

The Rite Light

ANCIENT ACCEPTED SCOTTISH RITE OF FREEMASONRY, N.M.J., U.S.A.
VALLEY OF ALBANY, NEW YORK

Vol. 9

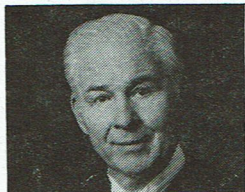
May/June 1988

No. 5



Allegiance

The Bodies of the Scottish Rite sitting in the Valley of Albany, State of New York, acknowledge and yield Allegiance to the Supreme Council, 33° Ancient Accepted Scottish Rite of Freemasonry for the Northern Masonic Jurisdiction of the United States of America whose Grand East is in Lexington, Massachusetts and whose Officers are:



Ill. Francis G. Paul, 33°
Sovereign Grand Commander



Ill. Robert F. Case, 33°
Deputy for New York and
Grand Secretary General

Ill. Robert B. Nienow, 33°
Grand Lieutenant Commander

Ill. John W. McNaughton, 33°
Grand Minister of State

Ill. Franklin G. Hinckley, 33°
Grand Treasurer General

and whose other Active Members for the State of New York are

Ill. James F. Niehoff, 33°

Ill. Bruce W. Widger, 33°

Ill. Harold F. Dates, 33°

Ill. Carlton A. Winchester, 33°

Active Emeritus Members

Ill. John G. Fleck, 33°

Ill. John H. Van Gorden, 33°

Ill. Raymond C. Ellis, 33°

Ill. Ralph M. Tompkins, 33°

Ill. Alfred M. Kramer, 33°

Ill. W. Ralph Ward, Jr., 33°

The RITE LIGHT is published bimonthly except in July and August by Scottish Rite Bodies, Valley of Albany, 67 Corning Place, Albany, NY 12207. Richard G. Barrell, 33°, Editor, 869-0684; Philip LeFevre, 32°, MSA, Associate Editor, 459-1338.

ANNOUNCING

Robert F. Case
honored by
Royal
Arch Masons



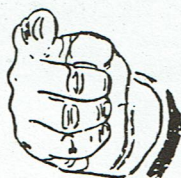
Service extraordinary - outstanding and meritorious is the requirement which must be displayed by a Companion who is considered worthy to receive the General Grand Chapter Distinguished Service Medal.

The above is the reason why the Grand Chapter of the State of New York, Royal Arch Masons, petitioned the General Grand Chapter of Royal Arch Masons International to present the Distinguished Bronze Medal to Companion Robert F. Case - Grand Secretary General and Deputy for New York State Scottish Rite. The medal was presented to Companion Case at the Annual Convocation of Grand Chapter, held in Albany, N.Y. on March 4th and 5th, 1988 by M.E. Albert A. Remington, III, General Grand High Priest of the General Grand Chapter International. Companion Robert F. Case is a member of Warren Chapter No. 23 in Ballston Spa, N.Y.

It has been through the efforts and determination of Bob Case that the Scottish Rite and York Rite work in closer harmony. He has set forth a proclamation asking all Royal Arch Masons and Scottish Rite Masons to cooperate in the promotion of Masonry in the State of New York.

Congratulations!

**HAVE
YOU**



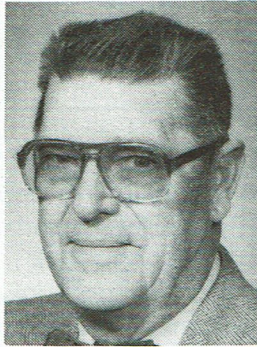
**OBTAINED
A
NEW MEMBER?**

SUPREME COUNCIL CHARITIES



IN THE SERVICE OF HUMANITY

The C-I-C's Message



Thank you, our workers and members, for making my year as Commander-In-Chief a very happy one.

Please enjoy your summer and be ready to go back to work in September.

Ill.:Albert W. Mills, 33°
Commander-In-Chief

Words from the Sovereign Prince



STRANGER,
"On My Own Street"

We now come to the end of our Scottish Rite year, on May 19, 1988 we will hold our annual meetings with the election and installation of our Officers.

I hope my companion officers have enjoyed their year as much as I have. The programs we have enjoyed reflect outstanding leadership and devotion. Jim L. Fuller, Thrice Potent Master, has made us all very happy with his fishing programs and the Sportsmens Dinner. Douglas Hays, Sovereign Prince, has made us sit up and take notice of all that good old H-2-O. If you have not done so please read his "Schizophrenia, No Place to Go" in the March/April issue of the Rite Light. Gerald F. Irwin, Most Wise Master, did an outstanding job of bringing Royal Arch Chapter to our attention; and in bringing the "Feast of the Paschal Lamb" back to the Lodge Room. Our Most Wise Master has created a very favorable atmosphere for such programs in the future.

In the recent months, I have enjoyed visiting the Delta Chapter of Rose Croix where I was able to participate in their Feast of the Paschal Lamb. On March 26th, I was again at the Valley of Troy for their Lodge of Perfections 6 & 14 degrees, where a class of 6 were prepared for the Grand Master's Class at Utica on May 14, 1988. Also, I attended the reunion of the Sigma Bodies at Schenectady where I enjoyed the 20th and 32nd degrees. At the Reunion Feast, after the degrees, Ill.:William Assini, 33° was made an Honorary Member in the Valley of Schenectady. Best wishes to you Bill.

The Executive Board will soon be making plans for the Fall of 1988 and the Spring of 1989. If any member would like to make some suggestions relating to our programs, please write or call me before June 1st, 1988.

I am looking forward to seeing all Officers and Past Officers at the Council of Deliberation at the New Pines on July 8-10, 1988.

It shouldn't have come as a shock, as they had been talking about it for a number of years. But, when I learned that my "across the street" neighbors had sold their home and soon would be leaving, I felt very depressed. After all, I have known them almost all of my life, and have shared many a good time with them - in their home as well as their camp. Their leaving would be my loss.

