

# Freemason

TICKET OFFICE



FREEMASONS  
NSW & ACT

WAITING ROOM

GENTLEMEN

# Mortuary Railway Station



<b>Editorial</b>	<b>3</b>
Grand Master elected	4
<b>Quarterly Communication</b>	<b>6</b>
Young Achievers Awards	7
The nose knows	8
Mortuary Station	10
<b>Grand Secretary's Page</b>	<b>12</b>
Masons in music history	13
Under pressure	14
<b>Message from the Grand Chaplain</b>	<b>16</b>
Unusual names	17
Women in the Police Force	18
A new organ	19
Photo tips	20
<b>Freemasons' Association</b>	<b>22</b>
<b>Associated Orders</b>	<b>23</b>
Election is an honour	24
An exotic train ride	26
A family tradition	28
The art of belonging	29
<b>Famous Masons</b>	<b>30</b>
An American guest	32
<b>Have your say</b>	<b>32</b>
<b>Book Reviews</b>	<b>33</b>
Pleasure in Ritual	34
Food for the needy	35
Masonicare	36
Satisfaction in the lodge	37
<b>Regional Roundup</b>	<b>39</b>
<b>Initiates</b>	<b>44</b>
<b>Crossword</b>	<b>45</b>
<b>Service Certificates</b>	<b>46</b>



**Freemason**

**Mortuary Railway Station**

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Mortuary Station.

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# Freemason



The Official Journal of  
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and Australian Capital Territory

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## Editorial Policy

### Aims of the Freemason magazine

- o To uphold and promote those values, morals and virtues which Freemasonry believes are universal and enduring.
- o To foster a better understanding of Freemasonry within the general community.
- o To provide a forum for discussion on masonic issues.
- o To publicise the charitable works of Freemasonry.
- o To provide articles of interest and education and to disseminate masonic news and views.
- o To recognise masons who make significant contributions to the Craft and the wider community.



# Travel makes friends

A philosopher once wrote: **'The world is a book and those who do not travel read only one page.'** Because a young man in England became enthusiastic about temperance, **countless people all over the world have now read a vast number of pages.**

**T**his young man earned his living as a woodturner but when the business slowed he became a travelling missionary for the temperance movement.

In 1841, sixteen years after a Midland Railway locomotive pulled the first passenger train, he came up with the idea of trying to persuade the railway company to run a special train for a group of temperance workers who wanted to attend a convention in London.

He promised to make all the arrangements and he handled the details of this project so efficiently that two other groups got him to plan similar trips for them. This made him wonder why somebody wasn't making a business of planning trips and eventually he decided to be that somebody.

His name was Thomas Cook and it wasn't long before 'taking Cook's tours' had become popular throughout the British Isles. His local business was so successful that he set up branch offices throughout the world where trained staff planned every detail for inexperienced travellers.

...it wasn't long before 'taking Cook's tours' had become popular throughout the British Isles.

Railroads and hotels paid him a commission on the new business he brought them and in 1872 he planned his first round-the-world tour. The American Express Company, now a world-wide company, did not add travel service to its business until 40 years later.

Now, what has this to do with Freemasonry? Simply, as travel broadens your horizons and introduces you to different areas and countries, so it introduces you to new people. And that is one of the pleasures as well as a bonus for masons.



When you are welcomed as a visitor to a lodge outside your own city, whether in a country area, interstate or overseas, it introduces you to a whole new world.

Visiting your local lodges creates new friendships, introduces your lodge and quite often results in return visits which improve the quality of your meetings, especially if you have a candidate. Some lodges which have few candidates depend on their visitors to help create a night to remember.

Today's world does not give us much free time, especially for those working, but even one night a month to go out and relax with like-minded people can be a big bonus.

So do you have a free night this month and are you going to use it or waste it? Think of all the years that have passed where you have said to yourself: 'I'll do it tomorrow.' Use every moment wisely because you can never have too many friends. 

## Interested in Freemasonry?

Have you ever wondered about Freemasonry – what it is and what its members do? Do you ever think about joining but don't know any masons or what action to take to find out more?

*If you are interested and would like to talk with a mason, contact Grand Lodge who will put you in touch with a member from your suburb who can give answers and advice.*

Grand Lodge is available Monday to Friday on (02) 9284 2800 or you can contact us by email at [info@masons.org.au](mailto:info@masons.org.au)



# Our Grand Master-elect

The Deputy Grand Master, **RW Bro James Robert Melville** will become the **37th Grand Master of The UGL of NSW and ACT** when he is installed at the Sydney Town Hall in August this year.



At age 44, he will also become the youngest Grand Master for this State, taking the title from the late MW Bro Robert Hammond by four weeks.

Jamie was born in Sydney to Bill and Aileen Melville as the youngest of four children and grew up in the Peakhurst area. Growing up, he was involved in local sport, including cricket, soccer and judo in which he won a state title.

He was also involved with his local Scout group (1st West Peakhurst) where he became the Assistant Scout Leader. He was educated in Peakhurst West Primary and then continued to Peakhurst High School, leaving in 1985.

After his apprenticeship as an electrician, he left to gain more experience with various electrical contracting companies. Deciding on a career change, he left the electrical trade to work in the transport industry but after a few years an opportunity became available to get back into the electrical industry with Clipsal. He is now with the Eaton Corporation.

Jamie's first introduction to Freemasonry was through the Scouting movement and the awards nights hosted by Lodge Baden Powell for local Rovers Crews. A close family friend introduced him to Lodge Sylvania through an Open Night in 1992.

He joined the Lodge on 8 August 1992, was passed 17 November and completed his Third Degree on 16 February 1993. He progressed through the various positions until April 1998 when he was installed as the WM, a position he held for two years.

Jamie joined the Grand Lodge Ceremonial Team in 2002 as a Grand Steward and progressed through to become Senior Grand Warden in 2007. He is a member of

Lodge Sylvania, affiliated with Lodge Castlereagh in May 2006 and the Grand Stewards Lodge in September 2006. He was also a member of the Grand Lodge Demonstration Team and was appointed Assistant Grand Master in 2009. He was appointed Deputy Grand Master in 2011 and retained that position for the next three years.

**I believe the most important part of Freemasonry is its membership...**

In his career through the Craft, he became Treasurer of the Freemasons' Association in 2008, appointed to the Board of Management Private Lodges committee in the same year and to the Ritual Advisory Committee in 2009. His continued interest also earned him the position in 2013 as an Accredited Trainer.

He has numerous interests in Freemasonry, especially the Lodge of Instruction, District Associations, Associated and Concordat Orders and Buildings.

'I believe the most important part of Freemasonry is its membership and to be able to provide programs to give every member a sense of being able to feel proud when we talk amongst our family and friends. A strong connection with our community is something I encourage all to embrace,' he said.

'It is important to continue what our previous administration has worked on in relation to fiscal management and corporate governance. I will continue to work with the Board of Management, lodges and districts to encourage a back-to-basics and re-introduce and renew some of the traditions of old.

'I see the Lodge of Instruction as one of our greatest assets, not only for the ritual work but in the educational role it provides to all masons.

'For lodges to work individually is a challenge but I will encourage districts to come together and share ideas in a formal structure. The community does not look at us as a lodge but as Freemasonry. And one of the strengths of our Craft today is that it is made stronger by brethren who have joined other Orders. I believe we need to pool all of our constructive ideas and work together for the whole masonic family.

'Masonic certification has been a great way to standardise our masonic meeting places but more work needs to be done. I will expand the STEP Program to utilise local project masonic managers, to include assisting brethren, masonic widows and members of the community when needed to work on local projects. Our masonic centres should be a well known part of our community. I propose we should all be involved in an annual NSW/ACT Open Day and encourage the involvement of other community groups such as the local Scouts, RFS and Men's Shed.

'With your assistance I believe Freemasonry will continue to prosper and play an important role in our society. My key principles are functionality, practicality and simplicity and they should inspire us to move forward into the future.' 



# 2015 GRAND INSTALLATION SATURDAY 8 AUGUST SYDNEY TOWN HALL

## INVITATION FROM THE GRAND MASTER

I am delighted to invite you to **The United Grand Lodge of NSW and ACT Grand Installation** and associated events which will take place in Sydney from 7 to 9 August 2015.

**MW Bro Derek Robson AM**  
*Grand Master*

The programme includes:

Friday 7 August  
***Meet & Greet***

Saturday 8 August  
***Ladies Brunch***  
***Grand Installation***  
***Grand Banquet***

Sunday 9 August  
***Lunch***





# March Quarterly Communication

## New Grand Master elected

RW Bro James Melville, the Deputy Grand Master, was chosen as Grand Master-Elect for the 2015–2016 year at the March Quarterly Communication of Grand Lodge.

More than 550 brethren and visitors attended the meeting, including representatives from the United States, Canada, France, Italy and New Caledonia.

A warm welcome was extended by the Grand Master, MW Bro Derek Robson AM who also included a special greeting to the Past Grand Masters.

‘History will show that our new Grand Master Elect will be installed as our 37th Grand Master in the Sydney Town Hall, on Saturday 8 August 2015. I am sure that you will join with me in wishing him well as he prepares for that memorable event,’ he said.

‘It is not always easy to balance the mix of family, work and lodge. There is always something that gets in the way. There are times when sickness overcomes us and it is important that this is acknowledged by our lodge and perhaps a fairly quick follow up by the Masonicare Caring Officer might be appropriate.

‘The charitable nature of our Freemasonry is part of our way of life. I ask that you always reflect on the great work of our Grand Charity, Masonicare, and please don’t forget the other Masonic Charities. *A Start in Life*, previously known to most of us as *The Masonic Youth Welfare Fund of NSW & ACT* is working very hard to regain your support and I ask that you consider their needs whenever you are distributing charitable funds.

‘The March 2015 edition of the *Freemason* magazine has some wonderful articles to consider. From preparing a speech, understanding our logo, finding happiness, and making a meaningful toast,

**It is not always easy to balance the mix of family, work and lodge. There is always something that gets in the way.**

it is well worth the read. Importantly also, it details some of the wonderful things Freemasonry is undertaking on behalf of our local communities. Each and every one of us should be proud of what is being achieved in the name of Freemasonry. And as we move toward the commemoration of the Gallipoli landings, the sombre reminders on pages 24 to 27 are well worthy of quiet reflection.

‘Of course, there are always regular activities being undertaken by lodges and Districts. I regularly acknowledge the great contribution by the Central Coast masons, Lodge Morning Star’s regular community assistance donations, Lodge Nambucca’s wonderful fundraising for the Rural Fire Service, Lodge Braidwood’s support for their hospital, the wonderful contributions for the disabled and Sailability in particular, the Canberra Lodge’s weekly *Feeding the Needy* program, the regular concerts in the Coffs Harbour Botanical Gardens for cancer support and there are so many others. I am always confident that as you man the sausage sizzle outside your Bunnings Store, many more wonderful ideas on how your lodge can work with your local communities will be discussed and organised. What a fabulous contribution the Craft has made.

‘May I also remind you of the great contribution made by the College of Masonic

Studies. Under the guidance of RW Bro Andrew Brown, as College Governor, the College continues to run its students through their particular assignments as part of the Certificate Course. The College is also keen to assist you in accreditation as a Masonic Speaker, Regional or District Education Officer and would welcome your approaches on any issue related to this theme.’

For the first time since 2011, there will be an increase in capitation fees which will rise to \$135. Most other fees remain unchanged.

‘In other items, the Board of Management has approved financial support for a team of Freemasons to attend and participate in this year’s NSW Corporate Games, the Museum of Freemasonry has a new website of [www.mof.org.au](http://www.mof.org.au), an information stall was set up and manned during O-Week at Wollongong in February and all 15 thermal imaging cameras have now been distributed to the five bushfire affected areas selected by the Board.’

The meeting was also entertained by the NSW Masonic Ensemble which presented a number of items under the direction of RW Bro Ian Cox and soloist RW Bro Colin Gill. 🎵

## Agenda for the Grand Lodge June Quarterly Communication

The Quarterly Communication for Grand Lodge will be held at the Sydney Masonic Centre on Wednesday 10 June 2015 at 7.30pm.

### Included on the agenda will be:

- Grand Master’s Welcome
- Reports of the Executive Council, Board of Management, Grand Charity, College of Masonic Studies
- Election of Grand Lodge Officers and members to the Board of Management
- Conferral of Grand Rank
- General Business

# Maddison is the winner

**Maddison O'Grady Lee**, a 17-year-old from Bateau Bay, took a starring role when she was named **winner of the Community Service Award** at the Sydney Masonic Centre in March.

The presentation was part of the NSW/ACT Young Achievers Awards and was sponsored by the United Grand Lodge of NSW & ACT. There were seven categories and each winner received a magnificent trophy and \$2,000.

The other three finalists in the Community Service Award were Melissa Tierney, 20 of Kiama Heights, Rose Cox, 15 of Strathfield and Thamis Shamaon, 20 from Bossley Park.

MW Bro Derek Robson, the Grand Master, who announced the winner, said the Freemasons of NSW & ACT were proud to be associated with the Awards as a sponsor.

'As you can see from the profiles of our finalists, the calibre of nominations for the Community Service Award is a testament to all those young people throughout the State who are so generous in giving of their own time to those in need,' he said.

'Freemasons across our jurisdiction proudly support local communities. With local lodges raising the initial funds through their own activities, and these funds then being magnificently bolstered by our grand charity, Masonicare, we are able to make significant contributions back into our communities.

'Amongst these are local hospitals, retirement villages, care facilities, medical research, the Rural Fire Service, schools for the disabled, the homeless in Canberra and scholarships for children from kindergarten to university.

'As Freemasons, we believe we have set a wonderful example of community spirit, and we are very proud to be able to continue to do so.

'Tonight's award gives a chance to shine for those young community service

workers and volunteers, who spend their time offering friendship, hope and inspiration to the disadvantaged and needy in our community.

'We would like to thank all the nominators for putting forward and sharing the stories of our amazing young people. We particularly thank you for giving them the recognition that they so richly deserve, yet do not seek.'

Maddison is an extraordinary indigenous Australian. She is juggling school, two part-time jobs, various fundraising and leadership activities and has also created her own mental health awareness program for high school students called 'It's all about MI – Mental Illness'.

After struggling with mental illness, Maddison wanted to create awareness and break the stigma surrounding mental health and use her own story to help others. Maddison was invited to attend the Global Young Leaders Conference in New York and has won many awards including an Australian Youth Excellence and a Black Opal Award.

Of the other finalists, Melissa Tierney is



Maddison O'Grady Lee receiving her Young Achievers Community Service Award.

After struggling with mental illness, Maddison wanted to create awareness and break the stigma surrounding mental health and use her own story to help others.

currently studying a Bachelor of Social Science and also works full time as a Client Care Facilitator at The Disability Trust.

Rose Cox is studying Year 9. She was the first Youth Ambassador for the Australian Kookaburra Kids Foundation and was the NSW Inner West Youth Volunteer of the Year. Thamis Shamaon is studying law and is a passionate advocate for youth. He was recently elected as a member of Fairfield City Council Youth Advisory and Environmental Multicultural Advisory Committee and assists with planning and organising community events and festivals.

Looking for a  
**CHANGE OF VENUE?**

**LOOK NO FURTHER!**

The newly renovated **Northbridge Masonic Centre** has dates available for meetings of Craft Lodges and Other Masonic Orders.

For more information contact **David Nicholls** on **0404 891 051** or email: [davidnicholls@woodhut.com.au](mailto:davidnicholls@woodhut.com.au)





# This lung test is on the nose!

This is one **random breath test** you will **want to take!**

**T**his is Jane and she is going to take part in a study to find out if a simple breath test can be used to detect lung cancer!

For years researchers have been investigating ways to detect lung cancer from a person's breath – and a study in 2011 reported that dogs had been trained to sniff out lung cancer in human breath!

For health and safety reasons we can't have a pack of dogs sniffing peoples' breath in the Prince of Wales Hospital in Randwick. But thanks to the public's generosity, the Prince of Wales Hospital Foundation has been able to provide Professor Paul Thomas and his team with the next best thing – an Electronic Nose – for their clinical study.

## So what is an Electronic Nose?

'An Electronic Nose is a machine which aims to mimic the olfactory system – or

the sense of smell,' said Prof Thomas from the hospital's Department of Respiratory Medicine. 'With it, we can detect volatile organic compounds, which are the chemicals we know are produced in lung cancer tumours, by analysing exhaled breath samples of volunteers in our clinical trial.'

## How does it work?

It only takes about 20–30 minutes and involves quiet, normal breathing in out of a tube which has a collection system to cool the expired breath.

## How is it going to help diagnose lung cancer?

Analysing exhaled breath is a simple non-invasive process which takes only a few minutes, and unlike chest x-rays and CT scanning does not expose the patient to unnecessary radiation.

Also unlike chest x-rays and CT scans which also identify lung lesions which are

not lung cancer, the breath test allows a specific look for the volatile organic compounds which are known to be associated with lung cancers.

So the potential of a breath test to detect lung cancer at an early stage is very exciting, as it could provide a low-cost first step to identify people who definitely don't have lung cancer without immediately sending them for invasive biopsy procedures when a suspicious lung mass is identified.

And it will be a cost effective way of screening people who are at risk of lung cancer and detecting the disease at an early stage.

## How will this help in lung cancer treatment?

As in most types of cancer, the results of treatment are best when the cancer is found and treated early.

'People operated on in the early stages of lung cancer have the best chance of cure,' said Prof Thomas. 'And being able to detect the disease much earlier with the breath test will mean that more people are diagnosed at a stage where the cancer is curable by a single operation.'

'We are so grateful that The Prince of Wales Hospital Foundation supporters have provided us with the means to develop a breath test that can be used to diagnose lung cancer. Not only does the Electronic Nose allow us to analyse the breath sample quickly, it is an easier test for the patient.'

And unlike a dog, it doesn't get tired, will work all day – and only needs to be fed electricity! 



Breath samples can be analysed to detect early warning signs of lung cancer.

