

# NORTH CAROLINA THE MASON

Official Publication of The Grand Lodge of Ancient, Free and Accepted Masons of North Carolina

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January/February 2018

## Oh, the Places It'll Go!



## Which lodges will host the Traveling Degree Gavel?

By Beth Grace  
Mason Editor

Behold the new North Carolina Traveling Degree Gavel!

You've already heard about the gavel as one of the elements of the 2018 Lion and Pillar awards. This hand-crafted piece of Masonic history, conceived by Grand Master Speed Hallman and developed with lots of help from his friends, hit the Masonic road in January.

"I want the gavel to promote fellowship across the state and encourage brethren to attend degrees in other lodges," Hallman said. "A lodge room full of brethren from a wide area makes the degree even more special for the candidate. It makes for wonderful fellowship. And it has the potential effect of aiding the host lodge with degree work."

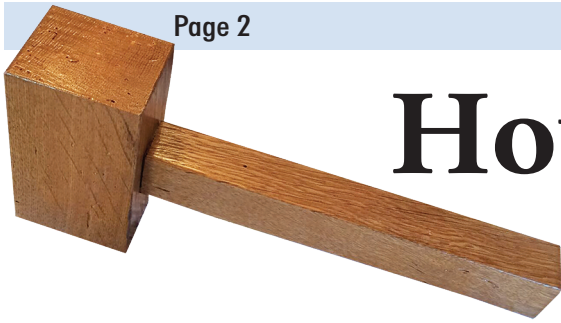
He hopes the gavel will land in

lodges across the state and that a journal accompanying it will chronicle its travels, creating an historic record that features a cross-section of North Carolina Masons, their lodges and their degree work.

Photos posted on Facebook and updates on the Grand Lodge website will provide close to real-time reports on the gavel's whereabouts, enabling lodges to go after it and keep it moving around the state.

Hallman saved wood removed during renovation of Eagle Lodge in 2004, the year he was master, with the idea of making commemorative items. The wood is from a North Carolina oak that was fully grown before the American Revolution. The tree was felled in the early 1820s, and from it a 20-foot-long floor joist was hewn and nailed into the sills of Eagle #19's building

■ see GAVEL page 2



# How to get your hands on the new traveling gavel

**WHO**  
can claim  
the gavel?

Lodges chartered by the Grand Lodge of North Carolina AF & AM.

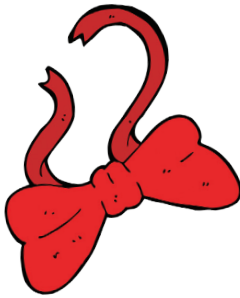
## THE RULES

When the lodge claiming the gavel at the Jan. 29 district meeting holds its degree, the lodge with the greatest number of visiting members present at that meeting and with a degree scheduled\* will take the gavel back to its lodge.

A visiting member may claim membership in only one lodge when visitors are counted.

If there is a tie, the lodge that has the earliest scheduled degree takes it, and if there's still a tie, the lodge that traveled farthest takes it.

If a tie still exists, the lodge that has the youngest member in its visiting party takes the gavel.



## No degree work scheduled?

If no visiting lodge has degree work scheduled, a visiting lodge may take the gavel with the following stipulations:

- The lodge with the most visiting members may take the gavel.
- In the event of a tie, the lodge that is furthest from the current hosting lodge takes the gavel.
- If a tie still exists, the lodge that has the youngest member in its visiting party takes the gavel.

The lodge taking the gavel must quickly take it to a degree within a reasonable distance and convey it to the master of that lodge. The lodge facilitating this transfer will be recognized along with the other lodges hosting the gavel during the year.

The highest priority is to keep it moving! The Grand Master or DDGM may retrieve the gavel and move it to another lodge if it appears to be staying in a lodge.

Only lodges that are willing to keep the traveling gavel in motion should claim it.



## Use It and Lose It! (In a good way)

The gavel will be used during the degree and will be presented to the lodge that claims it immediately before the lodge closes. No skipping out on lectures!

When you claim or hand off the gavel, take pictures, post them on Facebook and email them to the Grand Master.

## The hand-off

The gavel's case contains rules for its transfer and a journal in which each lodge will enter the date it was obtained and the date it was surrendered, along with information about the degree and the name or names of the men who earned the degrees. Recording these details enshrines your lodge's degree work in NC Masonic history.



## Watch the gavel travel!

Every lodge that takes the gavel must send a quick email to Grand Master Hallman ([shallman@glnc.us](mailto:shallman@glnc.us)) listing the time and date of its upcoming degree ceremony.

The GM will post the details on the Grand Master of Masons Facebook page and send them to the Grand Lodge for its website. That news will allow other lodges to attend.

Look for these postings on the Grand Lodge and North Carolina Mason Facebook pages, as well.

## They, let's celebrate!

The lodge in possession of the gavel on Friday, Sept. 28, will present it to the Grand Master at the annual communication in Winston-Salem.

The Grand Master will recognize the lodges that obtained and shared the gavel during the year.

A list of lodges that held the gavel, plus details that lodges share in the journal that travels with it, will run in the September-October edition of the North Carolina Mason – along with a photo of the journal and the returned gavel.



**Questions?** Contact Grand Master Hallman or the Grand Lodge staff.

Now check out Facebook or the Grand Lodge site and go get the gavel!

\* Degrees may be EA, FC or MM. Communications may be stated or emergent.

## GAVEL, from page 1

under construction on King Street in Hillsborough.

The building, completed in 1825, has been called one of the most architecturally significant structures in the state, and is listed on the National Register of Historic Places.

The joist supported the dining room floor for 181 years, during which time the room served as a community meeting hall, a venue for concerts and lectures, and the site of

countless Masonic functions.

The floor was removed when it became structurally unsound, and Hallman saved pieces of several oak joists.

Last year he asked Gregg Phillips, a gifted woodworker and past master of Eagle Lodge, to use the salvaged wood to craft a statewide traveling gavel that brought brethren together while showcasing his home lodge's history. Phillips produced

a classic Masonic gavel and made a traveling case out of cherry and black walnut from the Bladen County homeplace of his wife, Carolyn.

The gavel's journey began Jan. 29 when Grand Master Hallman presented it at his first District Meeting, held at Granite #191 in Clayton. The presentation occurred after the Mason's deadline, but the gavel's initial destination and its

journey can be tracked through the Grand Lodge website and these Facebook pages: Grand Master of Masons of North Carolina, the North Carolina Mason and Grand Lodge of North Carolina A.F. & A.M.

The Grand Master hopes the gavel will move quickly around the state before being returned to him at the annual communication in September. ⚔

## Get The Mason online instead of through the mail

So now that you have sent your “opt out” message to stop receiving the Mason in paper form, how can you get it via email?

Easy. Just head to this page:

<http://www.epageflip.net/t/5206-the-north-carolina-mason>

Then hit the blue “Subscribe” tab on the right-hand side of the page. Fill in the info, and you’re done! No need for trails of Post-It notes reminding you to go and hunt for the paper every other month, no reason to scribble a reminder on napkins or the back of envelopes.

Haven’t had a chance to opt out yet? Just send a note to [ncmason@glnc.us](mailto:ncmason@glnc.us) with these words: OPT OUT, and include your full name and mailing address. We’ll take it from there.



