

The Rite Light

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

Vol. 10

January/February 1989

No. 3

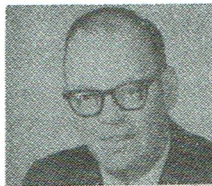


Allegiance

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:



III: Francis G. Paul, 33°
Sovereign Grand Commander



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

III: Robert B. Nienow, 33°
Grand Lieutenant Commander

III: John W. McNaughton, 33°
Grand Minister of State

III: Franklin G. Hinckley, 33°
Grand Treasurer General

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

III: James F. Niehoff, 33°

III: Bruce W. Widger, 33°

III: Harold F. Dates, 33°

III: Carlton A. Winchester, 33°

Active Emeritus Members

III: John G. Fleck, 33°

III: John H. Van Gorden, 33°

III: Raymond C. Ellis, 33°

III: Ralph M. Tompkins, 33°

III: Alfred M. Kramer, 33°

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What is a Mason?

A Mason is:

A man who believes in God and the 10 Commandments

A Mason is:

A man who believes people are good and life is worth living

He's a man who gives back the \$10 he didn't have coming to the bank teller.

A Mason is:

A man who helps a stranger, smiles, but never leaves his name

He cares about right and shakes with anger when a wrong is done

A Mason is:

Just a man. He smiles, he cries, he hurts, he dreams, he bleeds, he gets sick and dies like all men.

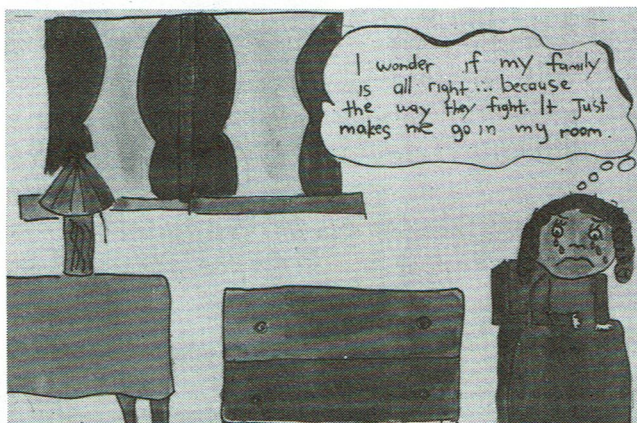
A Mason is a man who strives to improve the quality of life for his family, friends, community and in doing so feels better for trying.

— Valley of Indianapolis

**Have You Invited A
Master Mason
To Join The
Scottish Rite?
Next Reunion-4/15/89**

ABOUT OUR COVER

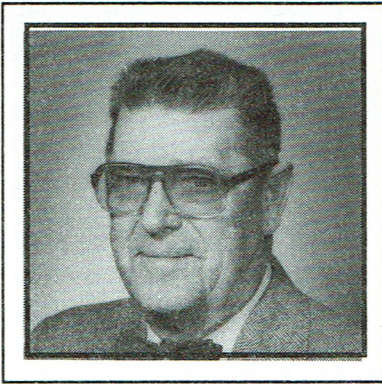
During our November Family Life Week celebration, the Valley of Albany held a poster contest at Hackett Junior High School, Albany, N.Y.



This picture captured the hearts of many of our members and their ladies who participated in the judging of the fourteen posters entered and, as expected, won first place.

The message conveyed by this seventh grade student, Lakisha Ellis, has a powerful impact.

The Family Life Week committee recommended it to be reproduced here for everyone to see. Your editor agrees!



The C-I-C's Message

A Happy New Year to all. I hope that is what it will be for you. We, of the Albany Sovereign Consistory, will now be working with the other Co-ordinate Bodies in the Valleys of Albany and Troy, in making 1989 a better year for Masons in this Jurisdiction.

Our membership losses are much too high. We've had deaths, demits and suspensions, many of whom we will not know about until next May. Therefore I ask each and everyone of you who may not have paid his dues for more than two years to beware, you may be dropped. But if for any reason you can not pay, please talk to me or our Secretary. We want to hear from you. We will help you.

Now, as to our Winter and Spring programs - each of our Presiding Officers have been working on a schedule that should prove interesting and educational to all our members. On the January 26th meeting of the Consistory, we will put to work two of our 33° members - Ill.:Richard Welkley, 33° and Ill.:Richard Mills, 33° with a background of degree work in both the Symbolic Lodge and Scottish Rite, their job will be to conduct a panel discussion on ritual and acting. Hopefully all members who take part or would like to take part in our degree work will attend this meeting.

The March meeting of the Consistory will be held on March 30th, because our regular meeting night would have been Maunday Thursday. There will be a dinner, for a nominal price, for all workers and members. The work of the evening will be promoting a reunion. It is my hope that as many as possible of our workers, Officers, Degree Directors, Actors, and Stage Workers will find it within the length of their Cabletow to attend both meetings.

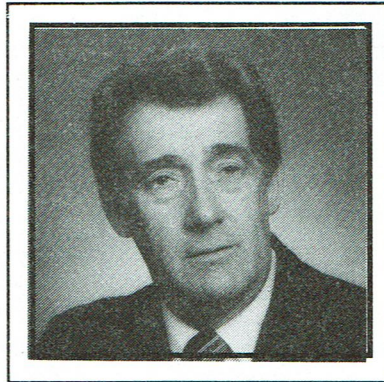
Through the programs of our January and March meetings, I would feel that we could develop a better understanding of the workings and ritual for the Spring and Fall Reunions. The first need of a reunion is Candidates. Please try to bring us a Candidate this Spring. Once we have a

class formed we must be proficient in our work, stage set-up, ritual, make-up, costumes, etc. At the end of a reunion we want the candidates to say "I enjoyed this day, I want to take part next time" and "I have a friend I am sure would like to join." Therefore I say - **"Please come to the Consistory meetings this Spring." WE NEED YOU!**

The April 15th meeting will be a joint meeting for balloting. It is up to you to give us Brothers to ballot on.