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Macquarie Centre, Macquarie Park (02) 9889 5750

Warringah Mall, Brookvale (02) 9939 5750

# Mortuary Railway Station and gardens

Most rail travellers see the Sydney Mortuary Railway station as they arrive at or leave Central Station but do not know its background or the significant role it played in early Sydney.

**M**ortuary Railway Station and Gardens, also known as Mortuary Terminal, is significant as a rare surviving example of this building type, described as Italian Gothic Ecclesiastic style. It serves as a physical reminder of former funeral customs in nineteenth century Sydney, and of the

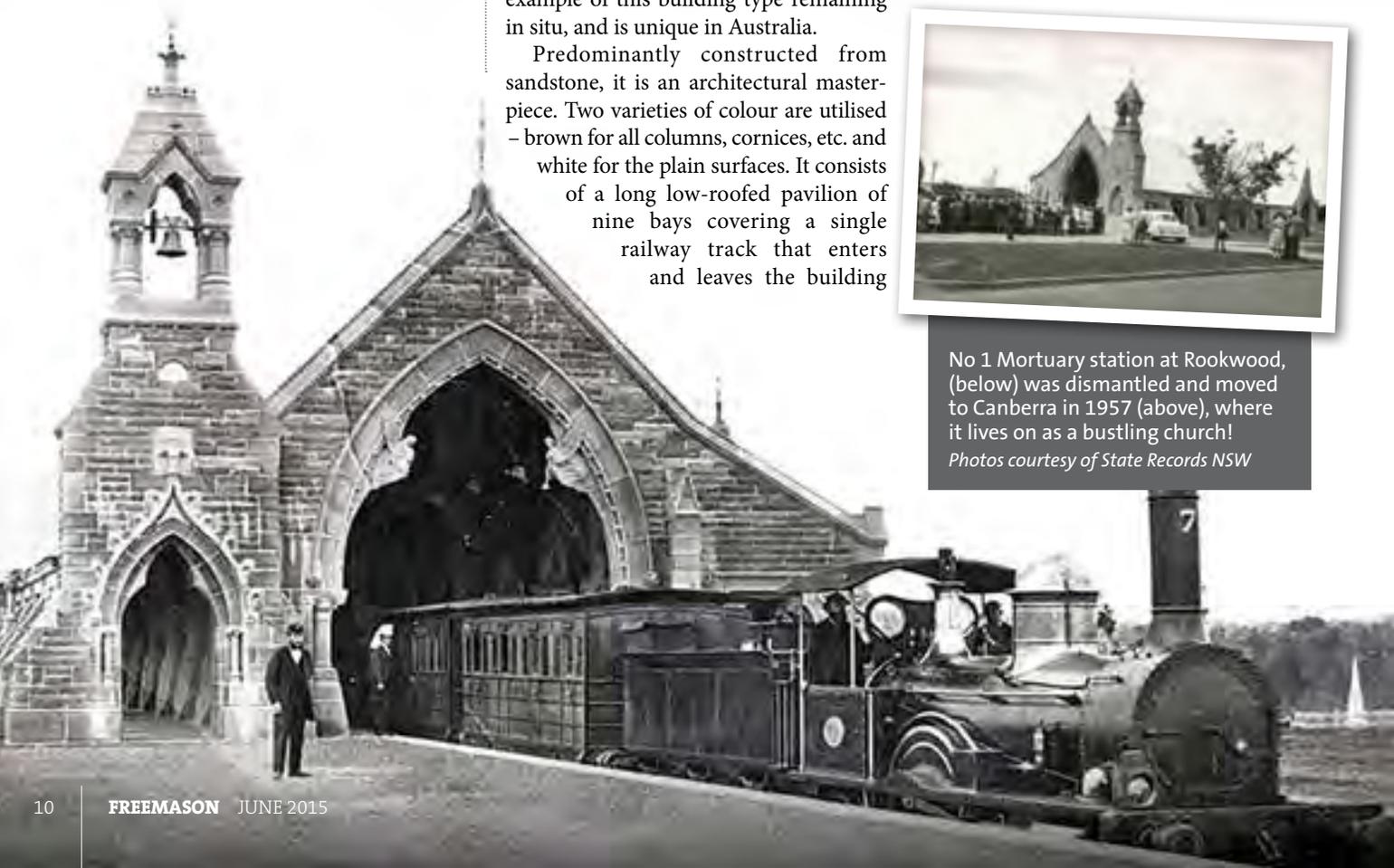
central role in funeral services played by the railway.

The building is an example of Gothic inspired design attributed to James Barnet (the Colonial Architect for Colonial New South Wales), in a style adopted for its religious associations in the construction of a funeral station. It is a rare extant example of this building type remaining in situ, and is unique in Australia.

Predominantly constructed from sandstone, it is an architectural masterpiece. Two varieties of colour are utilised – brown for all columns, cornices, etc. and white for the plain surfaces. It consists of a long low-roofed pavilion of nine bays covering a single railway track that enters and leaves the building

through a wide Gothic arch at either end. A second arch at either end provides access to the raised stone platform that occupies the sheltered area.

An octagonal pavilion of open arches serves as a porch or entrance on the street side of the platform; its pitched roof resolves into a small slender spire, which



No 1 Mortuary station at Rookwood, (below) was dismantled and moved to Canberra in 1957 (above), where it lives on as a bustling church!

*Photos courtesy of State Records NSW*



James Barnet, architect

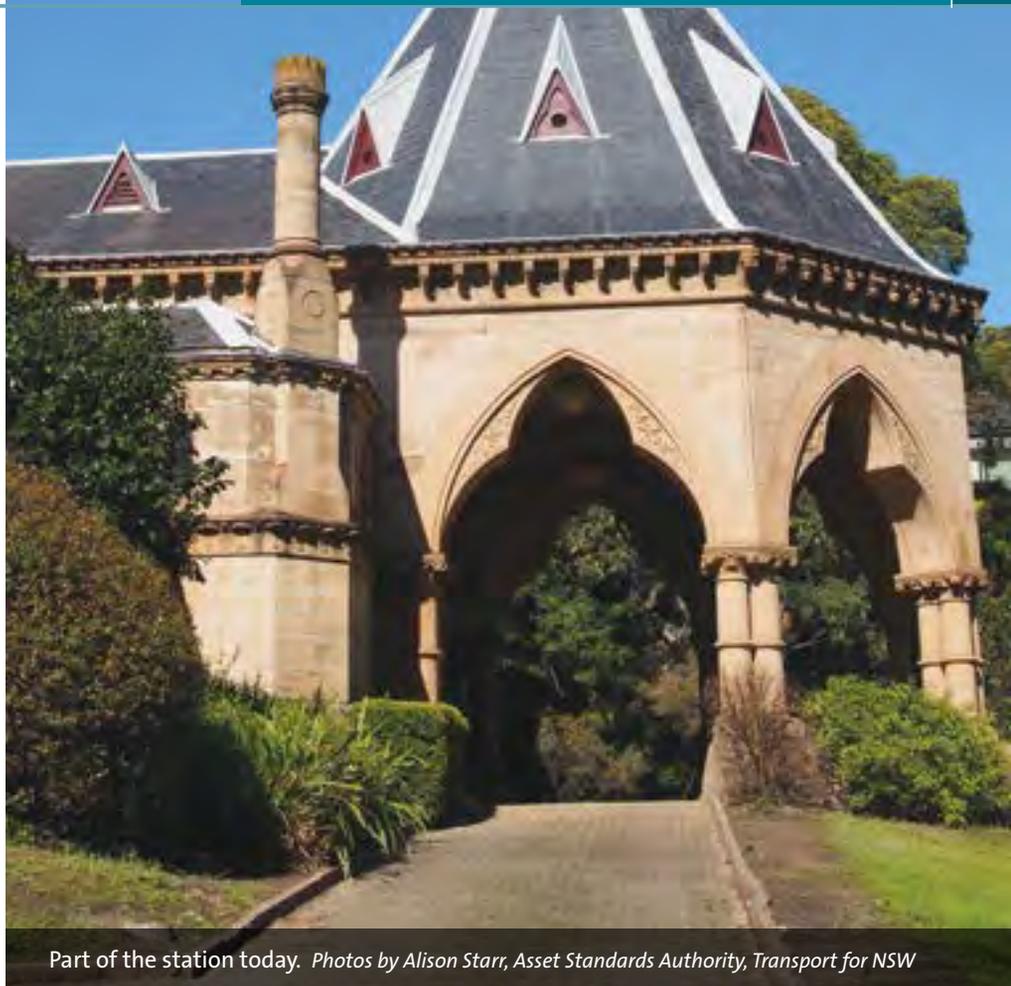
rises above the rest of the building. The eastern side of the railway track is composed of nine arches on cylindrical columns reminiscent of the Corinthian style, finished with leafy capitals. Walls are plain ashlar courses, rising to a high-pitched roof featuring a spire acting as a bell turret.

A number of funerary motifs are carved into the sandstone on both the exterior and interior walls including peacocks, egg timers and cherubs.

The Mortuary Station was located on the original spur line that linked St Paul's (now a Greek Orthodox Church) with the main cemetery. A spur line is a very short branch line. Its chief purpose was to carry mourners to Rookwood Cemetery.

The building was used as the last stop for funeral trains exclusively until 1938. When road corteges and motorised hearses became more popular in the funeral industry, rail services were truncated to weekends and eventually curtailed altogether. The last train service from the Mortuary Station to Rookwood ran 3 April, 1948 and the cemetery spur line closed.

From its completion in March 1869 until it closed, living passengers incurred a charge, but in a macabre twist, the dead received a free ride to Rookwood. Daily funeral services to Rookwood were on special funeral trains with a special hearse wagon and coffins, leaving Sydney's Mortuary Station at 9.15am and 3.30pm. The station also served Woronora Cemetery from 1900 to 1944 and Sandgate Cemetery in Newcastle.



Part of the station today. Photos by Alison Starr, Asset Standards Authority, Transport for NSW

**It serves as a physical reminder of former funeral customs in nineteenth century Sydney**

In the late 1930s, the station was used for the consignment of horses and dogs, and its name was changed to Regent Street. During the times of petrol rationing as a result of World War II, the train transport to Rookwood saw a revival of sorts for its original purpose.

From February 1950 it was used as a rail parcels dispatch. In 1981, the former State Rail Authority decided to restore the Mortuary Station which by that time had been classified by the National Trust of Australia and the Australian Heritage Commission. The Heritage Council played

a consulting role and the restoration works cost more than \$600,000.

Until the late 1980s, a pancake restaurant (complete with rail dining cars) operated from the site. Crafts and gifts were also sold from the ticket office and displays mounted on the platform areas.

The gardens surrounding the site were not maintained after the 1940s. A garden was reinstated in more recent upgrades when the site was converted for use for functions. The Mortuary Station was used from time to time for weddings and product launches. The construction of the bus terminus at the northern side of the property saw one third of the length of the platform lost by way of encroachment. It is currently unused.

There are still some extant sidings, primarily adjacent to the Mortuary Station, though they are seldom used. The lines were used for making up passenger trains and for loading and unloading goods at the parcel and goods sidings. The sidings closest to Platform 1 at Sydney Terminal are still used for the loading and unloading of automobiles for the Indian Pacific.



# From the Grand Secretary



## Grand Lodge of SA & NT

The weekend before Anzac Day saw the Grand Installation of the Grand Lodge of SA & NT held in Adelaide and the Grand Master, MW Bro Derek Robson AM was delighted to lead a delegation of 25 Brethren – which was the largest of the visiting delegations to attend. It was also pleasing that most Brethren were accompanied by their partners.

This was a wonderful weekend of events enjoyed by all.

Of course the Grand Installation of this jurisdiction will take place on Saturday 8 August but for those who enjoy the wonderful experience of venturing to other jurisdictions, the Grand Installation of

Western Australia is to take place from 22–25 October in Perth. Details will be made available as they come to hand. The Grand Master elect, RW Bro James Melville looks forward to your support.

## Associated Orders

It was very sad news that the International Order of the Rainbow for Girls has ceased operating in NSW due to lack of support. The ladies and girls who had worked so hard to keep the Order progressing simply found the other attractions for young ladies too difficult to compete with and reached the sad decision after much soul searching.

Hopefully, in time, there may be a rejuvenation of interest for the Order and if that does happen, notice will certainly come from Grand Lodge with all details.

## Museum of Freemasonry

The latest addition to the Museum is a portrait of MW Bro Dr Greg Levenston PGM which is due to be unveiled on

2 June 2015. This portrait joins the many others of Past Grand Masters proudly on display within the Museum. These are a part of an interesting and worthwhile collection of items – Masonic and otherwise – well worth viewing.

Guided tours are available weekdays at 11.00 am at a cost of \$10.00 per person and tours at other times can be arranged on request. Groups, such as Lodges, Districts and Regions, are especially encouraged and both Masons and non-Masons, will find the visit most worthwhile

## Last word

To all those you have taken the time to read this column over the past 11 years, I hope you have enjoyed the content and have perhaps gleaned some knowledge from it. Overall, it has been a lot of fun. 



# Famous musical masons

Music plays a big part in masonic ceremonies and many famous composers and others involved in music also had **links with Masonry**. Here are three examples.



L-R: Beethoven, Haydn and Sousa

## Sousa

'The March King' was the unofficial title given to John Phillip Sousa who became famous for his many and varied marches including *Stars and Stripes Forever*, *Washington Post*, *Power and Glory*, *Semper Fidelis*, *Salvation Army March* and *Nobles of the Mystic Shrine*. Sousa was born in November 1854 and at the age of 13 he was

enlisted in the US Marine Corps by his father where he learned to play wind instruments. Sousa organised his own band the year after he left the Marines and toured from 1892 to 1931, performing at 15,623 concerts. The band represented the United States in 1900 at the Paris Expo and marched through the city streets before touring Europe. This street parade was unusual because in more than 40 years of

touring, the Sousa band only took part in eight street parades. In 1911 the band visited Australia and gave performances in Sydney and Melbourne. Sousa also had an extensive masonic career. He was initiated in Hiram Tacoma Lodge in July 1881, passed in September and raised in November. He became a Shrine member in 1922 and was also a Royal Arch Mason and a Knight Templar. He died in March 1934.

## Haydn

Franz Joseph Haydn was initiated on 11 February 1785 into Lodge True Harmony and followed Mozart who had been passed the previous month. Searches did not reveal any further records of his masonic career but he is known to have stated: 'The Freemason serves mankind in all parts of the world, under all kinds of

governments, in public and in secret.' This would no doubt have worried government officials, especially as Maria Theresa, the Empress of Austria where Hayden had been born, had made Freemasonry illegal in 1764. It was her belief that secret societies were intent on defeating 'legal' governments or at least the divine right of emperors. Emperor Joseph 11 later removed the ban but in December 1785

introduced a new law which limited each capital city of each province to one lodge which had to submit its membership list every three months to the secret police. Haydn, who had great influence on composers who succeeded him, was known as the 'Father of the Symphony' and 'Father of the String Quartet' and his 'Emperor's Hymn' written in 1797 later became the Austrian national anthem.

## Beethoven

Ludwig van Beethoven was born on 16 December 1770, the year in which Captain Cook had made his discovery voyage to Australia. His first musical performance was given in March 1778 when he was seven and he died in March 1827. There are strong grounds for believing that Beethoven was a Freemason although a definite masonic record for him has never been found. Many of his musical friends and fellow musicians were masons and several references to

Freemasonry have been found in his correspondence. Three of Beethoven's biographers wrote that he was a mason but they did not give any further information. One biographer, Schindler, mentions a handshake when visiting Beethoven and wrote: 'A grip of our hands said the rest.' However, there were plenty of other indications that he was either very interested or involved in Masonry. The Adagio of his Seventh Quartet carries the statement: 'A weeping willow or an acacia over the grave of my brother.' His blood brothers were alive when this work

was written and it can be assumed the words had a masonic connection. A song *What is the Mason's aim* was written and published in 1806. His presence at concerts given with full masonic rites can be found in documents and in order to attend, it must be presumed that he had at least been initiated. One reason his believed masonic details could not be found was that during his time, Masonry was oppressed in Central Europe with most lodge details either destroyed or not recorded.



# Blood pressure

**Have you had your blood pressure checked lately?** High blood pressure or **hypertension** is a **major cause of heart disease**. According to statistics from the Heart Foundation of Australia, **3.13 million adult Australians** (32%) aged 18 years and over **have high blood pressure**.



**I**t is one of the major risk factors of cardiovascular disease which, in itself, is the leading cause of death in Australia. In 2012, cardiovascular disease resulted in the death of one Australian every 12 minutes.

So, what is blood pressure? Blood pressure is the pressure exerted laterally on the walls of the blood vessels as blood circulates through the body. The pressure is at its greatest when the heart pulses to force blood into the arteries (known as systolic pressure) and at its lowest between pulses as blood flows into the heart (known as diastolic pressure). Normal blood pressure for a healthy young adult in a sitting position is 100 to 140 systolic and 60 to 80 diastolic. It is expressed in millimetres of mercury (mmHg) and for a person with a systolic reading of 140 mmHg and diastolic reading of 80 mmHg would be written as 140/80.

High blood pressure, or hypertension, occurs when the systolic pressure is consistently elevated above 140 or the diastolic pressure is consistently above 90. If not treated it can cause atherosclerosis – hardening of the arteries; heart attack; stroke; enlarged heart and kidney damage.

Don't be concerned if your one-off blood pressure reading is high as it does not necessarily signify hypertension. The reading may well be the result of a number of factors including physical activity, anxiety or stress. For example, being enclosed in a pen with an angry bull will cause your blood pressure to rise. Remove the bull and your blood pressure will usually

return to normal. It is only when elevated readings occur over a period of time that you will most likely be diagnosed with hypertension.

**Whilst there is no cure for hypertension, it can be controlled with the proper treatment.**

There are those who are pre-disposed to high blood pressure, called prehypertension. This can usually be controlled by changes in lifestyle. The vast majority of cases of hypertension are classified as primary hypertension which requires treatment by medication and in some cases, lifestyle changes. The method of treatment will be determined by your general practitioner.