## The Grand Lodge Committee on Masonic Education presents THE MIDDLE CHAMBER PROGRAM

Crafted for brothers searching for a deeper, more esoteric interpretation of our symbols and allegories. Each session - facilitated by “well-informed” brethren - utilizes a mixture of open discussion, self-study, and contemplative exercises to investigate the Mysteries of our Order.

The Middle Chamber Program provides North Carolina Masons an opportunity to explore the rituals and symbols of the Craft and improve themselves as men and Masons. Instructors are experienced Masons specially trained to assist each brother as he examines the Masonic rituals, himself, and his relationship with Deity.

Four sessions are offered and are progressive in nature – that is, you must have completed each of the previous sessions in order to continue to the next session:

**Introductory Class** Introduction to Masonic Allegories and Symbols (*Open to any Master Mason*)

**Entered Apprentice Session**  
Introduction to the First Degree:  
The Physical Nature of Man

**Fellow Craft Session**  
Introduction to the Second Degree:  
The Psychological Nature of Man

**Master Mason Session**  
Introduction to the Third Degree:  
The Spiritual Nature of Man

For additional information visit

[www.grandlodge-nc.org/education-resources](http://www.grandlodge-nc.org/education-resources)

or contact the Grand Lodge Committee on Masonic Education at [ncglcme@gmail.com](mailto:ncglcme@gmail.com) or (910) 572-7678.

### 2018 Schedule

#### Introductory Class

**01/27/2018**

9:00am Greenville Masonic Temple  
12:00pm Greensboro Masonic Temple  
3:00pm Hibriten #262, Lenoir

**02/03/2018**

12:00pm Greensboro Masonic Temple

#### Entered Apprentice Degree Session

**02/10/2018**

10:00am JJ Crowder #743, Raleigh

**03/31/2018**

10:00am Salisbury Masonic Temple

#### Fellow Craft Degree Session

**05/26/2018**

10:00am JJ Crowder #743, Raleigh

**06/23/2018**

10:00am Salisbury Masonic Temple

#### Master Mason Degree Session

**07/21/2018**

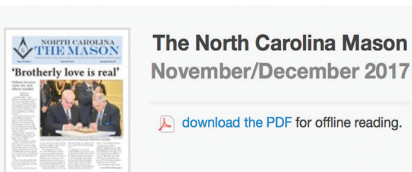
10:00am JJ Crowder #743, Raleigh

**08/25/2018**

10:00am Salisbury Masonic Temple

Each of the degree sessions will be from 10:00am to 5:00pm (lunch on your own)

**Cost:** Introductory Class is **free** to attend and the degree sessions require a one-time purchase of a **\$150 Program Kit**, which includes a personal journal and a variety of study materials



The North Carolina Mason  
November/December 2017

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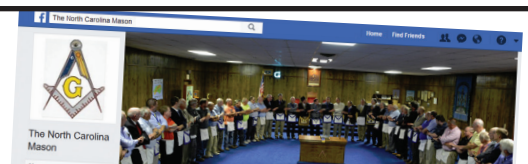
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The magic phrase to start today is ‘OPT OUT’

## DID YOU KNOW? You can find The Mason on Facebook!

Just link to <http://bit.ly/2irdm6m> or search for The North Carolina Mason. Read and post! And share your good news and charitable successes news with your fellow Masons!



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## FROM THE EDITOR'S DESK

# How WB 'Santa' saved Christmas

**D**o you ever wonder if what Masons do makes a difference? Consider the story of John Lawson McKenzie.

This past Christmas, John Lawson was struggling with a big life question. At the wise old age of 4, he was deeply concerned about Santa.

He's well-qualified to consider the issue. He had already seen Santa at the local Bass Pro Shop, again at a craft fair, and once more at his neighborhood family party.

He's at that age when doubt begins. How DOES Santa get all those toys distributed in one night? How does that big fat guy get down a skinny chimney? And flying reindeer? I mean ... come on.

Then comes the big question: Is Santa real?

Enter Waxhaw #562 and Santa Mitch.

Past Master Mitch Padgett was born to be Santa. In full regalia, he's the spitting image of the jolly old elf. He wrote the book on ho, ho, ho.

Current Master Bobby Hughes explains that Mitch has played the role for several years at the lodge's annual "Pancakes with Santa" event. He's always a hit, especially when he plays the "beard" card.

John Lawson was in downtown Waxhaw just before Christmas with his parents, Callie and Tim, and 9-month-old sister, Maggie. He had been promised a ride on a horse-drawn carriage. As the family sat on a bench waiting their turn to ride, John Lawson – no introvert, this kid – ran up to a woman nearby to show her his new mittens. A man talking with the woman invited the family to wait inside the

lodge, where it was warm and where Santa was waiting to meet his tiny fans.

John Lawson was kind of Santa'd out by this point, his mom says. But he went in anyway and was unusually shy as Santa asked him what he wanted for Christmas. He didn't trust this guy. "I know you're not the real Santa. And your beard's not real," John Lawson told him.

Why, yes it is, said Santa, inviting him to take a tug. John Lawson pulled, then turned to his mother, wide-eyed.

The beard was REAL!

He asked shyly if he could tug his hair. Of course, Santa replied. John Lawson tugged; REAL!

Santa Mitch then sealed the deal. Callie suggested her son thank Santa for writing him a letter. Full disclosure: Callie feeds information about her kids to an aunt every year, and the aunt writes detailed letters back to the kids from "Santa." John Lawson's letter had arrived that very afternoon.

Santa Mitch didn't miss a beat. "Oh, that came? I was so worried that it wasn't going to get to you," he said.

The McKenzies, armed with candy and a sweet memory, headed back into the cold a

short while later to get on the carriage. As they sat, John Lawson rose and announced: "I knew it! I knew that was the real Santa in there! Those others were fake!" He then turned to a little girl on the carriage and advised, "You



By Beth Grace  
Editor



It's real! Young John Lawson checks to make sure Waxhaw Lodge's Santa is the real deal by tugging on his whiskers.

## FROM THE GRAND MASTER



By Speed Hallman  
Grand Master

**W**orshipful Brother Ben Wallace, one of my best and smartest Masonic buddies, likes

to say, only partly in jest, that Beth Grace is his favorite Mason. I agree.

Beth, editor of the NC Mason, came to us with no exposure to Masonry, and she checked us out before applying for the editor's job. Fortunately, she liked what she saw, and she wanted to work with us and help advance Masonry.

Beth is a Mason in spirit, and the warm reception she has received from brethren across the state has cemented her bonds with us.

Be sure to read her column in this issue. Beth tells a heartwarming story of a 4-year-old boy meeting the real Santa in a Masonic lodge. It sweetly and deftly drives home a point that I like to make about the first impressions we create as lodges and as Masons.

First impressions are critical in attracting potential Masons who, like Beth, are interested in us but want to know more before taking the first step.

My pitch starts like this: Have you looked at your lodge lately? Can you see it with fresh eyes, like a newcomer? This is a lesson I learned years ago when my wife accompanied me to the lodge on an errand.

# What is your curb appeal?

Susan, who always sees the bright side of anyone or anything, shocked me by saying "This place is a dump." I realized she was right. We brothers had let the place go. We had become complacent with peeling paint, cracked plaster, worn carpet and faded curtains.

