

Freemason



The mason behind
**The King's
Speech**

What lies beneath?

Sydney's hidden past



Editorial	3
Quarterly Communication	4
Cowan	5
Masonic Sites of Sydney	6
SMC Tapestry	7
Sydney Harbour Islands	8
Masonry at Home	10
The Grand Chaplain's Message	11
Famous Mason	12
Masonic Research	13
CPR in Detail	14
Have Your Say	16
Australia Day Honours	16
Grand Secretary's Page	17
Freemason Magazine	18
Murray River Cruise	20
Book Reviews	22
Masonic Author	23
Centennial Park Reservoir	24
Royal Australian Navy	26
Tip Card	28
Something for the Ladies	30
Masonicare	32
Whitby	33
Freemasons' Association	34
Associated Masonic Orders	35
Old Sydney Stadium	36
Age	38
Regional Roundup	39
Initiates	44
Masonic College	44
Crossword	45
Magazine Sponsors	45
Service Certificates	46
Comedy Corner	46



Freemason



The Official Journal of
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and Australian Capital Territory

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Editorial Policy

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.

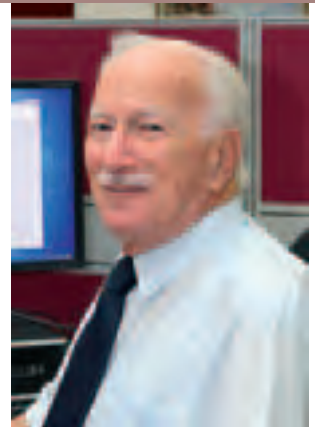
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Inside the Centennial Park Reservoir

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RFBI charity envelope and
Magnamail Catalogue



The spirit of optimism

Remember the hit song of years ago which started 'When you're smiling, the whole world smiles with you'?
Oh, if only it were consistently true!



Some people do smile back, but others appear to be overwhelmed by an unconscious urge to 'wipe that cheerful look off your face'. You can almost see the thought running through their mind of 'how dare he smile when there is so much to frown about, to worry about, to be concerned about'.

Still, when you do smile your thoughts tend to be clearer and your ideas more useful, progressive and constructive. Furthermore, the thoughts that make you smile generally can keep you smiling a lot longer.

Songwriter Irving Berlin put to music the phrase 'there's no business like show business' which describes the courage entertainers must use when they put their woes to one side so that they can greet their audience with a big smile and a happy face.

In one way, everybody is in show business. Sometimes putting on a show is the last thing you feel like doing but it could be necessary to cheer up the family, give courage and support for your children or salvage some wounded pride in an office where mistakes have occurred.

If you can successfully fake what you can't feel for real it could help solve the

Don't be put off by what has happened. Step up and accept the challenge. Just repeat to yourself 'It can be done' and 'I can do it'.

current problem, so it's better to be motivated, kind, imaginative and of good cheer rather than negative, unhappy, dispirited and depressed.

It's often said that few things are completely impossible but many things are very difficult. When we set ourselves or have given to us a tough task, we need to ensure that our other commitments are relatively easy to maintain and don't interfere with the new program.

The most powerful magicians can create only one spell at a time. This allows them to concentrate on the task at hand and not weaken their ability by trying to do too many things at once.

But the spirit of optimism must always be present. Without that ray of light in the gloom, your imagination can falter, your commitment may slow and the result will not be as impressive and effective as you had hoped.

Remember these four words – 'It can be done' – and then go full steam ahead. It is often surprising what can result from planning and a little extra effort. Keep in mind that events which seem to happen all of a sudden don't really come from nowhere. It's just that the various forces and pressure that you've been building up over a period of time have reached the tipping point and suddenly there's the solution.

It applies to your personal life, your workplace and your lodge. Don't be put off by what has happened. Step up and accept the challenge. Just repeat to yourself 'It can be done' and 'I can do it'.

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

Special Item

On behalf of the members of the Editorial Committee and the Freemasons of this jurisdiction, congratulations are extended to our Chairman and Editor, RW Bro Ted Simmons OAM, on his well deserved elevation to the important rank of Past Deputy Grand Master at the December 2013 Regular Communication of this Grand Lodge. An honour deserved for the interest, work, attention and devotion he gives to Freemasonry.



December Communication

The Grand Master, MW Bro Derek Robson AM selected a number of areas to thank when he gave his End of the Year welcome at the December Communication.

Among a large number of EAFs, Fellow Crafts, Wardens and WMs, he had a special welcome for an EAF from Italy.

He had special praise for the role of the Past Grand Masters, the third floor history and heritage of Freemasonry including the Honour Roll, the museum, library and archives, the Board of Management and support for the Bushfire and Disaster Relief Appeals.

‘Tonight brings us to the end of a very busy year for the Craft in this jurisdiction. Importantly, it has also been a very productive year and I am grateful for the efforts of many of you in this regard,’ he said.

‘The December Quarterly Communication is traditionally an opportunity where we can look back and reflect proudly on what we have achieved during the past year. It is also traditionally the opportunity for us to impart messages of goodwill to each other as most of us take a reasonable break from our personal labours and spend some very important quality time with our families.

‘Your support and generous contributions to the Grand Master’s Bushfire Disaster Relief Appeal have been much

welcomed and appreciated. I am proud to acknowledge the wonderful support we have received from other Grand Lodges in Australasia and also quite humbled that we received a donation from supportive lodges in the Netherlands.

‘The recent bushfires were some of the worst seen in this State and it was appropriate that the Freemasons were seen to be at the forefront of support to our community. With such massive loss of property, we should all be most grateful for the efforts of the Rural Fire Service, the Volunteer Bush Fire Brigades, Emergency Services, and others in our community, for ensuring that there was not greater human casualty.’

The Grand Master congratulated RW Bro Ken Taylor and the staff of the Sydney Masonic Centre for the changes they have recently made in an effort to attract further commercial bookings at a time of depressed activity. He said their efforts have clearly been very worthwhile but he was unsure whether we appreciate how important the Centre is to our membership interest.

‘During the recent New Zealand Grand Installation, the majority of the other Australasian Grand Masters spoke most highly of the state of the Craft in this jurisdiction. They said how proud they were that we were leading by example and ensured that the standing of the Craft was being

enhanced in the community. Each commented that a strong Craft in NSW and the ACT was providing them with proven example and was assisting in their endeavours to strengthen the Craft in their area. I cannot tell you how proud a Grand Master feels when these conversations arise.’

In changes to the Constitution, it was approved that a Regional Grand Counsellor will have the power to grant a Dispensation to wear regalia in public and to enable a brother to serve a third successive year as Master. It was also approved that a brother must be a Master Mason for at least three years prior to being installed as Master unless special dispensation is given by the Grand Master.

The Board of Management reported it is looking at a set of seminars to be made available to all lodge secretaries and treasurers. It also stated the Grand Master had reaffirmed his decision that there will not be any changes to the rules for the use of ritual and the NSW/ACT ritual must be used for the progression of all candidates. However, the use of alternate rituals for demonstration purposes is acceptable and encouraged.

Agenda for Grand Lodge March Communication

The Quarterly Communication for Grand Lodge will be held at the Sydney Masonic Centre on Wednesday, 12 March 2014.

Included on the agenda will be:

- › Grand Master’s Welcome;
- › Election of a Grand Master;
- › To fix fees and dues for 2014–2015;
- › Reports of the Executive Council, Board of Management, Grand Charity, College of Masonic Studies;
- › Conferral of Grand Rank; and
- › General business.





