



# The Rite Light

VALLEY OF ALBANY

SCOTTISH RITE FREEMASONRY



Vol. XV

Spring 1994

No. 3

## Solemn Ceremony of the Feast of the Paschal Lamb



### Albany

Palm Sunday  
March 27, 1994  
Pine Grove United  
Methodist Church  
Colonie

### Troy

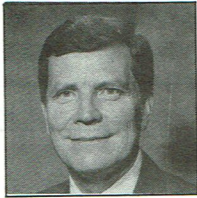
Palm Sunday  
March 27, 1994  
Troy Temple

**SPRING REUNION - SATURDAY, April 16, 1994**

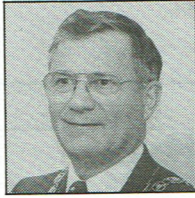


## Allegiance

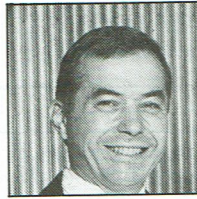
The Bodies of Scottish Rite, sitting in the Valley of Albany, State of New York acknowledge and yield allegiance to the Supreme Council, 33°, Ancient Accepted Scottish Rite Freemasonry for the Northern Masonic Jurisdiction of the United States of America, and whose Officers are:



III. Robert O. Ralston, 33°  
Sovereign Grand  
Commander



III. Bruce W. Widger, 33°  
Deputy for the  
State of New York



III. Richard H. Welkley, 33°  
Active for Area 4

III. Robert O. Ralston, 33°  
Sovereign Grand Commander

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

III. Alfred E. Rice, 33°  
Grand Lieutenant Commander

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

III. Bruce W. Widger, 33°  
Deputy for the State of New York

### Active Members for New York

III. Harold F. Dates, 33° (1986)

III. Richard H. Welkley, 33° (1991)

III. Harold L. Aldrich, 33° (1992)

III. Dwight T. Worthy, 33° (1993)

### Active Emeriti Members

III. John H. Van Gorden, 33° (1974)

III. Raymond C. Ellis, 33° (1979)

III. Ralph M. Tompkins, 33° (1981)

III. Alfred M. Kramer, 33° (1982)

III. James F. Niehoff, 33° (1991)

III. Carlton A. Winchester, 33° (1992)

The RITE LIGHT is published quarterly by Scottish Rite Bodies, Valley of Albany, 67 Corning Place, Albany, NY 12207-1999. Richard G. Barrell, 33° - Editor, 869-0684 or 434-8970; Ronald H. Noll, 32° - Associate Editor, 783-1898.

## ATTEND YOUR



## BLUE LODGE



## Our Source

## For New Members



**Passover: March 27-April 3, 1994.** This eight-day celebration actually begins at sunset on March 26. It commemorates the delivery of the Jews from slavery in Egypt.



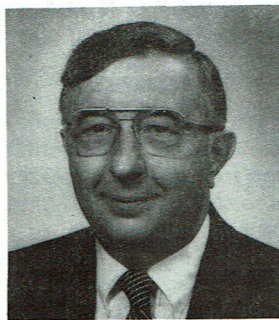
## The Time Is Now!

**Palm Sunday: March 27, 1994.** The beginning of Passion Week that culminates in the celebration of Easter. Palm Sunday commemorates Christ's triumphant last entry into Jerusalem, when a multitude of followers covered the streets with palm fronds.





# MESSAGE FROM THE COMMANDER-IN-CHIEF



## Dear Subline Princes:

Let me start out by wishing you and yours a very HAPPY NEW YEAR as we enter the second half of our Consistory Year.

Let us all make a New Year's Resolution to attend more Scottish Rite meetings - Lodge, Council, Chapter And Consistory. After all, we meet but once a month on the first Thursday.

It is very discouraging when a presiding officer plans a program and only twelve or fifteen members out of a possible 1900 show up. Most of the time the majority of his officers fail to attend. You officers advancing through the chairs need to set the example and at least attend your own group's meetings. Each Body meets only twice a Year in addition to the two Reunions and the Annual meeting. Attending these gatherings and lending support to the elected leaders is not only needed, it is expected.

If all of our elected and appointed officers came to each meeting we would have over 28 present. So, let's make it a point in 1994 to meet our obligations and adhere to our responsibilities as officers in the Valley of Albany.