It's not that we were slouches, necessarily. The lodge was our happy and comfortable place, brimming with brotherly love and fellowship, and its blemishes were invisible to us. We were already bought, in and couldn't see it like first-time visitors, also known as the next generation of Masons we hope will replace us.

Susan's comment enlightened me. In the years since then, through good leadership, a renewed feeling of pride and the labor of lots of Masons, our lodge has become a showplace.

Take a look at your lodge with new eyes, starting with a web search. That's where your potential Mason will start. What turns up? Old news, or a fresh and vibrant website? Is there a link with the lodge's contact information? Is your potential Mason's email query answered promptly?

Then do a drive-by. If the lodge were a house, would you want to live in it, or would you want to join the group that inhabits it? Park and walk up to the door for a closer look, and go inside. Think about what you'd replace, repair or repaint if it were your home.


That's the easy part. Now look below the surface and consider how the community interacts with your lodge. Are your doors open

to friends, neighbors, total strangers? Can they see any of the light that shines within? If so, good things will happen.

Beth's column describes Waxhaw Lodge #562's annual "Pancakes with Santa" breakfast for kids. While the event was under way, a Waxhaw Mason spotted a family outside in the cold and invited them into the lodge. They came inside, and their skeptical son met the real Santa. Magic. That family didn't know anything about Masonry but they do now.

Beth's column is a story of human kindness, generosity and brotherly love. It also contains common sense. Open those doors and see who's out there. Welcome a stranger in for warmth, friendship, education or a bowl of Brunswick stew. Give your neighbors a reason to come in and look around, ask questions and see Masonry in action. The Masons in spirit will find you.

I've adopted the hourglass as a symbol for this year. It represents the passage of time that ere long will cease for each of us. Freemasonry – the greatest fraternity in the world – is in our care for a brief time before we hand it off to a new generation. Who's going to take the handoff?

Good people near you are curious about Masonry, Googling your lodge and doing the drive-by. There are others who aren't curious – yet – because they haven't noticed you. Let both groups see a bit of your light and get ready to meet some new favorite Masons. 

## SANTA from page 4

need to go in there. The real Santa Claus is in there!"


Now, the McKenzies have no Masonic connections and knew very little about that building they pass by all the time.

"We had always kind of wondered what went on in there, what the people inside were like, what they do," she said.

"Now we know. And I will forever love that man for picking right up where I left off on that letter. He couldn't possibly have known what was

in it but he just ran with it. So adorable!"

This story will, no doubt, become a McKenzie family legend. And John Lawson will never pass by a building marked with the square and compass without remembering the kindness of a brother in a red suit.

Sharing the Masonic story in real time, in the light of love and friendship – even in the form of pancakes and a jolly old elf – is the very best gift this Craft can give the world. Let your light shine! 

## Foundation elects officers

The North Carolina Masonic Foundation welcomed a new board member, appointed two emeritus members and elected officers at its first meeting of 2018.

Past Grand Master Dan Rice was elected to replace PGM William G. Mathis.

Mathis, King Solomon #138, was then unanimously elected an emeritus member of the board he has served on since 2003.

Joining Mathis as an emeritus member is David Wilson, Oak Island #758, who served on the NCMF board for some 35

years until his retirement in 2016.

Elected were:

- ▶ Mike Faulkenbury, president
- ▶ PGM Bob Gresham, vice president
- ▶ PGM Lew Ledford, treasurer
- ▶ Grand Secretary Walt Clapp,

secretary

Also serving on the board are Brother Guy Cline, and PGMs Leonard Y. Safrit and Dan Rice.

## OUR MASONIC CHARITIES AT WORK



Beth Grace photos

Nothing says Christmas like a hug from Santa. The MHCO kids get a chance to talk to the big guy.

# MHCO's Christmas party filled with love, friendship, charity, and the jolly old elf

For more than 10 years, Santa has made sure he has a "save the date" item on his calendar: The annual Masonic Home for Children Christmas Party.

Santa says this is one of his favorite events – filled with laughing kids, brimming with surprise gifts, and overflowing with brotherly love.

Every year in mid-December, the traffic picks up on the roads to the home as supporters and friends make their way to the annual party, where companies make their annual gifts, brothers bring gift after gift to the cottages, and the home itself treats all comers with a delicious meal, sincere thanks and a minute or two as needed with Santa.

"On a night filled with presents, paper, and wish lists fulfilled, we focus on those friends who come and share their joy of Christmas, said Tina Gilreath, financial development and communications coordinator. "For most, they don't know why a child is in care or the circumstances that led them to MHCO. What they do know is that through their work, planning, giving, and personal sacrifice and that of others, a child will have a better Christmas, with positive memories, and hope for the new year."

While these friends bring gifts and financial support, the biggest gift they give is their rela-

tionship with the kids and the home, she says.

That includes the sponsors who make the holidays great for each cottage, supplying gifts and love for the kids who live inside:

- ▶ Oxford orphanage/MHCO Alumni Association sponsored Jefcoat Cottage
- ▶ Martin & Jones Attorneys at Law sponsored Temple Cottage
- ▶ McGregor Enterprise sponsored Williams Cottage
- ▶ Triangle Italian American Heritage Association sponsored Master Mason Cottage
- ▶ Novella Clinical Inc. sponsored Gray Cottage
- ▶ UNC Hospital-Surgery Service sponsored Kimel Cottage
- ▶ Oak Grove #750 sponsored Alumni Cottage
- ▶ 22nd Masonic District and Order of the Eastern Star Battle of Alamance sponsored Eller Cottage
- ▶ Happy Home Heating & Cooling sponsored Bemis Cottage
- ▶ Newell #739 sponsored the Independent Living Program

Gifts also were received from numerous North Carolina lodges. Brethren lined up at the microphone to announce their gift and talk about their love for the home.



The Oxford Orphans association dines in style at the annual MHCO Christmas dinner.



It's all about the gifts. Grand Master Speed Hallman hands out some goodies at the party (above), while kids headed back to their cottages after dinner to open gifts provided by generous donors (below).



Photo by Fred Wilkerson

# Outreach program aiding families

By Beth Grace  
Mason Editor

Every now and then, we all need a hand.

The car breaks down. A pipe bursts. The cost of that medication you can't live without skyrockets.

For those still in the workforce with a regular income and enjoying reasonably good health, it's a generally pretty easy fix. You find the money somewhere. You go without on the luxuries for a while, and ... all is well.

But for our senior brothers and sisters living on a fixed income that has no wiggle room for calamity, every penny counts. For folks of a certain age who must wade through a governmental web of words to sign up for special services and insurance, it can be a nightmare.

Since last July, the Masonic outreach program created by the Masonic and Eastern Star Home Foundation LLC has extended that helping hand to aging Masons and OES sisters around the state.



CARTER

Dozens of men and women have sought help and received it, often in the nick of time, allowing them to keep paying their mortgages, pay for that critical prescription, keep food in the fridge.

Crystal Carter, outreach director of the Masonic and Eastern Star Outreach Program of North Carolina, has some wonderful stories to tell about brothers and sisters who have called the program and received immediate, effective help.