Cowan

For most Sydney masons, Cowan is a railway station north of Hornsby.



Cowan Railway Station



Whilst the town is named for the Aboriginal word for 'big water', the word in Freemasonry has the connotation of stranger or interloper, with the Tyler being instructed to *keep off any Cowans or intruders upon Masonry*.

Most authorities agree the word is a derogatory term used by Scottish Operative Masons to describe those who built walls of stones held in position by their own weight and not by mortar.

This was pure snobbery: the cowan was probably just as skilled as the mason. Nevertheless the distinction persisted. While records of Operative Masons dated 1460 speak of cowans, it was not until 1688 that there is any record of a cowan being admitted a member of a masonic fraternity.

John Syme, 'an honest old man and a cowaner', was admitted to the Cannongate Lodge in that year.

Over the years the meaning evolved to include: those who had never served an apprenticeship to the masonic trade; and those who had not completed an apprenticeship.

So what is the link with Speculative Masonry?

In the early 1700s there are records showing the early Speculatives were, if anything, more bitterly opposed to the admission of cowans than the Operatives. The 1738 Constitutions laid down that *no free and accepted Mason shall work with, be employed by, or teach his trade to a cowan*.

About this time the import of the word came to include any person not a brother. By 1800 it also applied to the 'eaves-dropper': one who listened to conversations by lurking within the eaves-drop (the line along which rain ran off the eaves and the wall of the house).

An old catechism speaks of a 'cowan or listener' being punished by *being placed under the eaves till the water runs in at his shoulders and out of his shoes*.

It appears Speculative Masonry dealt more harshly with cowans than the Operatives. While the Operatives may have excluded him for lack of skill and training they did not use the word as an insult.

We can, with justice, apply it to anyone not a Freemason, but we are on much more uncertain ground when we use it as a term of reproach.

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In the beginning



Here is where it all began with the arrival from Britain of Captain Arthur Phillip RN and the people of the 11 ships of the First Fleet on a warm summer's day on 26 January 1788.

One of the marines to step ashore was W Bro Thomas Lucas, a past master of the Lodge of Temperance which met at the Black Horse Tavern in Coventry Street, London.

The First Fleeters initially arrived in Botany Bay where Lt James Cook in HMS *Endeavour* had anchored in 1770 and where the botanist, Bro Joseph Banks, a member of the Old Horn Lodge, London, became the first Freemason to set foot on Australian soil.

Established purely as a penal colony to accommodate the overflow of unwanted British prisoners, Sydney slowly expanded and, as free settlers began to arrive, the small outpost on the other side of the world from London began to find its own identity.

There were many outstanding colonists, some of whom were Freemasons and a number of them have been remembered in stone, steel and statue.

Freemasonry is an integral part of the social fabric of the community and it is, therefore, not surprising to find memo-

Sydney is a wonderful city. Its sparkling harbour, its bridge and its famous Opera House are recognised the world over and represent, in the minds of many, the gateway to Australia. Sydney is the mother city of the nation.

rials to outstanding men who were members of the world's greatest fraternal organisation.

The foregoing words were written by RW Bro Grahame Cumming OAM CMH PDGM to start his book *The Masonic Sites of Sydney*. Excerpts from the book have been printed in previous issues of the *Freemason*.

There has been little said about RW Bro Cumming and his contribution over many years to the organisation and in response to inquiries, the *Freemason* is happy to provide this information.

RW Bro Cumming has a great passion for life, family and his Freemasonry and has produced a number of publications on or about the Craft.

He followed his father into Freemasonry when he joined Lodge Allambie No 680 on 12 February 1957. He was Master of the Lodge in 1967, 1984 and 1995, served as DGIW of No 32 District for the 1972–74 term and was conferred with the rank of Past Junior Grand Warden in 1980 for his work. He was elevated to PSGW in 1990, had the rank of PAGM conferred in 1992 and PDGM in June 2001.

Grahame Cumming was appointed an




official lecturer in 1975, a member of the Committee of Masonic Education in 1977 and was Chairman of the Committee in 1984 and 1987. In 1987, he was appointed to the Board of General Purposes and in 1989 as the representative of the Grand Lodge of NSW/ACT to the Grand Lodge of Minnesota. He was further appointed to the Masonic Buildings

Board in 1996, became chairman in 1997 and later made a Trustee of Grand Lodge.

Probably one of his more recognised moments was when he was awarded the Carrington Medal of Honour on 4 August 2007.

A family man, Grahame married Ena in 1958 and they have two children, Malcolm and Barbara. In 1991, Grahame and Ena founded the Masonic Historical Society of NSW with Grahame as Director of Research. He has also been a valuable supporter of the Grand Lodge Masonic Library, spending many hours attending to requests and organisation in the library.

RW Bro Grahame Cumming has made a significant contribution to Freemasonry in NSW and copies of his book, *The Masonic Sites of Sydney* are still available at Grand Lodge. 

Tapestry

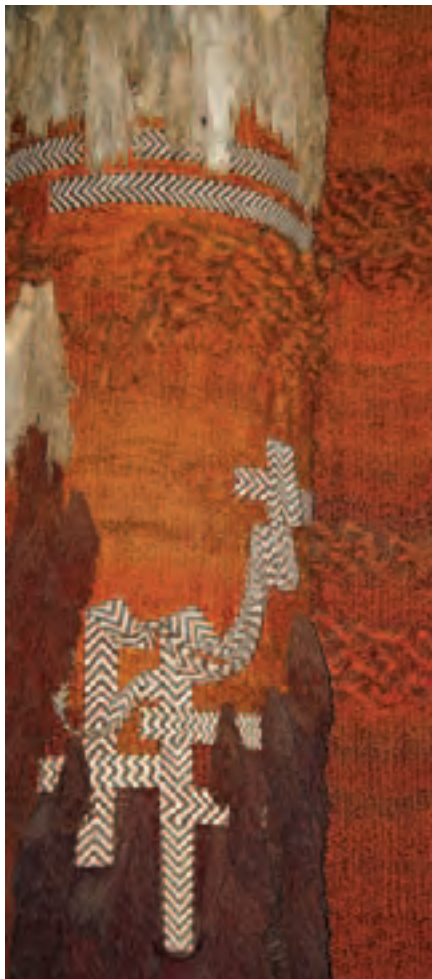
One of the striking symbols which will catch the eye of nearly every person who walks into the Sydney Masonic Centre is the large tapestry on the northern wall of the first floor vestibule.

Famous Australian artist Mona Hessing, who passed away in 2001, was commissioned to weave the tapestry. Mrs Hessing enjoyed a very high reputation for the standard of her work with finished products available at the time for viewing in the Australian National Gallery in Canberra, the Victorian National Gallery in Melbourne and at the Australian Embassies in New Delhi and Paris.

The Masonic Tapestry is quite large, with an overall height of more than nine

metres and a total width of more than four metres. It was intended to serve acoustic as well as decorative purposes and at the time of completion in 1979 was valued at \$15,750.

Four basic units of semi-cylindrical shape comprise the work with three different lengths from five to seven metres high and a diameter of up to 1.5 metres. Forms were woven on to strong, lightweight metal armatures, which provided a sturdy structural skeleton to allow the installation to be carried out. The forms were self-supporting and fixed to the floor.



Materials consisted of high quality handspun wool, handspun silk and some unspun wool. Raw jute and sisal were introduced to add strength and stability to the surfaces together with fibres which possessed strong light reflecting properties.