The cause of primary hypertension can be difficult to identify; however, there are certain features which are considered as risk factors. For example, it is more common in men and in older people (people over the age of 65). Other risk factors include:

- Family history
- Obesity
- A Sedentary life style
- The heavy consumption of alcohol
- Cigarette smoking

Whilst there is no cure for hypertension, it can be controlled with the proper treatment. Therapy with a combination of lifestyle changes and antihypertensive medicines usually can keep blood pressure at levels that will not cause damage to the heart or other organs. The key to avoiding serious complications caused by hypertension is to detect and treat it before damage occurs. Because antihypertensive medicines control blood pressure, but do not cure it, patients must continue taking the medications to maintain reduced blood pressure levels and avoid complications.

Research by the Mayo Clinic, a worldwide leader in medical care, research and education, suggests that lifestyle changes can help control and prevent high blood pressure even if you are taking blood pressure medication. Here are some of the things suggested by the clinic:

- Eat healthy foods. Try the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasizes fruits, vegetables, whole grains and low-fat dairy foods. Get plenty of potassium, which can help prevent and control high blood pressure. Eat less saturated fat and total fat. Eating four serves of fish a week, and eating garlic and onions will also help to lower blood pressure. Statistics show vegetarians

have lower blood pressure than meat eaters.

- Decrease the salt in your diet. A lower sodium level — 1,500 milligrams (mg) a day — is appropriate for people 51 years of age or older, and individuals of any age who have hypertension, diabetes or chronic kidney disease.

Healthy people can aim for 2,300 mg a day or less. While you can reduce the amount of salt you eat by putting down the saltshaker, you should also pay attention to the amount of salt that's in the processed foods you eat, such as canned soups or frozen dinners.

- Maintain a healthy weight. If you're overweight, losing even 2.3 kilograms can lower your blood pressure. Aim for a Body Mass Index (BMI) of between 18.5 and 24.9. Note: BMI is calculated by dividing your weight in kilograms by your height expressed in metres and squared i.e.  $80\text{kg} \div 22\text{metres} = 20\text{ BMI}$ .
- Increase physical activity. Regular physical activity can help lower your blood pressure and keep your weight under control. Strive for at least 30 minutes of physical activity a day.
- Limit alcohol. Even if you're healthy, alcohol can raise your blood pressure. If you choose to drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.
- Don't smoke. Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries. If you

smoke, ask your doctor to help you quit.

- Manage stress. Reduce stress as much as possible. Practice stress management techniques, such as muscle relaxation and deep breathing. Getting plenty of sleep can help, too.
- Monitor your blood pressure at home. Home blood pressure monitoring can help you keep closer tabs on your blood pressure, show if medication is working, and even alert you and your doctor to potential complications.
- Practice relaxation or slow, deep breathing. Practice taking deep, slow breaths to help you relax. There are some devices available that can help guide your breathing for relaxation; however, it's questionable whether these devices have a significant effect on lowering your blood pressure.



A healthy diet reduces blood pressure

It is important to remember that hypertension doesn't always cause symptoms and for this reason it is important to have your blood pressure checked regularly. This can be done by your general practitioner, a pharmacist or at home using one of the commercially available digital blood pressure monitors. It is also important to maintain a healthy lifestyle. 

## Did you know?

**Did you know** that the title of 'Warden' is derived from the Saxon word 'weard' meaning warder or guard? In 'guard,' the 'gu' instead of 'w' comes from the Norman French, where the 'gu' sound usually replaces the English 'w'.

In the lodge at York Minster in the 1300s, there were two principal officers, principal and secondary masons, who were responsible for notifying the building owner of any defects in the work and of any absences, which needed deduction from wages.

The agreement between the lodge and the Dean and Chapter refers to them as Masters of the masons. In 1370, the Chapter records show a mason had to be approved by common assent of the Master and Wardens of the work and by the Master Masons before he could be employed. During the 1400s, there are regular references to a Warden of Wardens of the lodge.

Other records show that by the 1500s, there were two Wardens and that they were supervisors of the work. In some places, there appear to have been wardens for each of the three classes of masons — those who prepared stones, the setters who put them in place and the roughlayers who were responsible for the rubbish filling the walls.

It was not uncommon for the Warden to be promoted to Master to fill a vacancy.

In English practice, the Master appoints his Wardens. In Australia, New Zealand, Scotland and most American jurisdictions, the Wardens are elected.

*Printed in the Beginners' Corner of the United Masters Lodge, New Zealand*

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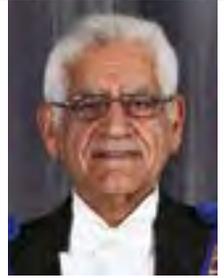


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# Oratory

## the key to prosperity



**The necessity for improvement** in any field requires, as we are well aware, **studying, practicing and understanding in depth the meaning of the material we are dealing with**, in order to reach certain acceptable levels, according to the ability of each individual to express it correctly to others. **It does not exclude the members of our fraternity for self-improvement.**

**A**s we now have the College of Masonic Studies, it would be desirable to set up a program of Oratory to train lodge officers on how to deliver charges clearly and meaningfully for the brethren to listen and understand. Just to memorise a charge and 'pour' it on others does not benefit anyone but makes brethren, particularly newcomers, minimise their attendance.

One of the conditions to accredit speakers and lodges is that they should first be trained and approved to deliver a text in a proper manner. It is disastrous to make the audience bored into having a nap during a degree or lecture. We have to establish the mechanism for pursuing this goal and spread the idea to other Constitutions worldwide.

To be a good and professional singer, it is not sufficient to be gifted with a nice voice. The singer requires to nourish his or her voice, to learn music,

**Imagine if you attend a play in the theatre or watch a movie where the actors were delivering the text in a monotonous way and not playing the character.**

to produce the right notes, to sing with accompaniment, to know how to breathe during singing, to express correctly the meaning behind the lyrics and have confidence before a large audience. To achieve being a good singer requires practice and more practice. The same applies to playing musical instruments or any other profession, to be able to get the right qualification to perform a specific job before an audience.

Imagine if you attend a play in the theatre or watch a movie where the actors were delivering the text in a monotonous way and not playing the character. Believe

me no one would go to the theatre or watch a movie because it would be very boring.

In our case, may I suggest an obligatory class within our Masonic College where lodge officers, apart from memorising a portion of the ritual, can learn to deliver with meaning and understanding and can be accredited. By ensuring an interesting meeting with officers leading by example for new members, we could minimise the dangers of boring meetings and prevent poor attendance or hasty resignation. For the officers, the training will increase their self-improvement and self-satisfaction.

Another possibility of more relaxed and social atmosphere is to form a Masonic Toastmaster Club in which members will be given the opportunity to prepare and deliver a topic of their choice. The members present will judge the speaker and comment on his delivery. All will gain in this method, the speaker from their comment and the members by seeing and learning to avoid the faults of others.

This is an enjoyable scenario for brethren to meet socially and gain confidence in delivering charges.

Many years ago I joined in Auckland, NZ a Toastmistress Club (I was the only male there, of course), in order to witness the progress of ladies of mature age who were scared about speaking in public. After their active involvement it was amazing to see the tremendous change in their attitude as expressed by their happiness and their willingness to offer themselves as speakers.

Brethren, it is in your hands to adopt these methods to improve yourself for your self-enjoyment, for the benefit of your lodge and the Craft in general. As you see ORATORY is the KEY to PROSPERITY of your self-image within and outside of the Craft. 



# How do you spell it?

There is little doubt that **the English language is probably one of the most difficult to learn** and learners are not helped by what could be regarded as **unusual, humorous, lacking imagination or just silly names that are given to towns or localities.**

**A**nd these efforts make it even harder for the casual tourist who lands in a country and is confronted by names that are out of the ordinary. England, the United States, parts of Europe and so many other countries have names which leave people bewildered by these strange, unusual or funny names.

Australia ranks well in the name stakes and in a world competition would be able to supply entries for the longest name, non-inspirational, unusual, strange and funny.

For example, try to address a letter to a South Australian area called Mamung-kukupurangkuntjunya Hill. Just a mere 26 letters. And there also used to be a lake in the same State called Lake Caddibarrawirracanna.

South Australia has to be given credit for creative thinking in deciding on names. It also has a homestead called Didyabringyagrolong, or another called Dija-bringabeeralong, or try Watchamacallit Dam or the Well It Wasn't There Last Year Cave!

And how would you like to take a holiday at Dismal Swamp (Qld), Rotten Swamp (ACT), Horrible Gap (Vic), Lake Muck (NSW), Misery Mountain (NSW), Mount Disappointment (Vic), Little Stinking Lagoon (NT) and Kinki Cemetery (NSW).

NSW has its fair share of names to think about. There are towns and localities named Brawlin, Coffee Pot, Come by Chance, Grog Shop, Halfway, Kittens and Roughit. Western Australia can lay claim to Damboring Rocks, Head Butts. Nowheres and Useless Loop and where else but Queensland would you find Banana, Coconuts and Pimple.

Sometimes, it is just too difficult to find a creative name which is why we have areas called Big Lake, Long Gully, Rocky Creek, Sandy Creek, Stony Creek, Alligator Creek and Mosquito Creek.

There are more than 330,000 place names registered in Australia with Spring Creek the most common with 600 entries.

Australia is not the only country with weird and unusual names. They can be found anywhere in the world and tourists are frequently amazed at the names seen while travelling in England, the United States, Europe or New Zealand.

In fact, New Zealand probably takes the gold medal for the longest name. It's about a hill which begins Tamata-whakata and continues for a total of 85 letters but we'll leave that for another story.

While on the subject of Australian names don't think you're seeing double if travelling and come across towns such as Wagga Wagga, Woy Woy, Jil Jil (NSW), Yamma Yamma, Gin Gin and Goonoo Goonoo (Qld), Ki KI (SA) and Wood Wood (Vic).

You can also find the Three Sisters, Three Islands, Three Graces, Three Hummocks and Three Knobs or Two Sisters, Two Islands, Two Hills or maybe Twin Hills or Twin Heads.

There are plenty of family names such as the town called Alice in Queensland, Western Australia, South Australia and the Northern Territory and others called Allan, Ada, Agnes, Albert, Alfred, Amy, Barry, Charles, Elizabeth, George, Herbert, James, Margaret, Mary, Victoria, William and many more while colours come in Black (Dog), Blue (Mountains), Red (Hill), Brown (Hill), Green (Bushes) and White Mountain.



If you are a confident person, go to Mount Hopeful (Qld) but don't try Mt Hopeless or Anxious Bay (Sth Aust) and if you scare easily forget about Mt Horror (Tas), Mt Terrible (NSW), Mt Zero (Vic), Mt Misery (NSW) or Mt Unapproachable (NT).

Hairless men will appreciate Bald Hill or Mt Baldhead, economy class can go to Cheepie in Queensland but keep your eyes out for Watchem in Victoria.

Our native animals are frequent such as Emu (Bay, Hill, Lake, Creek, Mountain), or Kangaroo, Possum, Wombat, Camel and Cockatoo while if you feel like a good run try 70 Mile Range in Queensland or 80 Mile Beach (WA).

For a challenge, there's always Mt Difficult (Vic) or The Big Hill (NSW) and a good finish would be at Mt Pleasant (in all States) or Attraction Hill (Sth Aust).

But be careful with your money or it's most likely you will end up in Queensland's Mount Mistake or the NSW town of Broke. 



# One hundred years of women in policing



In 1862 the NSW Government under Police Regulation Act 1862(NSW) **unified all existing police units and established the NSW Police Force.** For 53 years the Force was comprised of males until 1915 when the Commissioner advertised **two positions for female Special Constables.**

Candidates were to be under thirty, of good character, unmarried and able to undertake the vigorous duties of police work. Over 400 females applied and applicants Lillian Armfield and Maud Rhodes were chosen and sworn in as Probationary Special Constables. They were the first two women to be employed in Police Service in the Commonwealth. In these days of Duty of Care and OHS it is interesting to learn that the women were required to sign an indemnity releasing the Police Department from any responsibility for their safety. They were not issued with a uniform or handcuffs and were required to wear civilian clothes.

Records are not available to know what male constables felt about the recruitment of females into the force, but it is worth quoting the story about London's Metropolitan Police. In 1916 a constable was asked how he felt about the recruitment of women – his reaction was to burst out



**They were not issued with a uniform or handcuffs and were required to wear civilian clothes.**

laughing! Women Police Constables were recruited in 1918.

The question is asked, 'why the sudden need to recruit women in police service?' The 20th Century and WWI brought changes; the emancipation of women and the demand by women to be employed in the police force, as due to the war women were carrying out work traditionally filled by men. There was also a serious need for qualified females to deal with women and children. In 1921 Maud Rhodes resigned, leaving Lillian Armfield now a Special Constable 1st Class. By 1929 the strength of the Women's establishment had been increased to eight which also included a shorthand typist.

In 1939 Australia was again at war and many constables joined the Defence Forces. By 1941 recruiting policemen became difficult and a further increase of

women police was authorised. Just like in 1915, over 500 women applied and six were selected; Rita Collins, Coralie Lucas, Catherine MacRae, Nancy Morgan, Ita Taylor and Joan Weaver. Joan would later become Officer in Charge of the Women Police Office. The City of Newcastle Command received its first women constables when Rita Collins and Eva Rosser were transferred to the command.

From 1945 to 1964, improvements in the status of women in the NSW Police Force moved slowly. Sixty women were employed and Commissioner Norm Allan approved the transmission of Police Women from Special Constables to Sworn Constables, entitling them to superannuation benefits, long service leave and other benefits allowing them to remain in the force when they married. Although they still had a separate seniority list and were promoted according to the number of authorised positions it meant that





Uniforms through history

women were not receiving promotions like their male colleagues.

In 1975 the NSW Police Force commemorated the Golden Jubilee of 60 years of Women Policing in NSW giving an opportunity to look back at their progress and achievements since 1964. In 1968 a number of Police Women including Del Fricker received Commissioner Commendations for the arrest of two armed offenders and Del Fricker later was to receive the British Empire Medal for arresting another violent offender. In 1971 a number of Police Women, including Del Fricker and Gwen Martin, received the Sydney University Diploma in Criminology and the following year Del Fricker and Gwen Martin attended the Detective Training Course to become the first women detectives.

In 1915 the first two women entered the NSW Police Force as Women Special Constables. As a career the police force offered a limited future and it would be fair to say that until post-WWII the duties for women were confined to welfare and school lecturing. The Sixties brought many changes including married status and promotion, the seventies and eighties allowed membership of the Police Association, transfer to the General Duties Division and equal seniority on the Seniority List.

Today, there are 1,719 women in the NSW Police Force. The long road of 100 years has seen slow changes and those women who joined in the early days would be surprised to see women constables now riding horses, patrolling with male colleagues, heading Divisions and Regional Crime Squads, occupying very senior positions as Deputy Commissioners and achieving the position of Police Commissioner for the State of Victoria.

*Photographs courtesy of the NSW Police Force Women in Policing Expo.*



# New organ needed

Music is an **important part** of masonic **life and ceremony.**

**A**t the March Communication, the Grand Master, MW Bro Derek Robson announced an appeal for donations to replace the organ in the Grand Lodge room.

'This wonderful instrument is reaching the end of its working life and a number of replacement digital options are being explored,' he said.

'In a principled membership organisation, particularly where music is so much a part of our ceremonies, it is

important that we also have instruments of some note. I leave this issue for your most kind consideration.'

At the same time, the NSW Masonic Ensemble announced it was opening its rehearsals to any mason who would like to learn the odes sung at Craft ceremonies.

The rehearsals will be held at the Sydney Masonic Centre at 6:15pm on the following nights: Monday 1 June, Monday 6 July, Monday 7 September, Monday 2 November. All are welcome.



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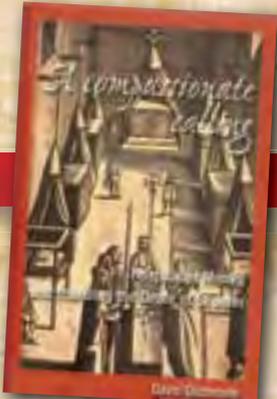
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# About that photo...

Some guidelines to follow when submitting pictures to your **Freemason** magazine.



## Editor's Note

At the *Freemason* we are often compelled to reject submitted photographs because they do not meet the basic criteria for publication. We do this reluctantly, and we know that the person submitting the picture will be disappointed.

We have therefore asked Bro Terry McCallum, professional photographer and occasional contributor to our magazine, to explain the requirements for submitted photographs. We hope this helps, and that it enables us to include more of the photos we are sent!

'Beauty is in the eye of the beholder!' – and who could disagree – particularly when it comes to photography?

However, what any photographer sees in their picture is invariably biased by their own pre-conceived impressions and intentions. Anyone else looking at the same photo may see something totally different, even failing to spot what the taker intended as the main point.

This – coupled with a whole raft of technical considerations – is what determines whether a photograph is suitable for publication. So let us look at what makes a picture look good, what makes its subject obvious and what technical factors must be considered.

## Composition

Anyone taking a picture predominantly sees whatever they are taking to be the main 'draw point' in the photo (a new baby, a pet, etc). Their eyes are drawn to this even if the subject is tucked away in a corner of the picture. But a stranger looking at the same picture will see whatever occupies the main area, eg. a room or scenic background.

**What you can do:** Frame your shot so that your intended subject *is actually* the predominant content of the photo. Zoom in so that it occupies most of the space.

## People photos

When taking people shots, it is common to frame the heads into the centre of the shot. This common practice results in the subject occupying the lower half of the frame, with background or void in the top half.

**What you can do:** Compose your shot so that the faces/heads are about a third of the way down from the top. Now *two thirds* of the shot will be your intended subject – rather than just a half.

## Exposure

Modern cameras expose shots by taking an 'overall' amount of light for the whole frame (Evaluative Metering). This generally works

for good light conditions (outside in daylight), but often causes problems when using a flash inside.

The light from a built-in flash weakens rapidly after leaving the camera, having little or no effect after only a few metres (Flash Fall-off). Because cameras try and grab enough light to uniformly expose the whole shot, they try to drag light in from a dark, predominant background, thus *over-exposing* the subject.