The program has gone well so far, she says, although she would welcome more calls. Her goal is to be very, very busy helping Masons and OES sisters from Murphy to Manteo.

Most calls come from brothers in lodges around the state, referring elderly folks they know who need some help. The program received dozens of calls after they sent out a mailing outlining the program late last year.

Carter has found herself helping on many levels, even driving for hours from Greensboro to Wilmington to help a client get his car fixed. She has run to the grocery store locally to help out some folks who simply had no money to buy food.

## NC Masonic and Eastern Star Outreach Program

The North Carolina Masonic and Eastern Star Outreach Program helps NC Masons, Eastern Star members, and their families who need financial and planning assistance.

MESOP, a case management program, works with Masonic families to provide:

- ▶ Emergency or long-term financial assistance to stay in your own home
- ▶ Medicare, Veterans' Bene-

fits, and Medicaid advice and assistance

▶ Local resource assistance and registration (Meals on Wheels, Home Health Services, etc.)

▶ Other services to assist our elderly Masonic family.

For more information, contact Crystal Carter, outreach coordinator, at 336-601-5593 or [ccarter@liveatwhitestone.org](mailto:ccarter@liveatwhitestone.org)

There are more people than you'd expect in need of help out there, Carter says. And Masons across the state can help.

The need does not have to be great or expensive. Carter has fielded calls for help on a bag or two of groceries, some cash to help pay for new dentures. The people calling in live on their own, in assisted living or in other senior housing.

Carter is available to help – and will go to great lengths to help. She laughingly tells a story of an elderly man who lives in North Carolina near the Georgia border who called to ask about the program. His

hearing was so bad, she couldn't communicate by phone. So she got in the car and went to talk to him in person.

Sometimes, all the caller needs is guidance. Carter helped one brother reconfigure his budget so he could afford the rising cost of a heart medication he needs.

"He told me he had been borrowing money to pay his rent and food because the medication was so expensive. So we looked at his budget and found a way to make things better," she said. "He said he

■ see OUTREACH, page 9

# A living gift: Retained life estates

By Chris Richardson  
NC Masonic Foundation  
Eastern Region Director of Development

Let's cut to the chase. To most people, giving to Masonic charities via a "retained life estate" sounds confusing and ... well ... kind of boring.

It's anything but boring for those who want to leave their home or farm property to Masonic charity, because a retained life estate allows you to give, while remaining in and maintaining the house and the farm – and getting a tax deduction for your trouble.

That's right – you can leave your home or farm as a truly life-changing gift for our charities, while you still call it home for as long as you live – and even longer. As a donor, your living situation remains unchanged and you can even transfer the interest of your property to a family member at the time of your death.

The donor can add to the value of the home or property, as part of the agreement with the charity, making improvements, additions, or in utilizing it in other ways.

You can take a tax deduction now – or later. For those seeking a tax deduction, a retained life estate agreement allows a donor to claim a charitable deduction immediately.

There's another benefit: this kind of agreement simplifies the estate settlement process, which relieves executors of some costs, expenses and possible delays

upon the donor's death. Estate taxes can also be reduced by removing the property from the taxable estate.

Donors can work with our Masonic charities in advance to determine disposition of the property and its sale, and can – if the donor opts to let the charity take ownership before death -- realize the benefit of their gift while still living.

This method of giving isn't for everyone, but for those with property to give, it's an attractive option.

Want to know more? Contact your personal financial advisor/legal counsel or your regional NCMF representative:

- ▶ Dee Blake, Western Region development director, 919-395-0959 or [dBlake@mfnc.org](mailto:dBlake@mfnc.org)
- ▶ Chris Richardson, Eastern Region development director, 919-690-5996 or [crichardson@mfnc.org](mailto:crichardson@mfnc.org). ⚡



# NC lodges join ‘Wreaths Across America’ remembrance

North Carolina Masons on Dec. 16 joined organizations across the country in remembering fallen heroes, placing wreaths on the graves of those who served.

“Wreaths Across America” began in 1992 when the owner of a wreath company in Maine arranged to place surplus wreaths on graves of soldiers in Arlington Cemetery.

Morrill Worcester, owner of Worcester Wreath Co. of Harrington, Maine, knew just what to do in 1992 when his company found itself with a surplus of wreaths at the end of the holiday season. He had

never forgotten a trip he made to Washington when he was 12 and first saw Arlington.

With help from Maine Sen. Olympia Snowe, arrangements were made for the

surplus wreaths to be placed in one of the older sections of Arlington, where few visitors ever went.

“We encourage every volunteer who places a wreath on a veteran’s grave to say that veteran’s name aloud and take a moment to thank them for their service to our country,” says Karen Worcester, executive director of Wreaths Across America. “We are not here to decorate graves. We’re here to remember not their *deaths*, but their *lives*.”

This ceremony takes place at all national cemeteries at the same time, on the same day, Dec. 16. This year, there were 1,422 participating loca-

tions throughout the U.S., and more than 1.5 million wreaths were placed.

Among the North Carolina lodges that participated, William G. Hill #218 reported that in the event it coordinated, some 300 volunteers laid more than 5,600 wreaths at Raleigh National Cemetery in just over an hour’s time, announcing the name of each recipient aloud as they went.

The ceremony started at noon with a moment of silence. Lt. Col. Carol Redfield was master of ceremonies and Rear Admiral Benny Suggs was the speaker.

*Day is done, gone the sun,  
From the lake, from the hills, from the sky;  
All is well, safely rest, God is nigh.*

Wreaths were laid for veterans of the Revolutionary and Civil wars, Freemasons and each of the U.S. services in the order in which they were created.

William G. Hill Master Dan Hopping laid the wreath for all soldiers of the Revolutionary War. District 14 Deputy Grand Master Craig Horton laid the wreath for all Masons who have served and now serve this great nation

Three members of the lodge who belong to the Sons of the American Revolution State Color Guard fired a volley as as Taps was played. ♠



Brothers of William G. Hill #218 remember the fallen by placing wreaths at soldiers’ graves (above), then firing a final volley in their honor (left)

## Attend a District Meeting on one of the following dates:

**Editor’s Note:** Sometimes there are changes in location announced after publication; watch [www.glncc.us](http://www.glncc.us) and the NC Mason and Grand Lodge pages on Facebook for updates.