The May 11, 1989 meeting will be our Annual Meetings and on May 13, 1989 will be our Open Installation with a dinner.

ALBERT W. MILLS, 33°
Commander-In-Chief



A Message from the Most Wise Master

As we enter a New Year may we all share together in a desire of good health, happiness and prosperity. In 1989 let us all resolve to join together with renewed enthusiasm in our Masonic Fraternity to continue our brotherly acts of mankind and to reverse the tide of declining membership to a wave of continued growth. With each New Year - new challenges arise as well as continuing unresolved problems from past years and as has been proven these challenges and problems can be solved with the realization a solution is available through dedicated efforts.

During each year our craft is diminished many times by the Grim Reaper and fine Masons have gone to join the Great Architect of the Universe. We were particularly saddened on November 25th with the passing of Illustrious Jack B. Spear, who was known to all of us for his smiling face and dedication to the craft. Our sympathy goes out to his family and those whose life he touched.

On Thursday evening, January 19th, the Rose Croix is honored to have the Illustrious Robert F. Case, 33°, Active Deputy for New

York as our guest speaker. His program will be "Albany Scottish Rite - Where It All Began." Our business meeting will open at 8:00 p.m. for a short meeting and then be followed by our program, which is open to ladies, families and friends. Refreshments will be served following the program. Having the opportunity to have heard Illustrious Brother Case speak on numerous occasions, I am confident it will be entertaining to all.

A reminder that our March 16th meeting will have Fred. B. Hill, 32°, M.S.A. give a program on the progress of the new Shrine Crippled Childrens Hospital in Springfield. This program will also be open to all.

Also, it is not too early to start thinking about attending the Feast of the Paschal Lamb to be held on Sunday, March 19th at the Albany Masonic Temple. Our guest speaker will be R.W.:Richard E. Thomas, Deputy Grand Master of the Grand Lodge of Free and Accepted Masons of the State of New York. This is an excellent opportunity to bring families and friends into our beautiful edifice and witness one of the most impressive Masonic services.

As you travel about the different Masonic bodies always remember to wear a smile of pride and extend a hand of fellowship and brotherly love.

EDWARD T. ROSE
Most Wise Master

Make your mark on life. SHOW YOUR MASONIC PRIDE

Make a \$35 contribution to the 1988-1989 Supreme Council Charities' Blue Envelope Appeal and receive a gold "Masonic Pride" lapel pin.

Your gift aids the Scottish Rite Masonic Museum of Our National Heritage, the Scottish Rite Schizophrenia Research Program and Abbott Scholarships for deserving students from Scottish Rite families.

This is another way to make your mark on life.

MASONIC
SCOTTISH RITE
PRIDE



THE SCOTTISH RITE CARES
SUPREME COUNCIL CHARITIES

Dr. Martin Luther King, Jr.



In this inaugural year that culminates an election process that was strongly influenced by a black candidate for the presidency, we are reminded of the enduring presence of Dr. Martin Luther King, Jr.

Many of us are too young to remember the causes behind the eruption of the civil rights movement under King's leadership. Others of us have forgotten, or never witnessed, the tragedies of this sad chapter of American history.

We certainly don't want history to repeat itself, so we must remain aware of some of the events that brought about great changes in our great country.

1955 Rosa Parks, a weary, black seamstress in Montgomery, Alabama, refuses to give her bus seat to a white passenger. After a year-long boycott led by King, Montgomery's buses are integrated.

1958 Nonviolent protests to end segregation sweep the nation. Inspired by King, young and old, black and white, conduct sit-ins and freedom marches to gain equal treatment

A Living Legacy

for all people in restaurants, libraries, hospitals, schools, and other public places.

1963 The nation's capital is the site of the largest civil rights demonstration in history. A quarter of a million marchers peacefully call for civil rights, jobs, and freedom for all.

1964 Dr. King is awarded the Nobel Peace Prize for creating positive social change using nonviolent means. For the world, he becomes a symbol of peace. But in this country and many others, the victory for civil rights has not yet been won, and King continues his efforts.

1967 Decent jobs, housing, health care, and education are identified as essential if low-income families are to become productive citizens. King draws attention to conditions that seem unthinkable in this land of plenty.

1968 King is ready to join sanitation workers in Memphis, Tennessee in a protest for better working conditions. But the peaceful advocate is cut down by an assassin's bullets.

1988 Rosa Parks, a guest of honor at the Democratic National Convention, witnesses history again as the name of Jesse Jackson is placed in nomination for the presidency of our country. A few weeks later, the 25th anniversary of the Washington, D.C. civil rights protest is re-created in our nation's capital.

Our lives will never be the same, thanks to Dr. Martin Luther King, Jr., and those who joined with him to make life better for all Americans. His birthday, commemorated by a national holiday this year on January 16, attests to the scope of his efforts. We must continue to nurture the seeds of dignity and pride that he planted, so that his dream can become reality.

Portions of this article were adapted from SEABEE COVERALL, Port Hueneme, California. Kim Taft, Managing Editor.

Artwork from MARTIN LUTHER KING, JR. FEDERAL HOLIDAY COMMISSION, Allen Jackson, Deputy Executive Director.

"The common cold is both positive and negative. Sometimes the eyes have it; sometimes the nose."