Natural colours predominated, with the range moving through a series of deep neutrals to mid neutrals to creams and whites. The fibre group also possessed desirable acoustic qualities.

The forms rise from a rich, dense textural base and gradually lighten in feeling and tone as they reach upwards. Receding planes will be seen through openings as the viewer moves past and around the forms.

The spiral stair and balcony provide a



series of changing and interesting viewpoints as one moves up, around and above the group.

From every position in the foyer, the work presents a fresh aspect, blending a play of shifting lights against shifting shadows.

In the tapestry, earth colours predominate, changing from light shades at the top to dark shades at the bottom and from fine materials to coarse materials having regard to the natural illumination from the skylight by day and the bland artificial light by night.

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The **early explorers of Port Jackson** used the harbour as we use our roads and motorways. Accurate maps were their equivalent of our *Gregory's* or *Sydways*.



The disappearing islands of Sydney Harbour

The islands of Port Jackson were mapped in the first weeks of settlement. They had to be: the sea, the harbour and the rivers were vital to the survival of the colony.

So the harbour was, is, and will remain as always ... Yes?

No, actually. In 1788 Captain Phillip's maps show 14 islands. Now there are eight.

The missing six have not been sold to overseas investors even though real estate has ever been an object of attainment in modern society.

Bennelong Island, Garden Island, Darling Island, Glebe Island and Berry Island, have been linked to the shore. Spectacle Island was originally two islands which have been joined, forming one piece of land.

Chances are that you have visited some of these islands without knowing it.

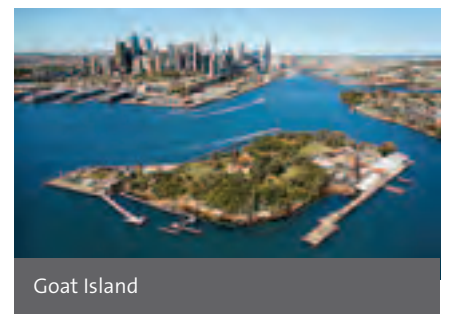
As he sailed into Port Jackson, Phillip would have seen what was to become Garden Island.

Garden Island

Garden Island is so-called because it was the colony's first food source when gardens were established on the island to feed the colony on 27 January 1788. Graffiti there by First Fleeters is believed to be the oldest colonial graffiti in Australia. Sandstone fortifications, built on the island during the 1820s to protect Sydney from a much-feared Russian attack, also survive. From 1884 the island was developed by the Colonial Government for the exclusive use of the Royal Navy which had stationed a squadron of ships in Sydney. Several fine buildings had been completed when the island was handed over to the Admiralty in 1896. In 1913 the Royal Navy transferred control to the RAN. The Captain Cook Graving Dock, built during the war and first used in 1945, joined the island to the mainland.

Goat Island

From the 1830s Goat Island was the site of the Queen's Magazine and also a base for the Water Police. The explosives were finally moved in 1900; a year later the island became the headquarters of the Sydney Harbour Trust, and later the Maritime Services Board. After the 1960s these activities wound down or were transferred elsewhere. Some of the facilities on the island are now leased for commercial ship servicing and repair.



Goat Island



Spectacle Island. 1800-1927

Confusingly, some early maps of Sydney Harbour show the current Goat Island with the name Cockatoo Island, whilst the current Cockatoo Island is named Banks Island. However by the late 1820s the two islands had received their current names.



Goat Island wharf

Spectacle Island

Spectacle Island lies in the main channel of the western section of the harbour, upstream of the Harbour Bridge, adjacent to Drummoyne. It was originally two islands, one was known as Dawes Island.

The island is historically significant as it is the oldest naval explosives manufacturing and storage complex in Australia. Today, the island is a depository of heritage items of the Royal Australian Navy and also is the home of the training ship *Sydney*, a unit of the Australian Navy Cadets.

Glebe Island

The name derives from the island's being part of a grant of land made to the colony's first chaplain, Richard Johnson, in 1789. Sydney's first public abattoirs opened there in 1860 when a causeway was built. Later the island became a part of the mainland. Sydney's first container berths were on Glebe Island. Both the grain and container activities have now moved elsewhere and the Glebe Island wharves are now mainly used by car-carriers. The grain silos remain, but are no longer in use.



Glebe Island Abattoirs, 1872

Berry Island

The island is named after Alexander Berry, Scottish doctor, ships' master and merchant. From 1820 he owned the island which he joined to the mainland by a stone causeway over the mudflats. In 1906 it passed to the New South Wales Government and eventually became a public recreation reserve. During the 1960s the land between the island and the mainland was reclaimed and made into a grassed area.

continued on page 10 >>

Garden Island wharf under construction, 1949 – photo courtesy NSW State Records





What do you tell the family?

Did this mean he had exceeded the patience of his family in spending too much time at lodge or had he failed to get the meaning of Masonry across to his family?

A man should not become a mason unless he has his partner's consent and interest otherwise it could lead to disagreements and problems at home. There must be unanimous agreement on the subject to avoid disputes because a man's loyalty to his family and home must come first.

Sometimes a man's interest in his lodge seems to outweigh his regard for his partner and family. He attends too many meetings and appears unaware of the resentment building up in his family life. The exception, of course, is when he becomes Master of the lodge and carries out his duties during his year in office. But even that can create problems if carried out to excess.

Most partners understand what it means to be Master of the lodge and share in the reflected glory, especially in social activities. Therefore a Master should look to maximise his total visits each year so that it will not cause a partner to believe the lodge is thought more of than her.

Putting visiting and lodge activities to one side, probably the biggest problem in a relationship can come from the word 'secrecy' and how it should be used. In earlier years, say 50 years ago, secrecy was

carried to extremes and any question asked of a husband or father was either avoided, ignored or with the questioner being told to mind their own business. It was not unusual for a mother to tell children their father was going out but unable to provide any further details.

Partners and children are generally people who have trust in the male of the house as well as being proud of their achievements. Some men achieve high rank and recognition in the community through Freemasonry but what is the use of that eminence if the family can't talk about it.

In today's world of multi-communications, any person can read all about Freemasonry in the public library, can buy books on the subject at bookstores and can use the internet for further research. And there is a lot that can be told about Freemasonry at home that won't betray any trust.

Having reached this stage, with so much information available, it should be the responsibility of a mason to explain certain areas to his partner/family. They can be told that Freemasonry is a brotherhood of selected men who meet as a group of friends and who pledge to help all people whenever they can. And this help is not restricted to fellow-masons, but to any person in need.

They can also state that Masonry is worldwide and friendships extend to other


That question arose recently from a member when he spoke about leaving his lodge following problems at home because of his masonic activities.

countries with benefits to families when travelling. It is not a profit or business society but a benefit organisation where charity, goodwill and advice can be comforting in times of need. Many lodges work actively to assist local charities and over recent years, the masons have been quick to respond to bushfires, floods and other disasters.

Finally, a mason can state that the society is of great antiquity and dignity, with sound morals and rates a unique place in the world because of a membership which includes princes, rulers, churchmen, statesmen and men of great attainment.

Many men do not attend lodge because their partners have not really understood Freemasonry, have not been properly told about the organisation and feel they will be neglected if their husband takes office.

But the teachings of Freemasonry try to turn a man into a better husband and father and a more respected member of the community. Therefore, it is essential that every mason must be careful and ensure that thoughtless action does not eliminate the goodwill a mason's wife and family should feel towards his lodge.