Date	District	Host Lodge	Lodge Address
Feb 27	11	Coharie 379	976 Autryville Rd, Salemburg
Feb 28	12	Shallotte 727	5072 Main St., Shallotte
Mar 1	14	Millbrook 97	2400 New Hope Rd., Raleigh
Mar 5	24	Balfour 188	632 Sunset Ave., Asheboro
Mar 6	22	Dan River 129	110 Decatur St., Madison
Mar 7	20	Columbus 102	121 East St., Pittsboro
Mar 20	18	Maxton 417	123 S Florence St., Maxton
Mar 21	10	Harmony 340	108 S Railroad St., Pikeville
Mar 26	32	Phalanx 31	500 N Sharon Amity Rd., Charlotte
Mar 27	23	Revolution 552	802 16th St., Greensboro

Date	District	Host Lodge	Lodge Address
Apr 2	33	Snow 363	240 Temple Dr., Boone
Apr 3	37	Cranberry 598	193 Main St., Elk Park
Apr 4	30	Harmony 299	143 E. Memorial Hwy, Harmony
Apr 10	2	Cape Hatteras 698	48338 Hwy 12, Buxton
Apr 11	1	Unanimity 7	215 E. Water St., Edenton
Apr 12	8	Enfield 447	137 SE Railroad St., Enfield
Apr 23	28	Stokes 32	51 Brumley Ave., Concord
Apr 24	29	Beaver Dam 276	605 E. Main St., Marshville
Apr 25	36	Gastonia 369	214 South St., Gastonia
Apr 30	39	Veritas 769	80 Broadway, Asheville
May 1	40	Oconee 427	62 Clifton Ave., Bryson City
May 2	38	Kedron 387	229 Fifth Ave. W., Hendersonville
May 3	34	Hickory 343	30 Catawba Valley Blvd. SE, Hickory
May 15	19	Eagle 19	142 W. King St., Hillsborough





## NEW AND NOTEWORTHY IDEAS FROM LODGES ACROSS THE STATE

**Editors Note:** This is a new, periodic feature focusing on new ideas emerging from lodges across North Carolina. Got a great program to share with your brothers? Send a story to [ncmason@glnc.us](mailto:ncmason@glnc.us)!

### IN THIS EDITION

From District #32:  
The North Carolina Officers Syndicate

Submitted by Brother  
Kenneth Lambert,  
Charles M. Setzer #693



# Training in the district

The North Carolina Officers Syndicate is an initiative to encourage officers to build their lodges into thriving places of fellowship, for the purposes of spiritual, personal, professional, and community development.

We meet once every other month, on odd months, in a different lodge each time. This gets every lodge involved, and by the end of the year, every senior deacon and warden in our district can say they have sat in every lodge.

Our mission is to:

- Foster an environment of reverence for the Craft with a priority on education.
- Prepare for your time in the East as Master, eliminating the idea that “you’re never really ready for the East.”
- Earn the retention, education and support of young Freemasons and officers.
- Become aware of, active in and supportive of the seven liberal arts and sciences.
- Promote the understanding that Masonic knowledge extends beyond memorizing

the ritual.

- Become visible in the community as Freemasons who are tolerant of all peoples.
- Yield the best in each other; in and out of lodge.
- Hold each other to a higher standard in all we do; as individuals and as a group.

We are proud to say that we cleared all content with the Grand Lodge Committee of Masonic Education and are operating with their full approval.

We have put together a stellar education program, with several keynote speakers who will be traveling to district 32 just to speak to these officers from our lodges.

The topics include the history of Masonry in NC and a hands-on workshop for lodges to improve their communications inside and outside of the lodge.

The seven liberal arts and sciences, such a vital part of our fraternity but so often forgotten after the second-degree lecture, will be the focus of a speaker who will look at the history of the arts and sciences within the Craft, and who will educate us on

why they are so important to the fraternity today.

The cornerstone of the syndicate is the Officers Packets we’ve put together for each chair in the lodge. They were described by one past master as “the Officers Handbook on steroids.” Not only do they tell you what you should be doing in your chair, but they give you pertinent information that helps you prepare for the next one. In them, we’ve laid out a seven-year plan, starting with the junior steward.

We have also added three extra-curricular activities called “Syndicate Saturdays,” and everyone is invited: brothers, wives, friends, family, etc. These will include beer tastings, wine tastings and going to see the hit play, Hamilton.

We also have a day set aside for “Syndicate Travel,” when our group will visit Sophia #767 in Salisbury.

Anyone interested in further information may contact Kenneth Lambert at 704-858-2246, by email at [iamkennethlambert@gmail.com](mailto:iamkennethlambert@gmail.com) or Brian Turner at 704-340-3979, by email at [bmtturner5217@gmail.com](mailto:bmtturner5217@gmail.com).

## OUTREACH, from page 7

felt ashamed to ask for help. I assured him that he should never feel any shame – that’s what we are here for. We truly want to help.”

The program is generally available to folks 65 and older. But every now and again, a call comes in from someone caring for a younger Mason in need. The program approved help for a 45-year-old Mason, paralyzed from the waist down, living on long-term financial assistance. A 52-year-old man with Parkinson’s Disease needed some temporary help with rent and food. The program approved help for him.

“I have really enjoyed working in this program,” Carter says. “Some of the stories are so moving. Some of these people are

so humble and too proud to ask for help, and they really need it. It feels good to help out.”

Another brother, a 93-year-old retired doctor, called to ask for advice: his home care aid was charging some strange fees. Carter, who was a home care aid before she entered geriatric work full time, contacted a new agency and helped him find a new aid.

“We’re looking at ways to expand our service for more age levels, and offer more help,” she said.

We all need a helping hand sometimes. Through this program, the hands of thousands of brother Masons are reaching out to help. Call the Outreach Program today!

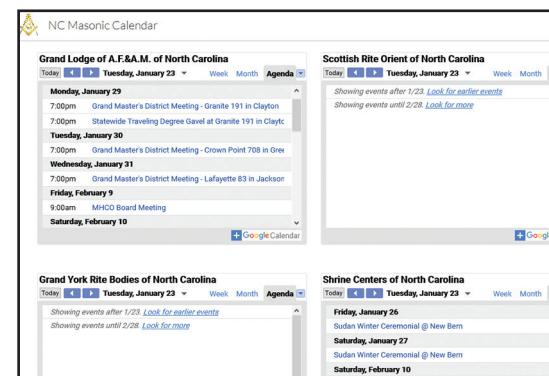
## One site, many calendars

After much discussion, brainstorming and work, Masons across the state are about to have a new resource at their fingertips – a set of calendars of important dates and events from The Grand Lodge, the Scottish and York Rites, the Order of the Eastern Star and Masonic Youth organizations.

Standards and guidelines for what can be added to the calendar and how calendars will be updated are being worked out – watch for news about that. In the meantime, bookmark this page and plan some visits!

<https://sites.google.com/view/ncmasoniccalendar/home>

You can also access this under the News & Calendar of Events tab on



the Grand Lodge’s home page.

The idea was the brainchild of District 36 Deputy Grand Master Chris Hall, who pitched the idea to past Grand Master Gene Cobb last summer, and worked with Grand Master Speed Hallman, Grand Line officers and members of the Masonic Renewal Committee to create and implement the plan.

# TRAVELING THE TAR HEEL STATE



▲LENOIR – The brothers of Hibriten #262 became teachers' pets when they helped out two teachers as they gathered supplies for the school year. Past Master Clyde Robbins, left, delivered a check to Hudson Elementary School teachers Perri Jeanne Keller (center), and Jennifer Lail, who both teach third grade.



## NEWS FROM OUR LODGES



▲KANNAPOLIS – Cannon Memorial #626 celebrated its 100th year of service with its first canned food drive to support the local food bank. The lodge donated more than 250 pounds of food to the Cooperative Christian Ministry. The brethren worked with Barry Porter of the Cooperative Christian Ministries, who arrived at the Lodge to collect the cans and non-perishables. Delivering the food are, l to r, WB Jerry Tucker, Master Joe Goodnight, Barry Porter, WB Bobby Brown, WB Josh Mueller, WB Thomas VanEtten.