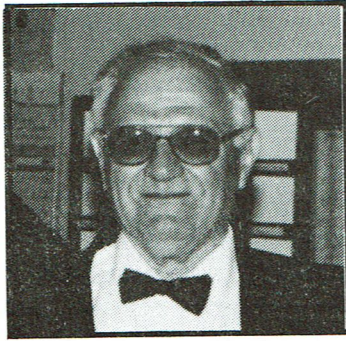
—Martha J. Beckman in CATHOLIC DIGEST

**LET'S NOT CLOWN.
KEEP ACCIDENTS DOWN!**

Courtesy of THIS WEEK AT DELAVAN, Sta-Rite Industries, Inc.

Nobody can be perfect, but all of us can be excellent!

Courtesy of THE ACME CLIPPER, Acme United Corporation, Bridgeport, Connecticut. Tomasina Petrahai, Editor.



A Word from the Thrice Potent Master

It is with the deepest sorrow that the Lodge of Perfection mourns the passing of Ill. Jack Spear, 33°. Ill. Brother Spear has served the Lodge of Perfection as Trustee and 4th Degree Director for the past several years. His presence and contributions will be sorely missed.

Our "Family Night Pancake Supper" was enjoyed by all. It was quite a surprise to learn upon arrival at the Temple that a pancake griddle was not available. However, my brother Jim and I, utilizing available pans, and with the assistance and direction of Jim's wife Jule and my wife Margaret, managed to produce a few gourmet pancakes by the end of the dinner. Judging by the way people ate, looks did not affect the taste. A movie on the State Bird (the Bluebird) which included instructions on habitat as well as birdhouse construction completed the program.

As part of Family Life Week, posters were made by the seventh and eighth grade students at Hackett High School in Albany. The results of this program are discussed elsewhere in this bulletin. However, I do want to congratulate my brother Jim, the Chairman of the contest, on a job well done and hopefully this can become an annual event. I also wish to thank all those present at Ladies Night for their overwhelming attention to voting. It leads me to believe that given a chance, everyone will participate.

Our next meeting, in January, will be the Sportsman's Dinner. It is an open meeting and again for \$3.50 per person, you will never have a better time.

The February meeting should be of interest to all. A presentation by the Waterways Division of N.Y.S.D.O.T. will be the focus of our meeting. It will be about the history & future of the Erie Canal. The presentation will begin at 8:30 pm and should be over by 9:15. At 8:00 a short meeting will be conducted and following the meeting,

cookies and ice cream will be served. Children are especially welcome at this meeting. The meeting will be of interest to students who may want to do a report for school and to the older folks who remember the Erie Canal as the "Gateway to the West." You will be pleasantly surprised by the literature and information available.

The March meeting will consist of a tour. I hope that this tour is as informative as the tour of the paper mill last year.

I hope that you and your families have had a most enjoyable holiday season and will make a New Year's resolution to attend one of our meetings.

RICHARD A. FULLER
Thrice Potent Master



Sitzmarks from the Sovereign Prince

A new year is now upon us. A time for reflections of warm moments from the past year and a time to plan for the new year.

We remember our trip to Lexington and the Pines, many fine dinners, a wonderful Fall Reunion and a great Ladies' Night. We pause to remember the warm fellowship that the Scottish Rite is all about. We also pause to remember those brothers who now serve the Grand Architect and be thankful for the time we had with them.

If you don't have these memories brother, guess whose fault it is? Simply put - you blew it. It was there for you to enjoy and **YOU** missed it!! Don't be silly and miss it again.

The upcoming year has several dates that are "DON'T MISS" events. Beginning with January 12th, the Grand Council of Princes of Jerusalem will be entertained by the Suburban Sounds. A tremendous local choir, they will favor us with songs that we all know and enjoy. This will begin at 8:00 p.m. and immediately will be followed by

**LAST DAY TO
RECEIVE PETITIONS
TO THE
SPRING CLASS IS
APRIL 12, 1989**

"Look to your health; and if you have it, praise God, and value it next to a good conscience. For health is a blessing that money cannot buy."

—Izaak Walton (1593-1683)

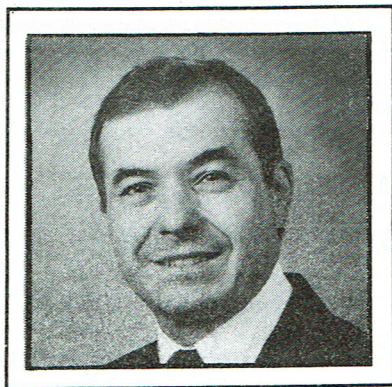
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1615 Central Avenue
Albany, New York 12205
(518) 869-9037

refreshments and fellowship in the basement dining hall. This is an OPEN MEETING, bring your family and friends. No ritual - no donations - no fuss - no reason for missing this one.

May 21st is a date that is also a "DON'T MISS" event. The annual Albany district family picnic at the Altamont Fair Grounds. Last year we served over 250 steak dinners and our Illustrious Secretary only ruined the ones served to the "Kitchen Krew." This is an OPEN EVENT, the cost is a "staggering" \$5.00 per dinner and reservations are mandatory if you wish to have dinner. The day includes horseshoes, volleyball, badminton, softball and a ton of good old fashioned goofing off. Danny Baker has again volunteered to pay for any costs incurred above our receipts. Contact yours truly for reservations at 861-5341 or 462-6731. This is a super place to bring that selective petition!!

As you can see brothers, there is much to chose from at the Scottish Rite. These are merely two events. Consult your trestleboard for times and dates for those events that best suit your appetites and schedule. Don't blow it again brother. Next year have those warm memories of these special events and Masonic fellowship.