Feeling low about the whole thing, I couldn't help but mention to someone that eventually I would probably become a stranger on my own street. As time marches on, there would be a lot more people leaving my street for one reason or another. Those who would eventually be moving in, undoubtedly, would be couples, perhaps with children and most likely would gravitate to those whom they had the most in common with. Being single, I wouldn't have very much in common with them and could possibly feel left out in the cold. What a difference... when I was growing up on Killeen Park, everyone knew one another and I knew them all. When someone did move and new people came in, they had to assimilate in with us. But as time marched on, things began to change and now we have to assimilate in with the new comers, as they will be the majority.

What has and will be happening on my street has assuredly occurred in our Craft. There probably was a time when

someone knew everyone in his particular organization that he belonged to and they knew him. But as time went on, that particular person lost, for whatever reason, quite a few of his friends. The new ones coming in, had different interests and congregated in their own group. They listened but didn't have the same feelings about the good times that the older members had in the years past. Nor did they care whether this or that one had been a member for whatever number of years of service they claimed to have had. Eventually, there were probably many members who have felt they have become strangers in their Fraternal organization, like I might be on my own street.

Why else do we have so many paying members who are paying members ONLY?!! It is because they feel like strangers and would prefer to remember things the way they were? In most cases, I believe this is true. It must be remembered though, that in this Fraternity - regardless of our ages, whether we are single or married, have children or none - that we certainly have one thing in common that should unite us all and that is, we are Masons and we are Brothers. Both the old and the new should be constantly reminded of this so that a Brother should never feel like a stranger in this or any Fraternal organization that he attends.

As the final curtain draws close, I want to thank everyone in the Council of Princes of Jerusalem for affording me the opportunity to serve as your Sovereign Prince. It has been both challenging and rewarding.

Douglas C. Hays
Sovereign Prince

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Albany, New York 12205
(518) 869-9036

It's funny how the same dollar can look so big when you take it to church and so small when you take it to the supermarket.

Three Cheers for Working Moms

A sleepy arm reaches for the alarm when it goes off at 6 a.m. In homes across America, women shower and dress for success. And then they help their children get washed, combed, and dressed ... feed the cat or walk the dog ... fix and eat a healthy breakfast ... pack lunches or lunch money ... assemble homework ... start a load of laundry ... figure out what to prepare for dinner that evening ... jot down some items on the grocery list ... find a lost sneaker (or mittens or library book) and handle the tears and mad scramble that are sure to follow ... then drive the children to school or child care.

No wonder women arrive at their jobs sometimes harried and already exhausted! They've already been working for 3 or more hours!

Men may be sharing the load a bit more at home than they did a few years ago, but most women still carry the bulk of the burden of working at home AND at the office or plant ALL DAY LONG.

Work days rarely go smoothly. In households across the continent, common complications can ruin the best laid plans. Every working parent prays for healthy children—or faces a dilemma about who can afford to stay home.

Women in the labor force dread hearing the phone ring in the morning. What if the family day-care provider is sick or has a sudden emergency? Planned school holidays and early dismissals can be survived with prior planning. But school cancellations because of the weather can spell disaster for parents who are expected to report to work on time without children in tow.

Traffic tie-ups, icy roads, or broken air conditioners, even walking from the farthest spot in the parking lot seem like minor inconveniences compared to the hectic schedule and inevitable complications that arise before mom walks out the door each morning!

With any luck, the day at work will go well until 3 p.m. That's when moms go back "on call." With school out, the children check in by phone for reassurance and instructions from mother. And once mom gets home, her work continues: dinner to cook, laundry to finish, bills to pay, shopping to do, bedtime stories to read.

So when can employed mothers relax leisurely with a cup of coffee and the morning paper? Maybe after 10 p.m. when everyone else has gone to bed! Until then, most moms are on duty.

Most of us already have a soft place in our hearts for our own mothers. So this year let's pause to pay special tribute to the moms who keep our nation's economy humming—those nearly 22 million mothers who wear two hats—paid worker and mother. Give a hand to mothers who collect paychecks—whether your boss, your wife, your employee, your co-worker, or your mother. Hip, Hip, Hooray!

Mother's Day

May 8

PEACE ^{with} FREEDOM
ARMED FORCES DAY 1988
 May 21

Golf is what men do to relax when they're too tired to mow the lawn.

QUOTE



STAR

By Curtis Webb



FATHER'S DAY: June 19, 1988

The year was 1974. The weather was biting cold outside, but a more chilling thought was going on inside of me: That night would be the last time I would play basketball on my high school court.

I probed myself with the usual questions: How would we perform as a team? What were the strengths and weaknesses of the guy I would be guarding? Given the opportunity, would I try to do something special? Would I perform well this evening?

However, deep inside of me I only wanted one thing—I wanted my dad to be at my last game. My dad had worked second shift during most of my high school career. He did not make it to very many games, but this night was special.

As the team dressed in the locker room, I began to look around at all the faces I would never see under those circumstances again. It was quite emotional for me. Several of us shook hands and hugged each other. I can remember my best friend, Larry, asking, "Your old man's not here yet, huh?" With tear-filled eyes, I turned around and looked at him. I smiled calmly and said, "No." He put his hand on my shoulder.

Midway through the warm-up Larry tapped my shoulder and said, "Look man!" I looked in the direction he was pointing and saw my mother and father making their way to the bleacher section where my mother usually sat alone every Tuesday and Friday.

I acknowledged my father's presence after I completed the next layup by stopping and staring at him instead of running back to the rebounders line. He smiled and nodded; I did the same.

Very little time had elapsed in the game before I scored my first points. Before the starters were substituted, I had scored 18 points, grabbed 9 rebounds, and passed off for 3 assists.

I could have scored another routine basket but I opted to try for that "something special." I dunked it!

Dunking a basketball was illegal back then, so I received the first technical of my career. The crowd rose to their feet and cheered loudly. I turned around and looked for my dad who was also applauding. I pointed to him and smiled. He smiled back and nodded.

As we filed from the locker room after it was over, my dad suddenly appeared. We slipped away to be alone. He was silent as we walked a few steps. I waited.