◀ MOUNT AIRY – Granite #322 hit the road – literally – in a fundraiser aimed at helping those with ALS. Master Tyler Pruitt and Past Master Gordon Jolly, along with several brothers from Granite, held a fundraiser for and participated in the ALS Association Walk to Defeat ALS in Winston Salem in honor of brother Randy Floyd (center, seated). Members of Granite raised \$2,600 at the walk, held to help fund ALS research.

## TRAVELING THE TAR HEEL STATE



▲ **OXFORD** – The lodges of the 1st Masonic District teamed up in December to buy a trunk-load of books for the library at the Masonic Home for Children. Past District Deputy Grand Master Mike Burnham, DDGM Ben Roberts Jr. and other brethren from the district delivered some 290 books to Linda Frederickson, MHCO's educational coordinator, and MHCO Administrator Kevin Otis. The idea to purchase books was born when Emily Freeman of Scholastic Book Fair contacted Burnham, seeking support for the annual Book Fair benefitting Moyock Elementary School in Currituck County. Burnham contacted MHCO and Frederickson sent him a wish list of titles available through the sale. The district lodges split the cost and bought the entire wish list. MHCO got some books, and Moyock Elementary received 10 percent of sales in Scholastic merchandise. On hand for the presentation were, l to r, Roberts, Frederickson, Freeman and Burnham.



◀ **PITTSBORO** – Never forget those who have gone before us. Columbus #102 made it a point to remember, inviting the widows of dearly departed brothers to visit in December, to enjoy some holiday fellowship, great food and good music.

### 2018 Coaches Workshops 9 a.m.-1 p.m. Registration details TBA

#### March 24

Greensboro Masonic Temple  
426 W. Market St.  
Greensboro, NC 27401

#### May 19

Greenville Masonic Center  
1104 Charles St.  
Greenville, NC 27858

#### Oct. 20

Nichols-West Asheville #650  
22 Brevard Road  
Asheville, NC 28806

#### PROCEDURE FOR EXAMINATION FOR COACHES PROFICIENCY IN CATECHISMS

Each applicant must have the recommendation of a Certified Lecturer or Certified Instructor who has gone over the work with him, including review of the list of most commonly misused words and the list of commonly used Masonic terms. This is to reduce the probability of failing to pass the examination. No such recommendation should be given unless the applicant is proficient. A recommendation has no effect on the examination. The Certified Lecturer or Certified Instructor who signs his application cannot be his examiner.

#### REQUESTING AN EXAMINATION

Each applicant should obtain the proficiency application and exam form from the Grand Lodge website. Once the examination is completed, the examiner will return the completed application and exam form to the secretary of the Board of Custodians. The secretary will generate a proficiency card and certificate and mail to the coach, using the date of the examination on both the card and certificate.

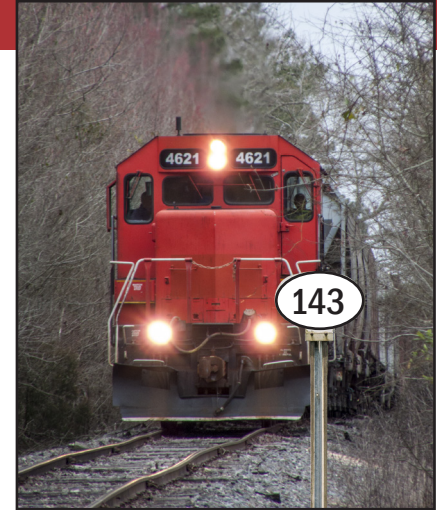
#### SCOPE OF EXAMINATION

The examination will consist of questions and answers for the catechisms of all three degrees as coded in the latest version of the Official Standard of the Work. This is a one-time proficiency examination with no expiration date applicable. Proficiency card and certificates will not be presented for examinations on less than all three of the degree catechisms conducted at the same examination.

#### THE EXAMINATION

Each specific degree catechism must be committed to memory. No part of the work may be skipped or omitted. The degree catechisms may or may not be given in numerical order. Applicants will ask all questions, give all responses, take all parts, and explain all floor work or other movements (red work). In short, the applicant will do all of the work. Examiners ask no questions; they sit and listen until all work is completed paying strict attention to the Word, Passes, Signs and Grips.

# MILEPOSTS



## Living Legacies: It's all in the family at some N.C. lodges

Being part of a lodge is like being part of a family. And being part of a family, it turns out, can mean being part of a lodge.

Family was front and center in many lodges this year as brothers, fathers, sons and uncles gathered as Masons for fellowship and service.

One example of a Masonic "family reunion" came at the installation of officers at **Union #618** in January.

A father and his two sons, ages 26 and 24, have become master of the same lodge in three consecutive years. WB John Robert Nash

(left) was installed as Master for 2018. His brother, WB David Gordon Nash, was master for 2017.

And in the middle is the proud father, WB Thomas Lathan Nash Jr., who was Master for 2016.

Meanwhile, in Mount Olive, another chapter in Masonic legacy was completed at the 2017 Sudan Shriners Fall Ceremonial.

The legacy started in **Mount Olive #208** back in October 2017 when the three sons of Tom and Millie Ferrell – Eugene T. Ferrell IV, Samuel M. Ferrell, and Jacob A. Ferrell – were raised to Master

Mason by their father, Noble Tom Ferrell, Sudan Outer Guard.

The very next month, the three elected to join Sudan Shriners at the Fall Ceremonial in Dunn. Noble Tom again took a very active role in the Sudan proceedings of the three new nobles crossing the "hot sands."

Rounding out the legacy: The grandfather of the three new Ferrell Shriners, Noble Tommie Ferrell Jr., was a member of Mount Olive #208 and Sudan Shriners.

### Service Awards reported to The Mason

Congratulations to all!  
Reported between Nov. 6 and Jan. 5:

#### 60-year

- ▶ Taft S. Coward, Hominy #491
- ▶ Fred Blount Davenport, Perseverance #59
- ▶ Carl Moore, Cannon Memorial #626
- ▶ Marion Leon Neville, East Gate #692
- ▶ Robert Owen, Roseboro #585

#### 50-year

- ▶ Kenneth Clayton, Cannon Memorial #626
- ▶ Henry Spruill, Perseverance #59
- ▶ Gerald Williams, Perseverance #59

▶ **KANNAPOLIS** – A little thanks goes a long way. Recently, brothers from Cannon Memorial #626 visited the Kannapolis Police Department to show thanks and appreciation, present coffee and muffins courtesy of the French Express Coffee House, and to provide an award of recognition to the officers. Chief of Police Woody Chavis accepted the award on behalf of the KPD. Thank you to the officers of Kannapolis for their continued efforts to keep the streets safe, as well as to the Brothers who attended, and to French Express Coffee House in Kannapolis for supporting our efforts by supplying the muffins and coffee. Masons in attendance: Hugh Moose, Dalton Jordan, Bobby Brown, C.J. Nickelson Jr., George Maxwell, Jerry Tucker, Steve Jordan, Josh Karriker, Jason Mathis, and Thomas VanEtten Sr.