We will be having a Ladies's Night on Friday, May 5, 1994, at the Crossgates Restaurant, off the Washington Avenue Extension, Albany. We moved this event to the Springtime to get away from the Winter weather plus all of the other activities we have around the December Holidays. Please mark your calendar for May 5. More detailed information may be found elsewhere in this issue.

Two other events I would like to bring to your attention. On October 8, 1994, we will be honoring Bill Tschumi, the newest recipient of the Meritorious Service Award. The testimonial will be held at the Troy Masonic Temple.

On November 12, 1994, we will be honoring Alan C. Lewis, who by that time should have been coroneted an Honorary Member of the Supreme Council, 33°. His testimonial will be at the Holiday-Turf Inn, Colonie.

More information on both of these events will be forthcoming.

I cannot emphasize enough how important it is for us to bring in those petitions for new candidates for our Spring Reunion. The Grim Reaper has removed from our midst many of our faithful members and unfortunately, we have had to unaffiliate many for nonpayment of dues. Ask your Blue Lodge companion who is not a member of Scottish Rite to fill out a petition now!

If we do our part, the Spring Reunion will be a great success.

William V. Iacocca  
Commander-In-Chief

## THE WORKING TOOLS

*Do you measure how you act in life,  
with the twenty four inch gauge?*

*Do you use the common gavel,  
to get rid of hate and rage?*

*Do you plumb your own existence,  
with God's pure holy word?*

*Do you square things with Him daily,  
are your prayers ever heard?*

*Do you level your sights humbly,  
with the light He's given thee?*

*Do you trowel in good intentions,  
with the cement of charity?*

*If you do these things my brother,  
and use the compasses as your guide.*

*Then the meaning of the working tools,  
forever will abide.*

*Do you keep your thoughts pure,  
like the beautiful lambskin?*

*Do you go the length of your cabletow,  
when dealing with a friend?*

*Do you climb the winding staircase,  
and make each step your duty?*

*Do you support the Masonic lodge,  
with wisdom, strength and beauty?*

*Do you know you're always under,  
the all-seeing eye?*

*Do you realize God's majesty,  
as you look at the night sky?*

*When your life on earth is over,  
and God calls you to His side.*

*As He checks your use of the working tools,  
may He smile on you with pride.*

Lanny M. Covey

AUTHOR

(El Paso Scottish Rite  
Bulletin)



**"Knowledge can be  
communicated, but  
not wisdom."**

**—Herman Hesse**



## Abbott Scholarship Applications

Some major changes have taken place with this year's guidelines for submitting an application.

The form itself has been revised and is BLUE in color. ONLY this

new form may be used.

### Applicants MUST:

Submit the forms in duplicate no later than March 15, 1994, to the Valley Secretary.

Be children or grandchildren of SCOTTISH RITE MASONS - whether living or deceased.

Have completed at least one year in an accredited two or four year college, university or special school. High School Seniors anticipating college do NOT qualify.

Submit duplicate copies of their college transcripts together with letters of recommendation.

At least one CONFIDENTIAL letter of recommendation should be sent to the Valley Secretary from the student's Counselor or Instructor.

Scholarship Awards will be for a minimum of \$500.00. Award checks will be made payable to the recipient. These monies are to be used SOLELY for college expenses (i.e. tuition, books, supplies, room and board). The Scholarship Committee must be assured, and will confirm that this requirement is being met.

Those wishing to apply should call (518) 434-8970 or write to the Valley Secretary, 67 Corning Place, Albany, New York 12207-1904.

## THE ABBOTT SCHOLARSHIP FUND

Have you ever wondered who Abbott is or was, or how the Fund got started? Well we did--and from the pages of "A History of The Supreme Council, 33°, A.A.S.R., N.M.J., U.S.A.", we learned a lot about Abbott and the Fund--one of the three great charities supported by your "Blue Envelope" contributions.

III. Leon Martin Abbott, 33°, was the Sovereign Grand Commander of our Ancient Accepted Scottish Rite, Northern Masonic Jurisdiction. He held that office from 1921 to 1932 when he died in office. Brother Abbott was born in 1867 in New Hampshire. He attended Massachusetts Institute of Technology and Harvard Law School, graduating in 1891. He practiced law throughout an active life and achieved great eminence in his profession. He became a Master Mason in Boston in 1894, a Scottish Rite Mason in 1896, and received his 33° in 1906. Three years later, in 1909 he was crowned an Active Member, and in 1910 he became the Grand Lieutenant Commander and then Sovereign Grand Commander in 1921. Throughout the robust period of Scottish Rite growth in the 1920's, and into the first years of the Depression, he was a steady hand at the helm. His sudden death at age 65 shocked the Fraternity. He was an able leader, a learned, educated man, and a distinctive Sovereign Grand Commander who left an indelible imprint upon the Fraternity, which he loved and served so well.