**What you can do:** Stand back from your subject (otherwise the flash will be too close) and then zoom in until it occupies the majority of the frame (ie. reduce the amount of dark background). The automatic exposure will then do a much better job on the subject.

Professional photographers also have this problem of course, but they usually fit separate flash units onto the camera. They often point the flash head upwards, so that the powerful flash bounces its light off the ceiling and illuminates much more of the background, minimising the problem.

Professional cameras also have the ability to select a point at which the exposure is to be calculated (usually the subject), so the background is ignored (Spot Metering).

You may have also experienced this if you've tried taking a photograph of a full moon. However hard you try the moon turns out as a white disk, because the camera is doing its best to expose for the black sky, thus burning out the moon. If you have a digital SLR camera, look up 'Spot Metering' in your manual and give it another go.

## Resolution and size

Any quality publication such as *The Freemason* has technical requirements



Flash overexposure (left) can be greatly reduced by simply standing further back (right)!

that apply to all images. They must be of a minimum resolution at the size they will be printed.

One of the stages in today's high technology printing is 'Pre-flight Checking', where the content is checked before the printing plates are made. Images not meeting the criteria are automatically rejected and the whole print then waits for it to be fixed. Modern pre-press rooms do not have the time to 'Photoshop' each picture; the images submitted must be correct in the first place.

This is why the editorial staff at the *Freemason* have little choice in rejecting images they know won't make the cut.

Many people have their cameras set to medium or even low resolution because they'll get more pictures onto the memory card. However, what may look fine on your computer screen or as a 6x4 print may fall short of meeting a magazine's printing specifications.

**What you can do:** When taking pictures you intend to submit to the *Freemason*, set your camera so that the picture format is 'large' and 'high resolution', often shown symbolically as a 'smooth' or 'jagged' curve.

The editorial staff then have much more leeway when sizing and cropping your picture for the article.

## Clarity and focus

If your picture is blurred through either poor focussing or motion it is unlikely to be used because of its low quality. The integrity of any publication is only as good as its content, and low quality pictures are therefore not suitable.

Modern cameras have incredible automatic focussing capabilities, but you must know how they work to get the best from them.



Resolution options on your camera often look like this – the smooth curve means high, the jagged, low resolution. L, M and S standing for large, medium and small, respectively.



Ensuring your camera's focus point is on the subject makes all the difference!

Most cameras look for an edge to focus on when you half press the button, and a small focussing point will blink in your viewfinder when a point is found (you may also get a beep if enabled on your camera). The picture cannot be taken until a focus has been found.

A common problem is that the focus point may be a tree in the background. You take the shot. The subject is blurred but the tree is fine.

**What you can do:** Make sure that the point of focus is on your subject. Move the camera around until this happens, then – button still half pressed to hold that focus – re-compose your shot before pressing.

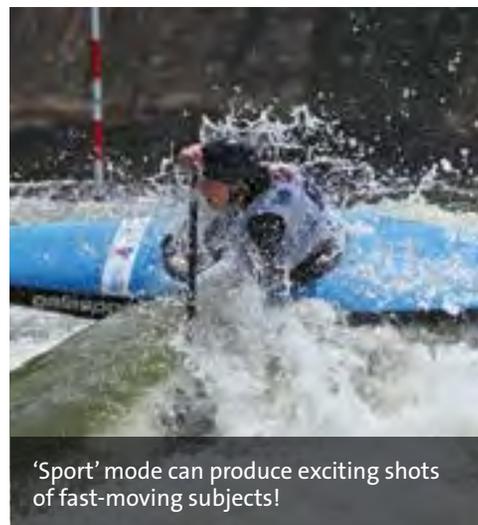
**Motion Blur:** This occurs when the exposure time for a picture is longer and your subject moves whilst the shutter is still open. The whole picture can be in focus but your subject is blurred. Sometimes this is used for artistic effect (a blurred hand tossing the coins in Two Up on Anzac Day), but often it is unintentional and unwanted.

**What you can do:** Set your camera to 'sport' mode – often shown as a running man icon. This will crank up the sensitivity of the camera so that less time is needed for the shot. You may find it automatically goes into 'rapid fire' mode, but that will give you more pics to choose from.

## Content

Even if the picture is well composed, well exposed, high resolution and perfectly in focus, we still need to look at the *content* of the image.

Will the subject be okay with this image being published for all to see? Sometimes it's



'Sport' mode can produce exciting shots of fast-moving subjects!

as simple as a crooked tie, a shirt hanging out, hair sticking up, and so on.

**What you can do:** Take a moment before the shot to clean up these little details. Move anything that you don't want included (bags on the floor, paper lying around, glasses sticking out of top pocket, etc).

If it's a posed shot, make sure the subject or subjects are looking directly at *your* lens – no-one else's.

Have a look at the background and make sure there's no-one or nothing that would be unsuitable for publication. It's not always possible to simply crop something out.

And before you let the person or group go – check the image on your viewfinder to make sure you've got what you need. Only then can you say "Thank you everyone!"

The *Freemason* welcomes your pictures, but what it can accept is limited by many constraints.

I hope this has helped a little!



# The Sydney brain bank

Based at Neuroscience Research Australia (NeuRA) in Randwick, the Sydney Brain Bank is a research resource facility for the collection, characterisation, storage and distribution of human brain tissue for research purposes.



Dr Claire Shepherd, Senior Research Facility Manager at the Sydney Brain Bank.

The primary focus of the Sydney Brain Bank is on providing tissue for medical research into various neurodegenerative conditions and also enabling comparisons with the tissue from healthy aged individuals.

At the Freemasons' Association's luncheon in March, Dr Claire Shepherd, Senior Research Facility Manager at the Sydney Brain Bank and Conjoint Lecturer at the University of NSW spoke on the 'Research outcomes of the Sydney Brain Bank'.

Her informative address focused on many neurodegenerative disorders that have a huge personal impact to individuals and the community. Diseases she outlined included Alzheimer's, Parkinson's and frontotemporal dementia all of which have tissue stored at the Sydney Brain Bank.

She said that there are currently no treatments for many of these disorders, and only symptomatic treatment for some

We rely on the generosity of people who donate their brains for research

others. Researchers at NeuRA, in other Australian research facilities and those overseas who are interested in investigating basic disease mechanisms, earlier and more accurate diagnosis, genetic contributions to diseases, better treatments, and ultimately, cure and prevention, can request tissue from the Brain Bank for their research studies.

Dr Shepherd said '...to be successful in our goals, we rely not only on individuals and organisations for financial support but more importantly on the generosity of people who donate their brains for research... and also the scientists who request the tissue seeking to alleviate the suffering that neurodegenerative diseases cause.'

The Association Vice President, Rev Dr J Hely, OAM, Grand Chaplain and an active participant in the work being carried out by NeuRA, said the Freemasons' Association is fortunate to have speakers of the quality of Dr Shepherd to address its luncheons. 

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## Freemasons' Association

Membership of the Freemasons' Association is open to Freemasons of the NSW & ACT jurisdiction, their wives/partners, and widows of deceased masons of the jurisdiction. Further information may be obtained by contacting the Honorary Secretary, RW Bro Alan Farrell PDGM by email at [afarrell@bigpond.net.au](mailto:afarrell@bigpond.net.au); postal address – PO Box 210 Caringbah, NSW 1495.

# Malta Festival at Batemans Bay

**Templar Masonry, like the Craft, consists of three degrees:** Knight of the Temple, Knight of St Paul, and Knight of Malta. The second of these is very much a 'side degree' **inspired from an event in the life of St Paul** and is worked within the Malta ceremony to **prepare the candidate for his full membership in the Great Priory.**

The Knights of Malta are, and have always been, a separate Order in their own right, led by a Great Prior, currently Rt Em Kt Frank Syranamual. As an expression of this independence, Great Priory members from around the State and well beyond gather once a year in February at a regional or country centre to celebrate the 'Malta Festival.'

This year's Malta Festival was held in the beautiful south coast town of Bateman's Bay at the Coachhouse Marina Resort.

Intermittent showers did not dampen the enthusiasm of over 130 knights and their partners who gathered on Friday evening to welcome visiting delegates from as far away as South Australia, Queensland and Victoria. The Grand Master of the United Orders, M Em Kt Walter Charlwood expressed great satisfaction on what was shaping up to be a very enjoyable weekend.

Saturday morning was a hive of activity as brother knights set up the Resort for their meeting in the afternoon and the grand reception marquee was decorated with a fabulous display of Malta and Templar memorabilia (thanks to V Em Kt John Greenwood!)

During the following ceremony, Kt Marc Fortugno of Castle Hill Preceptory was duly created a Knight of Malta amid a sea of black and burgundy robes and flashing swords. Meanwhile, the ladies took a bus to the heritage village of Mogo, famous for its crafts, creative flair and fudge!

The weather had also cleared to allow a glorious sunset as everyone gathered overlooking the bay for pre-dinner drinks before enjoying a marvellous banquet. The camaraderie of the Order was evident as many of those present continued to enjoy themselves until late into the evening.

Both the Temple and Malta Knights were unashamedly Christian in origin. In fidelity to this, there was little time to sleep in on Sunday as we rearranged the seating for a traditional thanksgiving service of Morning Prayer.

A barbecue brunch in the tranquil Marina surrounds brought the 2015 Malta Festival to a convivial close before folk began their journeys home.



The Knights Templar has been called the pinnacle of Freemasonry. There may be a little bit of proud bias in that claim. However, it is undisputedly a wonderfully close and friendly masonic order.

Any Master Mason who has held his Third Degree for at least two years, and professes a Christian faith is welcome to ask about membership. Simply drop a line to the Great Vice Chancellor (Peter Sinden) at [g.p.ofnsw.act@bigpond.com](mailto:g.p.ofnsw.act@bigpond.com).





# The Worshipful Master

To be elected to the office of **Worshipful Master** by the brethren of a lodge is a **great honour** and a great personal challenge for the candidate and his lodge.

**M**ore importantly it challenges his ability to maintain and advance the time honoured principles of Freemasonry, while ensuring the cohesion of his lodge and its dignity as a respected entity within his local community.

His reward, beyond the personal satisfaction of a job well done, will be in the approbation of his brethren at the end of his term as Master, as has been the case from time past.

The historical aspect of our Master's ceremony, can be traced to antiquity. A mason of ancient times was the equivalent of a modern architect. He was generally of the most highly educated and skilled members of contemporary society, being able to conceive, plan, manage, construct and decorate the most elaborate buildings and

associated works. As such he was highly regarded, indeed treasured by rulers and peers. Masonic lodges (or guilds) prior to the 18th century were thus assemblies of the more educated and skilled of each generation.

Prior to the formation of a Grand Lodge of England in AD 1717 the ceremony of masonic meetings consisted of only two degrees, the Entered Apprentice and the Fellowcraft. In England there was no separate ceremony of Installation, the new Master being chosen by his brethren then obligating him to observe and maintain the 'Old Charges'. Ancient Irish Masonry, however, contained a separate ceremony for electing a Master and this, with some amendments, was universally agreed to by the United Grand lodge of England in 1830.

Our modern Master's ceremony is commenced as a tribute to and a commitment to preserve the Ancient precepts of our Order. It therefore commences by historical precedent in the 2nd Degree by the Master Elect assenting to uphold the 15 'Old Charges' that are believed to date from the 10th century. These 'Old Charges' state the very essence of Freemasonry and, as such, form the introduction to the Constitution of Masonic Lodges worldwide.

The Master Elect must then obligate himself, and through him his lodge, to maintain the continuity, integrity and precedents of ancient Masonry, as well as the spiritual, moral and ethical teachings of the Great Architect of the universe; both of which are equally valid and acceptable to all religions that practice belief in a Divine Being and an After Life.

The Installation ceremony is conducted before a Board of Installed Masters which includes a representative of the Grand Master. The Installing Master then obligates and invests the new Master with his jewel of Office, the Square and then ceremoniously places him in King Solomon's Chair. Brethren are then admitted by degree during which he is proclaimed Master of the Lodge for the ensuing 12 months. The addresses follow, first to the Newly Installed Master, then to the Wardens, next to the brethren. These three charges could be said to be among the most important in our ritual stating, as they do, the basic ideals, practices and principles of Freemasonry

The new Master, to be an effective leader, should be able to demonstrate that he possesses an enlightened but practical overview of the role of masonic leader; who can win the respect and confidence of his brethren while retaining his authority. But in so doing he must also recognise that each member is a volunteer with an individual character, education and personal needs and wants. Each is unique, valuable and worthy of individual consideration from the Master.

The excellent book *101+WAYS - to improve interest and attendance...* should be compulsory reading for all Senior Wardens aspiring to become Master of his lodge. This lists seven proven identifiable qualities of an effective Master.

'Improved Masonic education; better fellowship and opportunity to make new friends; greater civic involvement in public



charities; a higher profile Freemasonry; greater visibility and pride in our organisation; active commitment to the needs of youth; higher quality presentation of degrees in a more dramatic and understandable manner; improved leadership training and more opportunity to be a leader.

Rendered to its simplest terms, Freemasonry is an organisation of men in a group, an institution, a fraternity, a brotherhood, a family, call it what you will. They are men holding similar views, ideals and interests and whose aims are the betterment of mankind so as to make the world a better place to live in. They have been described as men of strong ethic beliefs seeking more in life than amassing wealth and raising a family, God fearing dedicated men, generous and compassionate, with high regard for family values, community interests, their place of worship, and causes of the less fortunate. These are the qualities that surely make the world a better place.

The ability of the Master to effectively communicate to his members the ideals and purpose of Freemasonry in contemporary society is without doubt the most important element of his responsibilities as a leader. In this regard his intellectual capacity to remember and purposefully convey the message of each charge he delivers to candidates and brethren will be paramount to his success.

Masonry, from time immemorial, has demanded the Master commits every aspect of his Craft to memory. Why?



**The new Master, to be an effective leader, should be able to demonstrate that he possesses an enlightened but practical overview of the role of Masonic leader...**

Because in ancient times there were no written rituals – and this ability was an essential qualification. This same requirement is equally important in modern Freemasonry. The use of notes or electronic instruments to deliver charges is contrary to the very basis of our Craft. It is a highly undesirable practice which can only

weaken our lodges and dilute our great and inspiring message of humanity.

The Address to the newly installed Master makes it indelibly clear: ‘The honour and reputation of your Lodge will materially depend on the skill and assiduity with which you manage its concerns, whilst the happiness of its members will generally be in proportion to the zeal and ability with which you promulgate the general tenets and principles of our institution. By strict observance to the constitutions, the By-Laws of your Lodge and, above all the V. of SL, which is given as a guide to your Faith, you will acquit yourself with honour and reputation, and lay up a crown of rejoicing which will never fade away but will continue when time shall be no more.’

- 1 101+WAYS – to improve interest & attendance in your Masonic Lodge. *The Masonic renewal Committee of North America. Printed in Australia.*
- 2 Some Words and Thoughts. *RW Bro M.H. Kellerman, OBE, PDGM UGL NSW & ACT.*

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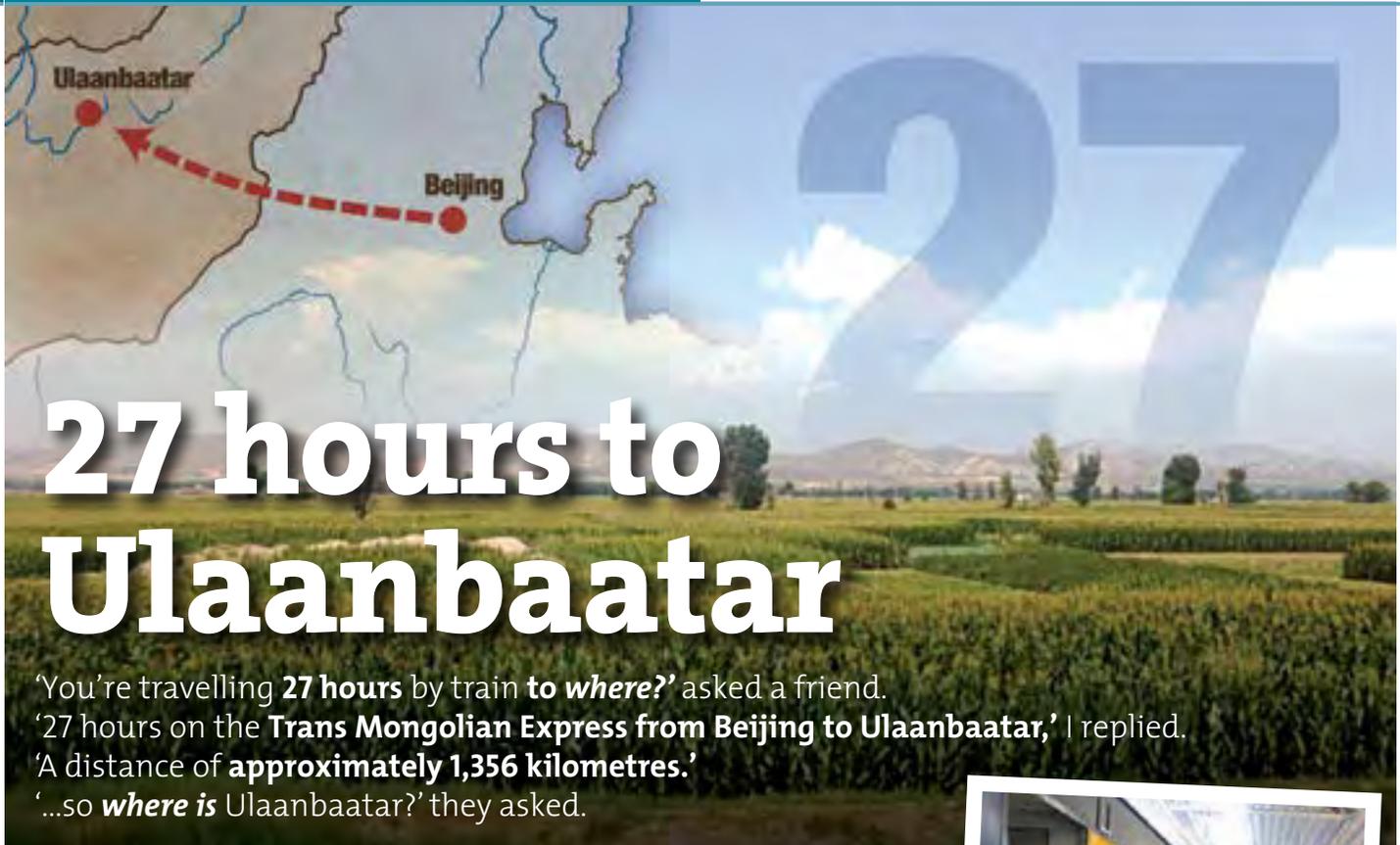
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# 27 hours to Ulaanbaatar

'You're travelling **27 hours** by train to *where?*' asked a friend.  
 '27 hours on the **Trans Mongolian Express from Beijing to Ulaanbaatar,**' I replied.  
 'A distance of **approximately 1,356 kilometres.**  
 '...so **where is** Ulaanbaatar?' they asked.