## MILEPOSTS



**BAHAMA** – There has been no rest for Brother Charles Emory of Knap of Reeds #158 since he retired in 2012 – and that’s a good thing! The 65-year-old recently completed a cross-country 2,668-mile bike ride from San Diego, Calif., to St. Augustine, Fla. He and two cycling partners completed the trip in eight weeks, averaging 75 miles a day. They were supported by a follow vehicle, which provided a place to sleep at times and food to keep their energy levels up. Emory began competing in triathlons after he retired, and when the opportunity presented itself to make this trip, there was no hesitation. He says he’d like to do one more triathlon before he hangs up his gear for good.



**OXFORD** – Every gift from a lodge to a Grand Master is special, but it hit home and heart when Zion #81 lodge presented a handmade gavel to new Grand Master Speed Hallman, painted in the colors of the State Highway Patrol. The gavel was presented in memory of Hallman’s uncle, Col. Charles A. Speed, who was a former commander of the patrol and for whom Hallman is named. Brethren who presented the gavel were, from left WB Johnny Surlles, District 7 Deputy Grand Master Bobby Meadows, and WB Gene Greene. Not pictured: WB Tommy Arthur.



## ENCOMPASSING THE WORLD

### Historic cornerstone marks strong growth

WOOSTER, Ark. – The East Fork Masonic Lodge #327 is expanding, featuring the state’s first Masonic Cornerstone Laying Ceremony in more than 100 years.

The East Fork lodge holds roots that trace back to the Reconstruction Era.

Lodge member Luke Barnett said the Wooster area has proven a high interest in membership. So much that members have outgrown their current meeting site and are building a new lodge.

The East Fork members are sticking to the origins of the Masonic roots in this groundbreaking initiative, which featured a Masonic Cornerstone Laying Ceremony.

The cornerstone ceremony is a historic element of building a Masonic lodge. Barnett said that when the lodge is erected, the northeast corner of the building is the first piece laid. This process holds a lot of historic symbolism, he said, and sets the stone for which everything else is based on.

Barnett said members of the lodge work together to better themselves and their community.

“Freemasonry is the world’s oldest and largest fraternity, which takes good men and makes them better men for themselves, their family and the community,” he said. “For the most part, we put together a lot of community events and also give out scholarships.”

Last year, East Fork masons came together to collect \$15,000 worth of food for the six schools within the Greenbrier School District.

“When we found out 30 to 40 percent of those living in the Greenbrier area don’t know where their net meal is coming from, we worked together to provide,” Barnett said. “As Masons, we saw that [number] as unacceptable.”

*Courtesy of thecabin.net*

### How Masonic rituals became standardized

Early Masonic initiates memorized degree rituals “mouth to ear,” through rote memorization of lectures and catechisms. In the late 1700s though, Masonic scholars and ritualists began efforts to standardize the rituals and unify the practice of the craft.

As efforts to standardize Masonic lectures grew, among the most popular versions were William Preston’s (1742-1818) in his 1772 “Illustrations of Masonry.”

Preston inspired Thomas Smith Webb (1771-1819), who published the first Masonic monitor in the United States, “The Freemason’s Monitor; or Illustrations of Masonry,” in 1797. This and monitors that followed were a largely American form of Masonic literature – manuals or books of esoteric ritualistic matter that guided non-tiled portions of Masonic ceremonies. Among Preston’s most talented students was Jeremy Ladd Cross (1783-1861). After traveling as a lecturer, Cross partnered with Amos Doolittle, a talented Masonic artist and engraver, in New Haven, Connecticut. They began creating printing plates for Masonic aprons, and soon adapted Doolittle’s drawings of Masonic symbols for the publication of a new illustrated Masonic monitor, “The True Masonic Chart, or Hieroglyphic Monitor,” published in 1819.

Together, Webb and Cross are credited for helping standardize U.S. ritual work. Cross’s success spurred the publication of innumerable monitors, which adopted and re-engraved Doolittle’s illustrations, though leaving them virtually unchanged.

*Courtesy of the Grand Lodge of California*

# Going to lodge could extend your life

By Chris Hodapp

*Freemasonry for Dummies*

Back in 2000, researcher Robert Putnam published his landmark book, *Bowling Alone*, in which he discussed problems in society that have only worsened in subsequent years: solitary lifestyles, civic disengagement, and the loss of what he defined as “social capital.” All of that and more adds up to the overall collapse of communities and a functioning democratic society.

In his book, Putnam asserted that when people have fewer friends, less personal contact with others, and remained isolated, their lifespans shortened.

Well, a new Israeli study of people between 70 and 95 has just backed up Putnam’s contention: the more you get out of the house, the longer you will live. And that could bode well for Freemasonry if we’d look beyond just Millennials for a while, and to the aging Baby Boomers who never joined anything in their lives before.

From Reuters:

For older people, getting out of the house regularly may contribute to a longer life - and the effect is independent of medical problems or mobility issues, according to new research from Israel.

For study participants in their 70s, 80s and 90s, the frequency with which they left the house predicted how likely they were to make it to the next age milestone, researchers report in *Journal of the American Geriatrics Society*.

“The simple act of getting out of the house every day propels people into engagement with the world,” said lead author Dr. Jeremy Jacobs of Hadassah-Hebrew University Medical Center in Jerusalem in a phone interview.

“We saw similar benefits that you’d expect from treating blood pressure or cholesterol with medicine,” Jacobs said. “Social factors are important in the process of aging.”



This generation of Masons already knows what the next generation will learn: Going to lodge makes life better.

Photo by Melody McBride

At all ages, people who left home less frequently tended to be male, less educated and to have higher rates of loneliness, financial difficulties, poor health, fatigue, poor sleep, less physical activity, bladder and bowel problems, history of falling in the last year, fear of falling, visual and hearing impairments, chronic pain and frailty.

The link between leaving the house and longevity, however, remained after the researchers accounted for medical or mobility issues such as chronic pain, vision or hearing impairment, diabetes, hypertension, heart disease and kidney disease.

“We included people who

had mobility difficulties, so this isn’t just about people moving their legs up and down,” Jacobs said. “That’s quite exciting. There’s something about interacting with the world outside that helps.”

Baby Boomers are retiring in massive waves now. They haven’t been joiners in the past, but their Dad or Grandpa was a Mason, and Masonic images and stories in the media (or their friendship with you, perhaps) just might set off a spark. Anecdotally, I’m seeing more and more men in their 20s and 30s bringing their 60- and 70-year-old Baby Boomer fathers into their lodges. That’s never happened before in the history of this fraternity in enough numbers to take notice.

What makes Freemasonry such a unique creation is the essential construct of all Masons being on the level, regardless of age, wealth, or social status. While we concentrate on the religious and economic equality fostered by our rituals, the Ancient Charges, and customs of the lodge, that equality extends to age as well.

In his book, *Millennial Apprentices*, 24-year-old Brother Samuel Friedman cites a study that showed eight out of 10 millennials tend to believe that older generations have “higher morals,” and 60 percent of them say they consult their parents for advice about adulthood. Being around men of all ages benefits everybody involved.