In his will he left three separate gifts to "The Trustees of the Supreme Council." The first was \$50,000 for a special Supreme Council Education and Charity Fund, to be accumulated with the income until the total should be \$100,000, and then the income only to be devoted to scholarships, preferably for "the study of clean journalism." This Fund was known by the name of The Abbott Scholarship Fund. The second gift was another \$50,000 for "charitable, benevolent or educational uses." The third gift was one-third of the residue of the estate.

Beginning in 1932 the Supreme Council provided scholarships to 12 university schools of journalism and two schools of international service. In 1986, the Supreme Council closed out the grants to these schools and approved the expansion of the program to provide for grants to be made directly to the children and grandchildren of Scottish Rite members or to young people who have been members of youth organizations--DeMolay, Rainbow Girls, and Job's Daughters.

A portion of your "Blue Envelope" contribution goes into the Abbott Scholarship Fund and continues this program of educational assistance to our young people. Please use your "Blue Envelope."

*When a person's first love is himself, he never finds a good successor.*

*Something for Everyone's Taste*



## LADIES NIGHT

Friday Evening, May 5, 1994

CROSSGATES RESTAURANT

OFF

WASHINGTON AVENUE EXT.

ALBANY

*Refreshments*

*Fellowship*

**LADIES NIGHT May 5**

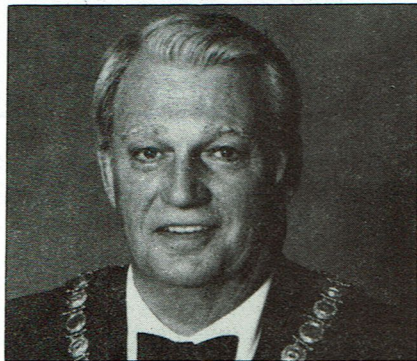


# Our Guest Speaker for the Feast of the Paschal Lamb

March 27, 1994

**Ill.' Earle J. Hino, Jr., 33°**

Deputy Grand Master, Grand  
Lodge of New York



The Rite Light joins the Most Wise Master, Benjamin T. Garry, 32°, in welcoming our distinguished guest, Ill.' Earle J. Hino, Jr., 33°, as our principal speaker at this year's Solemn Ceremony of the Feast of the Paschal Lamb, March 27th.

Earle J. Hino, Jr. was born in Buffalo, New York on August 14, 1933. The first of three children born to Earle J. Hino, Sr. and Adeline M. (Moore).

Illustrious Brother Hino married Barbara P. Cawley (now deceased) in January of 1957. They were blessed with a daughter, Holly Ann (Gallo) now residing in Sarasota, Florida.

Brother Hino is a Manufacturing Manager, educated in the Metropolitan Buffalo Area School System, including the University of Buffalo, majoring in Business Administration and Psychology. He also earned Management Certificates of Achievement while

attending Management Seminars at Princeton. He was a member of the New York Eta Chapter of Phi Kappa Psi National College Fraternity, and was a recipient of the Pilot Freight Carrier's Association Scholarship for academic achievement.

An active Sports enthusiast, Brother Hino is a former Intercollegiate Wrestling Champion and received prominence as a National United States and Canadian Rowing Champion, while having membership with the Westside Rowing Club of Buffalo.

Active in showing, exhibiting and judging Pure Bred Dogs, he is a former President of the Great Dane Club of Western New York.

Our Illustrious Brother was raised in Casimir Pulaski Lodge No. 1158, Buffalo, NY and served as its Worshipful Master in 1969.

He has served on several Grand Lodge Committees since 1970. In 1990, he was elected Senior Grand Warden and in 1993, Deputy Grand Master, which office he now holds.

Brother Hino was Excellent High Priest, Royal Arch Masons, in 1966 and served as Grand High Priest, RAM in 1981.

He became Illustrious Master of Keystone Council No. 17, Buffalo, NY in 1971, and was elected Grand Master, Cryptic Masons in 1989 and 1990.

He also was elected Eminent Commander of Tancred Commandery No. 80 KT in 1969.