It is time to speak up and get the correct message across so that the woman's point of view is clear. Your time in lodge can be of great pleasure with the full support of your family. 




Fort Macquarie on Bennelong Point, was where the Sydney Opera House now stands.

Bennelong Point

Bennelong Point was once Bennelong Island. For a brief period in 1788, this relatively isolated protrusion into Port Jackson was called Cattle Point as it was used to confine the few cattle and horses that had been brought from Cape Town by Phillip. In 1819 Governor Macquarie built a substantial fort on the island and gave it his name. The island was joined to the mainland by a causeway and became Bennelong Point. The fort was demolished in 1902

and a tram depot which was erected in its place was in use until the early 1950s. In 1954 Bennelong Point was selected as the site for the Sydney Opera House.

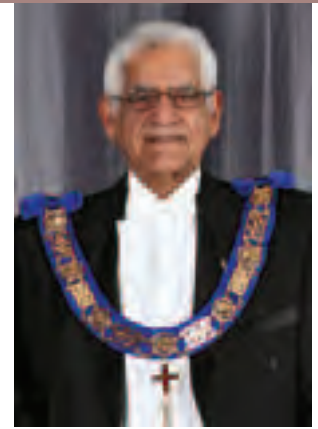
In the past 225 years nearly half of Sydney Harbour's islands have 'disappeared'. Which will be next? 

The Editor acknowledges with thanks the assistance given by ASHET, the Australian Society for History of Engineering and Technology, www.aset.org.au



Are we as we ought to be?

Fraternity relates to Brotherhood. Its origin comes from the Latin – FRATER = Brother.



The purpose of this organisation is that the members are regarded as equals for a mutually beneficial and particular purpose, and define it as such. The content and ideal of each Brotherhood is varied according to the belief and aims of that specific group.

In today's world we find the usage of the word Brotherhood appears in many variations from extreme groups with dangerous agendas and the irony is that the members in these groups are devoted fanatically to their obligations of being members.

On the other hand there are many positive Brotherhoods with high prestige like ours. Here we find that the active involvement of our members with our idealism towards each other is more on the relaxed side in spite of the written guidelines for us to follow.

Let us examine the meaning of Brotherhood as it is practiced in Freemasonry and the duties of the members to each other. No doubt we must be proud of our idealism. The question is, are we practising it to the letter as far as it is towards the individual Brother?

In the charge after initiation we tell the new candidate among other things that his duty to his neighbour (why not specifically to a Brother) 'demands that you should act towards him on the square, render him every kind office that Justice or Mercy may require, relieve his necessities, soothe his afflictions, and do to him as you would that he, under similar circumstances, should do unto you.' All this useful advice is well expressed in the much known saying: 'A friend in need is a friend indeed.' Or more appropriate to our ritual is the Jewish Proverb: 'TOV SHACHEN KAROV MEACH RACHOK' ('Better is a neighbour that is near than a brother far off')¹

In the charge after initiation we tell the new candidate among other things that his duty to his neighbour...

'...demands that you should act towards him on the square, render him every kind office that Justice or Mercy may require, relieve his necessities, soothe his afflictions, and do to him as you would that he, under similar circumstances, should do unto you'

It is interesting to note that a new candidate cannot digest for the first time all we are telling him during the initiation but all other masons of all ranks are hearing the same good responsibilities of a mason to perform again and again when they attend a work of initiation. But all we hear is about a NEIGHBOUR. Does it occur to us that we are obliged to assist first a Brother when he is in need?

Can we really say that this compassionate principle is well practiced among many masons to strengthen the affinity of

the Brotherhood when the occasion arises? This is a good thought for us to ponder upon.

Charity is certainly very strong in Freemasonry when we raise enormous funds for the benefit of the community and donated via Masonicare and independently through the initiative of masonic lodges. Just to mention one among others – The Cedars Lodge.

The best personal advice to pursue as much as possible is to rely on oneself. Our Jewish Sage Hillel who lived 100 years before the destruction of the second Temple in Jerusalem expressed it briefly and neatly and I quote him in Hebrew: 'If ain ani li mi li?' ('If I am not for myself who will be for me?')² However, the advantages in which the Helper acts by his own initiative in showing concern, sympathy and real genuine care, gives the needy a sense of belonging and appreciates tremendously the human kindness towards him. The needy Brother would feel happier and fortunate to be a member in such an august organisation and likely to recover speedily from his misery.

We must always remember that the future of Freemasonry depends on each Brother to ensure that he is happy in staying with us and well looked after. He is encouraged and willingly accepted to take an active part. In return he will be comfortable to convince other men of good character to join us. To be as a good family will be good for us as a whole as well as for each individual and the community.

I have some suggestions to make in order to activate mutual responsibility among the brethren which I would be happy to discuss.

¹ Book of Proverbs, Ch. 27, 10

² Sayings of the Jewish Fathers, Ch. 1, 14



The King's speech

There are not many people who can claim to have **taught a King how to speak!**



Australian speech therapist Lionel George Logue became quietly famous in the late 1930s and became much better known when the film 'The King's Speech' was recently released starring actor Colin Firth as King George VI and Logue portrayed by Australian Geoffrey Rush.

Logue was born in Adelaide on 26 February 1880, the eldest of four children. He studied elocution to remove much of his Australian accent and after working at a gold mine at Kalgoorlie, settled in Perth with his wife Myrtle where he taught elocution, public speaking and acting.

He toured the world in 1911 and as a Christian Scientist was dedicated to healing. In World War I he used humour, patience and sympathy to treat servicemen suffering from speech impediments caused by shell shock. His lessons included exercises for the lungs and diaphragm and how to breathe deeply to help finish a sentence.

Logue moved to the famous Harley Street in London in 1924 and it was said that the fees paid by wealthy clients enabled him to accept and treat poorer patients without charge. Two years later he was consulted by the Duke of York who had a bad stammer. Logue believed it was caused by poor co-ordination between the larynx and diaphragm and suggested one hour be set aside each day to practice special exercises where the Duke loudly spoke each vowel for 15 seconds.

These exercises relaxed the tension which had caused the muscle spasms, restored the Duke's confidence and reduced the stammer to occasional blocks



One of Logue's key phrases was
a slow, measured pace in delivery

or hesitations. The success of the treatment was obvious when the Duke, without stuttering, opened the Australian Parliament in 1927 in Canberra.


Tongue-twisters were among the unusual treatments used by the therapist to help the Duke rehearse for major speeches and Logue also coached him for

the formal language of his coronation in 1937. The film depicts the difficulties and frustration experienced by the Duke at his inability to speak fluently at public functions and how, with the assistance of Logue, he overcame the problem and successfully completed a major radio broadcast.

One of Logue's key phrases was 'a slow, measured pace' in delivery and this was best illustrated by the King's wartime broadcasts and speeches during World War II and the fact that Logue was with the King for the VE-day broadcast on 8 May 1945. He had been awarded the CVO in 1944, part of the only Order of Chivalry that specifically rewards acts of personal service to the Monarch.

Logue became a founding fellow of the College of Speech Therapists in London in 1944 and was a speech therapist to the Royal Masonic School at Bushey. He always retained his love of music and the theatre and enjoyed walking and gardening. During the Second World War, his practice decreased and he acted as an air-raid warden three nights a week.

Logue died in April 1953 in London. He was survived by his three sons and the funeral was attended by representatives of the Queen and the Queen Mother.

