

TROWEL

GRAND LODGE OF MASONS IN MASSACHUSETTS WINTER 2014



Pass It On

The Gift of Masonry: Stories of Sponsorship

From the East of Grand Lodge

HARVEY JOHN WAUGH

“Let’s Make A Difference.”

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

10 **Pass It On—The Gift of Masonry**
Membership Tool Kit • Stories of Sponsorship.

21 **Eyewitness Letter Recounts His 1785 Initiation**
A fantastic account of initiation

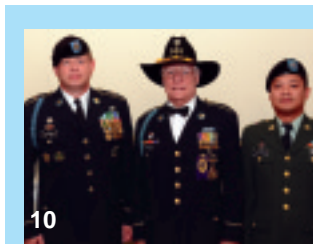
23 **The Excitable Heart**
Part V: Atrial Fibrillation

24 **Past Grand Masters – M.W. Dana Judson Flanders**
A continuing series by the Grand Historian

27 **Master Gives A Sign**
The Master of Satuit Lodge crafts a new sign.

29 **Lodge in Focus**
King Hiram’s Lodge of Provincetown

32 **Hidden Symbols**
Masonic references in the prints of Bro. William Hogarth



10



24



27



29

R E G U L A R F E A T U R E S

Lodge & District News 3

Chaplain’s Column 4

Grand Lodge Quarterly Communication 5

Ask the Grand Lecturers 8

The Prodigal Mason 9

News from Overlook 16

Living Freemasonry 20

The Young Tyler 28

Grand Master of Masons in Massachusetts
MW Harvey J. Waugh



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BECOMING A MASON

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 slightly distant offspring.

It is the same with Masonry. There are a few of us who sponsor many new brothers. Then there are Masons like me, who are looking for our first protégé, our first confirmation that we have passed our life choice to the next generation. When we take the new brother through his degrees, see him grow and learn the ways of Masonry, then we truly become Masons.

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 indefinitely, or being the stalwart sidelines brother who never misses an opportunity to do good, is good solid Masonry. We are confirming that what we have is what others want.

I have not yet found the brother to replace me. The wife of one friend is due in February. Another friend asked me how I make friends in my 50s. I have two sons. Some potential brothers live on my street, others I meet at work, others shake my hand at the open houses, and others chat with me at the coffee after church. I will find our new brothers: they are the good men I meet every day. They will finally make me a Mason.

Fraternally, *Lee H. Fenn*



DEADLINES FOR SPRING 2015 ISSUE

Articles: December 19, 2014

Lodge News: January 19, 2015



The Prince Hall Memorial in Cambridge Common.

Celebrating 20 Years of Prince Hall Amity

This year marks the 20 year anniversary of the restoration of amity between United Grand Lodge of England and Prince Hall Masonry. On February 28, 1993, Very Wor. Michael Higham of Secretary of the United Grand Lodge of England met with M. Wor. Nicholas B. Locker the Grand Master of the Grand Lodge of Prince Hall Masons in Massachusetts accompanied by his Deputy Grand Master Edgar R. Mclean and Grand Historian Raymond T. Coleman at the Park Plaza Hotel.

In that meeting, V. Wor. Bro. Higham asked for the charter of African Lodge #459. He explained that returning the charter would greatly expedite (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 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. —Wor. Ronald T. Doucette

M. Wor. Donald G. Hicks, Jr. with members of Columbian and the 1st District Officers in front of the George Washington Masonic National Memorial in a recent outing to Alexandria Virginia.

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 (continued on page 31)

L to R: Bro. Shawn MacLeod, captain of the winning team; Rt. Wor. Dean Price, DDGM, 18th District; Wor. Tom Kenny, Master, Daniel Webster Lodge.



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.

In 1967 The Rev. Dr. Martin Luther King nominated the Vietnamese monk and poet Thich Hhat Hanh for the Nobel Peace Prize. In his book *Being Peace*, Thich Nhat Hanh writes about peace in that "If we are peaceful, if we are happy, we can blossom like a flower, and everyone in our family, or entire society, will benefit from our peace" (p. 11). How true. No one wants to waste his life.

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 out 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:

Mend a quarrel. Take the high road. Seek out a forgotten friend. Dismiss suspicion, and replace it with trust. Write a letter of reconciliation. Give advice softly. Show loyalty in word and deed. Keep a promise. 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. Appreciate what you have, not what you have lost. Be kind. Be gentle. Laugh. Take up arms against malice. Express your gratitude. Welcome a stranger. Be the light in a place of darkness. Gladden the heart of a new friend. Take pleasure in the beauty and wonder of the earth. Pray.

In this season of peace, speak your love out loud. Speak it again. Speak it once again. ■

Rt. Wor. and Rev. Dr. Keith C. Alderman is an active member of Columbian Lodge in Boston, and twice served as Master of Village Lodge No. 29 in Collinsville, Connecticut. He has been a Grand Chaplain since 2009. He is the senior pastor of Pilgrim Congregational Church, UCC in Leominster, and resides in Westminster.



The September 2014 Quarterly Communication

of the Grand Lodge of Massachusetts

by Wor. Lee H. Fenn



The Ionic Hall was warmer than the inhabitants had hoped on September 10, 2014 at 1:30 p.m., when the Grand Master, M. Wor. Harvey J. Waugh entered. The brothers in the crowded hall rose to their feet as the Grand Master approached the East, gavel in hand.

From the Grand Oriental Chair, the Grand Master called upon the Massachusetts Firefighters Degree Team to present the colors. They were: Rt. Wor. Gerard Bergeron, Star in the East Lodge, retired from Acushnet Fire Dept. (FD); Rt. Wor. David L. Maxim, Sr., Social Harmony Lodge, Captain, Wareham FD; Rt. Wor. Craig A. Erickson, Puritan Lodge, Lieutenant, Rockland FD; Rt. Wor. John W. Knox, Weymouth United Lodge, retired Weymouth FD; Bro. Randall E. Damon, Sr., Fellowship Lodge, retired Bridgewater FD; Bro. Richard P. Baker, Puritan Lodge, retired Rockland FD; Bro. James H. Moore, Fellowship Lodge, retired Weymouth FD; and Wor. Edward J. Burg, Tahattawan Lodge, Littleton FD.

Prior to opening the Quarterly Communication of the Grand Lodge of Masons in Massachusetts, a special guest was escorted to a convenient seat, as close to the oriental chair as was possible. He was not announced with the other distinguished guests, but he sat and waited.

With a prayer and a song, the Grand Master declared the quarterly open.

The Grand Master proceeded to welcome the guests present: M. Ill. Robert C. Corr, M. Illustrious Grand Master, Grand Council of Royal and Select Master Masons of Massachusetts; Sir Knight Hiram A. Jamiel II, Rt. Eminent Grand Commander of the Grand Commandery, Knights Templar, and the Appendant Orders, of Massachusetts and Rhode Island; Ill. Donald M. Mo-

ran, 33°, Deputy for Massachusetts, Ill. Donald G. Hicks, Jr., 33°, Active for Massachusetts, and Ill. Ralph I. Sewall, 33°, Active Emeritus for Massachusetts, all three from the Ancient Accepted Scottish Rite of Freemasonry for the Northern Masonic Jurisdiction of the United States of America; Rt. Wor. Wilbur Evens, Sr., Grand Marshal Emeritus, the Most Worshipful Prince Hall Grand Lodge of Massachusetts; Bro. Joseph DeSisto III, Worthy Grand Patron, Grand Chapter of Massachusetts, Order of the Eastern Star; Rt. Wor. and Dad Brian S. Noble, Executive Officer of DeMolay for Massachusetts and Active Member, International Supreme Council; Noble William J. Faust, Illustrious Potentate, Melha Temple, Ancient Arabic Order, Nobles of the Mystic Shrine.