FRED FREDRICKSON
Sovereign Prince



Sovereign Grand Commander Ill.: Francis G. Paul, 33° Active, and the Deputy of New York, Ill.: Robert F. Case, 33° Active have called on all 33° rds, Meritorious Service Award Members, and Officers in the Valleys to "each one sponsor a Candidate a year." 33° RDS, MSA'S, LINE OFFICERS - ARE WE CULTIVATING OUR ONE (1) CANDIDATE EACH?

RICHARD H. WELKLEY
Thrice Potent Master

TROY DELTA BODIES Message from the Thrice Potent Master

Family Life Week celebration was a success. Under the guidance of Ill.: Newton Buckner, 33° and Bro. Stafford Willis, 32° several brothers (and Newt's son) gathered to prepare a weekend of meals for Troy's homeless. The food was prepared in the kitchen of the Lansingburgh United Methodist Church and transported to Joseph's House on Saturday, November 26. About 30 homeless men, women and children ate a meal of stew and another of pasta along with 2 breakfasts of Danish, rolls, cereal, ham and beverages.

A very nice Christmas Ladies Night was enjoyed at the Century House by a number of Troy and Albany couples with a few friends from the Valley of Schenectady.

Remember **NEW MEMBER DINNER** on February 17, 1989. Come with your lady and bring a Masonic friend who you would like to have come in Scottish Rite (and his lady). He and his lady will be our guests for dinner (6:30 p.m.)

FEAST OF THE PASCHAL LAMB will be at the Troy Temple, at 8:00 p.m., on March 17, 1989. The festival will be presided over by Most Wise Master, Lewis O. Slocum, 32°. The public is invited. A dinner will be served at 6:30 p.m. by reservation only. All reservations go to Stafford J. Willis, 32°, Secretary; Box 218, Waterford, N.Y. 12188 (phone 237-1516).

Our **DELTA BODIES** will confer degrees on **April 8, 1989** in Troy Temple. The 10th, 14th, and 16th degrees will be conferred. The degree work will begin at 11:00 a.m. Coffee and donuts will be available at 10:00 and lunch will be served for the participants.

SPRING REUNION IN ALBANY - APRIL 15, 1989. Delta Bodies are responsible for 10°, 16°, and 18°; and then will join Albany for the Consistory degrees of 22° and 32°. All Delta Bodies candidates will finish their degree work at this reunion.



ABBOTT SCOTTISH RITE SCHOLARSHIPS - At a time when the cost of education is rising, deserving young men and young women from Scottish Rite families and members of Masonic youth organizations are receiving our Abbott Scholarships, which are supported by Supreme Council Charities through the Annual Blue Lodge Appeal.

Scottish Rite Scholarships Programs

The Supreme Council for the Northern Masonic Jurisdiction, A.A.S.R., has increased the annual funds available for the Leon M. Abbott Scottish Rite Scholarship program. Scottish Rite Masons have historically been dedicated to the importance of quality education in a free society and this increase in funding is another indication of our Masonic commitment. "New York State's assignment of Leon M. Abbott Scholarship funds will increase to \$15,000 for school year 1989-90", according to Robert F. Case, 33° Active, Deputy for New York.

Scottish Rite scholarships are available to children and grandchildren of Scottish Rite members. Students who are members of Masonically related organizations, (DeMolay, Rainbow, Triangle, Jobs Daughters), also qualify for these scholarships.

Scholarships applications may be obtained from Valley Secretaries (Albany - Richard G. Barrell, Troy - Stafford J. Willis) and should be completed as comprehensively as possible. All applications should be submitted to the appropriate Valley Secretary by March 10th to comply with scheduled deadlines.

Supreme Council scholarship payments are made directly to the college. Thus, the college name and address should be included on the application. (In the occasional instance where the college is unknown, the student will be contacted later if selected).

The Masonic connection **MUST** be clearly defined. Eligibility requirements may necessitate the verification of membership status by the State Committee.

**WILL YOU BRING
US ONE PETITION?**
DON'T BE CAUGHT SHORT . . .



If your supply of blank petitions is running low, check with the Secretary *NOW*. There are plenty for all.

**TALK TO YOUR
PROSPECT NOW!!**

Now Is The Time To Contact
That Blue Lodge Friend . . .

Don't Delay . . . Do It Today!
Don't Disappoint Him!

talk + ask = petitions
Petitions Keep Us Alive

Contact your Blue Lodge Friends and
sign them up now as part of the Spring Class

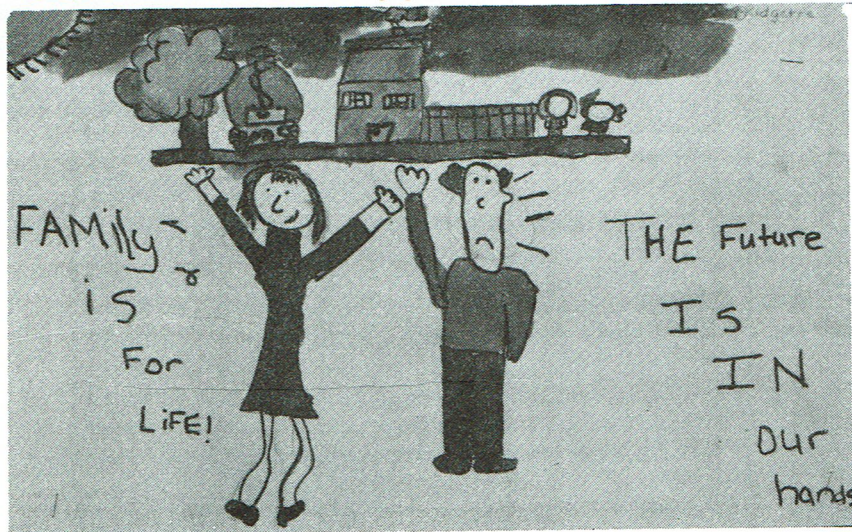
BLUE LODGE SECRETARIES

Time and time again our Scottish Rite Office is indebted for the courteous and prompt assistance we have enjoyed these many years from the Secretaries of the various Symbolic Lodges in our Jurisdiction and from others. The tedious job of trying to find new addresses of a "lost brother," or information concerning Masonic status of their members in our Valley, and other vital and valuable assistance is furnished by them. These obliging Secretaries do a fine job and go all out to help us in our numerous problems. To all of them we extend our sincere appreciation for their fine cooperation.