I explained to him that Ulaanbaatar is the capital of Mongolia. It was founded in 1649 as a town on the China to Russian trade route. It became the capital of the country in 1924 when its name was changed from Urga to Ulaanbaatar. Currently it is the largest city in Mongolia and home to approximately 30% of Mongolia's total population of around 3.2 million people.

Travelling with two mates, the 27 hour train trip was to be a highlight of our recent visit to China and Mongolia.

We had been informed that it was essential to book early as there was only one train departure per week from Beijing to Ulaanbaatar and competition for tickets was intense. So some months ahead we contacted China International Travel Service's head office in Beijing by email and booked our tickets for the train journey. The tickets were reserved and we were able to pick them up from the office of CITS in Beijing a few days before the start of the trip.

Arriving at the crowded Beijing central railway station we were directed to a waiting area for Train K23 which was to take us to the Mongolian capital and 30 minutes before departure we boarded the train to be greeted warmly by our conductor.

**As we got closer to Mongolia the land use changed from crops to grazing, mainly sheep and goats, and large wind farms dotted the surrounding hills.**

The carriage, a soft sleeper, had several cabins each with two berths and every two cabins shared a compartment with a shower and hand basin. At the end of each carriage was a toilet which could only be used between stations. An urn with piping hot water was stationed at one end of the carriage. A dining car was attached to the train serving hot meals and beverages.

K23 departed Beijing Central Railway station at 11.25am heading northwards to Mongolia. The train soon reached its top



speed of 120 kilometres per hour as it passed through miles of corn and sunflower fields.

The first stop was at Zhangjiakouan, three and a half hours after we left Beijing. It is a city surrounded by mountains and often referred to as the 'northern gateway to Beijing'. There are rich deposits of coal and iron ore nearby. Our next stop, another two hours travel, was Jining known as the home of Confucius as well as being an industrialised city of some eight million people with large mineral deposits nearby.

As the sun set the conductor handed out departure cards for China and entry cards



**An interesting experience as the carriages, with passengers inside, were hoisted in the air, and the smaller scale bogies removed and replaced by the wider gauge.**

for Mongolia. As we got closer to Mongolia the land use changed from crops to grazing, mainly sheep and goats, and large wind farms dotted the surrounding hills.

At 9.30pm, after a meal in the dining car, we arrived at Erlian on the Chinese border with Mongolia. Our passports were collected by Chinese officials and we were permitted to leave the train for an hour and stroll through the brightly lit streets of this border town. At 10.30pm we were required to board the train and it left for the workshop where the bogies on all the carriages had to be changed from standard gauge (1435mm) used by the railways in China to the Russian gauge (1520mm) used in Mongolia. An interesting experience as the carriages, with passengers inside, were hoisted in the air, and

the smaller scale bogies removed and replaced by the wider gauge. The Chinese dining car was replaced with a highly decorated Mongolian dining car. K23, with the newly fitted bogies, returned to Erlian where our passports were delivered to our cabin. The train departed at 12.50am.

An hour later the train stopped at the Mongolia border control point of Zamyn-Üüd. The station was in complete darkness but customs and immigration officers boarded the train, collected our passports, took them away and 15 minutes later

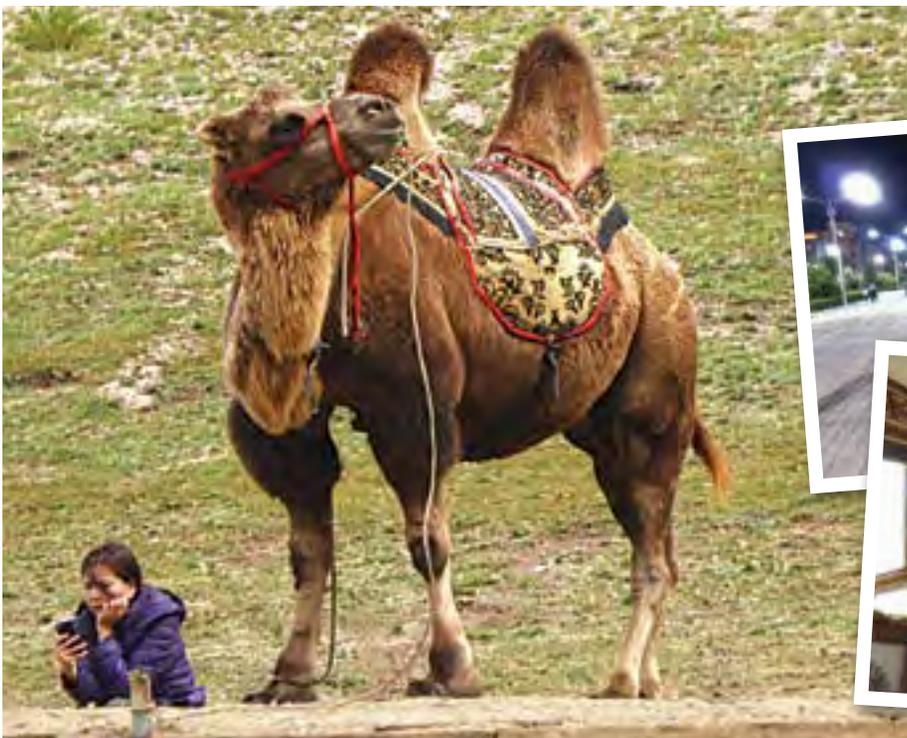
returned them stamped with a visa valid for a thirty day stay in Mongolia and we were again on our way.

At this time we were able to settle down and sleep for a few hours as the train rolled on to the Gobi desert.

At dawn K23 was well into the Gobi desert. This section of the desert was mainly gravel supporting clumps of plants resembling the saltbush found in the arid areas of Australia. Bactrian camels roamed freely. Occasionally we passed a ger, the circular canvas covered felt tent, home of the nomadic Mongolians. Outside the gers were some cattle, sheep and horses and often a motorbike or utility.

As we crossed the desert we noticed birds of prey swooping over what appeared to be a barren treeless landscape. Telephone lines followed the railway tracks and were supported by wooden poles attached to concrete posts to keep the poles off the ground.

*Continued on page 28...*





# Brothers make family history

W Bro Stewart Benington comes from a **long-time masonic family** and believes **some of the circumstances involving his family are unique in the Craft.**

**I** was initiated into Freemasonry in the Great Northern 46 Lodge SA in Peterborough by my father on 5 September 1970, passed by him on 7 January 1971 and raised by him on 8 January 1972,' he says.

'Since then I affiliated to Lodge Windsor 770 in the NSW Constitution, progressed to WM there in April 1983, progressed to Mark Master Mason and also to the 18° but had to leave them when I moved out of the district. I then joined Lodge Blackheath 370 for a short period. After I retired to South West Rocks on the East Coast of NSW in July 2005, I joined Trial Bay Daylight Lodge 1018 NSW & ACT on 28 March 2011 and was installed on 28 April 2014.

'My brother Craig was also initiated by our father in Great Northern Lodge on 2 October 1978, passed by him on

6 November 1978, and also raised by him on 5 February 1979. Craig was installed into Lodge Beniah Great Northern 111 in August 1984. Our mother lodge has undergone a third amalgamation and is now Victoria Lodge 26 in Jamestown SA.

'Craig moved to WA in late 1984 where he joined Harding Lodge 9 at Karatha and then Lodge Gingin 215, became SW in 2012 and was installed in Lodge Gingin in May 2013 and also May 2014.

'This meant that two brothers were in the chairs of lodges on both sides of Australia at the same time (encompassing five States and Territories – SA, NT, NSW, ACT and WA) after beginning their masonic lives in the middle of South Australia.

'Our father passed away in July 1981 after being installed twice. His apron was passed on to me and both I and Craig were



W Bro Benington receiving his Installed Master certificate

installed in the same apron. My installation in that apron in Trial Bay Daylight Lodge 1018 makes a total of five installations in the family with one apron.' 

...continued from page 27

During this stretch we made several short stops and passed newly established mines giving an indication where the wealth of this country was coming from. Mongolia has some of the richest reserves of coking coal in the world and has significant reserves of copper, gold and uranium. The extraction at the moment is hindered by a potential shortage of water and poor infrastructural development, particularly transport links.

Around 9.00am, as we travelled along the single track railway line there was a slight change in the landscape. Plains gave way to undulating hills with dry water courses. The brown landscape merged into a grey landscape with splashes of green grass around small pools of water. Near these pools were large numbers of Bactrian camels, horses and cows plus wild goats.

**This section of the desert was mainly gravel...**

During the next four hours the desert gradually receded to be replaced by grass covered plains with the occasional wind farm and mine. About an hour from Ulaanbaatar the railway line left the plains and snaked along the edge of a wide valley with a water course flowing through it. The grass was green and small settlements appeared. As we neared the capital small suburbs with permanent housing mixed with gers sprang up.



Finally at 2.25pm, with an outside temperature of 33°C, K23 pulled into the large imposing grey coloured Ulaanbaatar railway station and we had just a few minutes to detrain before K23 continued its journey northwards.

It was a fantastic and informative trip and even though we had been on the train for 27 hours we were disappointed that it had come to an end. 

# The good oil from Ophir

Some lodges have problems with attracting and keeping members. W Bro Paul Johnson, the WM of Lodge Ophir 17 had the following message for his members.

**W**e need our beloved Lodge Ophir to sustain us but if Ophir is to survive and prosper, we must in turn engage with it and nurture it.

Some would say that the deepest truth about us as humans is that we are selfish by nature. That acts of apparent unselfishness are only intended to make us feel better about ourselves and to look better in the eyes of others. In reality, we are ruthlessly competitive creatures, so intent on satisfying our own needs that we are at times capable of harsh behaviour towards anyone who gets in our way. Of course those things are true of some people some of the time but not all of us.

But there is an even deeper truth and that is, by nature we are social creatures. We are in the main, more co-operative than competitive. We choose to live in cities, towns and villages, we belong to groups and organisations because we are not good at surviving in isolation. We need each other.

It is much the same in Freemasonry. We need our lodges to sustain us, but if those lodges are to survive and prosper, we must engage with them and nurture them. That is the beautiful symmetry of Freemasonry, to survive we need lodges and if those lodges are to survive, they need us.

So here rests a quandary. On the one hand we are individuals with a strong sense of independent personal identity and on the other we are fed by our desire to connect and belong. There is a tension between our independence and our interdependence, which explains why we are sometimes conflicted and confused. We know how best to live but our internal struggle sometimes distracts us.

I think Lodge Ophir exerts a great emotional power because it provides us a place where the tension between dependence and interdependence can be resolved in a harmonious way. Ophir men strike that perfect balance between brotherly love, relief and truth. Our lodge is appealing because the very words 'Lodge Ophir' evoke a feeling of safety and emotional security. A place where I could say that I belong. Ophir men become part of the fabric of each other's life and we as masons recognise that requires effort on our part if it is to work.

**...we are not good at surviving in isolation.**

In the modern world, many pressures work against Freemasonry. Changing patterns of marriage and divorce demand difficult adjustments for many families. The rise of two-income households means men are often too busy to give time to Masonry. The mobility of the population, we move on average every six years, and the computer revolution creates the illusion of being connected while making it easier than ever not to see and be a presence to each other.

Part of the mystery of Freemasonry and the essence of Lodge Ophir is that it gradually and invisibly shapes us to fit perfectly into the truth it teaches. Ophir men become the authors of each other's stories through the influence we have on each other. Each of those stories is unique but



the sub-text is universal. It is finding the answer to just one question – where do I belong?

Every lodge will have its differences of opinion, its social divisions and tensions, which is simply to say that every lodge is diverse and inescapably human. If we want to master the art of belonging, we will need to accept those imperfections, complexities and tensions and deal with them. And the best way of dealing with them is to overlook them. There's a lot of tolerance, a lot of forgiveness, in the art of belonging.

Let me suggest two reasons why we bother and why it is worth the effort. The reality of our personal existence could only be fulfilled through our engagement with others. If we position ourselves outside a community, we tend to become obsessed with ourselves and this is a sure sign of a person not engaged with a community. After all, we never really know who we are until we know where we belong. Finding yourself makes no sense outside a social context.

In the end, the reward for having connected deeply with our lodge is that we will feel safer and more emotionally secure in the very depths of our being. Who wants to feel like a stranger in their own street?



# The Glenn Miller story

The pages of masonic history record **famous composers, musicians and band leaders** from **Mozart and Hayden** to **Sir Arthur Sullivan**. The band leaders of the modern era include Louis Armstrong, Count Basie and of course many other distinguished artists but **there was one band leader of the 1930s and 40s** who not only **changed the style of dance music** but also the genre of military marching music.

**B**ro Glenn Miller was born in Clarinda, Iowa USA in 1904 and attended schools in Nebraska, Missouri and Colorado. Glenn showed an interest in music from an early age but also developed an interest in a new style called Dance Band music. From his many teenage jobs, including milking cows, he bought his first musical instrument, a trombone, and played in the Grant City Missouri orchestra.

Glenn's first dance band was when he was at high school where he played the cornet and mandolin but switched back to the trombone in 1916. In addition to his interest in music and dance bands, he was a first class athlete and football player but by the time he graduated from high school he had made up his mind to be a professional musician.

He entered university in 1923 at Colorado but dropped out after five classes in the first semester, deciding to concentrate on a musical career, later studying under Joseph Schillinger, learning the Schillinger technique. Under Schillinger's support, he wrote what was to become his signature tune of *Moonlight Serenade*.

During the 1920s, Glenn played with a number of bands, including the Los Angeles Studio Orchestra accompanying Judy Garland and Bing Crosby. He also wrote a number of arrangements and published *Glenn Miller's 125 Jazz Breaks for Trombone*.

Following some setbacks he decided to stick to writing and composing and in the early thirties he wrote arrangements for Benny Goodman, Tommy Dorsey and Joe Venturi and played trombone with their orchestras. In 1935, he assembled an orchestra for the British bandleader Ray Noble and made his first movie appearance in the Paramount Pictures release of *The Big Broadcast of 1936* as a member of Ray Noble's big band playing *Why Stars Come out at Night*.

In 1937 he formed his first band, but in 1938, after playing at the Ritz Ballroom in Bridgeport, Connecticut, he decided to break up the band as he thought they sounded like every other dance band of the thirties. Returning to New York very disappointed, he realised that he needed a new sound completely distinctive from other bands.

Combining a clarinet with a tenor saxophone and three saxophones in harmony he produced a melodic sound. Reforming his band, the new sound quickly became popular and very soon the Miller orchestra was playing on radio stations. In 1942, the band received its first Golden Record for its recording of *Chattanooga Choo Choo*.

America entered World War II on 7 December 1941 and in 1942 even though







# A word from Warren

Americans are well known for their generosity and it is a tribute to the Australian personality when an American visitor makes highly favourable comments about his visits here.

WBro Warren Johnson, a member of Lodge Mount Hored in Woburn, Massachusetts, has just completed his 16th visit 'Down Under' to be with his daughter and mix again with the many friends he has made.

'My oldest daughter lives in Windang, south of Sydney, and I usually stay for three months when I visit which also gives me plenty of opportunities to attend different lodge meetings,' he said.

'I have never met more friendly people than those I see in Australia. Some members have taken me under their wing and shown me different parts of the country while others make sure I have transport to and from a lodge. That started with my first visit in 1992.

'The Degree work is very similar with some differences in words and the openings but otherwise Masonry is the same.'

**I have had some marvellous and heart-warming times on my visits and look forward to them each year.**

Warren became interested in the Craft when he discovered his father-in-law was a mason and then found out at subsequent meetings that an uncle and a neighbour were also members. He said they led good

lives and the example he saw made him want to be a member.

'They were all good men, willing to help others and this is what I have been doing all my masonic life. VW Bro Brian MacKander from Warilla was a big help. He introduced me to the Sydney Masonic Club and its Seniors monthly lunches which extended my circle of friends and revealed some of the lighter sides of life.

'Arrangements would also be made for a member to pick me up and get me from Windang to the city and back for the lunches. I have had some marvellous and heart-warming times on my visits and look forward to them each year.'

The Seniors Club meets on the third Monday of each month and is open to all members over the age of 50. 🗑️

## Have your say

### Thank you

Freemasons have been a generous supporter of Surf Lifesaving – Central Coast and at Umina Surf Lifesaving Club and we certainly appreciate the support given to our members with the supply of the Safety Pink Rash vests and also other vital Lifesaving Equipment. Lodge Morning Star on the Central Coast has been associated with Umina SLSC for the past two years and just recently enabled us to purchase a defibrillator and a Rescue Board. This season some of our volunteer

Lifesavers spent some time with the members of Lodge Morning Star training them in the correct use of a defibrillator and First Aid. I would like to mention that Mr Lance Nelson and Mr Richard Black who are from Lodge Morning Star have been so welcoming with their support and are great representatives for Freemasons.

I was not aware of the wonderful work Freemasons did for our community until I met your representatives from Morning

Star Lodge and have a better understanding of your organisation. Please keep up the good work!

I would also like to thank Richard Black who has supplied our Club with many photos of the season and carnivals for no cost.