Past Grand Masters of the Grand Lodge of Masons in Massachusetts in attendance were M. Wors. Albert Timothy Ames, Arthur Eugene Johnson, Donald G. Hicks, Jr., Jeffrey Black Hodgdon, and Richard James Stewart.

The recognition of proxies was proposed and accepted by the members of Grand Lodge. There was a vote on the election to the Board of Directors Rt. Wor. William E. Holland to a term set to expire in 2015. Members of Grand

Lodge voted him onto the Board; his election fills the unexpired term of Rt. Wor. Theodore Cooledge.

The members of Grand Lodge voted and accepted Grand Lodge's budget for the next fiscal year. The Grand Master remarked how that affirmation was an extended vote of confidence by the brethren on their Grand Lodge and that he appreciated the show of support.

M. Wor. Bro. Donald G. Hicks, Jr., reported that after

The Grand Master and Rt. Wor. Ted Morang presenting the Lodge of Instruction awards to Rt. Wor. Dean Price of the 18th Masonic District.



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



Wor. Otis Jackson, Master of Marine Lodge in Falmouth provides donations to M. Wor. Bro. Hicks for the George Washington Masonic National Memorial in Arlington, Virginia, and to the Grand Master for the Brotherhood fund.

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 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, Deputy for Massachusetts, Ancient Accepted Scottish Rite for the Northern Masonic Jurisdiction of the United States of America, and Rt. Wor. William E. Holland to the East.

They represented Illustrious John William McNaughton, Sovereign Grand Commander made a donation to the Brotherhood Fund.

In addition, they presented to the Grand Master a picture illustrating their vision statements: We will strive to be a fraternity that fulfills our Masonic obligation to care for our members.

Brothers representing the following lodges and institutions lined the North of Grand Lodge to present the Grand Master with donations to the Brotherhood Fund: Amity-

Rt. Wor. Robert Jolly, the Grand Master, Bro. Jon Rizzo, Rt. Wors. Ernie Pearlstein and Frank Gomes honor Bro. Rizzo with a Good Samaritan award.



Left: Rt. Wor. Donald M. Moran, Deputy for Massachusetts and Rt. Wor. William E. Holland present a donation to the Brotherhood fund and a sign with their vision statement to the Grand Master. Right: Representatives from lodges and institutions line up to present the Grand Master with donations to the Brotherhood Fund.



Mosaic Lodge, Boston Commandery, Boston University Lodge, Budleigh Lodge, Columbian Lodge, Delta Lodge, DeWitt 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, Pequotette 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

travel a great deal to meet the brothers around Massachusetts.

For Senior Grand Warden, the Grand Master introduced Rt. Wor. H. Robert Huke III, Rural Lodge, Quincy, and Rt. Wor. Thomas A. Rorrie, Celestial Lodge, Westwood. For Junior Grand Warden, the Grand Master presented, Rt. Wor. Paul A. Cataldo, Mount Holyoke Lodge, South Hadley Falls, 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

Left: The Grand Master flanked by Senior Grand Warden candidates Rt. Wor. Thomas A. Rorrie, Celestial Lodge, Westwood (L) and Rt. Wor. H. Robert Huke III, Rural Lodge, Quincy (R). Right: The Grand Master presented for Junior Grand Warden, Rt. Wor. Richard Maggio, William Parkman Lodge, Woburn and Rt. Wor. Paul A. Cataldo, Mount Holyoke Lodge, South Hadley Falls.





The Prodigal Mason

by Richard Thompson

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 rededication of the Mount Holyoke Lodge Building on June 14th, the presentation of three veterans' medals at Golden Fleece on June 16th, and the rededication 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, Bro. Samuel A. Waugh, a retired Navy commander, with his veteran's medal.

The Grand Master told of a dinner held for him by the Aleppo Shriners in the Fez Room at Shriners Auditorium in Wilmington, on June 28th. With over 200 people in attendance, the Grand Master was "flabbergasted" when Illustrious Potentate, Wor. Richard Doherty unveiled a plaque over the entrance of the Fez Room which displayed a new name, the "M.W. Harvey J. Waugh Room." Speaking with

a good solid Boston accent, the Grand Master said, "From now on, I am just going to refer to it as 'The War Room.' I think it has a nice ring to it, don't you?" The hall broke into laughter. "It was a great evening, and I appreciate the thoughtfulness of the Shrine officers and committee chairman, Past Potentate and Past District Deputy Grand Master, Dennis Reebeel," 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 who want to expand their leadership qualities"; from
(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 I hear different versions of the duties and responsibilities of the Grand Lecturer's Aide. Could you clarify them?

A Certainly. An Aide's function is simply to observe degree work of the Lodges and submit a report directly to the Grand Lecturer assigned to that District. These reports contain things the Lodge may be doing wrong and they also highlight things the Lodges are doing right. After review, the Grand Lecturers compile the reports and forward them to the Senior Grand Lecturer who forwards all the reports directly to the Grand Master. In addition to the fact that these are a help to the Lecturers in conducting exemplifications, the Grand Master has commented favorably on them.

Q Is it correct that candidates for the degrees can participate in business meetings?

A While 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. 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.



Last Spring was an exciting time for the members of Merrimack Valley Daylight Lodge. We were actually conferring the degrees on a real candidate, Bro. Gary L. Fikes.

It is always exciting when a lodge is conferring the degrees. It is especially exciting for Daylight Lodge since the last time we worked an actual candidate was four years ear-

lier. In fact, in the nine years I have been a member, Bro. Fikes was just the second candidate to take his degrees in Daylight Lodge.

Daylight lodges are lodges filled with affiliates. Of the 47 members of Merrimack Valley Daylight Lodge, only seven took their degrees at Merrimack Valley Daylight Lodge.

The Lodge's members, like most daylight lodges across the state and the country for that matter, are retired, work the second or third shift or have a job where they can steal a couple of hours to go to a meeting.

The lodges tend to be small, but I can assure you they are some of the friendliest lodges you will ever see. That is why I affiliated with Daylight Lodge.

My regular job at Merrimack Valley Daylight Lodge in North Andover is Secretary. However, I occasionally moonlight as the Senior Deacon. I do Senior Deacon because that is the only ritual I actually remember.

I contracted lung cancer 11 years ago. As part of my fight against the disease, I had surgery and chemotherapy. A side effect of chemotherapy for some 20 to 30 per-

cent of patients is a condition known as Post Chemotherapy Cognitive Dysfunction, or Chemo Brain as we call it.