Brother Hino joined Scottish Rite Masonry in the Valley of Buffalo in 1958 and has served with distinction as Sovereign Prince and Commander-In-Chief.

He was coroneted an Honorary Member of the Supreme Council, 33° in 1986.

**REMEMBER** old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomachs.

I have become a little older since I saw you last and a few changes have come into my life since then. Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen every day. As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Then Charlie Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day I'm really tired and glad to go to bed with Ben Gay. What a life!

P.S. The Preacher came to call the other day. He said at my age I should be thinking about the hereafter. I told him, "Oh, I do all the time. No matter where I am - in the parlor, upstairs, in the kitchen or down in the basement, I ask myself — What am I here after?"

## THE BRIDGE BUILDER

*An old man travelling a lone Highway  
Came at the evening cool and gray  
To a chasm deep and wide.  
The old man crossed in the twilight dim;  
The sullen stream had no fears for him  
But he turned when he reached the other  
side  
and built a bridge to span the tide.  
Old man, cries a fellow way-fairer near,  
You are wasting your time with building  
here,  
Your journey will end with the closing day,  
You never again will pass this way,  
You have crossed the chasm deep and wide,  
Why build you a bridge at eventide?  
The old man raised his old gray head:  
Good friend, on the path I have come, he  
said,  
There followeth after me today  
A youth whose feet will pass this way,  
This stream which has been as naught to  
me  
To that fair-haired boy may a pitfall be  
He too must cross in the twilight dim  
Good friend I am building this bridge for  
him.*



# First Lady Firsts

**H**illary Rodham Clinton's role in the White House has focused much attention on the role of the First Lady. This Presidents' Day, February 21, let's celebrate the accomplishments of the country's first women!

We've jumbled the names of several notable First Ladies. See if you can unscramble them with the help of the clues provided.

**Need more help? Choose from these First Ladies:**

Hillary Rodham Clinton  
Abigail Fillmore  
Caroline Harrison  
Lucy Hayes  
Jackie Kennedy  
Mary Todd Lincoln  
Dolley Madison  
Nancy Reagan  
Eleanor Roosevelt  
Edith Wilson

**1.** Although she was the first First Lady to address national projects (she spearheaded a drive to provide supplies for the Lewis & Clark expedition into the West), this woman may be known best for being the first to serve ice cream in the Executive Mansion.

MLNODOYLA SDIE

**2.** Because she had three close relatives serving in the Confederate Army, this First Lady endured persistent accusations that she was a traitor.

LDDONCNYROAM LTI

**3.** Before becoming the 13th First Lady, she was the first wife of a future president to hold a job after marriage—teaching.

GBLEROMLIAIFLIA

**4.** The 19th First Lady, she was the first to have a college degree and the first to be called First Lady.

YYESCULAH

**5.** This Arkansas lawyer was the first to receive a standing ovation from Congress.

DNOLLYRONTLCAAHIRHMI

**6.** She held executive control when her husband was felled by a stroke. Although she insisted he was consulted on every issue, it was widely believed that she effectively was the first "First Lady President."

WHTOSLDIENI

**7.** This former actress was the first to have an autobiography published before she got into the White House.

GRENNYCAANA

**8.** This "First Lady of Glamour" initiated an ambitious restoration of her new home, published the first *Historic Guide to the White House*, and opened her home to the entire nation with a televised tour.

KJNENEKCAIEDY

**9.** This 23rd First Lady was the first to publicly associate herself with two struggling women's organizations: The Daughters of the American Revolution and The Women's Medical Fund of Johns Hopkins School of Medicine.

RRNICARONSLHAIEO

**10.** This First Lady traveled extensively as her wheelchair-bound husband's "eyes and ears." She was the first to hold a press conference and the first to refuse to have a Secret Service agent assigned to her.

OORVLEENROSETELA

10. Eleanor Roosevelt  
9. Caroline Harrison  
8. Jackie Kennedy  
7. Nancy Reagan  
6. Edith Wilson

5. Hillary Rodham Clinton  
4. Lucy Hayes  
3. Abigail Fillmore  
2. Mary Todd Lincoln  
1. Dolley Madison

Answers:

## Spring Reunion - Saturday, April 16, 1994



# Ancient Accepted Scottish Rite

NORTHERN MASONIC JURISDICTION, U.S.A.  
VALLEY OF ALBANY, N.Y.