The walls of a successful lodge are

■ see **LONGER LIFE** next page

# WELCOME OUR NEW BROTHERS

Cardenas, Sebastian	1	St John's	Bevel, Ellis Walter	249	Pythagoras	Veit, Johnny Michael	550	Roman Eagle	Wheless, Michael Edward	699	Asheboro
Hord, Harris Allen	1	St John's	Arthur, Shawn Anthony	261	Excelsior	Greene, Michael Wayne	554	Vesper	Drye, Wilbur Allen	703	Albemarle
Blackburn, Graham Hugh	13	St. John's	Hupp III, Charles T	265	Farmington	Hipp, Kenneth Neal	576	Andrew Jackson	Poplin, Daniel Wayne	703	Albemarle
Kennedy, Joseph Lyle	13	St. John's	Powers, Timothy Allen	267	Dunn's Rock	Shelton, Dakota James	579	Casar	Ray, William Eugene	710	Advance
Parrish, Benjamin Lucas	13	St. John's	Smith III, Elmer Bryan	304	Pleasant Hill	Christenbury, Kenneth	590	Lowell	Gaskin, Thomas Ray	724	Berne
Parrish, Timothy Lester	76	Greensboro	Briggs, Jeffery Charles	343	Hickory	Horrell, Travis Lee	612	Atkinson	Gaskins, Brandon Lester	724	Berne
Slyter, Aaron David	76	Greensboro	Madren, Rodney Lee	409	Bula	Dixon, Brian Eugene	626	Cannon Memorial	Huffstetler III, George Reese	724	Berne
Forsberg, Carl Jay	109	Franklin	Bellion, Arthur Howard	461	Matthews	Goodman, Larry Lee	626	Cannon Memorial	Smith, Ashley Moore	724	Berne
Struempf, Michael Erich	109	Franklin	Shafer, Pat Geary	461	Matthews	Schiedenhelm, Troy Lance	626	Cannon Memorial	Stilley, Gary Leon	724	Berne
Cargill, William Preston	115	Holly Springs	Watson, Christopher Shea	461	Matthews	Wansley, Benjamin Mishoe	674	Acacia	Kinlaw, Justin Clay	727	Shalotte
Hensley, Jason Matthew	127	Blackmer	Standridge, James Samuel	495	Rockingham	Martin, Shawn Alan	680	Semper Fidelis	McDowell, Benjamin Lewis	727	Shalotte
Page, Thomas Branson	206	Mingo	Craddock, Christopher Scott	496	Mooreville	Martin, Dean	692	East Gate	St. George, Michael Patrick	727	Shalotte
Edwards, Bradley Sean	207	Lebanon	Vanderlick, Jeffery Matthew	496	Mooreville	Dull, Robert Austin	693	Charles M. Setzer	Byrd, Aaron Nicholas	730	Stedman
Mannion, Sean Joseph	207	Lebanon	Wallace, James Lloyd	496	Mooreville	Fite, Anthony Shane	695	Allen Graham	Ray, Sean Christopher	735	James B. Green
McNeil, Timothy Doyle	214	Thomasville	Jones III, Julius Troy	502	Cookville	Garver, Timothy Blake	695	Allen Graham	Kurzawa, John David	737	Steele Creek
Wiles, Jem Michael	214	Thomasville	Merillat Jr, Lowell Edwin	502	Cookville	Gray Jr, Donald Anderson	695	Allen Graham	Sinclair, Jordan Thomas	741	Crissie Wright
Bailey, Chad Brenton	237	Mystic Tie	Smith, Logan Mitchell	532	Hamlet	Hendrix, Chance Anthony	695	Allen Graham	Capps, Jonathan William	759	James K. Polk
Pasciuto, Chase Andrew	244	Monroe	Haven, Robert Anthony	542	Corinthian	Bolick, Brandon O'Neal	699	Asheboro			

## Catch a meeting, but don't bring the flu with you



William Osler, considered one of the founding fathers of modern medicine, had it right: "The only way to treat the common cold is with contempt."

Just as there's no cure for the common cold, there is no guaranteed way to avoid coming down with one in the first place. Catch a cold and you're down for the count. Catch the flu, and you're out of the game for a good, long while.

As we begin our annual district meetings, we'll be sharing close space and shaking a lot of hands. While we battle through the heat of flu and cold season, there are some steps we can take to avoid catching anything – or being a carrier.

Dr. Billy L. Price Jr. of Conover #709, shared some tips for brothers and others heading to the meetings this year:

1. First things first – it's not too late to get a flu shot.
2. Try to avoid contact with sick people.
3. While sick, limit contact with others as much as possible. If you have a flu-like illness, the Centers for Disease Control recommend you stay home for at least 24 hours after your fever is gone.

4. When in doubt, stay home!

5. Cover your mouth and nose with a tissue when sneezing or coughing. Throw the tissue away after you have used it.

6. Wash your hands with soap and water. Use an alcohol-based hand rub if available.

7. Avoid touching your eyes, nose and mouth, as they are portals for infection to gain access to your respiratory tree. Clean and disinfect surfaces and objects that may be contaminated.

8. This is a hard one – avoid handshakes, hugs or close contact. Objects such as door handles, books, pamphlets, etc., are on the list as items for potential spread.

If you do catch a cold – head home and take care of yourself. Always be careful to use medicines in recommended doses.

Just ask our old friend Dr. Osler, who had something to say about that:

"The person who takes medicine must recover twice, once from the disease and once from the medicine."

## LONGER LIFE from page 14

elastic, and in the best ones anyway, Masons across all age groups work together, govern each other, mentor and assist each other, seek spiritual awakening, and socialize.

The broader definition of the Masonic family has enough variation and sub-interests within it to appeal to just about anyone, as long as they satisfy the most general requirements of a good character, a belief in a Supreme Being of their

personal conceptualization, and the agreement to tolerate their fellow Masons' beliefs.

That is a message that perhaps the onrushing mob of 75 million baby boomers in the U.S. who have, or will soon, reach their retirement years may have missed in their younger days (statistically, they certainly did).


Even though we live in tough economic times, most retirees won't

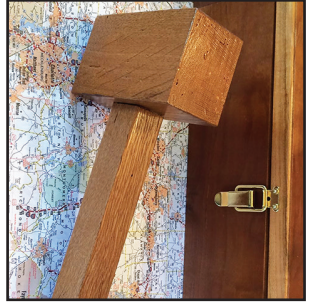
be working into their 70s to make ends meet, unless they really want to.

They will, as a group, have plenty of spare time, along with having enough spendable money to be comfortable. And as Robert Putnam's groundbreaking sociological study, *Bowling Alone* demonstrated, socializing actually makes your life last longer.

So, it could just be that joining a

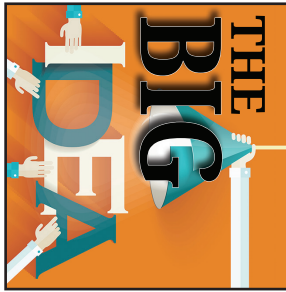
Masonic lodge might turn out to be the very best thing that could happen to the Baby Boom generation. Consider that the next time your grand lodge magazine arrives with some myopic concentration on appealing to Millennials and Gen-Xers.

And while you're at it, pick up the phone and check on your existing older members. Offer to drive them to lodge next month. 



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What you need to know about the new Traveling Gavel



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Check out our newest feature!



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Want to live longer? Go to a lodge meeting

*On the cover*

G whiz! Golly G! What do all these Gs have in common? Keep an eye on the March-April Mason and follow the North Carolina Mason on Facebook for details. Photos by ... NC Masons!

**The North Carolina Mason**

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