In my case, I can lose focus, making it difficult to learn new ritual and causing me to lose my place when delivering ritual. And for some reason I lost all the ritual I previously knew, except the opening and closing and all of Senior Deacon. I suspect I kept Senior Deacon because I spent 18 months learning and rehearsing the ritual. So, when needed I become the lodge's Senior Deacon.

It was exciting knowing we had a candidate and I was

once again going to be out on the lodge room floor. To be quite honest, I think Senior Deacon is the best job in a lodge. At least for me, it has always been a great deal of fun.

I was excited and then the Master, Wor. William Medugno, said the five words that can strike fear into the heart of any Senior Deacon, "The Grand Master is coming!" As he was announcing that at a lodge meeting, I was thinking, "Why is he doing this to me?"

Actually, I wasn't all that nervous because the Grand Master was coming to the Master Mason Degree. I just

wanted to do the best job possible. And to be honest, I wanted to do the best job possible for Bro. Fikes, not just in the Master Mason degree, but the Entered Apprentice and Fellow Craft degrees as well.

The importance of the candidate was impressed on me a long time ago by a Grand Lecturer, Rt. Wor. Sam Irons. It was the late 1970s, I was a Steward and we were doing the Fellow Craft degree for the Exemplification.

He was tough and he was demanding. He demanded we do the degrees correctly and he and he gave you a talking to if you didn't do a good job. While going through the chairs in Wamesit Lodge, he was the only Grand Lecturer I knew.
(continued on page 15)



Grand Master M. Wor. Harvey J. Waugh presents Bro. Gary L. Fikes with his diploma at the Merrimack Valley Daylight Lodge.

Richard Thompson is a past master of Wamesit and Merrimack Valley Daylight Lodges and a past master councilor of Lowell Chapter, Order of DeMolay.

Pass It On THE GIFT OF MASONRY: Stories of Sponsorship

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 for the membership. Making Masonry something special that will cause our members to want to attend lodge on a regular basis was the clear message. Expect

THE MEMBERSHIP TOOLKIT

by Rt. Wor. George Bibilos

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 traditional three-month (one degree 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 my 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 never should have become Masons in the first place. We need to do a better job of vetting our candidates before we ballot on 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? ■

THE GIFT: FRIEND, TO FATHER, TO SON

by Wor. Michael L. Smith

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 and needed the change. I wasn’t interested in a new relationship, but that changed when a dear friend proposed to me several years 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, touching the lives

of hundreds of young men and changing scouting in Scituate forever. Both of our sons are Eagle Scouts.

Wor. Michael L. Smith and Bro. Robert A. Smith at the Christmas gathering at Cornerstone Lodge in Duxbury last December.



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 commuter 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 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.

“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.”

Just about twenty minutes later a little blue truck showed 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 remembrance 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 busying 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 after a 38 month battle with cancer and this took a terrible toll. I am not sure I would have made it through this great trial without Freemasonry and the boys.

Robert, my younger son was hit particularly by this event. He left college to help me care for his mother. The process of caring for her and her shockingly difficult death hit Rob terribly hard. Helping him return to normalcy was an imposing task. He would take a college class here or there and was working full time, and seemed at loose ends. While we discussed what I was doing in Lodge in general terms, I never pressured him about joining the Craft. Then in the late fall of 2008, I came home from work and walked into Robert’s room. He was working at his computer and after I greeted him, he looked up from the screen and handed me a short form “Pass It On” application and a check. “Take this to the Lodge,” he informed me. “I’m tired of waiting on you.”

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 and all things being 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 the Fraternity. ■

THE GIFT: AMONG BROTHERS

by Wor. Roger W. Waugh

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.



the family business and did so successfully for over 50 years thereby providing our mother with a comfortable living throughout her life.

Brothers Sam and Harvey served in the US Navy and had not yet become Masons. Sam was a Navy flyer who participated in the Cuban Missile Crisis, the fly-over at the funeral of President John F. Kennedy, and other historical Naval events. Harvey served in Hawaii and volunteered to serve in the conflict overseas. He was assigned as Officer in Charge of a coastal patrol boat in Vietnam. When my brothers returned home from active duty, I presented each of them with applications to join my lodge.

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.



Alison, daughter of Wor. Roger W. Waugh and husband, and future Mason, Daryl Flynn.

I am very proud to have signed the petitions for two of my brothers, Daryl Flynn of Hollis, New Hampshire is something special. Daryl is a wonderful husband to my beautiful daughter, Alison, 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.” ■

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. 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.

As the sponsor of these candidates, Rt. Wor. Bro. Nowlan tried an experiment: he asked the new brothers to write down their impressions of each degree. “We could



Bro. William Maldonado (L) and Bro. Quan Nguyen (R) with their sponsor, Rt. Wor. Phil Nowlan, all of Major General Henry Knox Lodge.

use this information to give us a much better retention rate on our new Brethren coming into the Craft,” he recounted. In addition, he keeps “in touch with the Brethren that [he] sponsor[s] for at least one year in order to help them be involved with their Mother Lodge.”

Here are Bros. Maldonado and Nguyen’s impressions:

After the First Degree Bro. Maldonado “thought the entire night was great” and was “glad to finally be a Brother.” He found out after the degree that he could have had his own bible on the altar. Bro. Nguyen was very lost and confused, but “understood this degree was mainly to show us that we were vouched for as a man that can be trusted.” Bro. Maldonado also wished he had not “seen the lodge room before the ceremony,” because the mystery would have been stronger; he loved the tradition and history that filled the room.

After the Second Degree Bro. Maldonado said was “impressed with people that know their parts during the ceremony and recite from memory.” While still a little nervous, primarily about reciting the obligation, he was “very happy to meet more people and hear about their life and experiences.” Bro. Nguyen found “more depth” in the Second Degree. He “understood that we were traveling on a journey, not truly knowing where we were going, however. The lesson here seems to be to trust the guidance of your brethren.”

After the Third Degree After going through the long form degree, Bro. Maldonado saw the degree in the Billerica Lodge. That is when “it all came together.” He “was very happy to finally be official with the other guys. I like the mystery/tradition that comes with it. I hope it continues and gets better.” Bro. Nguyen learned that the “journey has just begun.” He couldn’t “wait to see all these degrees done over again” because “many more lessons [can] be learned from these degrees that can’t be completely understood” without more review.

Thinking later about the overall process, Bro. Maldonado was disappointed in the crowd at his degrees.

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, fireman 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 for such an esteemed Mason and knew I'd be sending my tux to the dry cleaner's after I'd conducted the service.

While all of this was going on, Matthew J. Sterling, the young (20s-30s) and intelligent funeral director couldn't seem to do enough for me and all the brethren present. He had been in the funeral business for some time and had vast experience with the various organizations that were involved in memorializing their fallen members. As I was packing up the funeral case, he approached me and asked if I had some time to answer some questions. His favorable opinion of the Masonic Funeral Service was what piqued his curiosity. His questions were intelligent and they seemed endless. Business cards were exchanged and that was the magic moment: "You're from Braintree? So am I."

I'm proud to say I had the honor and privilege of sponsoring him. Since his joining Delta Lodge, I have watched him become a member of our Fire Department, and short-

ly thereafter, he purchased the home across the street from me. He has proudly served Delta's line and takes part in events like "Touch a Truck" and the like. He is a wonderful husband, father, and stepfather. He is a light to his Brethren and an ornament to the Craft.