Lionel Logue was initiated, passed and raised in 1908 and became WM in 1919 in the St George's Lodge in Western Australia. The Duke of York, who became King George VI, became Master of Navy Lodge in 1921 and became permanent WM until he ascended the throne. It was stated by many that his stammer rarely became noticeable when he was involved in ritual. 

A century of masonic research

Every private lodge is, or should be, a **lodge of instruction**.

Every time a lodge opens, the Master is told that his job is to employ and instruct the brethren in Freemasonry:

- Employ: perhaps, by way of ceremonial, as in how to 'do' the degrees'.
- Instruct: NOTHING.

Often the Master has been given neither the tools, nor the training, to accomplish this goal.

The admonition 'to make a daily advancement' is heard, but probably not understood, by every candidate for Freemasonry.

To provide an opportunity for masonic scholars to make the results of their research known, and hence assist members of the Craft to make that advancement, is the principal *raison d'être* of a Lodge of Research.

In March 1914 the Sydney Lodge of Research No 290 was Inaugurated and Dedicated by MW Bro Dr C U Carruthers, GM. Coincidentally, Dr Carruthers was the first of three medical doctors to be elected Grand Master of this jurisdiction; the most recent being MW Bro Dr Greg Levenston, the present WM of the Discovery Lodge of Research 971.

The objects of the lodge were to be 'the study of Freemasonry, particularly its history, symbols, and legends, and the dissemination of knowledge by the reading, discussion, and publication of papers dealing therewith'.

The lodge, and its successor, the Research Lodge of New South Wales No 971, latterly the Discovery Lodge of Research No 971, have undertaken those objects since 1914.

In his Address to the Lodge on the occasion of his Installation as the first WM, RW Bro J C Highway stated:

'In a lodge of this nature it appears

to me that we require three classes of members:

- Those who can teach.
- Those who can criticise justly.
- Those who can listen and learn.

Some brethren may be fortunate enough to belong to each class, some to two, but every brother should be able to listen and learn . . . each class is necessary for the welfare of the lodge.'

In 1956 the Master of the Sydney Lodge of Research wrote:

'A justification of existence of a Lodge of Research is good reading in Transactions, which attracts elder brethren of the Craft, mature of mind and deeply experienced in FM, and to counsel us and take office; and junior brethren of FM to join us in search of wider knowledge than ritual and ceremonial provide.'

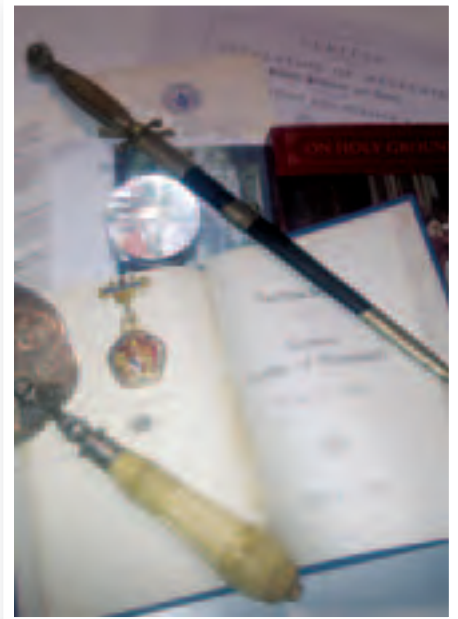
In the Transactions is a wealth of information, and the centenary has provided an impetus for the re-publication of the Transactions of the Sydney Lodge of Research for the years 1914–1956. As a cultural document, it is a snapshot of the work of the lodge, and reflects both the changes in masonic research during the period.

It covers both World Wars, the Great Depression and the post-WWII boom. These social upheavals are mirrored in offerings to the lodge.

However, the most important factor is the contributions that these Transactions make available to 'seekers of masonic light'.


Although the second-oldest Lodge of Research in Australia (the Victorian Lodge of Research No 218 is two years older), the Transactions predate those of the Victorian lodge.

Dr Levenston said: 'I'm honoured to be the Centenary Master, and to preside over



the celebrations of 100 years of masonic research in the jurisdiction.'

'There is a proud heritage of masonic research here, and it should be both acknowledged and celebrated. The year will be a mix of frivolity and scholarship. Please join with us in our celebrations.'

Fraternal visits from lodges celebrating their own centenaries are particularly welcomed. 

Details of all Discovery Lodge of Research activities should be sought from the Secretary, Bro Richard Dawes at rmd2@internode.on.net

The Discovery Lodge of Research is a founder affiliate of the Australia and New Zealand Masonic Research Council. At the biannual meeting of the Council, on the last weekend in August this year, to be held in Cairns, the Kellerman Lecturer for this jurisdiction will deliver the Kellerman Lecture for 2014-16. No greater honour in Australasian masonic research circles exists. The Lecture must be unpublished and the Lecturer must deliver it in person in Cairns. Applications close on 14 March 2014. Information is available from Bro Neil Wynes Morse at morse@netspeed.com.au or 0438288997.



A medical EMERGENCY

What could you – should you – must you do? A very brief explanation on what – or not – we are obliged to do if we come across a person in need of medical aid.

I've been heavily involved with First Aid since way before mouth-to-mouth or CPR (Cardio-Pulmonary Resuscitation) was ever introduced. As you can imagine there have been many changes to resuscitation techniques during that time, and I often recall with a smile the almost barbaric methods we had of twisting and pulling arms, and squeezing a casualty's chest with considerable force in order to draw air in and then push it out.

Behind all the techniques though lies the philosophy of First Aid itself, and its standing in society and the workplace. I have seen many transitions, and I remember the days when the participation rate was low because people (generally) simply didn't know what to do. This was followed by the ramping up and proliferation of First Aid training, and a time when everybody WANTED to do whatever they could to assist, and did so without hesitation if ever the need arose.

Then we drifted into the period when litigation became a large concern, so First Aid training became more complex as more and more points of detail were introduced to ensure medical and legal compliance – ultimately to a level almost beyond that of the everyday person.

The participation rates fell dramatically, pretty well proportionally to the growing complexities of (in particular) CPR. The depths of chest compressions were given as a finite measure, and varied according to the age (as much as the rescuer could guess) of the casualty. Also variable were the rates of compression, becoming faster for younger casualties. Added to this was the crucial issue of checking for a carotid pulse, stressing that if you did chest compressions whilst even the weakest of pulses was present, you would risk permanent injury to the casualty.

All this – coupled with the threat of lit-

igation hanging like the sword of Damocles over the well-meaning rescuer – pretty well closed the door on anyone getting in and having a go at saving a life.

Something had to be done, and the Australian Resuscitation Council (ARC) took action. Using data gathered from hospitals and medical institutions, draconian measures were taken to simplify the procedures into what amounted to a 'one method fits all' principle. Coupled with this was the major step of assuming that if a casualty wasn't breathing then their heart wasn't beating, so compressions should then be given.

I was one of many seasoned instructors who almost went into the fetal position at this, having spoken for years of the eternal damnation that would befall anyone who DARED to compress when even the faintest heartbeat was present.

I'm fine now, having accepted that the ARC probably have some idea of what they're talking about.

So what does all this mean for you, the reader?