FAMILY LIFE WEEK CONTEST RESULTS

The winners of the second & third place, and runner-up of Albany's "Family Life Week," held at Hackett Junior High School in Albany, N.Y., are shown above.

Each of these seventh graders vividly describes in poster form their "family". Each poster gives a message which cannot be described in words and makes one realize that the younger generation does understand the many problems facing "family" better than we do.

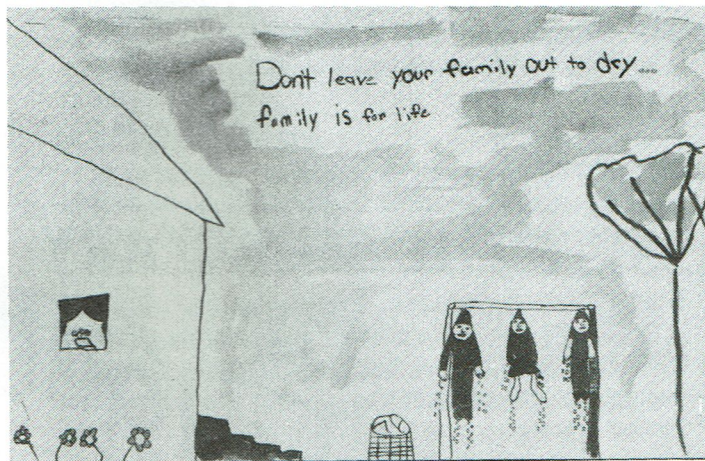


BRIDGETTE ZALUCKY
"The Future is in Our Hands"
 2nd Place

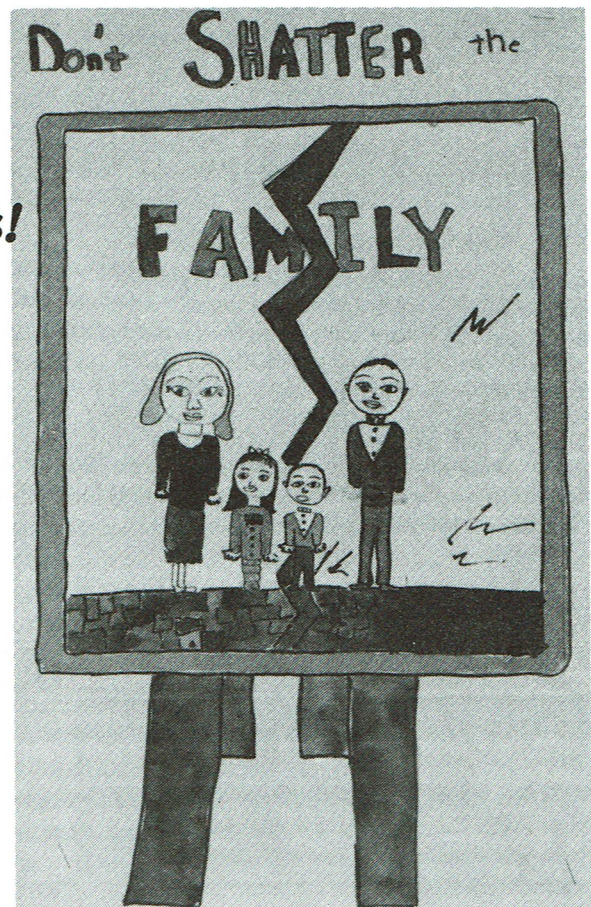
A program such as the Poster Program enables each of us to examine our "family" and that although these youngsters understand their family problems, they need our help and guidance to overcome them. The Valley of Albany can help through the use of programs such as the Poster Program to develop a better public understanding of "family". This we intend to do!

JAMES L. FULLER
 Chairman

Congratulations to all Winners!
Thanks to all participants!



WILLIAM DAVENPORT
"Don't Let the Family Out to Dry"
 Runner-up



KATRENA HILL
"Don't Shatter the Family"
 3rd Place

That Ragged Old Flag

I walked through a County Court House square
On a park bench an old man was sitting there.
I said, "Your old Court House is kinda run down."
He said, "No, it will do for our little town."
I said, "Your old flag pole is leaning a little bit.
And that's a ragged old Flag you've got hanging on it."
He said, "Have a seat," and I sat down.
"Is this the first time you've been to our little town?"
I said, "I think it is."
"Well," he said, "I don't like to brag.

But we're kinda proud of that ragged old Flag
You see, we got a little hole in that Flag there,
When Washington took it across the Delaware.
And, it got powder burns, the night Francis Scott Key
Sat watching it, writing 'Oh, Say Can You See.'
And, it got a bad rip at New Orleans
When Packingham and Jackson took it on the scene.

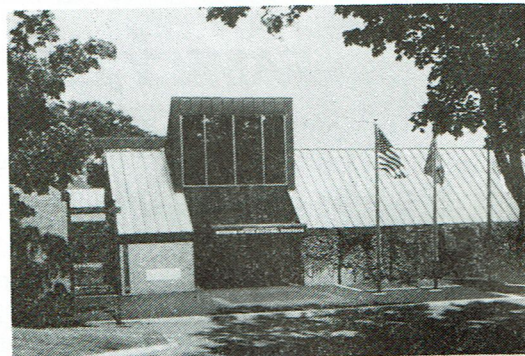
And, it almost fell at the Alamo beside the Texas Flag.
But she waved on through.
She got cut with a sword at Chancellerville,
And she got cut again at Shilo Hill.