In keeping with our Masonic teachings, one might say that from Rt. Wor. "Grouch's" ashes rose Bro. Sterling and his opportunity to pursue the light of Masonry. I just happened to be at the right place at the right time, and the rest is history. ■

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 and encouraged his brothers of Mount Olivet to great heights. ■

Wor. Robert Stanley, in sunglasses, after installing Wor. Lee H. Fenn, whom he sponsored, listens to Wor. Ted Lavin proclaim the New Officers of Mount Olivet Lodge in 2011 on Cambridge Common.



THE GIFT: A COWORKER'S INTEREST

by Wor. Peter Buchanan



Wor. Peter Buchanan sponsored Wor. Alan Melanson, Masonic Ambassador and editor of Cape and Islands Newsletter, into the Craft.

During my tenure as Master of Fourth Estate Lodge, which amalgamated with St. John's Lodge in 1985, I was honored to recommend several brethren into the Craft.

Just before I left the Boston area and moved to Florida, I met a young man named Alan R. Melanson. We were both employed by Evergreen Mutual Funds and became fast friends. He approached me as to how one became a Freemason and I informed him that I was a member of St. John's Lodge and gave

him a brief account of the Craft and how we are a body of men from all over the world whose aims are to be honorable in society, at home, and show respect for others. Also that we are a charitable organization with several hospitals receiving benefits given freely from our fraternity, and to ensure that children are taken care of who may be suffering from burns and other physical problems.

Arrangements were made for both of us to meet with the Worshipful Master and Wardens for a pre-application visit during which he was most impressed with everyone associated with St. John's Lodge and subsequently became a member. I was proud when he went through the line and



Wor. Alan Melanson with his MLI Team. First row: Wors. Jonathan Stevens, Dalhousie Lodge; James Verni, Pythagorean Lodge; Alan Melanson, St. John's Lodge (Boston) / Pilgrim Lodge; second row: Wors. Peter Culbertson, Union Lodge; Edward Rooney, Howard Lodge; Bro. Christian Fiore, Marine Lodge.

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 alanmelansoncftp@gmail.com. ■

September Quarterly continued from page 8

September 3rd to 5th, interviewed candidates for selection as District Deputies for the ensuing term of office. The Grand Master affirmed that he is "confident that every one of the selected brothers will represent their district very well."

The Grand Master with Grand Lodge Officers, on September 6th, participated in the rededication ceremony of the 100th anniversary of the Worcester Masonic Building.

The next day, September 7th, attended the Massachusetts State Dinner of the Supreme Council, Scottish Rite, hosted by our Past Junior Grand Warden, and Massachusetts Scottish Rite Deputy, Ill. Donald M. Moran, 33°.

The Grand Master sat for the standing ovation after his address and then closed the Grand Lodge Quarterly communication in ample form. ■

Prodigal Mason continued from page 9

In that exemplification of the Fellow Craft degree, he basically told us the candidate is paying for the show so it is our responsibility to make it the best show possible. That lesson is still in my mind when there are candidates in the room. A candidate gets his first and greatest impression of the Fraternity in those three degrees. What he ultimately thinks of Masonry is in the hands of the officers.

And besides the candidate, the members on the sidelines deserve to see a well-presented degree. They didn't pay for the show, but you want to leave them with the thought they have seen a great degree.

If you find yourself in North Andover at about 11 a.m. on the third Tuesday of the month, why not swing by the Masonic Hall and drop in on Merrimack Valley Daylight Lodge. Then you can see what makes daylight Masonry so much fun. ■

NEWS FROM OVERLOOK

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?"

Thank You Overlook

by Patrick McShane



"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 towards 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



OVERLOOK HOSPICE HONORS VETERANS

by Michele Clayborne, Administrator, Overlook Care at Home – Hospice and Palliative Care

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,

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

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 witness-

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. ■

Left: embers of the color guard from American Legion Post 391 in Charlton. These Charlton residents are from left to right: Clarence Bashand, Robert Landry, and Harry Howard. Hospice Volunteer Jenny Frisella, who also lives at Overlook, is pinning Overlook resident and Veteran Dorothy Barre. Dorothy served as a nurse in World War II. In the background is Hospice Volunteer Elizabeth Puduseril.

ing traumatic deaths, veterans may have unresolved grief or have lived with survivor guilt.

The word Hospice, which comes directly from the Latin word Hospitality, means to give warmth and care. Experience has shown that many veterans and their families report that they wish they had known about hospice services sooner. Hospice can help veterans face their final days in peace and comfort, and Overlook Hospice is here to help them access the benefit for which they have already paid with their service. By recognizing the unique needs of veterans facing a life-limiting illness, Overlook Hospice is better able to accompany and guide veterans and their families to a more peaceful ending.

Overlook Hospice is honored to have recently achieved Level Two status, or two stars, in the We Honor Veterans program. By becoming a We Honor Veterans partner we have:

- Built professional capacity to care for veterans
- Developed and strengthened our partnerships with the VA
- Improved access to hospice and palliative care for veterans in the communities we serve
- Networked with hospices across the country and adopted Best Practices

We Honor Veterans training is focused on respectful inquiry, compassionate listening and grateful recognition. Overlook Hospice is fully committed to providing this special education for employees and volunteers, as well as other area providers who care for veterans. We have come to understand that some combat veterans who have coped well throughout their lives may experience increased combat-related memories and distressing emotions during their end-of-life journey. Exposure to traumatic events may also impact a Veteran's physical health later in life.

As we work to earn a third star in the We Honor Veterans program, we recently held an event to honor the legacy of the World War II generation, featuring a presentation by Honor Flight New England founder Joe Byron. Overlook Hospice has also joined forces with Quilts of Valor, which has donated over 100,000 quilts nationwide, including more than a dozen quilts to Overlook Hospice patients as part of hospice ceremonies to honor veterans.

The American Military leaves no soldier on the battlefield, and Overlook Hospice is trained to offer comfort and care to any Veteran in their hour of greatest need. For more information about the We Honor Veterans program or any questions about hospice, please contact Overlook Hospice at 508-434-2200. ■

Retiring the Rake

by Sandra O'Shea

Herb 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 cruising 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 contributing 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.



Above: Herb and Fran Mower (with their youngest granddaughter Anja) now have more time for travel and seeing their grandchildren. Herb is a Past Master of Somerville Lodge. Below: Bob and Sally Dietrich moved to Overlook last year. Sally is active in Eastern Star.



While Sally Dietrich says she didn't mind yard work, her husband, Bob, says it was a big factor for him in 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, she says. "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."

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." ■

RATE YOUR PLATE WITH "MY PLATE"

by Melanie Cohen, MS, RD, LDN



On a daily basis, there is a new article out 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 My Plan 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 (dress-

ing/sauce/oil). Don't forget about drinks too! You can then enter it into the Food Tracker Section 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 teaspoon cinnamon. Six ounces coffee 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.