Let's get a couple of things straight:

- No matter what you take from this article, *it's no substitute for a training course*. A CPR course will usually take around a couple of hours of your life, but could potentially save someone else's. Do it.
- Reality and Hollywood are a long way apart. Please don't expect a casualty to cough, splutter and sit up once you start CPR. The technique is used to keep the organs and tissues viable until the ambulance arrives. Yes of course they *sometimes* recover once you start CPR (usually in a water related emergency), but generally you are just preserving life until qualified medical help gets to the scene.



A 1928 edition of the St John's First Aid book, showing a fold-out anatomical diagram. First Aid Officers were expected to know the latin names of all bones and muscles.

Some commonly asked questions:

Can I be sued?

Of course. In today's society anyone can sue for anything if they can get a lawyer to pick up the case. A better question is 'Am I protected under Law?'

Yes! Part 8 of the Civil Liability Act covers 'Good Samaritans'. This protects anyone giving assistance in good faith, without expectation of payment, not under the influence of alcohol or drugs and provided they give 'reasonable care'. That last bit basically means don't go beyond your level of training. The Courts also take account of the anxiety and stresses on the rescuer at the time.

Am I legally obliged to help?

It depends. In the state of NSW you are under no legal obligation to provide assistance UNLESS a 'Duty of Care'* exists between you and the casualty. This means that if for whatever reason you are responsible for the safety and well-being of that person (teacher to student, coach to athlete, worker to visitor, etc.) then you MUST do something to assist. This could be as simple as calling for an ambulance, then staying and monitoring the casualty, but it basically means you can't simply ignore it.

As for other States and Territories, this may vary – and it is beyond the scope of this article, but of course you should endeavour to establish this for yourself.

If I start, do I have to continue?*

Yes. Once you *commence* you establish a Duty of Care (see above). From that point you are legally obliged to provide assistance to the level of your training.

You must continue until any of the following criteria are met:

- The casualty recovers (best result)
- Qualified medical help takes over (usually ambulance officers)
- It becomes dangerous for you to stay
- You become unable to continue
- A qualified medical practitioner (eg a doctor) pronounces life to be extinct.

What about getting consent from the casualty?

If the casualty is conscious you must get their consent before providing first aid assistance, and there are many totally valid reasons why they may decline your offer. However you can still remain close by and monitor them, and you can still call an ambulance. If they refuse consent yet you still touch them, you leave yourself liable to assault charges.

If the casualty subsequently becomes unconscious, it is deemed a life threatening situation, then **CONSENT IS ASSUMED AND YOU MAY ACT ACCORDINGLY.**

If on your arrival at the scene the casualty is already unconscious, consent is assumed.

Is it true about ‘4 minutes and they’re brain dead anyway?’

No. 4–6 minutes is the time generally given for the brain cells to start deteriorating if they have been deprived of oxygen, but it varies according to individuals, the injury if any and the environment. Recent thinking is now questioning this, with the view that brain cells may be recovered after a considerably longer period.

Generally though, for every minute of delay in action being taken, the casualty’s chances of making a full and complete recovery drop by about 10%, so the quicker someone does something the better it is.

The **CHAIN OF SURVIVAL** stresses the importance of quick action.

So what can you do?

The Royal Life Saving Society teaches what is known as the **Primary Survey** (see right) i.e. the first things you check and/or do. Follow these steps to give you and the casualty the best chance of a good result.

In closing:

This is like insurance – something you have but hope never to use. However if you do have to use these skills the whole thing becomes infinitely valuable. A life can be saved.

If you do this and it works, then your own life will be changed forever. Even if you do it and the casualty never recovers, something will change inside of you, and you must make sure you learn from the experience by proper counselling and debriefing from a qualified organisation.

Once heard that in certain eastern cultures, the rescuer is indebted to the casualty for the opportunity of enrichment they have been given.

Amen to that. 🙏

* The statements regarding ‘Duty of Care’ do not constitute legal advice. Readers should pursue their own understanding of The Act.

ABOUT THE WRITER:

Terry McCallum has been an Instructor and Examiner with the Royal Lifesaving Society NSW for over 20 years. Before that he was with the Royal Lifesaving Society in London for around ten years. Today Terry teaches first aid and lifesaving techniques to businesses, schools and swimming centres in Sydney and the Greater West.

DRS ABCD

D Danger?

Make sure it’s safe for you to assist. Don’t turn one casualty into two.

R Response?

Check if the casualty is unconscious, not just asleep.

S Send for help

Call the ambulance, send for a defibrillator and a first aid kit.

A Airway

Lower the jaw, make sure the mouth is clear. If not, roll casualty onto side to clear obstruction. Once clear, tilt head to open the airway.

B Breathing

Look, listen and feel for breathing.
DO NOT COUNT SPORADIC GASPING AS BREATHING!
If breathing normally, turn casualty onto side, with mouth pointing downwards. If NOT breathing normally, go to ‘C’ below.

C CPR

Place hands in centre of casualty’s chest, push down **ONE-THIRD** of chest depth. Do this **thirty** times, a bit slower than 2 per second. Then tilt the casualty’s head well back, seal their nose and breathe **twice** into their mouth.
KEEP REPEATING CPR CYCLE UNTIL HELP ARRIVES



x30 **x2**

D Defibrillation

If a Defibrillator is available, turn it on and follow the voice prompts.

CHAIN OF SURVIVAL

- EARLY Access**
- EARLY CPR**
- EARLY Defibrillation**
- EARLY Advanced Care**



Have your say



Target the younger generation

The St George Lodge No 328 has targeted the district's younger generation in an effort to awaken the general public to the presence of Freemasonry in the area.

Advertising and functions failed to make any impression and it was argued the generation of 15-18 years old boys and girls could be less susceptible to the prejudices of their elders. It was acknowledged this age group would not have any immediate success in the drive for membership but introducing family and friends to a research topic on Freemasonry could have a spin-off effect. This resulted in the formation of an annual Lodge Educational Scholarship to provide a field of research for the students covering Freemasonry.

Adley Phu of Sydney Technical High School won the inaugural 2013 award with an entry titled "The History of Freemasonry in NSW" and was given a prize cheque for \$250 at a dinner prior to a meeting of the lodge.

W Bro Allan Walker
St George Lodge

There is a problem

I read with real interest the article in the December issue of the Freemason regarding the naval celebrations in Sydney Harbour last October.

There is a problem. The article claimed we celebrated the arrival of a fleet from the Royal Navy. It was, in fact, the celebration of the arrival of the first Australian fleet.

HMAS Australia led the flotilla into Sydney Harbour on that day and there is a document with details of the ship including its cost of two million pounds from the John Brown Shipyards in Scotland.

As a collector of commemorative medallions, I have a 100-year-old medallion featuring HMAS Australia in Sydney Harbour, with the Queen Victoria Building and the GPO in the background. The National Archives of Australia also has extensive information on this piece of history.

W Bro Cliff Hathaway PM
West Tamworth

Navy fleet photos

The Freemason has received inquiries regarding the photographs on the back page of the December issue showing the visit of the American White Fleet to Sydney Harbour in 1908 and the various decorated buildings in Sydney.

The photographs, which were taken from the original glass negatives now in the care of the Mitchell Library in Sydney were taken by VW Bro Rev W E Maltby, Past Grand Chaplain, who was an active photographer. Prior to his admission to Moore College and studying to be ordained as a Minister of Religion, he was employed by Eastman Kodak in Sydney.

Information supplied said that VW Bro Maltby took the photographs from the north shore of the harbour and within the City of Sydney.