There was Robert E. Lee, Bouregard and Bragg,
The south wind blew hard on that ragged old Flag.
On Flander's Field in World War One
She got a big hole from a Bertha gun.
She turned blood red in World War Two,
And she hung limp and low a time or two.

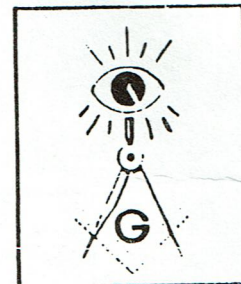
She was in Korea and Vietnam,
She went where she was sent by her Uncle Sam.
She waved from our ships upon the briny foam,
Now they've about quit waving her back here at home.
In our good land here she's been abused.
She's been burned, dishonored, denied, refused.

And the government for which she stands
Is scandalized throughout the land.
She's getting threadbare and she's wearing thin.

But, she's in good shape for the shape she's in.
Because she's been through the fire before,
I believe she can take a whole lot more.
So we raise her up every morning, and we take her down every night,
We don't let her touch the ground, and we fold her up right,
On second thought, I do like to brag
Because I'm mighty proud of the Ragged Old Flag."



SCOTTISH RITE MASONIC MUSEUM OF OUR NATIONAL HERITAGE. As Scottish Rite museums we can take pride in sponsoring this dynamic American history museum in Lexington, Massachusetts. Time or thousands of visitors from all over the United States visit the museum and library each year and gain a deeper appreciation of freedom and liberty. The Scottish Rite Masonic Museum of Our National Heritage is assisted by our gifts to the annual Blue Envelope Appeal for Supreme Council Charities.



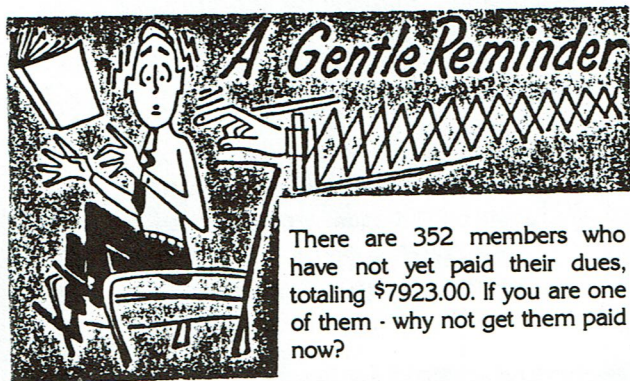
Take a Good Look at
YOURSELF

You're Somebody's
Impression of
MASONRY

**EXERCISE YOUR
SAFETY SENSE**

"A compliment is
verbal sunshine."

—Bob Orben in QUOTE



There are 352 members who have not yet paid their dues, totaling \$7923.00. If you are one of them - why not get them paid now?

ASSIST THE SECRETARY

Please Report Promptly
To The Secretary

- When moving — your new address and zip code.
- Transfer of Blue Lodge Membership.
- The illness or distress of any of our members.
- The date of death of any member.
- The suspension or termination of Blue Lodge affiliation of any member.

DID
YOU

Forget
To Send In
Your Dues?
???

Frozen Locks?

Using the wrong method to thaw your auto door lock could damage your vehicle. Hot water, for example, can crack your window glass, ruin your car's finish, and freeze up on you quickly enough to complicate your situation.

Next time you're frozen out of your car, try heating your key, the Automotive Information Council recommends. You can use a match, lighter, or other heating device. Wear gloves to keep from burning your hands. If the lock doesn't thaw right away, just repeat the process; thawing will eventually take place.

Winter Walks OK

Walking is one of the best forms of exercise—even on these cold winter days. For short distances, wear ample clothing to keep you warm without overheating. If you get overheated, open your coat rather than remove your hat or gloves. Avoid smoking, which constricts blood vessels and brings on mental and physical fatigue. Also avoid alcohol, which anesthetizes your senses. When planning an excursion, make sure someone knows your route and time of return. Be aware of extreme weather forecasts.

Life is a Comedy

"I told the doctor about my memory loss; she told me to pay in advance."

Norman Cousins calls laughter internal jogging; the Bible says a merry heart works like a doctor; Freud claimed mirth to be a highly useful way of counteracting tension. In fact few would disagree that laughter makes you "feel good."

How do we, then, go about making "haha's," chuckles and belly laughs part of our everyday lives?

Start with a joke

Having a staff meeting? Share some laughter and cut tension by telling a few jokes before getting down to business.

Put things in perspective

Humor can be insightful; it can make you see others' idiosyncracies as well as your own in the proper light. Going from "haha" to "aha" is productive and useful.

Look at the world through a Candid Camera lens

Joel Goodman, director of the Humor Project at Sagamore Institute in Saratoga Springs, New York, suggests that we observe the silly, goofy—human—events around you as though you were the camera. Not only is this enlightening, it serves to remind you that human imperfections are rarely fatal.



Attack with a laugh

Sticky or embarrassing situations often lose their disconcerting nature when laughter is used as a tool. Humor often wins in battles of wit, and it is also a great ice-cutter.

Practice Private Laughter

When tension gets thick, cut through it by closing your door, thinking of a funny incident, reading a humorous story, or recalling a chuckle-producing anecdote. Nothing is as serious as it seems at the time; this method will help you relax and remember what is important—and what is not.