Dessert (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 and/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!" ■



Living Freemasonry

by Rt. Wor. Steve Cohn

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 communities, a young, eager man was 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 Killpartrick stopped 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. Killpartrick became active in the Lodge and spearheaded a number of community awareness activities, which he continues to this day. 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. Killpartrick 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 more easily decide where he would like to focus his efforts.

His philosophy is to treat every Lodge event and public activity as an open house. He also says that we need to fix our own house, and if we build it, they will come.

He loves the Benjamin Franklin promotional concept and gave Massachusetts Freemasonry a much needed jump-start. He says he would like to see the campaign expanded and made more topical by using actual Freemasons in their work environments, proclaiming "I'm a teacher—and a Freemason," or "I'm a physical therapist

—and a Freemason." He says showing that 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. Killpartrick is a dad, and very proud to be one! He says one of the most joyous 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 trying to find the time to get more cycling back into his life.

As a single parent, Wor. Bro. Killpartrick 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 in order to get goals and objectives achieved.

Wor. Bro. Killpartrick 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. Wor. Dan Killpartrick is definitely a man with a vision. ■



Wor. Daniel R. Killpartrick

Eyewitness Letter Recounts His 1785 Initiation

The following letter was found tucked into the back of a seat in the ball room of the Kendall Tavern, the original lodge room for Aurora Lodge of Leominster, Massachusetts. It described the initiation of a young man in 1785. While the veracity of this document could never be in doubt, how it came to be created in PDF format with digital photos in 1785, one will never know.

Dear Barnaby,

Tonight's the night, my brother. This very evening I am to be initiated in their 'Antient Order.' It has been very long since I last wrote, so let me catch you up.

I had been working the taproom at 'General Estabrook's Tavern' many years before I could 'belly-up' to the bar. I always looked forward to the full moon as it provided enough light to allow men who travel, to gather at the tavern for a night of ritual and revelry.

The year is 1785, (or 5785, as I have been informed that Free Masons add 4000 to every date!) I hope that they do not increase the bar bill by 4000 as well for I have been told that I have to pay the entire bill this evening.

Let me begin by telling you how I became acquainted with this fine group of gentlemen.

My job at the tavern is to light the fires in the long room a full hour before they gather there. I know this to be mentioned in the lodge's records. I also have to pull the 'indian shutters' closed. We are in no fear of any attack from native peoples, and so I have to believe they are purely for secrecy. I also bring down a locked trunk that is kept in the attic, and set up the chairs in the prescribed and curious positions.

I always try to stay in the room as long as I can as I enjoy overhearing the convivial introductions as brother greets brother with great laughter and covered handshakes. The old guard finally chases me out, rattling his saber and teasing me about what is going to begin. I return to the tap room to face

a barrage of questions from curious locals. They joke about dark masses and shaggy goats, but I always noted that these cantankerous characters were never asked to join the gentlemen up the stair.

Then the stamping begins! Stamping and hollering as if to collapse the very structure as we all sit around the bar feeling very left out. The noise was finally explained to me when someone brought in an 'expose' of the ritual entitled 'Three Distinct Knocks':

"When they sing the Entered Apprentices song, they all stand round a great table, and join hands across, that is, your right-hand takes hold of the left hand of the man on your left, and vice versa so crossing all around. But when they say the last verse, they jump up all together ready to shake the floor down!"

"I myself have been below, where there has been a lodge, and have heard people say, Lord Damn, their Bloods, what are they doing? They will shake the place down! This they call driving of Piles to amuse the world. I have known Taverns shorn up with beams."

I actually knew all the words to "The Entered Apprentices Song," for it was my cue to bring in trays of victuals and jugs of ale. Being of good voice, it became the custom for me to sing a few verses as I served them, which they received with great merriment, and I always received a handful of pennies!

"The World is in pain, Our Secrets to gain:

But still let them wonder and gaze on,



Above: Possibly the great great great great grandfather of M. Wor. Donald G. Hicks Jr. confers with a Brother during a much needed break.

Below: Possibly the great great great great grandfather of Bro. Jeremy Bell plays a fiddle duet for another much needed break.



(continued on next page)

They ne'er 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."

Over the years they asked
me to sing other Masonic
songs, and eventually I was
asked to be a part of the cho-
rus instead of standing out-
side in darkness!

As I am finishing this letter
the morning after, I can now
say that I received 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 perfor-
mance. Can you imagine
such a boy suddenly being
thrown into such a drama,
and cast in the central role?!

I will never forget that
lodge room, its floor sprin-
kled with resin which glimmered in the can-
dlelight and 40 tri-corned hats piled in the cor-
ner—only the master sits covered.

The final part of the ritual involved me mop-
ping that very floor! It used to be a custom for
the candidate to rub out the signs that had
been chalked out for his edification. I had seen
many curious references to this in the prints by
Hogarth, and was told that some old London
lodges left a mop and pail outside the lodge
room door to signal their meeting.

My new brothers warned me of the numer-
ous French degrees that are making their way
from Charleston, (by charlatan!). They demon-
strated the 'Circle of Swords' from a French
degree in which small swords are pointed at
the candidate. They explained how these
lodges change the order of the passwords to
catch people out.

Then out came the pipes and fiddle (the for-
mer filled with tobacco you understand!) and
the songs echoed into the evening until it soon
became too late to remember!



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

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



That 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 Breth-
ren, 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 ob-
serving the same."

Come then, my brother, an
hour to pleasure spare,
And quit awhile your busi-
ness and your care.

The day is all our own,
come and forget,

Bonds, interest, all the cred-
it and the debt!"

As we recited these say-
ings everyone slammed down
their shot glasses together
with a deafening volley, only
to be quickly refilled from the
flowing punch bowl that had
been brought in.

"Time was is passed— thou
canst not it recall.

Time is, thou hast, employ

the portions small

Time future is not, and may never be,

Time present, my bothers, 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 estab-
lishment, 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!

THE EXCITABLE HEART

Atrial Fibrillation

Part V of a Five-Part Series

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

Racing faster and faster, the electrical impulses twist and
turn tortuously through the upper chambers of the heart
causing a fluttering sensation and an irregular heart rhythm.
In some this arrhythmia goes unnoticed; in others it may
cause dizziness, lightheadedness or even fainting spells. In
many, it leads to fatigue, tightness in the chest
and/or shortness of breath. The culprit is an
arrhythmia known as atrial fibrillation (AF).

AF is the most common symptomatic
abnormal heart rhythm. Over 2.5 million
Americans are afflicted with the disease
and its incidence is increasing, in part,
related to increasing age of the popula-
tion. AF is particularly common in older
individuals. At age 70, the incidence of
atrial fibrillation is 5% (1 in 20). At 80
years of age 1 in 10 (10%) will develop AF.