He turned to me, put one hand on my shoulder, and as his eyes filled with tears, stated, "You know, you play that game well." My head dropped as I pinched my eyes shut to fight back my own tears.

For the entire season my teammates, our fans, and some media people had considered me to be one of the "stars" of the basketball team. And, for one brief shining moment, I was.

Happy Father's Day, Dad. I love you.

Adapted from a story by Curtis Webb in MICHIGRAM, State Farm Insurance Companies, Marshall, Michigan. Anne Crandell, Editor.

PROM NIGHT WORRIES

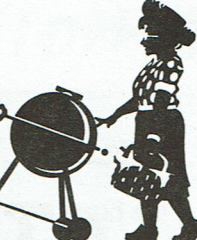
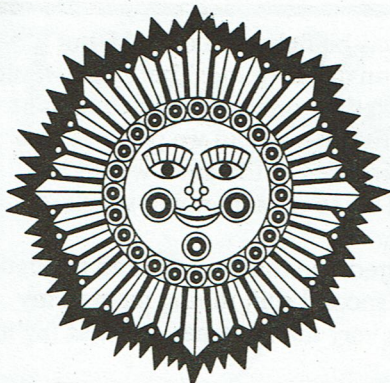
On prom nights, it used to be that parents handed the car keys over to their youngsters, then spent the night praying they would get home safely. These days, parents hire limousines, vans, or buses to bring their teenagers home safely, says Barbara Taylor, Vice President for Consumer Affairs and Education, Insurance Information Institute.

Teens need to be warned about accidents on prom night. They should be advised to refuse to ride with any driver who has been drinking. Says Taylor: "Make sure your children understand that they can call you at any hour—no questions asked—and you'll pick them up."

SWEET KISSIN'

The wedding cake began in Anglo-Saxon times as a pile of sweet buns. It was the custom of that day for wedding guests to bring buns and pile them high. If the newlyweds could kiss over the top, they were assured a lifetime of happiness. A traveling French cook, noting the custom, invented the more convenient one-piece, high-layered wedding cake.

STERLING SILVERSMITHS OF AMERICA



SUNDAY MAY 22 SUNDAY MAY 22 SUNDAY MAY 22 SUNDAY MAY 22 SUNDAY MAY 22
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ALBANY AREA MASONIC FAMILY PICNIC
ALTAMONT FAIR GROUNDS - ALTAMONT, NEW YORK
12:00 NOON UNTIL DARK

Softball Games for All - Men, Women & Children

Volleyball - Horseshoes - Badminton

Fellowship - Good Old Fashioned Goofing Off !!!!!

Parking for Thousands of Cars

NO CHARGE NO CHARGE NO CHARGE NO CHARGE NO CHARGE NO CHARGE NO CHARGE
FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE

OPEN TO ALL MASONS, FAMILY & FRIENDS
BRING YOUR OWN BEVERAGES, SNACKS & FOOD

STEAK BAKE STEAK BAKE STEAK BAKE STEAK BAKE STEAK BAKE STEAK BAKE
STEAK BAKE STEAK BAKE STEAK BAKE STEAK BAKE STEAK BAKE STEAK BAKE

At 5:00 PM there will be a "Steak Bake" (12 ounce boneless N.Y. strip steak, home fries & tossed salad) for those with **reservations only**. Steak bake cost is **\$4.00**. Those wishing to have the steak bake must make reservations. To make them contact either Fred or Peter at the addresses or phone numbers listed below:

FRED FREDRICKSON..... P.O. Box 325, Altamont, NY 12009
 Home 861-5341 or Work 462-6731

PETER W. J. PAFUNDA Home 861-6615
 Work 456-6688

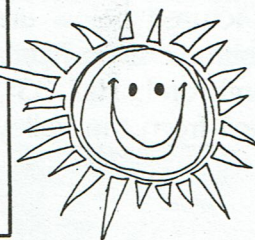
SORRY — NO RESERVATIONS — NO STEAK BAKE !!!

Bring your family, bring your friends & have a good time rain or shine. No reservations required unless you wish to have the steak bake.

FAMILY FUN FAMILY FUN FAMILY FUN FAMILY FUN FAMILY FUN FAMILY FUN
FAMILY FUN FAMILY FUN FAMILY FUN FAMILY FUN FAMILY FUN FAMILY FUN

SUMMERTIME

and the living is easy...or is it?



Here are questions relating to outdoor hazards. How many can you answer correctly?

1. Bee stings are more dangerous than you might think. Some people suffer a swift and fatal allergic reaction to bee venom. Victims, however, are usually forewarned by:

- a. A severe reaction to the first sting, which is rarely fatal.
- b. Bees continually swarming around them.
- c. A severe rash that appears when bees alight on the skin.

2. One measure to take to avoid being stung by a bee is to avoid strong perfumes, colognes and hair sprays, particularly those with a floral fragrance. **True or false?**

3. Pesticides help keep your roses free of bugs, but they're also one of gardening's biggest hazards. Here are some precautions you can take; one of them is wrong, however. Which one is bad advice?

- a. Read the label carefully.
- b. To reduce handling, mix sufficient amounts of pesticides for several applications.
- c. Store containers in a locked cabinet or garden shed.
- d. Leave chemicals in their original containers.

4. When nature begins to green up, small children can be curious about plants. If your child should eat any part of a plant, the two things you should do, in order, are: Make him or her vomit, and then call the poison center. **True or false?**

5. The grass grows fast in the spring. Before you know it, it needs mowing. When you're cutting grass on a slope with a walk-behind mower, you should cut:

- a. Horizontally across the slope.
- b. Up and down.

6. More outdoor activity means more aches, pains and sprains. One of the most common injuries is a sprained ankle. The most effective action for minimizing the effects of a sprained ankle is to "walk it off." **True or false?**

7. You have just finished playing tennis with a friend and you're thirsty. Your friend offers you a glass of cool water. You should:

- a. Take it and drink as much as you want.
- b. Refuse it.
- c. Take some water in your mouth, then spit it out.

8. You're doing something outside when you notice an ominous quiet. Suddenly a tornado looms in the distance, and it appears to be heading for you. Which of the following courses would be safest?