**Mrs Christine Lavers**

Publicity Officer  
Umina SLSC





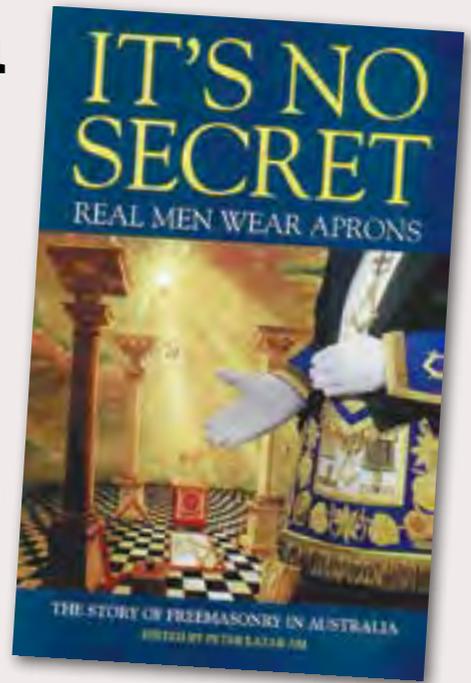
# It's No Secret: Real Men Wear Aprons

Men have worn aprons almost since time began

The Butcher, the Baker and the Candlestick maker wear aprons, as do many other trades and professions. *It's No*

*Secret Real Men Wear Aprons* puts in plain words the history of Freemasonry and why Real Men do wear aprons. *It's No Secret Real Men Wear Aprons* is a handbook for someone wishing to know about Freemasonry, for someone interested in joining the Craft and for brethren hungering for masonic knowledge.

The book covers the history of Freemasonry, the history of the Grand Lodge of NSW and ACT, Masonic Symbols and their Meanings, Masonic Principles, an explanation of other Masonic Orders, a large compendium of famous masons including Governors General, Prime Ministers, and Premiers, VC winners, famous soldiers, sportsmen and Captains of Industry who have found Freemasonry a stimulating society.



Editor Peter Lazar AM has done a first-rate job editing *It's No Secret Real Men Wear Aprons* opening the myths and guessworks about our Craft.

## IT'S NO SECRET REAL MEN WEAR APRONS

Published: Masonicare Limited

ISBN: 978 0 646 52446 7

Copies available from:

The Grand lodge library has a few copies available for sale – arrangements may be made with the Grand Lodge Librarian, RW Bro Robert Taylor



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# The appeal of Masonry

After we have taken our **first regular step** we find in the Masonic Ritual many elements that are pleasing, and **fill us with a strange wonder and satisfaction**, leading us never to forget the bow which we drew at the venture.

The stately old-world phrases, the dignity and harmony of movement, of colour and of euphony, gratify the senses and the minds of men wearied by the stress and distractions of worldly affairs. The broad, homely philosophy of life, the simple declaration of brotherhood, the ethic of fidelity and friendship, truth without dogma, religion without sect, reverence without sacrifice of dignity, love without sentimentality; all these are important elements contributing each its quota to the appeal of Masonry in the heart of the mason. The joy of relaxing to the congenial atmosphere of the fraternity, the opportunity to put away the armour which must be worn on the battlefields of the world outside the lodge, the free exchange of brotherliness, without fear of misunderstanding or of rebuff, these are valuable elements in the appeal of Masonry.

It is a fact which cannot be gainsaid that there is scarcely a man or woman, and certainly not a child, who does not

harbour a secret love of ritual. Instances of this are to be found in the way in which the general public clings to such institutions as

**‘It is a wonderful tonic for nerves strained by the tension of ordinary life to come into the precincts of a Masonic Lodge, where all is quiet, orderly and peaceful...’**

the lifeguards, with their quaint costumes and trappings, Lord Mayor’s processions, the wigs of the law courts and so forth. This then, is undoubtedly one of the

principal appeals which Masonry makes to most of its initiates.

In the outer world of today there is so much turmoil, hurry, bustle and unseemliness, so much pushing, self-assertion and personal advertisement, so little consideration for the feelings of others, so little true dignity, restraint, or courtesy springing spontaneously from the over-flowings of kindly hearts, that it is exceedingly pleasant to enter the totally different atmosphere of a lodge, where dignity and order are found in place of the undignified turmoil to which we are so accustomed in the outer world.

It is a wonderful tonic for nerves strained by the tension of ordinary life to come into the precincts of a masonic lodge, where all is quiet, orderly and peaceful, where every officer and every brother has his allotted place and his prescribed duty: where none encroaches on another, where, once the cast of the drama is selected and appointed, all co-operate in willingness and harmony to perform the ceremonies in such a way as to create an atmosphere which shall, some day, characterise even the outer world, when men shall cease their quarrels, shall learn the lesson of faithful brotherhood, and shall co-operate with the Supreme Will in evolution to order all things beautifully, strongly and wisely. 

*These are the words of Bro Major Arthur E Powell in his book The Magic of Freemasonry published in 1924 by The Baskerville Press.*

*Photo by Bill Bradford.*

## COOL CUTS

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COOL CUTS WELCOMES ALL BROTHERS

# OzHarvest feeds thousands

Living in Australia, the majority of us enjoy a reasonable standard of living.

We enjoy three meals a day, a job and a nice house and we have been called the lucky country, yet it has been estimated that possibly two million Australians are living on the poverty line and many go hungry. Sadly, it has been thought that 75 per cent of Australians believe that poverty doesn't really exist.

Australians waste up to 200 kilograms of food a year, much of it finishing in waste disposal dumps. A recent TV advert showed a husband arriving home late and his wife told him that his dinner was ruined and scraped it into the waste disposal bin. No doubt that meal finished up in the local tip!

A number of countries supported by the United Nations Environment Program (UNEP) host organisations that glean and recover what are known as rescued food that would normally finish up in Waste Disposal bins or landfill. In Australia, Ronni Kahn, a South African and social entrepreneur now living in South Australia, after visiting Soweto in South Africa and a number of other countries, was shocked by not only world-wide food waste but also by food waste in Australia. Using her experience in corporate hospitality and past management experience, she founded Ozharvest in 2004 which has become the largest non-charitable food recovery organisation in Australia. It collects surplus food from a large number of providers including vegetable markets and



A tasty meal from Think.Eat.Save 2014

shops, restaurants, catering companies and many other outlets.

Prior to 2005 it was illegal in most States to donate surplus food to charitable organisations but due to lobbying by Kahn and pro-bono lawyers, the Civil Liberties Amendment Act was passed in 2005 in NSW, followed by Queensland, the ACT and South Australia, allowing surplus food to be donated to charitable organisations without fear of legal action. Incredibly, Ozharvest delivers 441,500 meals per month nationwide with a fleet of 15 vehicles, supporting the vulnerable through numerous charities around the country.

Although Ozharvest is the largest surplus food recovery organisation in Australia, there are other food recovery charities such as Food Bank and Second Bite. Food Bank deals in stable, chilled and frozen food and in 2011 redistributed 32 million meals. Second Bite facilitates redistribution of surplus fresh food from local donors to local community groups.

On 29 July 2013, a memorable event occurred in Martin Place, Sydney when the



United Nations Environment Committee, along with hundreds of volunteers of Ozharvest launched the global campaign 'Think.Eat.Save.' and fed 5,000 Sydneysiders a lunch made from rescued food. The event was made a success by the assistance of some of Sydney's top chefs, food providers, growers and markets and was attended by the Lord Mayor of Sydney, Clover Moore, Therese Rein (Ozharvest Patron), Ronni Kahn and dignitaries from UNEP and the Environment Protection Authority.

The 2014 event, held on 21 July at venues across Sydney, Adelaide, Brisbane, Melbourne and Newcastle, furthered efforts to raise awareness of the disturbing amounts of food waste in Australia and around the world, where roughly one third of food produced for human consumption gets wasted or 'lost' along the way.

'Our modern day challenge is to create a sustainable food culture that can be shared by all, where we waste less at all levels of food production, distribution and consumption,' Kahn said.

'Each and every one of us can make a pledge to reduce food waste by participating in local 'Think.Eat.Save.' events and also commit to reducing food waste at home. Small actions can affect change and, united, our actions will make a huge positive impact on our planet.'

*Photographs courtesy of Scott Ricketts and OzHarvest*





# Chairman's Message

So far this year Masonicare has provided \$ for \$ grants to the following charities:

- The Manning Foundation
- Cando Cancer Trust
- Shoalhaven Hospital
- Batten Disease Support and Research Association Incorporated
- Sunnyfield
- Australian Foundation for Disability
- Volunteer Marine Rescue
- Hills Community Aid & Information Service Inc
- The Harden & District Nursing Home
- The Trustee for NSW Rural Fire Service & Brigades Donation Fund
- Sailability NSW Inc
- Gundagai Preschool Kindergarten In Trustee for Lifeshapers Family Services Trust Fund
- The Dish of St Johns
- Hornsby Kuring-gai Women's Shelter
- Fragile X Association of Australia
- Movember Foundation
- The Braveheart Foundation
- On-Focus Inc
- Gundagai Preschool Kindergarten Inc.
- Western NSW Medicare Local Headspace Cowra Branch
- Westmead Medical Research Foundation
- Parkinson's NSW Inc

- Sydney Children's Hospital Foundation
- Kidzwish Foundation – Illawarra
- Prostate Cancer Foundation
- Palliative Care ACT Inc
- Wollongong Aerial
- Redkite Children's Hospital Westmead

This emphasis is because the Masonicare Board acts on your behalf to provide \$ for \$ support to local charities.

The Board operates the Grand Charity on behalf of all lodges and masons in NSW.

It is your charity.

Each lodge has a Masonicare Caring Officer and part of his role is to look at the needs of brethren in the lodge and what the lodge can do in a charitable way for the local community.

As the Grand Master has advised, Rural Fire Services are deductible gift recipients but so are many other local charitable organisations that may qualify for assistance.

It is in order for lodges to work with other local charities, such as Rotary, Lions and Apex to help raise funds for worthy causes. I therefore ask that all masons and lodges look to your local communities to see where you can assist.

If the organisation is a designated gift recipient, we can and will provide assistance to you.

All the Board asks is that when charitable causes are identified, please check with the Secretariat to ensure that the charity qualifies. When you have raised the money send it to Masonicare and we will return it with a cheque for double that amount.



## Safety vests for Umina

Masonicare has again come to the aid of the Surf Lifesaving movement with donations which enabled Umina Surf Club to provide Safety Pink Rash vests and other equipment.

Club publicity officer Christine Lavers said the pink 'rashies' are worn by all competitive members ranging from seven years to 70 whenever they are on the beach and no member is allowed to train or compete without them.

In 2014 and 2015, Umina hosted the NSW State Surf Lifesaving championships with up to 9,000 competitors and the Freemasons Pink Safety Rashies were well promoted.



Umina SLSC girls in their pink safety rashies, provided with the help of Masonicare.

*Photograph courtesy of Maddison McLeod*

## InterACTION Grant

Members of Lodge St Andrews, with support from Masonicare, recently completed the fabrication of a steel shelter for the Manilla Community Bus garaged at the Manilla Hospital.

The shelter was officially opened on 20 February in the presence of lodge members, hospital representatives and Mr Kevin Anderson, Member for Tamworth.

W Bro Ed Parris was invited to cut the ribbon. He was responsible for managing the project which was also supported by other local organisations.



L-R: Ms Rose Foale (Health Service Manager, Manilla), Mr Kevin Anderson, (Member for Tamworth) W Bro John Brand, W Bro Ed Parris, W Bro Bob Dixon, Mr Peter Dutton (Manilla Hospital Board)



# Gratification

We all want to be **satisfied, contented or pleased** with what we have done.

A group of masons relaxing at a minisouth after a recent Lodge of Instruction, were discussing the reasons for the poor retention rate of newly-made Masons. A Brother ventured the opinion that part of the reason for our failure – and losing new members is a failure – was that they were not achieving the gratification that they expected. When asked to elaborate, he mentioned the trend of young workers to change jobs on a regular basis to get exposures to new ideas, new systems and a quick rise to the top of their profession. Now this of course is a generalisation but it contains a kernel of truth, as Masonry doesn't do anything quickly and for a good reason. It is a life-long journey, not a rapid dash!

Further discussion among the brethren led to the conclusion that some prospective members bring to Masonry the same expectation for instant gratification and if they don't see themselves getting it reasonably quickly, they depart.

Perhaps to the young men we older members are an anachronism, belonging to another time, and that of course is true. They cannot understand that we were patient and sometimes waited years to get into the Stewards before commencing the progressive positions in the Lodge to attain the ultimate position, that of Worshipful Master.

As individuals, we would have had different levels of expectation but were generally patient and willing to serve and wait for our opportunities. Then, the members were greater in number and the opportunities for rapid advancement not as great as they are now. That is the conundrum as there are actually greater opportunities for rapid advancement and in fact brethren are being subjected to more pressure to take office and to jump positions.

Under these circumstances, the brethren who are advancing rapidly are probably enjoying it less because of lack of adequate preparation, adequate understanding and education that comes from

years of exposure to the many facets of Freemasonry. This is not their fault but a by-product of the pressures arising from declining membership.

Surely gratification comes from doing a job well and deriving pleasure from it and being recognised and appreciated by one's peers. Freemasonry is an interest for life

**Surely gratification comes from doing a job well and deriving pleasure from it and being recognised and appreciated by one's peers.**

and ideally, all should be encouraged to approach it as such. From the day that they were initiated we should encourage new members to regard it as the first day of the rest of their life and not a club to be joined and discarded when bored or another interest comes along. We have to help them achieve the gratification that they seek, whether they advance rapidly through office or not.

There are masons who express pride in having become Worshipful Master within three years of having been raised. It would take an exceptional man to derive the same pleasure as one who has been a Master Mason for say ten years and who has absorbed Masonry slowly and steadily.

We are all individuals and as such devote differing amounts of time and energy to Freemasonry and consequently derive differing amounts of pleasure and gratification

from it. Our modern society also applies different pressures on young men than yesterday and we have to recognise that and cope with it. Communications are virtually instantaneous world-wide, families generally need two incomes to survive, expectations of young couples are higher, there is an increasing lack of respect for the establishment and for authority and loyalty is not as highly regarded as it once was.

How can we improve the gratification of our younger and newer members? If they are getting more opportunities to progress faster than previous, then that is not the answer. To be respected, to be acknowledged as a good man and a mason, that is gratifying. We have to help them to achieve it, perhaps in involving them in projects for which they receive recognition. Perhaps it is to increase the intensity of Masonic education but they have to be receptive and see the benefits that could accrue by applying themselves.

A shotgun approach to education does not work as different individuals have different capabilities to absorb Masonry's multi-layers. Others resist pressure to learn and yet others, due to work commitments, have not the time. We have to be selective who we educate and how we go about it. Over the years, it has been frequently noticed that the sons of some prominent Masons have not followed in their father's footsteps, Maybe the fathers were seen to devote too much time to Masonry and not enough to their family, or perhaps did not discuss the good aspects of Freemasonry with their families. We were reticent in what we said and probably to the detriment of the Craft. Can we remedy that now?

Recently a group of masons volunteered to travel to Uralla to work as a team on helping the local masons restore their Temple. From the smiles on the faces in the photographs and the reports emanating from this journey, all involved received gratification. Isn't that the answer, working together as a team to achieve something worthwhile?



Whiddon's Board members sign their names for Brain Awareness Week

## Whiddon's SignMyName campaign for Brain Awareness Week a huge success

Whiddon's 'SignMyName' campaign, aimed at raising awareness of the debilitating impact of cognitive decline as a consequence of dementia, stroke, brain cancer, acquired brain injury, Huntington's and Parkinson's among older Australians, has proved to be a huge success, reaching over 20 million people via social and traditional media and seeing a number of high profile celebrities get on board and offer their support.

Running in conjunction with Brain Awareness Week (16–22 March 2015), the cause was embraced by a number of Australian celebrities and household names, along with many of Whiddon's clients, staff, volunteers and partner organisations. Whiddon would like to thank all those who participated and shared their #SignMyName efforts to raise awareness, including Scotty Cam (*The Block*), Larry Emdur and Monique Wright (*The Morning Show & Weekend Sunrise*), Jackie O (*KIIS*), Rove McManus and Lynne McGranger and Ada Nicodemou (*Home & Away*).

Supported by the Brain Foundation and Brain Injury Australia, the campaign encouraged the public to put their signature on a piece of paper using their non-dominant writing hand and post a selfie of the attempt on their various social accounts, along with the hashtag #BrainAwarenessWeek or #SignMyName. The idea behind the use of the non-dominant hand was to offer participants a glimpse into the challenges related to losing the ability to perform day-to-day tasks we often take for granted.



Karn Nelson, Whiddon's Executive General Manager, Strategy and Research, is thrilled by the results, saying, 'The support we have received for "SignMyName" has been overwhelming. We launched the campaign with the intention of bringing the issues associated with cognitive decline through dementia, stroke, brain cancer, acquired brain injury, Huntington's and Parkinson's into the spotlight during Brain Awareness Week, and the response has exceeded our expectations! The fact that so many people engaged and are talking about the campaign, as well as the issues it highlighted, makes it a massive success.'

The statistics associated with cognitive decline are shocking, particularly as our society is ageing rapidly. For example, more than 342,000 Australians are currently living with dementia (expected to increase to 400,000 in less than 10 years), with almost a third of those people aged over 85. In addition, over 700,000 Australians are currently living with an acquired brain injury.

Whiddon employs a range of creative ageing and other non-medication based techniques to manage and slow the pace of cognitive decline, such as storytelling, arts and crafts, painting, choirs, music and intergenerational programs to help clients find alternative ways to engage, express themselves and exercise their brains. Visit us at [whiddon.com.au](http://whiddon.com.au) to learn more about what we do.

[whiddon.com.au](http://whiddon.com.au)



visit our website or call 1300 738 388

Life is a journey

  
The Whiddon Group



# Regional Roundup



LODGE WEST EPPING 731

## An honour for Mark

The Worshipful Master and brethren of Lodge West Epping 731 were delighted to receive interesting news of member W Bro Mark Vermeer who is currently serving in the Australian Army in Baghdad in Iraq.