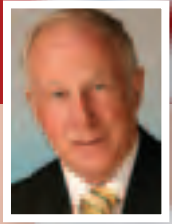
Editor



Robert Ian Oatley AO BEM
St Leonards, NSW

For distinguished service to the Australian wine and tourism industries, to yacht racing, and to the community as a supporter of medical research and visual arts organisations.

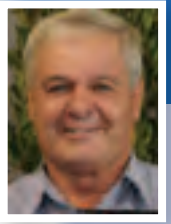
Member of Lodge Middle Harbour No 85 and Lodge Sir James Hardy No 1046.



Allan Gordon Ezy AM APM
Greystanes, NSW

For significant service to local government in New South Wales, and to the community through law enforcement, church and service organisations.

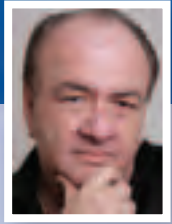
Member of Lodge Resurgo No 223.



Colin James Lee OAM
Tintenbar, NSW

For service to the community of the Ballina region.

Member of Lodge Ballina United No 250.



William Francis Payne OAM
Mascot, NSW

For service to the community through reform of radio communications regulation.

Member of Lodge Kensington No 270.

Australia Day Honours



From the Grand Secretary



UNSOLICITED EMAILS

Brethren of this jurisdiction should be comfortable in knowing that their email addresses given to the Grand Secretariat are treated securely and are not released without the permission of the owner or otherwise as in accordance with the Grand Lodge's Privacy Policy.

However, all brethren should be aware (and in some instances probably accept reluctantly) that once their email address is released by themselves to anyone, the recipients are likely to note it, keep it and pass it on. Therefore it is up to the owner of an email address to be cautious about how it is used, to whom it is revealed and to request addressees to keep it confidential – if that is the owner's wish.

Unfortunately, even after taking such precautions the address will, inevitably, be made widely known. Many people have two or even three email addresses: one for business, one for broader social contacts or on-line shopping and one restricted for family, close friends, etc.

Brethren who use emails should also be conversant with the operating system of their own computer and its email's operating system and be aware of how to 'block' unwanted senders – and they should not hesitate to do so.

Brethren are reminded that if friends or fellow members of the Craft are 'bombarding' them with emails that are simply being 'forwarded' on then they should tell them that they wish them to stop doing so.

GRAND MASTER'S LITERARY PRIZE

Entries for the '2014 Grand Master's Literary Prize' will close 16 April 2014 for the best essay on the subject 'Masonry – Moving Forward'.

The 2013 competition was an outstanding success with a more than expected number of entrants. Those entering the 2014 competition are reminded that the

essay should be no more than 2,000 words and provide constructive discussion on Freemasonry and positively contribute to the objectives of the Craft in this Jurisdiction of NSW & ACT.

As in the previous competition, all essays received will be retained and form part of the Museum of Freemasonry Library Collection and parts of their content may also be subject to use in future considerations of the advancement of the Craft.

Entries should be sent to Grand Master's Literary Prize, c/-The United Grand Lodge of NSW & ACT, PO Box A 259, SYDNEY SOUTH NSW 1235.

GENERAL REMINDERS

Nominations for positions on the Board of Management are scheduled to close Tuesday 1 April 2014. Nomination forms and Role Descriptions are available by either calling 02 9284 2800 or by emailing melanies@masons.org.au.

Nominations for Grand Lodge Officers (per Clause 3.1.4) will close 4.00 pm Thursday 1 May, 2014 and nomination forms are available in the Members' area of the UGL website or by using the same contact details as above.

Nominations for District and Regional Awards should be submitted to the appropriate Committees by 30 April 2014 and final recommendations need to be with the Grand Secretariat by 15 May 2014.

THE COLLEGE OF MASONIC STUDIES

The Board of the College of Masonic Studies has been most pleased with the response it has received from brethren who have registered their interest to be enrolled as students. The College offers a first stage Certificate Course which can afterwards be followed by a Diploma Course.

Full details and appropriate documentation can be found in the Members' Area of the UGL website.

The College Board is also seeking applications from brethren interested in becoming Accredited Masonic Speakers and is also requesting that current speakers confirm their intention to re-apply or not. Current accreditations expire 31 December 2014.

The power of the human mind

I cdnuolt blvieve that I cloud aullacty uesdnaturd what I was rdanieg.

The phaonmeal pwoer of the hmuan mind!

Aoccdanig to a rscheearch at Cmabridge Uineravtisy, it deosn't mtttaer in what order the ltteers in a word are, the olny iprmoatnt thing is that the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can siltl raed it wouthit a porlbem.

This is bcuseae the hmuan mind deos not raed ervey lteter by istlef but the word as a wlohe.

Amazing, huh? Yaeh, and I awlyas thought splping was ipmorantt.



This is your magazine

What is the purpose of the *Freemason*? As the Dalai Lama said, 'Our purpose in this life is to help others' and that is one of the prime reasons this magazine is published.

Readers often ask about the magazine – when it started, how it is put together, why it is printed and who receives copies.

It started more than 50 years ago in newsprint form as a means of keeping members informed of Grand Lodge decisions and providing news from lodges and chapters. Every item of information from Grand Lodge is not always read in lodge with members being told it is available if they want to read it, so sometimes the message doesn't get through.

To make sure we reach a maximum audience, the magazine is sent to every financial member of the Craft in NSW & ACT and copies are also sent to all Australasian Grand Lodges as well as a number of Grand Lodges overseas, widows and subscribers. Nearly every public library in NSW receives a copy and it is also made available to universities, doctors' and dentists' waiting rooms, masonic clubs and schools. It is also available on request to any person interested and the committee has had pleasure in sending copies to retirement homes for masons who have stopped going to lodge because of various health and fitness reasons.

The magazine is 48 pages on glossy paper and in full colour. It is printed quarterly in March, June, September and December with the closing date for copy on the first day of the month preceding publication. This deadline is essential because of printing requirements and late copy can only be accepted if prior arrangements have been made.

Photographs are expected to be of good quality and resolution, highlighting the

subject and with accompanying identification. Hard copy photographs will be returned if requested.


All items for consideration can be sent by email or post. Each item, whether a feature article or a lodge report for Regional Roundup, will be edited to conform with space requirements. Items for Regional Roundup should be kept to an average of 200–300 words. Feature articles are allowed to use 750 words (one page) or 700 words with a photo.

The magazine accepts advertising providing the content is compliant with the rules and principles of the Craft.

It is intended to be a 'feel good' magazine with items to inform, educate and entertain members and

non-members. The magazine is available to any person to read and regularly features stories of non-masonic content.

The most difficult part of producing a magazine is finding out whether it is acceptable, whether the stories are of interest and what the readers want. Over the past decade, there have been few reports sent to the magazine about its stories and page design, whether the readers enjoy what has been put together, what they would like, what they don't like.

As said, it is your magazine. If you like it, tell us. If you think it should be changed, tell us. If you would like articles of a certain nature, tell us. A magazine can only improve if its readers keep it informed on its quality, content and interest. 

If you have any comments, article suggestions or if you wish to advertise in the magazine, please refer to the contact details on the inside front cover of this issue.



What do you know about Shoes?



Wrong fitting or poor shoes are often the cause of pain and other problems. How well do you know your foot size and the correct type of shoe to wear and when to take notice of what your feet are trying to tell you?