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

*The Masonic Medical Research Laboratory (MMRL) is a
501(c)3 not-for-profit corporation founded and sponsored by
Freemasonry. Recognized as a one of the finest biomedical
research centers in the world, the MMRL has contributed
importantly to the modern day practice of cardiology. Over the
past five decades MMRL investigators have been credited with
either discovering or unraveling the mechanisms of a majority
of known cardiac arrhythmias and is currently one of a handful
of medical research institutes worldwide capable of studying
the genetic causes of the lethal cardiac arrhythmias responsi-
ble for sudden death in young adults, children and infants. The
MMRL is leading the way in the development of innovative safe
and effective pharmacological treatment for atrial fibrillation,
one of the greatest unmet medical needs facing our society.*

ranging between 100 to 175 beats per minute. Less com-
monly, particularly in the presence of drugs, a large fraction
of the impulses may be blocked within the AV node, caus-
ing 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. Some cases of AF have no identi-
fiable cause. Others are linked to dys-
function 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 com-
plication of coronary artery bypass graft
surgery (CABG). Hypertension (high blood pres-
sure), hyperthyroidism, 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 ventri-
cles);
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 thrombi 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 atrioven-
tricular node. Nevertheless, enough impulses may get
through to increase the ventricular rate to levels at which
the pumping of blood by the ventricles (continued on page 30)



Grand Masters of Massachusetts

by Rt. Wor. Walter Hunt

1908–1910



Most Wor.

Dana Judson Flanders

“Gentleman Conductor”

The portraits of our Past Grand Masters adorn the southeast corner of Ionic Hall in Grand Lodge, from the first—Henry Price—to those of the recent occupants of the Grand Orient. They are very different in appearance. From the accounts provided in our Proceedings and our histories, they were also different in temperament as well.

The fifteenth installment in the continuing series focused on our past Massachusetts Grand Masters.

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 father, station agent in Plaistow, New Hampshire, had taught him the skill at an early age and he advanced rapidly in the company, teaching telegraphy up and down the line, moving to Boston in 1869 to serve as telegraph operator in the office of the railroad’s superintendent. 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 served as Master in 1879 and 1880; he was appointed as District Deputy Grand Master for the then Tenth Masonic District from 1883 to 1885, and in 1888 he was elected Junior Grand Warden of the Grand Lodge at the young age of 38, the year after he joined Converse Lodge in Malden as a charter member.

Mason and Citizen

Malden was his home from the early 1890s. He served as an alderman of the city and was a trustee in the Malden Universalist Parish. In 1897 he became a director of the Malden Trust Company and was elected vice president in 1909, a position he held until his death nearly 25 years later.

When he came to Masonry in the Commonwealth, the Fraternity was undergoing significant growth. As District Deputy Grand Master he served Grand Masters Lawrence and Howland; he was acquainted with a stellar group of men then sitting in the northeast corner—Past Grand Masters Coolidge, Parkman, Dame, Gardner, Everett, and Welch. He would certainly have met John T. Heard, who died when he was still Master of Merrimack Lodge. For a man of his small stature and quiet, steady personality, the idea that he might someday sit among them would no doubt have been a source of amusement.

What was thought of him was summed up by the men who memorialized him after his departure. “Brother Flanders was a great asset to Freemasonry in Massachusetts,” they wrote. “He had many friends and no enemies.

He was quiet and reserved, slow to wrath . . . definite and clear in his judgments and pronouncements and firm and determined wherever necessary. Kindly, courteous, and gracious in manner . . . his accomplishments were many and valuable.”

Quiet and reserved, slow to wrath . . . firm and determined where necessary. Many friends and no enemies. What better testament could be given to a Masonic leader? When he is qualified and installed, we advise our Worshipful Masters to this course: to be peaceable citizens, to avoid piques and quarrels—but to be decisive and use their powers when necessary, and only when necessary. He was regarded in that light, and it made him a valuable counselor in the many circles in which 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 redrawing 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 of the first things he did. I think, was to have a committee appointed 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 and he had selected a site to buy, he had the permission of the Grand Lodge to buy it, it was the last day that he occupied the office of Most Worshipful Grand Master. . . on the day when Mr. Flanders was to be installed as Grand Master they passed the papers for the Masonic Home at Charlton, and they paid \$50,000 which Brother Blake had raised. They bought the Home the next day.

“I said, ‘Well, Brother Blake, you have done a nice

thing. You have given me a Masonic Home to run and take care of our destitute Brethren and you haven’t given me a cent. I haven’t got a cent to run it with.’ Brother Blake laughed at me and said, ‘Well, go out and get it, the same as I did.’

“We were in the Directors’ room one day. General Lawrence sat there. I did not have the courage to say I wanted to tackle that charity fund. I did not want to dig into that and yet I knew that unless the Grand Lodge set an example of contributing a certain amount which went each year for the maintenance of the Home we might get short . . . “After the meeting had adjourned . . . General Lawrence came around to me and he said, ‘What do you mean? What do you understand? What do you want about this charity fund?’ I said, ‘Well, General, I did not think I would have a chance to tell you what I really want to tell you now. We have got a fund there . . . What I want to do with that is to take \$3,000 of it and have the Grand Lodge provide that for the maintenance of the home. We have got a lot of people who are being taken care of, 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 third, 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)

continued from page 3

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 installed and was succeeded by his son, now Wor. Michael Visconti, as Master; Rt. Wor. Nicholas Papadinis installed his son Bro. Ross Papadinis as Senior Warden; and Wor. James Carcerano installed his son Bro. Andrew Carcerano as Junior Warden. Rabboni Lodge has a strong tradition of sons following their fathers into the Craft. At one recent count, there were 18 pairs of fathers and sons in Rabboni Lodge, many of whom were multi-generational. —Wor. Anthony Visconti



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

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 reapplication 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 that, "notwithstanding 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. —Wor. Lee H. Fenn

lodge also had carnival games for the kids inside the lodge building, plus lodge tours and Masonic brochures for their parents, with Rainbow girls handing out popcorn and the DeMolay boys bottled water, free to all. More than 500 visitors came to the building, and an estimated 2,000 kids enjoyed the bounce house. A number of men asked about joining the lodge, and the youth-groups also gained some membership prospects. —Wor. David A. Libby



Master Gives A Sign

This season the brethren of Satuit Lodge in Scituate proudly erected a new and elegant sign to adorn the grass plot in front of the lodge building. Resplendent in antique blue and gold, the carved sign is the last project in the lodge exterior renovations, and a source of particular pride to the presiding Master, Wor. Charles Stockbridge who designed, made, carved, painted and gilded it.

Wor. Bro. Stockbridge made plans for a replica of an 18th century style inn or tavern sign featuring a classic broken arch pediment. He constructed it from inch and a half clear pine, deep carved the traditional lettering, painted it in historic color, and hand-laid the gold. 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 investment 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.