Captain Vermeer left Australia at short notice in mid-September 2014 to take up the position of Assistant to the Defence Attaché at the Australian Embassy in Baghdad.

After induction training for integrating with DFAT (Department of Foreign Affairs & Trade) procedures, policies and staff at the Embassy, Captain Vermeer began the process of diligently determining the nature of his role, duties and responsibilities of the newly created position of the Assistant to the Defence Attaché.

Over the last three months, Captain Vermeer has assisted the Attaché, Colonel Kath Stewart, in a diverse range of duties, tasks and coalition liaison allowing the Attaché to actively pursue efforts at the strategic level on Australia's behalf.



W Bro Mark Vermeer and Col. Kath Stewart

Captain Vermeer received an early Christmas present from the Australian Ambassador, Ms Lyndall Sachs, at the Australian Embassy in Baghdad on Sunday 21 December 2014, when she took time from her hectic schedule to publicly recognise the achievement of promotion to Major by Captain Vermeer in front of Australian Diplomatic and Coalition military staff.

Colonel Stewart organised the promotion ceremony and assisted the Ambassador with the promotion in the Australian Embassy Conference Room in the Chancery building.

The Ambassador said she appreciated the work and efforts made by Major Vermeer in his time in the Embassy so far, contributing with the Defence Attaché to Australia's involvement in the fight against ISIL.

'Your promotion to Major recognises a significant milestone in your military career and I wish you all the best for your future in the military,' she said.

Major Vermeer then cut his promotion chocolate mud cake, baked by the Ambassador, to conclude the ceremony. 'It was one of the most delicious chocolate mud cakes I have tasted in a long time,' he said.

W Bro Vermeer was WM of Lodge West Epping in 2001-2002, and despite unavoidable absences due to the nature of his service for his country, has been a regular attendee at meetings and participates in the work of his lodge whenever possible.

## Regional notice board

### Lodge Advertising

*Freemason* is extending a special offer to lodges to advertise in our Regional notice board column.

Many lodges worry about the absence of members and visitors but rarely think of using advertisements to let people know what the lodge has planned.

In an effort to assist attendance, we are offering four advertisements per year (one in each issue), all for just \$50, where lodges can detail coming meetings, functions or special events.

For further information, contact Simon Pierce at (02) 4344 5133.

LODGE WAGGA WAGGA No 22

## The new and the old

Lodge Wagga Wagga No 22 had a great double at a recent meeting when Jacob Kember (20) was initiated, and at the same meeting, Bro Jack Ellis at the age of 91 was presented with his 70 Years Jewel and Certificate.

Jack was originally initiated with two of his brothers in 1944 at Lodge Loyalty which became part of Lodge Wagga Wagga in 2000.



W Bro Andrew Lawrance from Lodge Central Australia, No 88, with his father, Bro Graham Lawrance from Lodge Kirrawee, No 903, at the Supreme Court, Sydney on 20 February 2015 following the ceremony of his induction as a Lawyer. W Bro Lawrance, a long term police officer, will now take up duties as a police prosecutor.





ORCHARD HILLS MASONIC CENTRE

## Defibrillator Training at Orchard Hills

Strong District interest was shown in February at a Defibrillator demonstration and CPR presentation at the Orchard Hills Masonic Centre.

The evening was conducted by Bro Terry McCallum, a fully qualified and highly skilled 'First Aider', who conducts strongly supported First Aid courses every month at the 'Nepean Aquatic Centre' and regularly provides training for the Royal Lifesaving Society.

The presentation covered all aspects of the Defibrillator, including an explanation on just how the unit and its accessories work and the maintenance required for each.

After the demonstration, Bro McCallum went on to show how basic CPR and Defibrillation work in conjunction with each other. VW Bro Tom Bell, from Lodge Nepean, assisted with a demonstration of how to implement the 'Recovery Position'.

With the average age of the brethren in our fraternity climbing, a Defibrillator is becoming a 'must' investment, but it is also essential to have someone present at meetings who knows how to use it.

LODGE MILLENNIUM No 2000

## Lodge Millennium

At the February meeting of Lodge Millennium No 2000, the Worshipful Master, W Bro Dilip Nagpal, and his team initiated Mr Steve Skarentzos into Freemasonry.

Later in the evening the Worshipful Master and W Bro Matthew Jupp, respectively, presented VW Bro James Jupp with his 50 year certificate and jewel, and RW Bro Grahame Cumming OAM gave an address on VW Bro Jupps' achievements.



Bro Skarentzos with the Worshipful Master and his sponsors Bro Nick Kelly and Bro Rick Agha.

HORNSBY AND KURING-GAI MASONIC ASSOCIATION

## Award for Hornsby and Kuring-gai

Hornsby and Kuring-gai Masonic Association (HAKMA) has won the Group Community Award for outstanding contribution to the local community for its charity donations.

Since 1967 HAKMA has been supporting its charity donation work; its main source of charity funds comes from the collection of newspapers throughout the district by the lodge Bbrethren who are based at the Turrumurra Masonic Centre. Lodge donations and the help of Masonicare with their Inter-Action grants provide a welcome boost to the manual effort of sorting and loading newspapers.

The Chairman of HAKMA (Lord Peter Wright) and the HAKMA Paper Collection Manager (Dexter Taylor) were present to receive the award at the award ceremony held at the Turrumurra Uniting Church Hall by the Kuring-gai Council.

There were a number of very strong contenders for this group award; it came as a great surprise that HAKMA won.

The award plaque will be displayed with great pride at the Turrumurra Masonic Centre to show the sterling work that the brethren have done over many years.



Cr Siter presenting the award to Lord Peter Wright and Dexter Taylor.

Over the past year, HAKMA has donated a total of \$36,000 to the following organisations:

The Fragile X Association of Australia	\$6,000
St Edmunds School	\$2,500
Afford Kings Park Program	\$2,000
Hornsby Women's Shelter	\$7,200
Myoboy Machine and Software	\$6,200
NSW Rural fire Service	\$2,000

CHAPTER CARDIFF

## A long-serving Companion

Ex Comp Bill Hall has been recognised for his exceptional service with an award of Life Membership at Chapter Cardiff, Speers Point.

First Grand Principal and Grand Master of the United Supreme Grand Chapter of NSW & ACT, Most Excellent Companion Robert Peattie attended the Mark Installation meeting of Chapter Cardiff to acknowledge Bill Hall's efforts.

Ex Comp Hall is 102 years of age, is in relatively good health and still attends Craft and Royal Arch meetings regularly.

After congratulating Ex Comp Hall on achieving 77 years as a Mark & Royal Arch Mason, M Ex Companion Peattie then conferred on him the Mark and Royal Arch Distinguished Service Award, stating anyone who had given 77 years of service to the Order and even more to the Craft deserved no less.



LODGE CHELMSFORD 261

## Music at work

The recent Inner West Community Band's 'Freemasons and the Great War' concert sponsored by Lodge Chelmsford was a great success.

Many city and suburban lodges attended such as Australian Lodge of Harmony, Lodge Castlereagh, The Leichhardt Lodge, Lodge Concord Technology, Lodge Epping, Lodge Bankstown, Lodge Guildford and many more as well as members of the public. Everyone came together at Concord Masonic Hall to enjoy the music and mix in a relaxed and fun atmosphere.

The Grand Herald W Bro Kevin Christmas also participated, helping the band out by playing the French horn.



The Inner West Community Band performing at Concord Masonic Hall

LODGE TARALGA 648

## The Fleming family

Another Fleming has joined Freemasonry to continue a family tradition in Lodge Taralga.

Bro Jackson J Fleming (18) was admitted and initiated into the lodge by his grandfather, W Bro Gordon Fleming. It was also a Past Masters Night with assisting family members being VW Bro Percy Fleming, DGIW District 47, W Bro Leon Fleming, W Bro M I Fleming and family relatives W Bro M Fleming, W Bro R W Lang and Bro S W Massey.

It was a special night as the candidate is a fourth generation Fleming to be initiated



Bro Jackson Fleming was initiated by his Grandfather, W Bro Gordon Fleming

into Lodge Taralga. The first was W Bro Arthur Fleming who joined in June 1937, followed by his eldest son Thomas in October 1955, and then brothers Gordon, Percy, Leon and Hugh in December 1963.

Last year, Gordon, Percy and Leon were presented with their 50 Year medals.

LODGE HORACE THOMPSON RYDE NO 134

## beyondblue

At the February meeting of Lodge Horace Thompson Ryde No 134, the Worshipful Master W Bro Alain Havatian, arranged for Mr Bill Morakis, from beyondblue, to speak on the men's health subject of depression and anxiety.

Drawing on his own experience of

over three months' severe depression, Mr Morakis spoke on the devastating effect of the illness on not only the sufferer, but also on family and friends.

He detailed his personal torment, the fight back to recovery, the signs to look out for and how he turned his life around.

This enlightening subject should be discussed at every masonic lodge and speakers can be easily arranged via the beyondblue website.

THE CEDARS LODGE 1041

## Double time for Khoder

It was a big night in more ways than one when W Bro Khoder Dandachli was re-installed as WM of Lodge Cedars in February in what was almost a duplicate of his Installation the previous year.

In 2014, his father RW Bro Ghassan Dandachli PAGM had the privilege of being the Installing Master. This year he attended the ceremony as the Grand Master's representative where the Installing Master was RW Bro Dr Abraham Constantin PSGW with an attendance of more than 150 consisting of members, visitors and ladies.

It was a similar attendance to last year and was seen as a tribute to a composed young man and a mark of respect for his father who has been 35 years in the Craft.

RW Bro Ghassan has always been an inspiration to Khoder and provided him with an impeccable example to follow and to succeed in Freemasonry.

W Bro Khoder is 24 and is the youngest of four children. He completed high school at Ashfield Boys High in 2008, finished a Law Degree at the University of Technology Sydney and was admitted as a solicitor in February 2014. He was initiated by his father in Lodge Aviation in 2009 as a Lewis and soon after affiliated with The Cedars Lodge where he was passed and raised. W Bro Khoder said he regarded his election as a challenge and that his time in the first year had been great.

'I am lucky to have a balance between the priceless experience of the older



L-R: Grand Master's representative RW Bro Ghassan Dandachli PAGM and W Bro Khoder

masons and the enthusiasm of the younger members as well as the earlier support of my mentors RW Bro Antoine Georges and RW Bro Constantin and my father,' he said.



LIVERPOOL PLAINS LODGE NO 191

## Liverpool Plains celebrates 125 Years

Liverpool Plains Lodge No 191 celebrated 125 years of continuous operation on 7 February with the working of a second degree to pass Bro Malcolm Campbell.

In time-honoured fashion, the Worshipful Master, W Bro Brett Watt welcomed the Deputy Grand Master, RW Bro Jamie Melville and his delegation to the meeting in the Tamworth Masonic Centre.

Included among the gathering was ninety-seven year old Bro Bruce Wilmott, the lodge's oldest active member.

The delegation at the Anniversary celebration

At the banquet, longstanding member W Bro John Carter, provided some interesting historical items in proposing a toast to the future of the lodge.

In the previous month, RW Bro Lyall Green PDGM celebrated his 99th birthday. A celebratory morning tea was provided at the RFBI's Moonby House which was attended by a small gathering of masons and friends.

LODGE MANDAGERY NO 523

## Upgrade for Mandagery

Lodge Mandagery No 523 during the latter half of 2014 underwent an upgrade to its facilities including the installation of a small kitchen, instant HWS and new plumbing. A reverse cycle air conditioning system for both the lodge room and the South was also installed as well as a complete upgrade to the building's electrical wiring. Various carpentry tasks were also completed and with fire extinguishers and exit lights the building now complies with fire and safety regulations.

As the lodge doesn't conduct a regular January meeting the Management Committee decided to hold a barbecue for wives and friends to join the brethren to view and enjoy the improved facilities in January 2015. Although the refurbishment is not yet complete the evening was voted a great success by the 28 brethren, partners and friends who were able to attend.



L-R: W Bro Ted Hubbard, WM Pat Coughlan and W Bro John Black

The Worshipful Master W Bro Pat Coughlan presented long service certificates during the afternoon to W Bro Ted Hubbard for 70 years and a 50 year certificate to W Bro John Black. W Bro Hubbard is unable to travel at night so he was delighted to receive his certificate on this occasion.

DISTRICT 26

## Combined District 26 Barbeque

On Saturday and Sunday, 21-22 February, 2015, representatives from all lodges in District Twenty Six operated a huge barbecue at the Little Athletics Region 6 Championships, held over a two day period at the Blacktown International Sports Stadium.

This huge event attracted crowds in their hundreds, including competitors, organisers and spectators alike who, of course, needed something to eat as the day progressed and all were well catered for by the brethren of District 26.

The brethren were assisted on the day by Alexie Jennings, daughter of Bro Ed Jennings from Lodge Emu Plains, Ebonie Bru, daughter of Bro Nick Bru from Lodge Alpha, and Isabella Aldeguer, daughter of W Bro John Aldeguer from Lodge Blacktown Kildare.

The brethren arrived early (6:30am) and quickly set up the tents and tables, fired up the barbecues and began chopping up onions, slicing bacon, separating sausages and frying eggs.

The smell of frying onions soon had the desired affect and a steady queue began forming and this continued over the two days.

Whilst the brethren were free to come and go as they pleased, most worked a three or four hour shift and over the two days, in excess of \$2,500 was taken, after purchasing costs and expenses were paid. The money is to be divided between the lodges represented on the days which in turn, will be presented to their chosen charities.

## A timetable of life

**At 15** – If only I'd finished school

**At 21** – If only I were married

**At 25** – (after getting married) If only we had a baby.

**The baby cries** – If only he went to school

**Six years later** – If only we could win a house, a million dollars...

**At 65** – Those were the good old days.



THE QUEENS LODGE NO 229

## Fathers and sons combine at Queens

Strong attendance of more than 35 brethren was evident at the February meeting of The Queens Lodge No 229, at the Orchard Hills Masonic Centre, where the WM, W Bro Corey Rodziewicz, gave W Bro Morrie Donnelly the privilege of initiating his son Ryan.

Among those in attendance were three other father and son combinations, W Bro Bernie Fussell and his son William, Bro James Cross and his son Blake, and W Bro Cosoleto (Lodge Galileo) and his sons Anthony, Dominic and Joe.

They were all given due recognition by the DGIW, VW Bro Jeff Illingworth who spoke of the warm and harmonious atmosphere of the evening, attributed to in large, by the father and son combinations.

Adding further lustre to the evening was the presence of a long time friend of the Donnelly family, Bro Ian Taylor from Lodge South Port No 62 Queensland Constitution.



Ryan and Morrie Donnelly

LODGE INVERELL NO 48

## Butterfly Ball



The Butterfly Ball debutantes

Lodge Inverell, No 48, held its first 'Butterfly Ball' on Saturday 14 March.

The Ball, which was open to mature age ladies and ladies with a disability in the Inverell community, was a great success, with ten lovely debutantes taking the opportunity to make their debut.

The night was also a fine opportunity for the lodge to showcase Freemasonry's involvement in the local community.

W Bro Eric Higgins starred as Master of Ceremonies as did Bro David Tait as Commander of the Arch.

After passing through the Arch, the debutantes were presented to Region One's DGIW, VW Bro John Egan and his wife Trish, Deputy Mayor of Inverell Council, Councilor Di Baker, and to the Worshipful Master of Lodge Inverell W Bro Wayne Jones and his wife Vincene.

VW Bro Egan then officially opened the Ball and the ladies took part in the debutante dance led by the Matron of Honour Mrs Bev Ewen. Debutante Mrs Pam Bush then cut the cake and responded on behalf of the Debs.

LODGE OF TRUTH BRAIDWOOD NO 26

## Well done Douglas

W Bro Douglas Edwards was presented with a special jewel when he finally stepped down after 38 years as secretary of Lodge of Truth Braidwood No 26.

It had been lodge tradition for the IPM to take over as secretary but Doug was forced to break the rules when travel problems proved too big a difficulty for his IPM and Doug stepped into the position.

Doug and his wife Eileen worked together to become computer literate, first printing the monthly notice paper, then printing and binding into book form the

minutes, printing the Installation cards from 2000 and then in 2010 printing the programs for the lodge sesqui-centenary.

W Bro David Lindsay also served as secretary for 38 years from 1878 to 1916 so in the 154 years of Lodge of Truth's history two brethren have been secretary for a total of 76 years, almost half of the time the lodge has existed.

VW Bro Phillip Shoemark presented Doug with the special jewel made by a local jeweller in appreciation of all those years of service to Lodge of Truth.

THE COBAR LODGE 97

## Tony is a good guy

Cobar's 2015 Australia Day ambassador Susie Elelman, a first generation Australian, joined the congratulations when she presented RW Bro Tony Punzet with his Citizen of the Year Award.

It was the second time Tony has been the outstanding citizen, having previously won the Award in 2010.

Bro Punzet was nominated for his involvement in the community over the past 12 months with the Copper City Men's Shed; Cobar Amateur Pistol Club; Rotary Club of Cobar; Cobar Masonic Lodge and St John's Ambulance.



Mayor Lilliane Brady OAM and Australia Day ambassador Susie Elelman presented Tony Punzet with the 2015 Australia Day Citizen of the Year Award.

Many other awards were presented at the event which was a huge success in bringing the community together to promote local shopping, small businesses and community spirit.