Taking life too seriously takes its toll; tension and stress accompany the most profoundly solemn occasions. Although you may not possess the knowledge of a doctor, you play the main role in your own personal health. Make finding humor in life's comedy a priority. Do yourself a favor—laugh!

"There are three things which are real. God, human folly and laughter. The first two are beyond our comprehension. So we must do what we can with the third."

John F. Kennedy

Courtesy of HEALTHLINES, Fitness Research Center, The University of Michigan, Ann Arbor, Michigan. Marilyn Edington, Editor.

Annual Blue Envelope Appeal *Make Your Mark on Life Through Supreme Council Charities*

We're told that there is a striking sign on television mogul Ted Turner's desk which reads, *"Either lead, follow or get out of the way."*

If you're sitting there reading these words, you realize that the guy on the other side of the desk is not about to tolerate any nonsense.

When it comes to supporting worthy charities, Scottish Rite Masons have always led the way. We're committed. We're generous. We're leaders.

That's why the annual Blue Envelope Appeal for our Supreme Council Charities has been so successful. Each year, thousands and thousands of Scottish Rite Masons across the 15-state Northern Masonic Jurisdiction take the challenge seriously and send their contributions.

"Many members tell us they wish they could give more," reports Sovereign Grand Commander Francis G. Paul, 33°. There's a reason why so many Scottish Rite Masons look forward to supporting Supreme Council Charities - *this is a way for us to make our mark on life.*

Think about it. Your one gift to the Blue Envelope Appeal supports the famed Scottish Rite Masonic Museum of Our National Heritage in Lexington, Massachusetts, the Scottish Rite Schizophrenia Research Program, and Abbott Scottish Rite Scholarships for deserving young people from Scottish Rite families and members of Masonically-related youth organizations.



● **SCOTTISH RITE MASONIC MUSEUM OF OUR NATIONAL HISTORY** As Masons, we're committed to our country. As Scottish Rite Masons, we've translated that commitment into action. Our Museum and Library in Lexington is a powerful force in communicating the values and ideals we hold so dear. The thousands of visitors come away with a better understanding and a deeper feeling for freedom and liberty.

● **SCOTTISH RITE SCHIZOPHRENIA RESEARCH PROGRAM** Once again, we lead the way. For almost sixty years, we've been a major force in providing much needed research funds so that scientists can work on finding the causes of schizophrenia, the most devastating form of mental illness. Have we made a difference? Yes. There is more help and hope for those who suffer from schizophrenia. Thanks to the research we've made possible, we've left our mark on life.



● **ABBOTT SCOTTISH RITE SCHOLARSHIPS** True freedom comes from education. That's the heart of Masonry. Thanks to our Abbott Scholarships, more and more young men and young women from Scottish Rite families and members of Masonic youth groups are able to continue their education. As support for the Blue Envelope Appeal increases, a larger number of these deserving youth will benefit from our Scottish Rite Scholarships. Can you think of a better way to make your mark on life?

The Blue Envelope Appeal is not just another charity. It is the one way Scottish Rite Masons across our Northern Masonic Jurisdiction can join hands. When you mail your Blue Envelope gift for Supreme Council Charities, you're doing something important. You're making your mark on life.

SORROW — SORROW — SORROW

The Rite Light notes with deep regret the passing of Jack Byron Spear, 33° on November 24, 1988 in Albany, New York.

Ill.: Jack Byron Spear, 33° was born in Ashley, Illinois, on March 18, 1918. He was the son of Fred Byron and Ella Lorane (Jack) Spear. Graduating from the Public Elementary and High School system in Ashley, Illinois in 1935, he entered the University of Southern Illinois the same year, graduating in 1939. He attended post graduate studies at the University of Illinois, graduating in 1940 with a B.S. of L.S. After completing a tour of duty in the United States Army, four years of which consisted of serving as Captain in the Transportation Corps. on the General Staff of SHAEF in the European Theater of Operations during World War II, and upon his honorable discharge from the Army, Brother Spear earned his Master's Degree in 1956 at Columbia University, New York, N.Y.

Ill.: Jack Spear began his professional librarian career prior to entering the Armed Forces, in the Carbondale, Illinois Public Library, 1937 to 1939 and as librarian in the Public High School, Herrin, Illinois during 1940. He continued to pursue his library profession as Assistant Librarian in the Gary, Indiana Public Library from 1947 to 1950; Director of the American Heritage Project in the American Library Association, Chicago, Illinois in 1952; and as an Administrator and Consultant in the New York State Library, Albany, New York from 1951 until retiring in 1985.

Brother Spear was active in community affairs. He served with distinction as President of the Public Libraries Division of the American Library Association in 1954. He established the Bookmobile movement in America, a natural result of his career as a New York State Librarian. He was also listed in "Who's Who in America." Brother Spear was president and member of the Board of Directors of the Albany Lions Club, Albany, N.Y. and its Secretary from 1950 until 1985. He also was elected Vice President of the Sight Conservation Society of Northeastern New York and a member of the President's Committee on Employment of the Handicapped.

Brother Spear was a member of the Trinity United Methodist Church, Albany, N.Y. and member of its official Board, Public Relations and Youth committees.

Ill.: Brother Spear's Masonic career began in Masters Lodge No. 5, F. & A. M., Albany, N.Y., where he was raised a Master Mason on November 26, 1951. He became Master of his Lodge in 1975 and has served as its Historian since 1976. Brother Spear was appointed Region Chairman of the Boundary Commission from 1975 to 1976; the Library and Museum Committee for 1977 to 1986 and Trustee of the Livingston Library of the Grand Lodge, F. & A. M., State of New York, 1986 to present.