- a. Jump in your car and try to outrun the tornado.
- b. Seek shelter in the southwest corner of your basement.
- c. Seek shelter under a sturdy piece of furniture anywhere in your basement or in the middle of the house if there's no basement.
- d. Go in the house, open north windows and remain on the first floor.

9. Spring rains bring lightning flashes. There are safe and unsafe places to be in an electrical storm. Here is a list of safe places, with one exception. Which is the unsafe place?

- a. A hardtop car.
- b. A bus with a metal top and windows closed.
- c. A steel-framed building.
- d. A shower stall.

10. The water is chilly in the spring, but so much the better. A swim in cold water is good for you. It refreshes and stimulates you. **True or false?**

11. You're looking forward to getting a suntan, but before you overdo it, keep in mind that a tan has nothing at all to do with being healthy and that it's strictly for show. **True or false?**

12. Warmer weather may prompt you to plan a picnic. One thing that can take the fun out of a picnic is food poisoning. Which of the following picnic foods might cause stomach poisoning if eaten after going unrefrigerated for more than four hours?

- a. Cheddar cheese sandwich.
- b. Potato chips.
- c. Sliced tomatoes.
- d. Ham salad sandwich.
- e. Tuna fish sandwich.
- f. Fruit salad with whipped cream.

13. Poison ivy is coming in season. You can escape it if you can spot it. You can spot poison ivy plants by remembering they always have five leaves in a group. **True or false?**

14. Get the bicycle out. It's good exercise and it's fun, too. Knowing bicycle safety rules can go a long way toward keeping you accident-free. One basic safety rule for bicyclists on a two-lane, two-way road is:

- a. Ride on the right side with traffic.
- b. Ride on the left side against traffic.

15. A painful ailment for many an athlete, from the pro to the after-work participant, is tendinitis (also known as tennis elbow). It's an inflammation centered in the elbow. One thing you can do that will help you avoid it is:

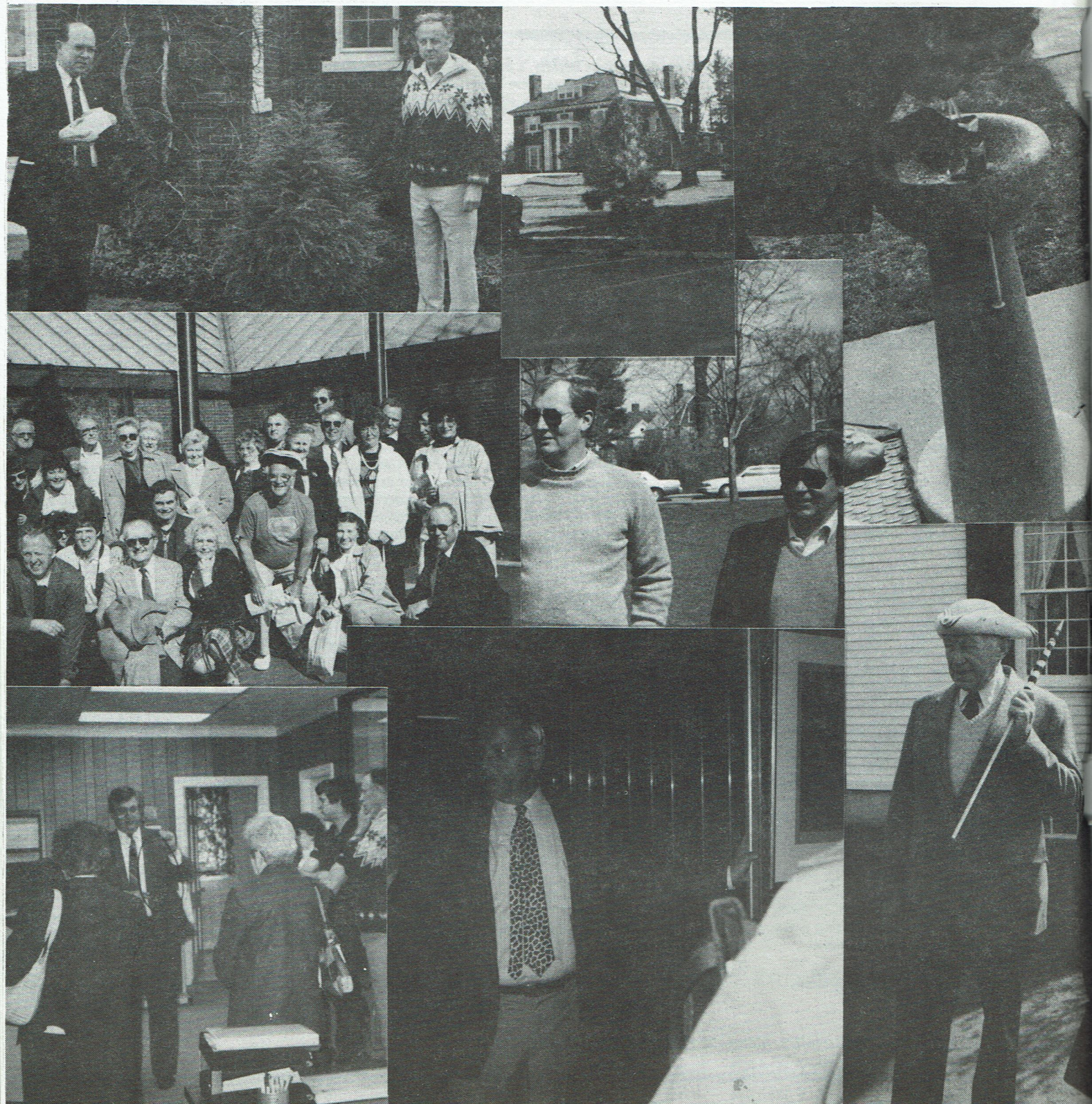
- a. Strengthen your arm with gripping and wrist lifting exercises.
- b. Avoid playing tennis.
- c. Soak elbow in warm salt water before exercising.
- d. Wear protective padding on your elbows.