MASONIC TEMPLE, 67 CORNING PLACE, ALBANY, N.Y. 12207

## PETITION FOR DEGREES / AFFILIATION (Cross Out One)

To the Officers and Members of

INEFFABLE AND SUBLIME GRAND LODGE OF PERFECTION 14°  
GRAND COUNCIL PRINCES OF JERUSALEM 16°  
ALBANY SOVEREIGN CHAPTER OF ROSE CROIX 18°  
ALBANY SOVEREIGN CONSISTORY S. P. R. S. 32°

I, \_\_\_\_\_, the undersigned hereof, respectfully show that I am desirous of being admitted as a member of your honorable body, and request that I may be received among you, and I will ever pray for the prosperity and glory of the Fraternity and the welfare of the Brethren.

In making this application, I promise on my word of honor that, should I be elected and become a member of your honorable body, I will bear true faith, allegiance and fealty to the Supreme Council of Sovereign Grand Inspectors General of the Thirty-third and last Degree, of the Ancient Body is now holden, and will support and abide by its Constitutions, Orders and Decrees; that I will hold allegiance and be loyal to the said Supreme Council as the Supreme Power of the said Rite within the Northern Masonic Jurisdiction of the United States; that I will hold as illegal and spurious every other Body of whatever degree claiming to be of the said Rite, that may be established within its Jurisdiction, that is not holden mediately or immediately under its authority and will hold communication whatever in Scottish Rite Freemasonry with any member of the same, nor allow him to visit any body of the said Rite and which I may be a member; and should I violate any part of this promise I consent to be expelled from Scottish Rite Freemasonry and to forfeit all my rights therein, and in any Body of the Rite, and be denounced to every body thereof in the world as a traitor and forsworn. "And may God aid me to keep and perform the same. Amen."

Name in Full (Print) \_\_\_\_\_  
First Name Middle Name Last Name (NO INITIALS)

Date of Birth \_\_\_\_\_  
Month Day Year

Place of Birth \_\_\_\_\_  
Town State or County

Residence \_\_\_\_\_  
Street and Number City Zip Code

Your Mailing Address (If different than Residence) \_\_\_\_\_  
Street Number City Zone No.

Have resided in above place since \_\_\_\_\_

Have resided in New York State since \_\_\_\_\_

Occupation \_\_\_\_\_

Business Address (or Employer) \_\_\_\_\_

Telephone No. \_\_\_\_\_  
(Home) (Work)

Were you ever a member of the Order of DeMolay? \_\_\_\_\_

I have \_\_\_\_\_ before petitioned for the degrees of the Rite; and was \_\_\_\_\_

I am a member of \_\_\_\_\_ Lodge, No. \_\_\_\_\_ Located at \_\_\_\_\_

I am a member of \_\_\_\_\_ Lodge of Perfection \_\_\_\_\_ Council, P. of J.

\_\_\_\_\_ Chapter of Rose Croix \_\_\_\_\_ Consistory; located at \_\_\_\_\_

Date \_\_\_\_\_ Candidate's Signature \_\_\_\_\_

Recommended By \_\_\_\_\_ Signature \_\_\_\_\_  
(Please Print)

	Lodge	Council	Chapter	Consistory	Total
* Initiation	\$35.00	\$25.00	\$25.00	\$50.00	\$135.00
Dues	\$ 9.00	\$ 4.00	\$ 5.00	\$ 9.00	\$ 27.00
Assessment	\$ 4.00				\$ 4.00

NOTE: Rules and Regulations— Article 1, Section 20 An accepted petitioner must be present himself for the degrees within one year of his election, or the election shall lapse, unless the time is extended by unanimous vote of the body by ballot. Each extension by vote shall be for one year.

\* At least \$50.00 must accompany petition.



## A Bit O' Irish Lore and Legend

On St. Patrick's Day, many Americans will proudly claim an Irish heritage—even if their connection with “the auld soil” is tenuous at best. How can you separate these green-wearing, song-singing “wannabes” from true sons and daughters of Erin? Ask them what a shillelagh is. Or how shamrocks fit into the St. Patrick's legend. Or why leprechauns are bad-tempered. No matter what blarney they answer with, all can enjoy these and other bits o' Irish trivia.



♣ Legend has it that when St. Patrick was trying to explain the concept of the Christian Trinity, he plucked a shamrock from the ground and used its three-leafed shape to demonstrate. The name shamrock comes from the Gaelic word for the trefoil (three-leafed) plant: *seamrog*. The shamrock has long been a national symbol for Irish identity—and rebellion. Queen Victoria disallowed the “wearing of the green” by Irish soldiers in her armies.