—Rt. Wor. Graeme Marsden

Needham Lodges Cook Pancake Breakfast to Benefit YMCA

On October 18, 2014 the Needham Masonic Lodges hosted a pancake breakfast open to all where donations were accepted to benefit the Charles River YMCA. The breakfast was well attended with over 100 guests attending and over \$200 in donations collected for the Y. Not only did visitors enjoy a wonderful breakfast cooked by the members of the Masonic Lodges in Needham, but the children also enjoyed an opportunity to paint pumpkins. *At right: Russ Berger with his daughter Nicky and Bro. Dennis Sullivan with his daughter Caroline at the fundraiser.*



—Wor. Michael Centola



Several Ezekiel Bates Lodge veterans assisted the Attleboro Area POW/MIA committee with their annual cookout fundraiser. The committee raises funds to have POW/MIA soldiers exhumed and returned to the United States soil. Ezekiel Bates Lodge was honored to be able to assist such a great organization. Over 100 people attended the cookout, which made it their most successful fundraiser to date. Ezekiel Bates Lodge will continue working with the committee going forward. *Left: Bro. Jason French, of Ezekiel Bates Lodge, BBQs half chickens for the Attleboro Area POW/MIA Committee.*

—Bro. Bryan Simmons

Waltham Triad Lodge A.F. & A.M. was at Waltham Day, September 20, on Waltham Common selling hotdogs to benefit Operation American Soldier. The Lodge ended up selling about 238 dogs and raised around \$700 for the organization. *Pictured are Wor. Kenneth Brown (current master of Waltham Triad Lodge) and Wor. Bill Asadoorian.*



—Wor. Kenneth Brown

Tahattawan Lodge on the March in Littleton Littleton is celebrating its 300th anniversary in 2014. One of the high points was the town parade on September 7. Over 100 units marched in 90-degree heat, including brothers from Tahattawan Lodge and others from the 14th Masonic District. Townspeople were pleased to see that Freemasonry is alive and well in Littleton. —Wor. Don Stevens



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 reached out to 70 fellow Masons. Bro. John DeBarros spoke to 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



(L to R): Bro. Arnaldo R. Castillo, Wor. John T. Crosby, Bros. Charles L. Bovaird II, Kevin C. Schwarz, Peter E. Britland, Wor. Fred B. Goodwin Jr., and Bro. David J. Carr on one of the Reach Out days for Joseph Webb Lodge.

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

The 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 what 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 meetings." 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 eavesdrop 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 couple 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 vibrant in our time."

For a moment, there was silence between the two and then his friend said softly, "I take it back. You're a pretty good salesman." ■

Lodge in Focus: KING HIRAM'S LODGE

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 year [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." [Proceedings of Grand Lodge, Special Communication, May 5, AL 6008, page 55].

King Hiram's Lodge is the oldest continuous lodge on Cape Cod proper, having continuously met since January 1796 (chartered 12 December 1795). It

made officer's jewels, a set of original 1795 minutes in the hand of our first Master, Rt. Wor. John Young, a fine set of 1814 Rt. Wor. Edward Horsman aprons (we believe these once belonged to Grand Lodge), and the trowel used by Bro. and President Teddy Roosevelt to lay the cornerstone of the Pilgrim Monument in 1907.

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

in three major parades, Portuguese Festival, Fourth of July, and Carnival in August. We also sponsor a "three hour tour "out of Provincetown Harbor each summer in support of the Lodge charities, earning several thousands of dollars each year.

We proudly have members from all over Cape Cod, throughout New England and beyond, some of our members traveling from Connecticut, Vermont, or New Hampshire for our meeting. Both the most recent Deputy Grand Master and Senior Grand Warden, Rt. Wors James T. Morse and James A Gilrein II, respectively are members of the lodge.

Those of you who accompanied M. Wor. Bro. Hodgdon at the 2007 100th anniversary of the laying of the cornerstone of the Provincetown Pilgrim Monument by Bro. Teddy Roosevelt, or M. Wor. Richard J. Stewart at the 100th Anniversary of its dedication by Bro. and President William Howard Taft in 2010, can attest that King Hiram's Lodge knows how to throw a celebration.

Mark your calendars again: King Hiram's Lodge has begun fundraising for the 225th Anniversary of the Lodge in 2020, and the 400th anniversary of the signing of the Mayflower Compact on 11 November 1620, O.S. in Provincetown Harbor, marking the beginning of democracy in America.

Appropriate festivities are being 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 brothers wherever dispersed will join with us on this memorable day to mark these two great events.

We invite all our brethren to visit us on our regular communications, the first Monday of the month except September, and usually April—then second Monday. If you find yourself on Cape Cod during the summer, check www.kinghiramslodge.org and contact one of the officers. We will endeavor to arrange a private tour. All are welcome!

—Wor. Ralph Edward Desmond



Above: King Hiram's interior recognized by the Smithsonian. Right: One of the set of officers' jewels cast by M. Wor. Paul Revere.

Photos by David W. Dunlap/Building Provincetown.



being one of the original 24 lodges chartered by M. Wor. Bro. Paul Revere, King Hiram's held its 2131st regular communication in June, and is the only lodge in the 21st Masonic District that has more members now than in 1960. The Lodge raised six new Master Masons this past Masonic year. The May past master's night saw 63 Masons and guests at dinner.

The Lodge has in its archives: the original Revere charter, three Revere printed Master Mason diplomas, one of the few surviving set of Revere hand-

made officer's jewels, a set of original 1795 minutes in the hand of our first Master, Rt. Wor. John Young, a fine set of 1814 Rt. Wor. Edward Horsman aprons (we believe these once belonged to Grand Lodge), and the trowel used by Bro. and President Teddy Roosevelt to lay the cornerstone of the Pilgrim Monument in 1907.

The lodge and these artifacts were viewed last year by over 1000 Masons and guests at one of our three yearly open houses, private tours, our annual veterans' dinner, or our yearly alternating dinner with the local Knights of Columbus. The lodge also participated

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, 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 to the newer generation. He was still consulted and listened to, the gentleman conductor of an earlier train: not as forceful a 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. ■

is inefficient, causing shortness of breath, chest pain, or even loss of consciousness.

When a 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 can be effected in a variety of ways:

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

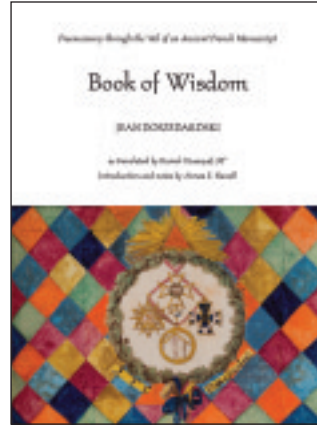
2. Radiofrequency ablation can reduce the number of beats passing through the AV node or be used to produce complete AV block. In the latter case, a permanent pacemaker will have to be implanted to drive the ventricles of the heart.

3. Radiofrequency ablation of the bypass tract is indicated in the case of patients with Wolff-Parkinson-White syndrome.

In some cases, the heart rate associated with AF is slower than normal. These patients often have diseased AV nodes and have been treated with drugs that block impulse transmission through the AV node. Changes in the activity of the “sympathetic” and “parasympathetic” nervous systems may also affect AV conduction. In some patients, atrial fibrillation is not constant; it starts and stops on its own. When it stops, the normal “sinus node” pacemaker of the heart may be slow to take over control of the heart, causing dizziness or fainting spells. This combination of rhythm abnormalities, termed “tachycardia-bradycardia syndrome” or “tachy-brady syndrome”, generally calls for the implantation of a permanent pacemaker. This syndrome accounts for approximately 25% of all pacemakers implanted in the United States annually.