ANSWERS

1. a.
2. True. Also avoid sudden movement, and keep any food covered.
3. b. Mix only what you will use at one time so that you don't have to store or dispose of extra pesticide.
4. False. Making a victim vomit could be the wrong thing to do in a poisoning. Call the poison control center for instructions first.
5. a. Horizontally across the slope. If you should slip mowing up and down a slope, you could slide into the mower blade or it could slide back on you.
6. False. This could aggravate the injury. Doctors generally agree that you should never "work" a hurting muscle or joint.
7. a. You should drink water before, during and after exercise to protect the body against heat exhaustion.
8. c.
9. d. Lightning of lethal strength can enter a house through water pipes.
10. False. Body heat is lost rapidly in cold water (less than 68°F), resulting in hypothermia, a critical drop in the body's core temperature. If left unchecked, hypothermia eventually causes unconsciousness and drowning.
11. True. In fact, years of exposure to the sun dry out and age the skin and can lead to skin cancer.
12. d, e, f.
13. False. Three.
14. a. Bicyclists are required by law to follow the same traffic rules that motorists do.
15. a. Incidentally, most tennis elbow sufferers don't play tennis.

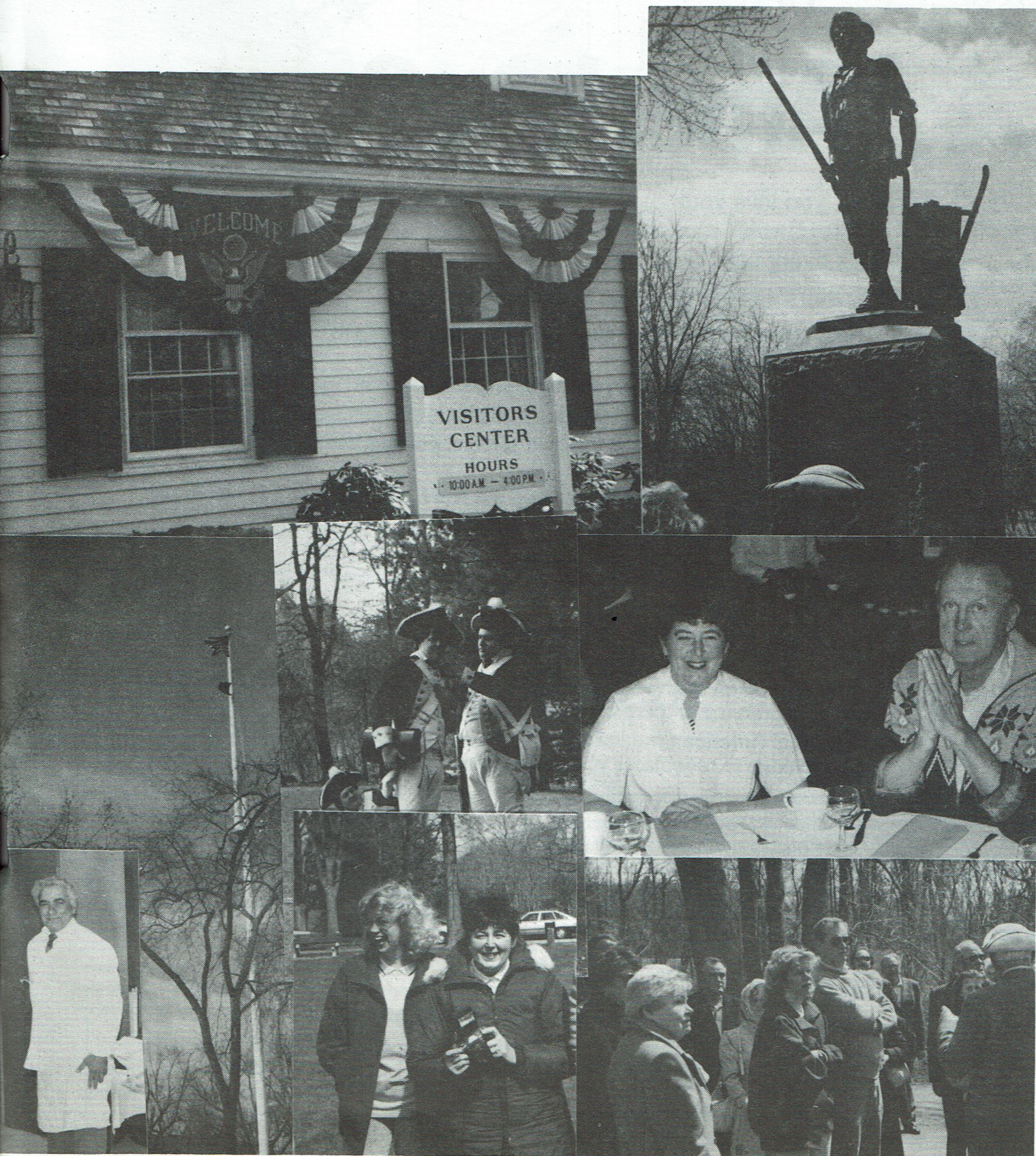
We Finally Did It! And Did We Have Fun.

Pictured below are some of the scenes taken of our recent trip to Supreme Council, Lexington, Massachusetts on April 16 and 17, 1988. Thrice Potent Master, James L. Fuller, 32° is shown standing with Ill.: Winthrop L. Hall, 33°, Executive Secretary of Supreme Council, beside a hemlock tree, a gift to Supreme Council from the Valley of Albany. Also pictured are Gordon J. Illausky, 32°, Director/Data Processing,



III.: Clement M. Silvestro, 33°, Director of the Museum and Library and our tour guide, Cornelius Cronin, 32°.

Our thanks to Win Hall and his staff and the other members of Supreme Council for making this a most memorable occasion.



CELEBRATION

are you a real American?

Sure, you love your country! You pay taxes, know the words to the "Pledge of Allegiance," can sing most of the "Star Spangled Banner," and vote once every year or two.

But there's more to being an American...

Have you written to your representatives in Washington and in your state capital within the last year?

Have you voted in general, primary, and school board elections?