# Freemason Welcomes New Members To The Craft

<i>Name</i>	<i>Lodge</i>	<i>Name</i>	<i>Lodge</i>	<i>Name</i>	<i>Lodge</i>
ABDUL FATTAH, Chadi	Lodge Liverpool 197	FLEMING, Jackson	Lodge Taralga 648	NESCI, Raffaele	Lodge Trinity 666
ACKLAND, Damien	Lodge Wahroonga 674	FORBES, Duncan	Lodge Fitzroy 248	O'BRIEN, Brent	The Queen's Lodge 229
AL PACINO, Orlando	Lodge Sutherland 585	FRANKLIN, Cory	Lodge Horace Thompson Ryde 134	PALLESEN, Roy	Lodge Alpha 970
ALAMAR, Amar	The Sydney Lodge 1020	GARDINER, John	Lodge Gowrie of Canberra 715	PASSARELLI, Anthony	Lodge Galileo 1019
ALASWAD, Wallace	Lodge Ionic 65	GARLIN, Rick	Lodge Carlton Kogarah 305	PATRICK, Luke	The Australian Lodge of Harmony 5
ALCOCK, Brad	Lodge Bega Remembrance 220	GILKS, Steven	Lodge Kellerman 1027	PERCOPO, Francesco	Lodge Balgowlah 392
ALLEN, Kieron	Lodge Corrective Services 1039	GORGES, Melki	Lodge Sutherland 585	PLANT, Colin	Lodge Macquarie 53
AL-ZAHAB, Hassan	Lodge Kellerman 1027	GORGES, Andy	Lodge Sutherland 585	PRUSCINO, Michael	Lodge Germania 1036
ANDERSON, Greg	The Glen Innes Lodge 44	GREEN, Hugh	Lodge Middle Harbour 85	ROBINSON, Russell	Lodge Wagga Wagga 22
AOUN, Nass	Lodge Punchbowl 244	GUTIERREZ, Edge	The Queen's Lodge 229	SABA, Anthony	Lodge Germania 1036
ASSERIAN, Varand	Lodge Kirrawee 903	HARTIN, Craig	Lodge Courallie 235	SAINI, Sonny	The Australian Lodge of Harmony 5
BALLANTYNE, Jake	Lodge Seymour 945	HATHCOCK, Bruce	Australian Lodge of Fidelity 101	SALMON, Brenton	Lodge Nepean 29
BAUTISTA, Eric	Lodge The Star of Australia 200	HAYES, Cameron	Lodge Airs Campbelltown 976	SANCHEZ, Mauricio	Lodge Harold Herman Unity 428
BEASLEY, Matt	Lodge Wahroonga 674	HEMSLEY, Malcolm	Lodge Macquarie 53	SAVKINCI, Omer	Lodge Horizons 1032
BENNETT, Michael	Lodge Theo Grey 234	HERAID, Jerry	The Yass Lodge of Concord 27	SCHHECKENBACH, Max	Lodge Canberra 465
BROWN, Gus	Lodge Tomaree 878	HINDMARSH, Jeff	Lodge Wyong Tuggerah Lakes 247	SCHMIED, Eric	Lodge Sydney St. George 269
BRUCE, Thom	Lodge Sir James Hardy 1046	HOURIGAN, Greg	Lodge Verity 570	SERGI, Joe	Lodge Queanbeyan St Andrew 56
BUTCHER, Shane	Lodge Gloucester 291	IRWIN, Michael	The Queen's Lodge 229	SIVRIOGLU, Engin	Lodge Alpha 970
BYRNE, Luke	Lodge Wyong Tuggerah Lakes 247	JAMES, Matthew	Lodge Camden 217	SKARENTZOS, Steve	Lodge Millennium 2000
CAPISTRANO, Gene	Lodge Horizons 1032	JOHNSTON, Mat	Lodge Army and Navy 517	SMITH, Chris	Lodge Leeton - Yanco 313
CARBAJAL ROJAS, Oscar	The United Lodge of Sydney 11	KAMPITSIS, Spyridon	The Lodge of Australia 3	STEWART, Norman	The Glen Innes Lodge 44
CARBONE, Dean	Lodge Camden 217	KEARNS, Ray	Clarence Valley Daylight Lodge 1011	STRUDWICK, Craig	Lodge St James 45
CHAPMAN-BURGESS, Jack	Lodge Courallie 235	KHAMAS, Jimmy	Lodge Liverpool 197	SUKKAR, Joseph	Lodge Kellerman 1027
CIANTAR, Andrew	Lodge Kellerman 1027	KOULOURIS, James	Lodge Challenge 284	TAOUK, Elias	Lodge Liverpool 197
COFFMAN, Alex	Lodge Horizons 1032	LEE, David	The Lodge of Australia 3	TAYLOR, Patrick	Lodge St John's 16
COLLINS, Steven	Lodge Wyong Tuggerah Lakes 247	LETO, Jason	Lodge Trinity 666	THOMAS, Colin	Lodge Gowrie of Canberra 715
COOPER, Sloane	Lodge Horizons 1032	LOCHUNAH, Neel	Lodge Kellerman 1027	TOKONIS, Thomas	Lodge Horizons 1032
CRAIG, Jermaine	Lodge Kellerman 1027	LOWRY, Tony	Lodge Woolgoolga 705	URE, Ryan	Lodge Speers Point 538
CRESSER, Ross	Lodge The Raleigh 241	MAMOURIAN, Vic	Lodge Epping 390	VERDADERO, Vince	Lodge The Star of Australia 200
CUC, Mick	Lodge Germania 1036	MELMETH, Simon	Lodge City of Newcastle 1035	WARD, Mick	Lodge Hunter Hiram 246
CUCA, Nikola	Lodge Axiom 1047	MESITI, Vince	Lodge Galileo 1019	WARD, Chris	Lodge Prince Leopold 87
DE FILIPPI, Dom	Lodge Galileo 1019	MILTON, Lucas	Lodge Gloucester 291	WHITEHOUSE, Brendan	Lodge Airs Campbelltown 976
DE GUZMAN, Jolardo	Lodge Wahroonga 674	MITCHELL, Rod	Lodge Wahroonga 674	WILKINSON, Andy	Lodge Kensington 270
DONNELLY, Ryan	The Queen's Lodge 229	MITCHELL, Bradley	Lodge Como 738	YAJIMA, Koji	The Sydney Lodge 1020
DORNELLES NETTO, Pedro	Lodge Double Bay 331	MOCZULSKI, Michal	Lodge Ethos 963	YALOUB, David	Lodge Kingsford Smith 1028
DUONG, Pat	Lodge Germania 1036	MONDON, Aaron	The Hills Lodge 1025	YATES, Justin	Lodge Wahroonga 674
DURIC, Igor	Lodge Sir James Hardy 1046	MOORE, Todd	Lodge Gloucester 291	ZANTIS, Adam	The Lodge of Tranquillity 42
EARDLEY, Dave	The Sydney Lodge 1020	MUSUMECI, Daniel	Balmain Lodge 23	ZEWA, Adam	Lodge Liverpool 197
EGIZIANO, Maurizio	Lodge Trinity 666	NAIR, Das	Lodge Brundah Endeavour 429	ZHAO, Steve	Lodge Germania 1036
ELLMETER, Mahmoud	Lodge Germania 1036	NAVES-SPANAKIS, Anthony	The City of Wollongong Lodge 1049		

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**Five Cents**

So you can never say I'm broke.

**A Marble**

In case somebody says you've lost yours.

**A Rubber Band**

To stretch yourself beyond your limits.

**A Piece of String**

To tie things together when they fall apart.

**A Kiss**

To remind you that someone cares.





# Thank you

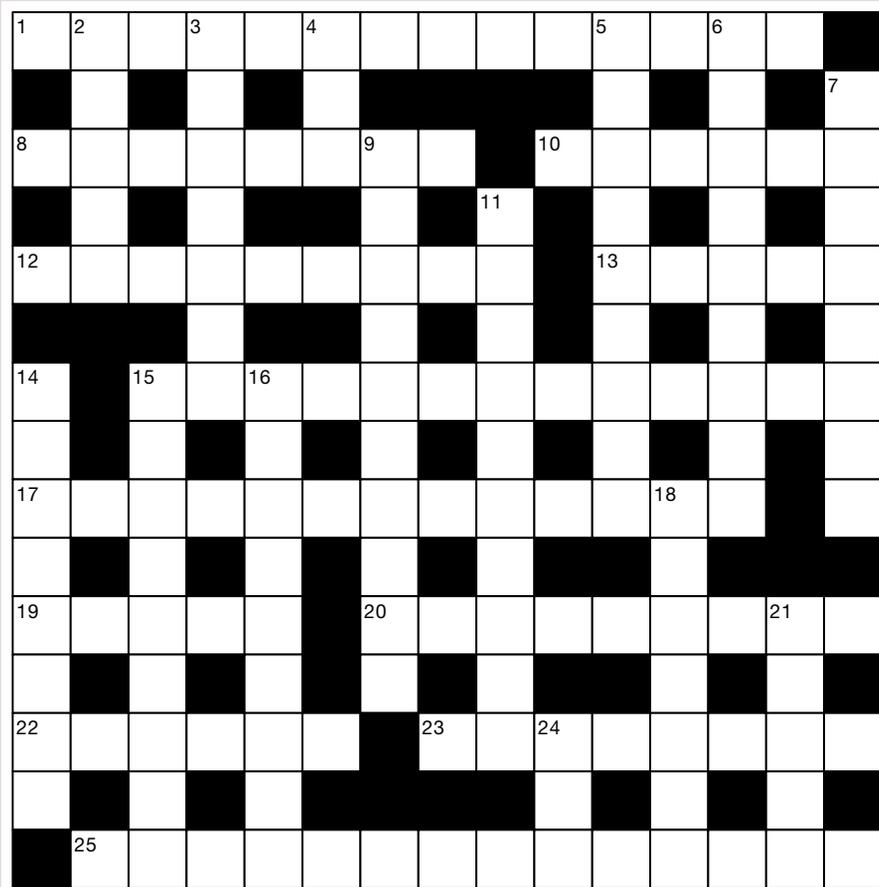
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## Aims of the Freemason magazine

- To uphold and promote those values, morals and virtues which Freemasonry believes are universal and enduring.
- To foster a better understanding of Freemasonry within the general community.
- To provide a forum for discussion on masonic issues.
- To publicise the charitable works of Freemasonry.
- To provide articles of interest and education and to disseminate masonic news and views.
- To recognise masons who make significant contributions to the Craft and the wider community.

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## ACROSS

- 1 An ornament of the Lodge (6, 8)
- 8 Publicly condemn (8)
- 10 Increase in amount (6)
- 12 Flowering tree (9)
- 13 Perceives sound (5)
- 15 A meeting of the Grand Lodge (13)
- 17 & 25 The grand principle on which Freemasonry is founded (9, 4, 6, 3, 5)
- 19 Dark and foreboding (5)
- 20 Polaris (5, 4)
- 22 Pass (6)
- 23 Something one is born to (8)
- 25 See 17 across

- 9 Simultaneous (10)
- 11 Genealogy chart (6, 4)
- 14 Unsolicited (8)
- 15 Work together (9)
- 16 Hindu religious teacher (9)
- 18 Welcome guest at a lodge meeting (7)
- 21 Dread, anguish (5)
- 24 See 4 down

## DOWN

- 2 Last Greek letter (5)
- 3 Edible fruit (7)
- 4 & 24 Slang name for connection of piston to crankshaft (3, 3)
- 5 Espresso coffee with small amount of steamed milk on top (9)
- 6 Story (9)
- 7 Determined by time of the year (8)

## Solution March 2015





# 70 Years Service

GIBBONS, James Lodge Barham 561  
 SWAN, Rothersey Lodge Commonwealth of Australia

# 60 Years Service

ALLEN, Douglas Lodge Parkes 40  
 BREADEN, Colin Lodge Lachlan Jemaolong 46  
 CARSWELL, Keith Lodge Ethos 963  
 COOKE, Russell Lodge Frenchs Forest United 249  
 CORRY, Robert The Lodge Federation 196  
 GREAVES, George Lodge Independant Lewis 592  
 HAMILTON, Ian Lodge Sylvania 853  
 HANNA, Richard Lodge Chelmsford 261  
 HOADLEY, Stuart Lodge Benjamin Pryor 709  
 HOBSON, James Lodge Bathurst 79  
 JACKSON, Roger Lodge Woden Valley 974  
 JACKSON, William Trail Bay Daylight Lodge 1018  
 JENKINS, Kenneth Lodge Speers Point 538  
 KINGSMILL, Alan Lodge Parkes 40  
 LANHAM, Samuel Lodge Gymea 796  
 LEWIS, Harris Lodge Woollahra 341  
 MASLIN, Frederick The Mountain Lodge 190  
 NURTHEN, Stanley Lodge Kirrawee 903  
 PARKER, Robin Lodge Ethos 963  
 PEARSON, William Lodge Forster Great Lakes United 994  
 PEMBERTON, Kenneth Lodge James Kibble 985

POOLE, John Lodge Wyong Tuggerah Lakes 247  
 REA, Robert The Mountain Lodge 190  
 REGAN, Frank Lodge Enterprise 400  
 RITCHIE, Cecil Lodge Kirrawee 903  
 RODGERS, Geoffrey Lodge James Kibble 985  
 ROGERS, Selwyn Lodge Woolgoolga 705  
 SOMERS, John Lodge Parkes 40  
 SOUTHWELL, Edgar Lodge William Ross 76  
 STANTON, Edwin Lodge Resurgo 223  
 WADE, Sydney Lodge Leeton Yanco 313  
 WEBB, Robert Lodge Concord Technology 432  
 WILLIAMS, Henry Lodge Enterprise 400  
 WILLIAMS, John The Mountain Lodge 190

# 50 Years Service

APPS, Warren Lodge Livingstone 71  
 AVERY, William Lodge Ulmarra 186  
 BUTWELL, William The Mountain Lodge 190  
 DALTON, Michael Lodge Ionic 65  
 ELLIOT, Graham Lodge Young Burrangong 20  
 FAWCETT, Paul Lodge Wyong Tuggerah Lakes 247  
 GOLSBY, Peter Lodge Young Burrangong 20  
 HALL, Geoffrey Lodge Carlton Kogarah 305  
 HAMILTON, Dennis Lodge Bulli Thirroul 1040  
 HILL, Ronald Lodge Saratoga 937  
 HOFFMANN, John Lodge Benjamin Pryor 709  
 HOLDER, Ronald Lodge Hurlstone Park United 288  
 HORTON, John The Mountain Lodge 190

HUNT, Alan Lodge William Ross 76  
 ILLINGWORTH, John The Mountain Lodge 190  
 JEWELL, John Lodge Liverpool 197  
 LANGTON, Kenneth Lodge Young Burrangong 20  
 LEISK, David Lodge Frenchs Forest United 249  
 MAWBAY, Sidney Lodge William Ross 76  
 MEIKLE, John Lodge Trinitarian 978  
 MILLER, Philip Lodge Thespan 256  
 MITCHELL, Maurice Lodge Greater Taree 66  
 NIXON, Colin Lodge Millthorpe 276  
 PEARCE, Craig Lodge Ionic 65  
 PRETYMAN, Alan Lodge Ionic 65  
 ROBERTS, Arthur Lodge Port Macquarie Daylight 991  
 ROWAN, John Lodge Gymea 796  
 SCULLION, John Lodge John Williams 148  
 SEARLE, Derick Lodge Thespan 256  
 SOUTHERON, Raymond Lodge Horace Thompson Ryde 134  
 STEVENSON, Hedley Lodge Wyvern 813  
 SWANSON, Peter Lodge Horace Thompson Ryde 134  
 TAYLOR, Peter The Mountain Lodge 190  
 THOMSON, Bruce Lodge Young Burrangong 20  
 WANT, Kevin Lodge Broughton 131  
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# Did you know?

Have you ever seen a **swarm of locusts** on the move?

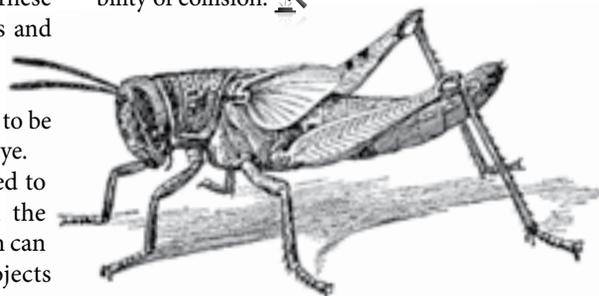
They seem to fill the sky, darting in and out without colliding. Experts say locusts travel in swarms as thick as 80 million per square kilometre but what is their secret to avoid collision?

Scientists have revealed that behind each of the two compound eyes in a locust is a motion-sensitive neuron called the *Lobula Giant Movement Detector*. These neurons send messages to the wings and legs when a collision appears imminent which results in a reaction from the locust which is said to be five times faster than the blink of an eye.

The discovery of these neurons led to further research by scientists and the development of a mobile robot which can detect and avoid approaching objects

without needing complicated mechanical equipment.

This is now being applied to cars where sensors detect a wall or object when reversing into a parking spot and other modifications which not only make it safer to drive but may ultimately be compulsory in all cars to reduce and then remove the possibility of collision. 🚗





# Man's best friend?

One brother **came home to a surprise!**

**W**Bro Rene Herbert, the WM of Lodge Kirrawee 903 had a problem when he returned home. He found his dog Jilly had taken a liking to his Ritual book and put a temporary stop to his learning.

Obviously Jilly had taken the wrong step! 🛠️



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## Royal Freemasons' Benevolent Institution

*Established in 1880*



With your generous donations we have been able to assist people in need in many of our communities, including:

- Financial assistance through our annuity scheme
- NeuRa Scholarships (research into Stroke Rehabilitation)
- Aboriginal Oral Health Traineeships
- Open Door Glen Innes (supporting Glen Innes Youth)
- Diamond Jubilee Fund (Indigenous Eye Health Care)

- Disabled Surfers Association
- Grants to individuals (custom made wheelchairs, portable oxygen and insulin machines, car modifications and the like)

All donations made to the RFBI are passed on to those in need.

**Do you know someone who needs our help?**

As well as assisting in the abovementioned causes, improvements and renovations are currently taking place across four of our facilities at Bathurst, Bellorana, West Wyalong

and Dubbo. We are refurbishing and rebuilding to better care for our residents and be able to provide more care to more residents.

At RFBI we are incredibly proud to be able to call ourselves a leading Aged Care Provider throughout NSW & ACT.

RFBI is passionate about improving the services and facilities that we can provide to current and future residents to ensure their families have peace of mind knowing their loved ones are experiencing the best care possible.

For retirement village inquiries, donations or to organise speakers for lodge meetings, please contact Alex Shaw on 02 8031 3200 or admin@rfbi.com.au

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