New Scottish Rite Publication Available

The Scottish Rite Supreme Council for the Northern Masonic Jurisdiction has just published *Book of Wisdom: Freemasonry through the veil of an ancient French Manuscript* which was handwritten by Bro. Jean Frederick Doszedardski during the early 1800s. Rt. Wor. Kamel Oussayef translated this manuscript and Dr. Aimee Newell, a historian and contributor to TROWEL, wrote some of the footnotes. It is a mixture of Masonic rules—some of which are enforced today—and historic facts. These facts touch on the exile of Freemasons and some reasons for the genesis of Scottish Rite in the United States. Please visit <http://bit.ly/scottishritebookofwisdom> for more information.



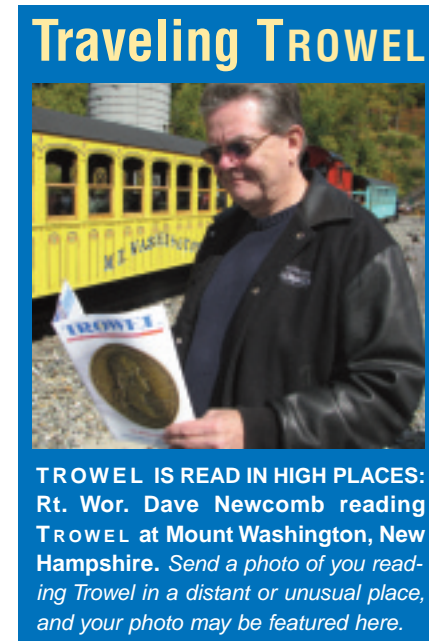
Conversion of AF to Sinus Rhythm: Most people feel better when their hearts are in normal sinus rhythm than when their hearts are in AF. AF often stops by itself. If it fails to do so, antiarrhythmic drugs may be used to convert the arrhythmia. When these agents fail to work, or when circumstances do not permit use of oral antiarrhythmic drugs, AF is converted with electrical cardioversion or with intravenous antiarrhythmic drugs such as ibutilide.

Blood clots (thrombi) that form in the atria during a prolonged period of AF can break away and enter the brain or other parts of the body when normal sinus rhythm is restored. The result is an embolic stroke. 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 of AF therapy 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 chance of AF recurring. In a small fraction of patients, these drugs may cause more serious ventricular arrhythmias, known as Torsade de Pointes, which can lead to sudden death. This often occurs when heart rate is abnormally slow, plasma potassium levels are abnormally low, and/or other

for its sponsored charities along with a “Revere” Bowl which will be up for challenge again in 2015. The winning lodge was Daniel Webster Lodge.

A great day was enjoyed by Masters, Past Masters, Masons, and friends. The present and past DDGM presented the prize and trophy to the winning lodge for 2014 which will be engraved as such. —Wor. Dave Sisler



TROWEL IS READ IN HIGH PLACES: Rt. Wor. Dave Newcomb reading TROWEL at Mount Washington, New Hampshire. Send a photo of you reading Trowel in a distant or unusual place, and your photo may be featured here.

drugs are administered which interfere with the metabolism of the antiarrhythmic drugs, causing blood levels to rise to very high levels. Class IC antiarrhythmic drugs such as flecainide and propafenone are useful in some cases of AF, although these agents should not be used in patients with structural heart disease. Many physicians prescribe beta blockers alone or in combination with these other antiarrhythmic agents. An approach that has become popular with 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 AV node” is recommended by some. Recent studies have shown that one of the most effective agents in preventing recurrence of AF is amiodarone. Although this agent can produce some very serious adverse effects, these side-effects are minimized when relatively low maintenance doses of the drug are used (e.g., 200 mg/day). An analog of amiodarone, dronedarone, was approved by the FDA in 2010 for the management of AF. Although safer than amiodarone, dronedarone is not as effective as amiodarone in preventing the recurrence of AF. Recent experimental studies at the Masonic Medical Research Laboratory have identified ranolazine, an anti-anginal agent, as effective in

Masonic Rep at VA Visit

Secretary of Veterans Affairs Robert A. McDonald visited VA Medical Center (VMAC) in West Roxbury on October 17, 2014. Bro. Harvey Simons, the representative of Norumbega Fraternity Lodge to VAMC in West Roxbury, and Sister Lillian Simons, Palestine Chapter 114 OES, were among the volunteers invited to greet the secretary upon his arrival. Norumbega Fraternity Lodge is a regular contributor to special programs for veterans at the West Roxbury VA. The camera crew from 60 Minutes filmed the event, and the show was broadcast on the Sunday before Veteran’s day. —Bro. Harvey Simons



Secretary of Veterans Affairs Robert A. McDonald (left), with Bro. Harvey Simons (white cap), Sister Lillian Simons (red, white, and blue visor), and the 60 Minutes film crew at the VA Medical Center in West Roxbury.

The Statistical Lodge of Born “Masons”

In a letter to the editor, Bro. Robert M. Flector wrote:

“Just curious: how many brothers are 87 years old and been a “Mason” for 87 years? I fit that description. My birth certificate, driver’s license, and passport all attest to the fact that my full name is Robert Mason Fector, born 1926.

“The week before I was born, my father was raised to the 3rd degree. He thought it appropriate to name his first born Mason.”

What would a lodge look like if it were made up of Masons described above? The Statistical Lodge of living brothers who were born “Masons” would have 54 Masons, 37 Tylers, 6 Deacons, 5 Stewards, 3 Marshals, but sadly they are without a Master. Seven Hiram would sit in this lodge and one Abiff. Amazingly, there is one, and only one, Hiram Abiff. Of course, the Statistical Lodge has its problems: in their midst is one Cowan.

rhythm control of AF. MMRL scientists have also identified that a combination of dronedarone and ranolazine leads to potent synergistic antiarrhythmic effects. A clinical trial is currently underway to test the effectiveness of this drug combination. (www.clinicaltrials.gov/ct2/show/NCT01522651?term=ranolazine+dronedarone&rank=1)

A surgical procedure developed by Dr. James Cox of Washington University, St. Louis, known as the maze procedure, is capable of curing atrial fibrillation. Because it requires access to the inside of the heart, it is reserved principally for those undergoing open heart surgery. Electrophysiologists are attempting to mimic this surgical procedure using ablation techniques, designed to destroy segments of heart tissue. Ablation can be accomplished by delivery through a catheter of radiofrequency energy, ultrasound, or cryotherapy (freezing technology).

In 1998 Michelle Haissaguerre made the seminal observation that pulmonary spontaneous extra beats arising from the pulmonary veins are the most common triggers of AF and that catheter ablation of these foci can cure atrial fibrillation in some patients. This technique is commonly employed as a measure of rhythm control.

Prevention of Embolic Stroke: Much of the morbidity and some of the mortality associated with AF are due to

blood clots (thrombi) that form in the atria due to hemostasis (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 warfarin) and/or antiplatelet (e.g. aspirin or clopidogrel) agents. Careful attention to proper anticoagulation, most commonly warfarin (coumadin), is a critically important part of the approach to therapy of AF. The target level for anticoagulation 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 arrhythmias, 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 proportions 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 contributed to a paradigm shift in our approach to pharmacologic 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 experimental 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 written, and he hid many symbols within his works. Here is the final scene of the *Harlot's Progress: The Funeral*. How many signs can you find so cleverly hidden within the print? Answers in next Trowel.

—Bro. Jeremy Bell

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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

Three Degrees, One Day

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