♣ A shillelagh is a short, stout club, originally cut from oaks of the Shillelagh Forest in County Wicklow. But over the centuries, Ireland lost most of its forests to cultivated fields. Oak became rare and shillelaghs were cut from blackthorn hedges, instead. Today, in most St. Patrick's Day parades, officials carry blackthorn walking sticks.

♣ St. Patrick is reputed to have driven the snakes from Ireland. While the island country is completely free of snakes, the legend probably arose from the use of snakes as symbols of wisdom by the Druids. In the Christian faith, the snake represents evil. St. Patrick's missionary success figuratively drove away “evil” and literally drove the Druids—and their snake symbols—into obscurity.

♣ The Irish have long nurtured legends of “the little people.” One word for the “wee ones” was *luchorpan*, which long ago became confused with the Irish word for “shoemaker.” Popular perception at the time was that shoemakers usually lived alone and were grouchy, spiteful souls. Ever since, *leprechaun* legends have involved solitary, mean-spirited, bad-tempered, rich fairies. If you catch a leprechaun, you can demand his cache of gold as ransom for his release. But leprechauns can't be trusted—in most stories, they cleverly escape without paying.



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### TEN COMMANDMENTS OF HUMAN RELATIONS

1. **Speak To People** . . . there is nothing as nice as a cheerful word of greeting.
2. **Smile At People** . . . it takes 72 muscles to frown only 14 to smile.
3. **Call People By Name** . . . the sweetest music to anyone's ears is the sound of his/her own name.
4. **Be Friendly And Helpful** . . . if you would have friends, be friendly.
5. **Be Cordial** . . . speak and act as if everything you do were a genuine pleasure.
6. **Be Genuinely Interested In People** . . . you can like everybody if you try.
7. **Be Genuinely Generous With Praise** . . . cautious with criticism.
8. **Be Considerate With The Feelings Of Others** . . . it will be appreciated.
9. **Be Thoughtful Of the Opinions Of Others** . . . there are three sides to a controversy - yours - the other fellow's - and the right one.
10. **Be Alert To Give Service** . . . what counts most in life is what we do for others.

**St. Patrick's Day**  
17 March 1994





# Annual Ladies' Night



After a brief absence, our Annual Ladies' Night is back with gusto! Our gala extravaganza will be held on Friday, May 6, 1994 at the Crossgates Restaurant and Banquet House, Washington Avenue Extension and Rapp Road, Albany, New York, (right behind the Pine Bush Police and Fire Station; second traffic light going west on the Extension past Fuller Road).

Our evening will begin at 7:00 p.m. with a Social Hour featuring a cash bar and complimentary hors d'oeuvres. Dinner will be served promptly at 8:00 p.m.. You may choose Boneless Stuffed Chicken Breast, Roast Sliced Sirloin of Beef or Baked Scrod. The cost for this delicious repast is \$25.00 per person.

The music for the evening will be provided by the Boogie Buggy. You will be able to dance to your favorite melodies and tunes of today and yesterday. Toe tapping is available for those less inclined to 'trip the life fantastic'.

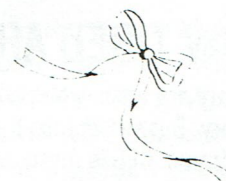
Please use the Reservations Form below and mail it with your check (payable to A.A.S.R.) to Russell LaGrange. Be sure to specify your choice of entree and any preference for seating arrangements.

In Scottish Rite, we set aside one night each year to honor our fair ladies. Let's show them how much we appreciate them by taking them out and treating them to an evening which is going to be truly enjoyable for all.

Save May 6th! See you there!!



## Early Reservations being taken for Annual Ladies' Night May 6, 1994



### RESERVATION FORM ANNUAL SCOTTISH RITE LADIES NIGHT

NAME (PLEASE PRINT): \_\_\_\_\_ TELEPHONE # : \_\_\_\_\_

TITLE: ☐ Illustrious ☐ M.S.A. ☐ 32° ☐ Other (check one)

Number of Reservations Requested: \_\_\_\_\_ at \$25.00 per person. Enclosed:\$ \_\_\_\_\_

Choice of Entree: ☐ Boneless Stuffed Chicken Breast ☐ Roast Sliced Sirloin of Beef ☐ Baked Scrod

Please Seat Us (Me) With: \_\_\_\_\_

Make Check Payable to A.A.S.R. and Mail to:

Russell La Grange, 115 Clermont Street, Albany, New York 12203 Telephone: 438-7128

Signature: \_\_\_\_\_



## DIABETES IS DEADLY

**D**iabetes is a serious disease—more serious than many people perceive. Because attention to diet and insulin treatments allow many sufferers from diabetes to appear to live normal, active lives, there is a common misperception that diabetes is not a serious threat. But people with diabetes can suffer a variety of serious complications, including increased heart attacks and strokes, blindness, and kidney disease. And diabetes has no cure.

