone (Multaq), are able to
target sodium channels in the atria selectively. This strategy
to combat AF has proved to be very successful in experi-
mental models of AF and we look forward to the results of
the clinical trials being conducted by Gilead Sciences
examining the effectiveness and safety of the combination
of ranolazine and dronedarone in preventing the recurrence
of AF.

Hidden Symbols
On Christmas
day 250 years
ago, after writing
a draft response
to a letter from
Bro. Benjamin
Franklin, Bro.
William Hogarth,
one of Britain’s
most famous
artists, died. He
was raised in
1725, just when
the 3rd Degree
was being writ-
ten, and he hid
many symbols
within his works.
Here is the final
scene of the
Harlot’s Pro-
gress: The
Funeral. How
many signs can
you find so clev-
erly hidden with-
in the print?
Answers in next
Trowel.
—Bro. Jeremy Bell
Grand Lodge One Day Class
March 7, 2015

“I believe that whether a man takes three months, three years or one day to become a Master Mason, it is not the length of time it took to become a Master Mason, but rather what they did, and more importantly, what their Lodges did once these Master Masons were raised.”

M.W. Harvey J. Waugh

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