Have you ever attended a city or county council meeting?

Have you volunteered for civic service, political action, or community self-help projects?

Have you scanned textbooks to find out what is being taught in our public schools?

Have you re-read the Constitution as an adult?

Have you made sure to understand what the various "isms" of the world are all about?

Have you kept current in reading about important issues facing our nation and the world?

Have you taken a stand on political candidates and issues, and committed your own time and money to them?

Being a real American means being involved in the American way of life. On this Fourth of July, pledge to rededicate yourself to making the U.S.A. better for all of us.

"The most memorable epoch in the history of America... will be celebrated as the great anniversary festival. It ought to be commemorated by solemn acts of devotion... with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations, from one end of this continent to the other, from this time forever more."

—John Adams to Abigail Adams
July 3, 1776

JULY 4:
★ The Great ★
American Festival

Sparkler Safety

Don't light a sparkler for your child without adding words of caution. Children should know that the innocent-looking sparkler is a very dangerous object. It can reach temperatures of 2,000° F

The Finale from the Most Wise Master



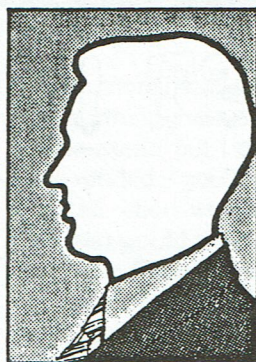
I have just returned home from the Feast of the Paschal Lamb ceremony. I am indebted to one and all, participants and spectators alike, for making this evening one of the high points of my Masonic life. The cooperation and enthusiasm for this program is truly overwhelming. Thanks to all!

It has been a great pleasure to serve as Most Wise Master, and I thank the membership again for the opportunity. The year has gone by so quickly. It seems just yesterday we were installed, followed very quickly by Council of Deliberations. The meeting schedule since then has provided opportunities for enlightenment and good fellowship, and has also just flown by. Shortly a new Most Wise Master will be elected and installed, to begin the cycle anew. I pledge my support to my successor in office, and will continue to promote the programs of the Valley of Albany as best I can.

Spring Reunion is just around the corner, and I urge the support of each member to make this a success... and success is measured by candidates! If each member could just secure **ONE** replacement for himself, our future as a viable organization would be assured. Remember that a large majority of Master Masons do not belong to either Concordant Rite. There are many candidates out there, who just may be searching for further light. You'll never know unless you ask.

Thanks again for giving me a great year!

Gerald F. Irwin
Most Wise Master



Put Yourself
In This Picture

Get Active in
**YOUR
SCOTTISH
RITE**

**THE RETURNS
ARE GREAT**

*Those who wait for
opportunities to turn up
usually find themselves
turned down.*

Annual Chicken B-B-Q



Valley of Troy will have their Annual Chicken B-B-Q at the Troy Masonic Temple on August 28th from 1 to 4 p.m. Proceeds are used for local charities.

For more information or if you would like to attend the B-B-Q, please contact Staff Willis at (518) 237-1516.

Workplace Etiquette ... Things Mother Never Taught You

"Lend a Hand?"

I'm a salesman, so I meet people all the time. Ten years ago, I greeted men with a firm handshake and a pat on the back. For women I had a special smile, and maybe a wink.

These days it's handshakes all around. But it's obvious to me that not everyone feels comfortable extending a hand. Where should I draw the line?

A Shaker from Way Back

Dear Shaker:

Never be afraid to extend your hand in greeting or bidding goodbye to customers or business associates. Shaking hands is a common and congenial practice among business men and women.

It has added value. The handshake contributes to first—and lasting—impressions. Which would you rather shake hands with: a damp, limp hand? a killer hand? or a warm, firm hand? In other words, who would you rather do business with: a Milquetoast, baracuda, or level-headed soul?

From now on, be alert getting and giving shakes.

The difference
between *ordinary* and
extraordinary is that
little "extra."

TIP of the month

■ **Carry change with you wherever you go.** To avoid the inconvenience of having to break a bill, always start your day with coins jingling in your pocket or purse: a nickel for the parking meter, a dime or quarter for that phone call, a quarter or two for the newspaper, exact change for the bus and the soda vending machine.

According to an old
Chinese proverb:
"I hear and I forget,
I see and I remember,
I do and I understand."



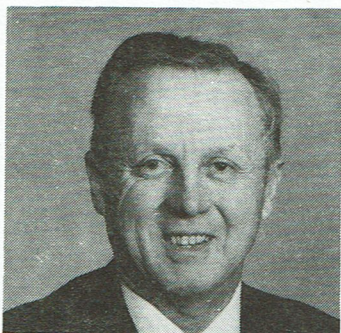
LOST IN THE VALLEY

The following members of the Valley of Albany have either died, moved or disappeared. Where? We know not. Can any of you help us? If you know any of their whereabouts, please let the Secretary know so that he can correct his records.

Name and last known address that we have on our roster:

Charles B. Back	61 River Road, Rhinebeck, NY 12572
John A. Barringer	20 So. Main Street, Gloversville, NY 12078
Norman L. Brahm	27 Johnson Avenue, Plattsburgh, NY 12901
Everett J. Crossman	41 Stanley Drive, c/o A. Borst, Chicopee, MA 01020
Edward V. Denison	Rte. #376, Hopewell Junction, NY 12533
Robert E. Doherty	1809 Albany Street, Schenectady, NY 12304
Joseph F. Duffy	185 Broadway, Saranac Lake, NY 12983
Maurice Gandler	750 Royal Ct. Circle So., Las Vegas, NV 89109
Walter O. Glasspool	10210 Battlefield Drive, Manassas, VA 22110
Douglas B. Green	Rt. 2, Box 1406, Noble, OK 73068
Charles A. Hall	16 Starboard Way, Latham, NY 12110
Robert C. Hart	Sinpatch Road, Dover Plains, NY 12522
Walter Hartje	W. 1206 6th Avenue, Spokane, WA 99204
Lewis F. Jarrett, Jr.	745 N. Marshall Street, Allentown, PA 18104
Douglas R. Jones	226 Executive Drive, Guilderland, NY 12084
Donald F. Kilmer	41 Adams Penthouse, Poughkeepsie, NY 12601
Max Levine	179 Lincoln Avenue, Albany, NY 12206
Richard P. Mitchell	88 Weybridge Street, RD #1, Middlebury, VT 05753
Herbert F. Nelson	11082 56th Avenue N., Seminole, FL 33540
Nathan Pomerantz	c/o M. Gross, 2745 Resivor Avenue, Bronx, NY 10468
John P. Sawyer	Box K, Summit, NJ 07901
Ludwig S. Schulter	1199 Bayview Vista Drive, Annapolis, MD 21401
Solomon Schwartz	65 Webster Street, #82 B, Saratoga Springs, NY 12866
Tommy Spathis	2203 Highland Apts., Alpine Lodge, E. Greenbush, NY 12061
Walter J. Stanton, Jr.	7100 Whispering Winds Drive, Prince George, VA 23875
Clyde A. Steddum	10675 E. Calle Vaqueros, Tucson, AZ 85715
Albert J. Switzer, Jr.	79-A Jackman Drive, Poughkeepsie, NY 12603
Philip G. Tashjian	403 Marlboro Street, Boston, MA 02115
Dale H. Van Benschoten	259 Main Street, Saugerties, NY 12477
Edward D. Weed	RD #1, Box 37, Pine Bush, NY 12566
William H. Werle	180 Old Largo Road, Upper Marlboro, MD 20772
Peter M. Williams	7121 Churchland Lane, Saugerties, NY 12477
Donald P. Willman	RD #1, Box 185, Birchwood Drive, Duanesburg, NY 12056

Farewell from the Thrice Potent Master



Well, we have just returned from our fantastic trip to Lexington and Concord. The excitement of the weekend adventure is still with me so I figured this would be the best time to write my farewell speech while everything was still so fresh in my mind.

First off, I want to send a whole lot of thanks out to Dick Barrell and to my brother, Dick Fuller. With their expertise in planning special events - we had a most perfect weekend.

Our weekend was packed with activities and believe it or not - we did them all! One of the highlights included a tour of the Data Processing facility at the Supreme Council Headquarters. It was very informative; we appreciate these people much more after learning all they do to keep the Chapters of Scottish Rite up to date. After the tour they surprised us with a "meal fit for a king". Not enough thanks could be shown for everything the Data Processing department did for us.

Another highlight was our scheduled tour of Lexington and Concord. We knew that we were getting a tour guide but we didn't realize all the extras we would have. It just so happened that tomorrow (April 18th) is the anniversary of the "Battle of Lexington and Concord" (April 18, 1775) so Lexington (and Concord) was preparing for its annual celebration of Patriot's Day where they re-enact the starting of the Revolutionary War. There were camps of Colonial Minute-Men and British Red Coats (all in traditional garb) getting ready for the parade and events that take place.

To show us around the "Battlefield" and other "hot spots", we had a terrific tour guide by the name of Cornelius Cronin. This man really knew his stuff!!!

Everyone agreed at this point - the trip was well worth it!

One more highlight (it would be hard to find anything that wasn't a highlight about the weekend but I don't want to get too long-winded - you'll just have to see for yourself when we can plan another trip like this) would have to be our visit to the Supreme Council Museum. It sure could be called the frosting on the cake. We were given the VIP treatment all around but this really topped it off. We were taken to their special room where they held all Masonic items. It was truly amazing what they had in one small room. Everything there would be much too numerous to list but take my word for it - it was a great way to end the weekend.

I'm very pleased with the way my year went. We had some very good programs. The attendance could have been better but it takes time to get people used to coming to our meetings. I think it is slowly starting to change so don't let my brother Dick down. Keep reading the Rite Light and plan on attending our meetings. We let you know all dates plenty of time in advance so there shouldn't be any excuse. *Believe me, try it - you'll enjoy it!*

One final thing - to the Ineffable & Sublime Lodge of Perfection - please accept my sincere thanks for electing me as your Thrice Potent Master. This year was a challenge for me but it was well worth it in the end. Just seeing the appreciation shown to me by my fellow Brothers (and their wives) who attended my programs was definitely worth the time spent putting them together.

James L. Fuller
Thrice Potent Master

"There's a new definition of a father. He used to be Dagwood Bumstead; now he's Bill Cosby."

—Ted Kaufman, Father's Day Council

Mom's account of the disastrous fishing trip went something like this:

"Pop found everything wrong: I talked too loud. I made too much noise. I used the wrong bait. I reeled in too soon. I caught more fish than he did."

"The grass may look greener next door, but remember—it's just as hard to cut."

—Roy Hatten in QUOTE

If you can't get away for a vacation, you can get the same feeling by staying home and tipping every third person you see.

Courtesy of WOODMEN OF THE WORLD, Woodmen of the World Life Insurance Society, Omaha, Nebraska. Leland A. Larson, Editor.

WARNING!

Never leave your children or pets locked in a closed car, even for a brief time, even with windows rolled down a bit. In summer a car's interior temperature can rise to 120° after only 15 minutes in the sun!

**COOPERATION IS
DOING WITH A
SMILE WHAT
YOU HAVE TO DO
ANYWAY.**

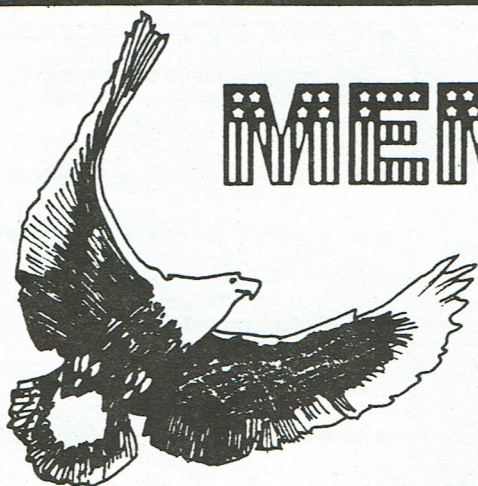
A New Way to Count Calories

From the South California Medical Association comes this list of calorie-burning activities that gives a whole new slant to calorie-counting. Tally the calories you burn in these exercises each day. They may total far more than you think.