Brother Spear is a past District Deputy Grand Master of the Albany District, recipient of the Legion of Honor Award, Supreme Council Order of DeMolay, member of the Capital District Masonic Association since 1972; Masters and Wardens Association of the Albany District; the Past Masters Association of the Old 17th Masonic District, Albany, N.Y.; Vice President of the Advisory Board of the William D. Goewey Chapter, Order of DeMolay since 1967; Cyprus Temple Past Masters Unit, A.A.O.N.M.S., 1975 to date.

Ill.: Jack Spear completed the degrees of the Scottish Rite in the Valley of Albany, October 17, 1953. He became active in the Lodge of Perfection, serving as Thrice Potent Master in 1961. He also went through the chairs in the Grand Council of Princes of Jerusalem and served as Sovereign Prince in 1967. In recognition of his dedication and industriousness in Scottish Rite Masonry, Brother Spear was presented with the Meritorious Service Award at the New York State Council of Deliberation in 1971.

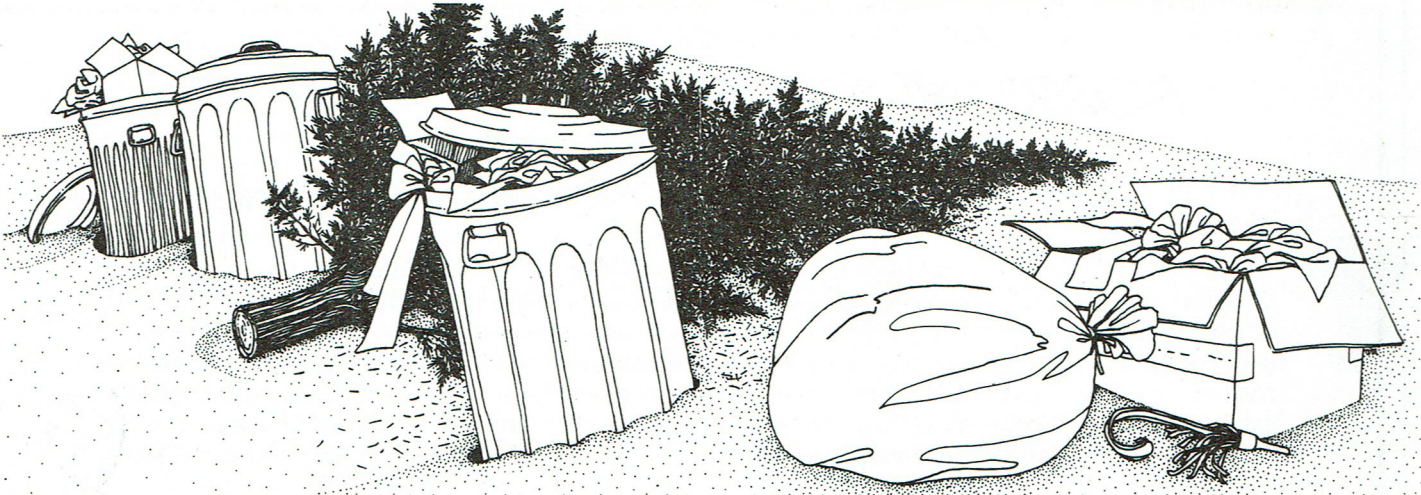
In further recognition of his dedication, as well as his outstanding leadership within the entire fraternity and community, Ill.: Jack B. Spear was created a Sovereign Grand Inspector General, 33°, Honorary Member of the Supreme Council in September 1978, at Cincinnati, Ohio.

Funeral Services (both Symbolic Lodge and 33°) were held on Monday, November 28, 1988 at the Reilly and Son Funeral Home, Albany, N.Y. Interment was in Carbondale, Illinois.

After living a full life in the Albany area, Ill.: Jack B. Spear has left an indelible mark of love for a community he cherished and respected.

May our heavenly Father have him in His Holy Keeping.

CHASE AWAY POST-HOLIDAY BLUES



November and December were filled with lists of tasks. You rushed around preparing feasts and party fare... addressing invitations and greetings... purchasing gifts for family and friends. You celebrated in style. And then began the round of thank-you notes for all the generousities you received.

Or maybe your holidays didn't live up to the visions portrayed on TV and magazine covers. Perhaps you were alone, or you overcharged your credit cards, or you got just plain exhausted from your hectic schedule.

Then CRASH! comes January—and the post-holiday blues set in. It's cold. Snow may be piled high along your sidewalk. The festivities are just memories, and the long winter lies ahead. How do you cope?

"To begin with," says Sharon Burden, director of the Michiana Power Company's Employee Assistance Program in South Bend, Indiana, "you have to remember that pain is a sign of life. There's nothing wrong with it as long as you understand where it's coming from and take steps to work out your problems."

Your erratic holiday schedule, a steady diet of hors d'oeuvres, and determination to have a good time may have taken their toll. Get yourself back into your regular routine with a week of restful sleep, healthy food, and exercise.

Another way to take the edge off is to brighten up your home or office—maybe just rearrange your desk top or display your favorite quilt. You might also want to plunge into a hobby you put off during the holidays.

Exercise and fresh air are super ways to recharge yourself. Ski or toboggan or ice skate. Swim, pedal your bike to your favorite music, or hop on the rowing machine. Whatever your bag, jump into exercise with renewed vigor.

DO NOT try to escape your depression by resorting to drugs such as alcohol, caffeine, or nicotine, Sharon Burden cautions. These temporary interludes will make your situation worse in the long run.

If your depression runs deeper than just the normal temporary letdown after the holidays, or you cannot figure out what's causing you to feel so blue, seek professional help, so you can deal with the root of your problem and solve it.

Start 1989 off on your happiest foot.

Quotes from IMPRINT, Indiana Michigan Power, Fort Wayne, Indiana. Mark Dollins, Editor.

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