What exactly *is* diabetes? It's a disease in which a body is unable to properly store and use glucose, a form of sugar produced by the digestive system and a vital energy source for the body. Insulin, produced by the pancreas, is needed to process glucose. With diabetes, the body does not properly regulate the production of insulin.

There are two types of diabetes. About 20% of those with the disease have "juvenile diabetes" and need regular injections of insulin because their bodies produce little or none of it. It usually occurs in those under 40 and its onset is often rapid and severe.

In the "adult" form of diabetes, the body still produces insulin, but is unable to use it properly. Symptoms are usually mild; in fact, about half of all people with this form of diabetes don't even know they have it, and when they do, the disease can be controlled with diet and exercise. Nevertheless, it can still result in serious complications.

Know the warning signs: drowsiness, itching, a family history of diabetes, blurred vision, excessive weight, tingling and numbness in feet, easy fatigue, skin infections, and slow healing. If these symptoms apply, see your doctor. Early treatment can be relatively simple and convenient.

## HOW TIRED ARE YOU?

**T**here are times when fatigue and stress are natural and temporary. But sometimes they signal the onset of Chronic Fatigue Syndrome. CFS is more than just "recurrent fatigue," "stress," or "depression." It is a debilitating and devastating physical illness that is recognized as a distinct condition by the National Institutes of Health and the U.S. government's Centers for Disease Control.

CFS is a disorder that is still quite a mystery to the medical profession, as well as to the general population. Many of the symptoms—persistent tiredness, recurring dull headaches, joint and muscle aches, feverishness without high fever, depression, and tender lymph glands—occur in connection with other illnesses, making CFS difficult to diagnose. There is no definitive blood or other diagnostic test. Often, the onset of the illness is related to a common infection, such as bronchitis, a cold, mononucleosis, and other respiratory or gastrointestinal illness, from which the victim never completely recovers.

There is no known cure for CFS, but there are many medications available that can lessen its symptoms. And a number of support groups have been established to help those suffering from CFS. For more information, write the National Chronic Fatigue Syndrome Association, 3521 Broadway, Suite 222, Kansas City, MO 64111.



## TAKE A STAND AGAINST FOOT PAIN!

**F**eet are probably one of the most underrated parts of the body. We expect them to bear the brunt of our weight, carrying

us for miles, and yet we jam them into footwear that are often unsuitable for their basic function. The result? Everything from painful blisters and bunions to fallen arches and poor circulation. What can you do to stamp out foot pain? Here are some suggestions.

Wear comfortable walking shoes that fit well, especially at the heel. In a survey conducted by the American Orthopedic Foot and Ankle Society, 88 percent of women who complained of foot pain were wearing shoes that were a size smaller than their feet called for. When shopping for new shoes, go in the afternoon or evening, when your feet have swollen after a long day's work. Leave a thumb's width between the tip of your longest toe and the end of your shoe. And remember your feet spread and get larger as you age.

If you stand for long periods on the job, try to walk around your work area from time to time. Move up and down on your toes to keep the blood pumping. When on a break, elevate your feet slightly. At home, stretch and flex feet and leg muscles once or twice a day. And women should vary the heel height of shoes during the workweek. This will help keep leg muscles stretched.

## A ROSE BY ANY OTHER NAME...

**S**ome people are just born to their professions. A survey of physicians in the U.S. and Canada found:

- 5 doctors named Cure, 9 named Fix, 5 named Heal, and 7 named Helper.
- 2 doctors named Drill, 38 named Hurt, 2 named Probe, 34 named Paine (2 named Pain), and 16 named Needleman.
- 21 named Doctor (5 named Docter) and 7 named Nurse.

Other eyebrow-raising names include: Drs. Frail, Cutz, and Noble.