Beating around the bush	75
Jumping to conclusions	100
Swallowing your pride	50
Climbing the walls	150
Throwing your weight around	50-300*
Dragging your heels	100
Pushing your luck	250
Making mountains out of molehills	500
Adding fuel to the fire	150
Hitting the nail on the head	50

*depending on your weight

**Say
NOPE
to
DOPE!**



MEMORIAL DAY

May 30

HOW IT ALL BEGAN

MAKE YOUR MEMORIAL DAY SAFE

Memorial Day Weekend kicks off our peak driving season. With millions of motorists on the highways, law enforcement and safety officials ask that you drive with special alertness throughout the holiday period to avoid becoming a statistic. (In 1987, 416 people died during the Memorial Day Weekend on our Nation's highways.)

Drive safely:

- Observe speed limits.
- Yield the right of way, even if the other driver is wrong.
- Keep a safe distance from the car ahead of you; never tailgate.
- Drive defensively; wear seat belts and have passengers buckle up, too.
- Drive during daylight hours whenever possible.
- Avoid heavy meals when driving.
- Don't drink and drive.
- Have your car checked and serviced before beginning a trip.
- Take frequent breaks on trips.
- Keep your car well ventilated.
- Switch your eyes off the road frequently.
- Stop for the night when you become tired.

Memorial Day actually started on an April morning in 1863. The place: Columbus, Missouri. The Civil War was still raging as a group of women came to the cemetery to decorate the graves of their soldier dead. The lengthy war made their task even more grim.

An elderly woman finished decorating the graves of her two sons, then walked toward two mounds at the corner of the cemetery. Another woman stopped her. "What are you doing?" she asked. "Those are the graves of two Union soldiers."

"I know," replied the elderly woman as she spread flowers on the graves. "I also know that somewhere in the North a mother or a young wife mourns for them as we do for ours." She faced the other women and continued, "They are dead, our heroes of the South; and they are dead, these unknown soldiers of the North. All of them are lying here in our churchyard. When the war is over and peace comes, we shall call all of them heroes. We want someone to do this for our loved ones in nameless graves. We must do it for these in our cemetery."

Four years later, this story appeared in the *New York Tribune*. Afterward, it was reprinted in papers across the country. It was accepted as the first effort to replace the hatred of war with peace.

In 1868, the National Commander of the Grand Army of the Republic issued an order designating May 30th as a day to decorate the graves of all who had fallen in the war.

One hundred and twenty years have passed since that proclamation. Decoration Day has grown into Memorial Day, a day to pause and remember the price paid for our freedom. On Memorial Day we honor not only the dead of the Civil War, but the Spanish-American War, World War I, World War II, Korean War, the war in Vietnam, and all those who gave their lives defending freedom on our behalf around the world.

The sad thing is that in years to come, there could be other wars and other graves to decorate ... unless all the people of the world work toward peace. Let's make this our hope and our prayer.

TIP of the month

■ To get people to sit in the front seats for your next presentation, put this statement on an easel at the door, under the title of your presentation and your name: "All intelligent people: Please sit in the first five rows."

MEETING PLANNERS' ALERT

Do you like baseball? If you do, you're a baseball fan. Years ago, those who followed the demons of the diamond were called "fanatics." Today, fans are better liked than fanatics.

Courtesy of THE AMERICAN WAY, American Security Life Insurance Co., San Antonio, Texas. Anne Lafave, Editor.

Flag Day

SYMBOL OF OUR HISTORY

What first comes to your mind when you think of Flag Day? Betsy Ross sewing bits of bright cloth in her home in Philadelphia? Standing in school as a child, solemnly reciting the Pledge of Allegiance? The Stars and Stripes flying proudly at the end of a treacherous battle? Or the first time you glimpsed Old Glory atop our nation's capitol?

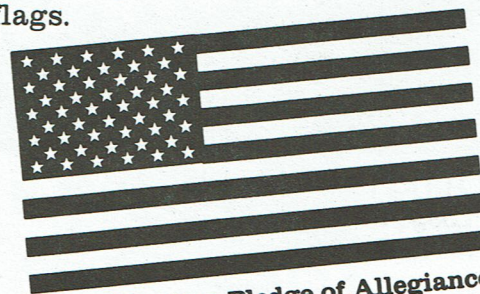
Perhaps Woodrow Wilson captured the broad range of American sentiments best: "The Flag is the embodiment, not of sentiment, but of history. It represents the experiences made by men and women, experiences of those who do and live under the Flag."

Through the years, our flag has changed faces many times. Most of us still believe the original United States flag was created by Betsy Ross and that it contained 13 stars arranged in a circle. In fact, there is no evidence to document this traditional story. Congress had no rule as to how the 13 stars were to be displayed so the stars appeared in many different patterns on those first flags.

For 211 years, new states joined the Union, and each time another star joined the field. In this century alone, a total of

six states were added: Utah, Oklahoma, Arizona, New Mexico, Alaska, and Hawaii. While the number of stars has grown from 13 to 50, the number of stripes started at 13, grew to 15 in 1795, then returned to stay at 13 in 1818.

If you are moved to display your flag—as thousands of Americans do each year on June 14 in honor of the Stars and Stripes—please follow these rules out of respect for the history it represents: When displayed from a staff, the union (blue field of stars) should be placed at the peak of the staff. If the flag is hung, it should be displayed flat with the union to the observer's left. The flag should always be at the center and/or highest point when flown with a group of state, city, or local flags.



Pause For The Pledge of Allegiance
FLAG DAY USA ★ June 14, 7 p.m. (EDT)

**SWEAT THE
SMALL STUFF!**

The most common lie used to be: "Your check is in the mail."
Now it's: "Our computer is down."

Courtesy of DHI TEAM EXPRESS, New York DHI Cooperative, Ithaca, NY.

Our Trip to Supreme Council

(Pictures continued on pages 8 & 9)



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No. One Priority!**

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