**Source:** *The 1992 American Medical Association Directory of Physicians in the United States and The 1993 Canadian Medical Directory.*



# It's Easy To Forget

Brethren:

I heard Masonry's obituary spoken the other day.

No, it was not delivered in a formal ceremony, with candles burning and friends in attendance weeping. There was no long eulogy, pronounced by a revered Masonic orator.

It was just a simple statement, spoken innocently, by a lady, as a casual and passing remark. She was part of a church group, touring one of our beautiful Scottish Rite Temples in our State. She did not even fully understand it was a Masonic Temple the group was visiting. And when the tour guide made that clear to her, she said, with sudden memory,

"Oh yes, the Masons. I've heard of them. They used to be important."

Yes, it was an innocent remark, innocently made. But it struck an awful terror in my heart.

"They used to be important."

Could any sentence so well sum up the attitude of the non-Masonic public today? Or so clearly explain just what problem we have?

Would you, if you knew nothing about the Craft, want to join an organization that "used to be important?" Would you be moved to become a member of an organization that you and your friends perceived to be dead, or dying?

Of course not! Yet that's the problem in so many communities today. Masonry has become so "absent" that there is essentially no one outside the fraternity who realizes it even exists. There is great risk of the outside world thinking of Masonry as

a "has been".

For if Masonry is not a force in the community, if people do not see that we are an organization for today, making good things happen in today's world, or if they cannot recognize the influence it has in the lives of our members, then all our beautiful ceremonies, our honored titles, and our magnificent temples will indeed become as irrelevant as hearing old men argue about a baseball game played eighty years ago.

Brethren, the problem is not them. It is us. The relevancy of Masonry begins in the heart of every Mason.

For if we believe in our hearts that the future of Masonry is not as some dying, has-been entity, but as a dynamic, growing, important part of American life, then we must become active, now, in making things happen.

And it doesn't have to be a national program, pumping millions of dollars into some worthy cause. Such programs are indeed important - but they are not the only way for Masonry to make a difference in the world, nor even the best way.

Freemasonry makes a difference when individual Masons decide it will make a difference.

It's up to you and me - individually. We can each do important things that make Masonry visible in our communities. We, personally, can make a difference in a hundred ways, with just a little time and effort. When we, and a couple of our friends decide that we are going to tackle this project, or honor that teacher, or help a child, or be a volunteer at our local school,

or just stand around helping with a Masonic emblem on our cap or lapel, we are being recognized as Masons doing good. We are making things happen.

More importantly, when we live as Masons and practice it in our hearts, we set ourselves out and apart from our fellow-man. When we see and live Masonry as a virtuous and right way of living and thinking and acting, then the public will begin to see our influence and expect more from us than others. When we do right only because of our love for that which is right, then we are truly good men. It's really a simple concept. After all, ideals are the most powerful influence on earth.

Brethren, when people say "Masonry is important", rather than, "It used to be important", then we will have no more problems in Masonry. Then, as in the past, it will be a magnet for the best men in the community - the men who are determined to make the world a little better.

Then, as in the past, men will wear their Masonic emblems with pride, and will be noticed for it. And what is said about us will not become our obituary, but a golden promise of a glorious future.

Sometimes it's easy to forget.

Yours in Fraternity,

*Paul T. Million, Jr.*  
 # PAUL T. MILLION, JR.  
 Sovereign Grand Inspector General  
 in Oklahoma

(The above article appeared in "THE OKLAHOMA SCOTTISH RITE MASON".

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***and Relighting of The Lights***

**SUNDAY, MARCH 27, 1994**  
**Pine Grove United Methodist Church**  
1580 Central Avenue in the Village of Colonie



**Dinner will be at 6:00 PM with the Ceremony commencing at 7:30 PM.**

Our meal will include roast turkey, homemade stuffing, real mashed potatoes,  
a combination of cut yellow and green beans, *and* homemade pies.  
Pine Grove is known for its fine dinners, so don't miss out.

The ceremony will take place in the Church's sanctuary. Our guest speaker will be  
**Deputy Grand Master Earle J. Hino, Jr.**

**DON'T FORGET**

**OUR NEXT MEETING FOR CHAPTER OF ROSE CROIX**

**--->--->---> THURSDAY, MARCH 3, 1994 <---<---<---**

**Please provide the following information:**

Number Attending

Cost

DINNER.....\$8.00    X    \_\_\_\_\_    =    \_\_\_\_\_

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**MARCH 18, 1994**