Consider these points:

- The afternoon is the best time to shop for shoes as it is when the feet are most swollen.
- Nine out of 10 women wear shoes that are too small for them and women experience foot problems four times more often than men.
- Each foot has 26 bones, a total of 52, which is about one third of all the bones in the body.
- The skin on the soles of your feet is the thickest skin of your whole body.
- Fingernails and toenails grow faster during hot weather, pregnancy and during teenage years. Toenails grow much slower than fingernails.
- Cigarette smoking is the biggest cause of disease of the arteries of the limbs. This can lead to pain while walking, ulcers and infection.
- A significant proportion of lower back and knee problems, not caused by injury, can be related to abnormal foot function and posture. Signs that it could be your feet causing the problem are if pain or irritation is more noticeable after standing or walking.
- And finally, butterflies taste with their feet and elephants hear with their feet by vibrations felt through the earth.

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Bella Shower Mixer
• Chrome Finish
• Solid Brass

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WELS 4 STAR RATING

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Pivot Door Showerscreen
• 1000mm x 1000mm
• Easy installation
• Available in 900mm x 900mm

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SOFT CLOSING SEAT

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Castello In-wall Cistern Toilet
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Wholesale and trade enquiries: philc@angeltouchbathrooms.com.au



The mighty Murray River

Paddle steamer *Murray Princess* –
photograph courtesy of Scott Davis

It is **the world's fifth largest river** and has a history which involves wildlife, aboriginal lands, cattle and sheep stations and some of Australia's earliest pioneers.

The Murray and Darling River system covers one third of the Australian continent and comes from vast catchment areas in South Australia, Victoria, New South Wales and Queensland. It is responsible for providing water to two-thirds of Australia's irrigation areas.

It has its source in the Snowy Mountains in NSW and travels for 2,570 km to the sea at Goolwa in South Australia. Except in flood times, the river travelled slowly and at one stage, over the last 150 km the drop was only 25 mm per kilometre.

Because of this and a system of locks which control the level of the river and barrages that hold back the seawater, the mouth of the Murray opens quietly into the sea at Goolwa.

Charles Sturt, who was born in India in 1795 and became a captain in the British army, discovered and charted two major Australian rivers in 1830. He named one after Sir George Murray and the other after Governor Darling. His expedition also located the mouth of the Murray in South Australia.

In later life, Sturt became blind but was



Charles Sturt

regarded as the father of Australian exploration. Following his brilliant expeditionary leadership, the Murray River became a major factor in developing vast areas of inland Australia.

Four other noted people had an influential effect on the development of the Murray.

William Randell, born in Devon in 1824, was the first to put a paddle steamer,

the *Mary Ann* (named after his mother), on the Murray River. The ship was built from local red gum trees and was launched near Mannum on 18 February 1853. The *Mary Ann* was later rebuilt with a single paddle wheel between two hulls and named *Gemini*. Randell's longest voyage took him 1,650 miles from the sea.

Francis Cadell, a Scottish navigator and entrepreneur born in 1822, became a controversial figure in Australia's early history. Although he followed Randell, he was awarded a gold medal for his exploits on the River Murray in the paddle steamer *Lady Augusta*. He became involved in the Maori wars, presented with a gold chronometer from Queen Victoria and disappeared in 1879 in the Dutch East Indies. The Cadell Strait in the Northern Territory and a settlement on the River Murray were named after him.

Canadians George and William Chaffey came to Australia to establish an irrigation venture at Mildura. However, their attention turned to Renmark where the first Australian commercial irrigation scheme started in 1887, three months ahead of Mildura. The Chaffey's suffered

financial setbacks and in 1893, the work they started was taken over by the Renmark Irrigation Trust. The widespread citrus lands of the Riverland areas of South Australia were a legacy of their influence.

The paddle steamers still contribute to the legend of the Murray, operating throughout the year from Mannum in South Australia. Travel on the *Murray Princess*, the southern hemisphere's biggest inland paddlewheeler for a three, four or seven nights cruise and select your cabin from the Sturt, Cadell, Randell or Chaffey decks.

On the Murray River, you can discover wildlife, wineries, outback heritage and learn about Australia's early and present history. Mannum was the port from which the first paddle steamer, the *Mary Ann*, took passengers in 1853 and is still used today. A summary of a cruise reveals so many fascinating areas of Australia that it is almost like going back to school and once again studying history and geography.

There are plenty of unusual places to see, many of them with unusual names as was common in those early years. Day One takes in Purnong, the shortest ferry crossing in South Australia; Swan Reach, named after the numbers of black and white swans resting gracefully on the river and lagoons; Ngaut Ngaut where local aboriginals have constructed a boardwalk and artefacts display; or Big Bend with spectacular limestone cliffs in a horseshoe shape where cockatoos and corellas nest.

Continue on to Blanchetown, the site of the first lock on the Murray, which was created in 1855 and named by Governor MacDonnell after his wife Lady Blanche. If your taste runs to wine, a tour departs from Blanchetown to the world famous Barossa Valley which includes wine tasting, picnic lunch and afternoon tea at a quaint Aussie pub before travelling to Morgan to rejoin the ship.

Morgan is situated on the Murray at a point where the river turns sharply south after maintaining a general north-westerly trend for about 2,000 km. It was first settled as a sheep and cattle station and was known as NorthWest Bend station. The name was changed to Morgan after Sir William Morgan in 1878 after completion of the railway to Adelaide, but its importance as a great riverboat port faded when rail connections were made to other river



Paddle steamer *Pevensey* on the Murray River

areas and it is now a centre for grazing and irrigation schemes.

It is not difficult to work out how some places got their names. Piggy Flat is a small marshland area named when inundated by wild pigs which destroyed many wheat crops. Pelican Point is where hundreds of pelicans gather; Pumping Station, Cosy Corner and Scrubby Flat are obvious.

Some are named after people. Young Husband is a small town named after William Younghusband, a prominent politician, which was established in 1870; Walker Flat called after Benjamin Walker who created the Mannum Flour Mill in 1876; and Caurnamont, an aboriginal word meaning 'high cliff' which was land settled by Robert Thompson who declared himself the Squire of Caurnamont in 1861.

Stops are frequent to go ashore to take walks, watch a sheep muster, enjoy a barbecue, see ancient rock carvings, join the early morning group to view some of the 160 species of native birds as they awaken and feed in the local lagoon or take a night ride to see kangaroos and wombats as they venture out to feed along the irrigated pastures.

At Big Bend there is an opportunity to take part in the Woolshed tour, a five minute ride to the smallest shearing shed in the Mallee, enjoy a shearing demonstration, an auction and a racing event.

If you are interested in archaeology, visit

Devon Downs which became world famous in 1929 when a local homesteader discovered the skeleton of an aboriginal boy. Near the remains were implements unlike any aboriginal tools and the remains of his dinner included mussels of a species long since extinct. Radio carbon dating showed the bones to be 6–7000 years old. It is believed they were a separate race of aboriginals from those encountered by the first white men in the area and this race was named 'Tartangan Man.'

For those less energetic, there is plenty of entertainment on board. There are informative talks about the river, its environs and the history of the *Murray Princess*, inspect the wheelhouse or just sit and watch the paddlewheel at work.

It is often said that Australia is a fascinating country and a Murray River cruise will give the traveller enough highlights to provide conversation and memories for many years.

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The Sword of Moses

Ancient history, the Freemasons, Templar Knights and more historical facts than an encyclopedia

by Dominic Selwood

This is a compulsive reading thriller as Dr Ava Curzon becomes the first real challenge to Dan Brown's Robert Langdon in solving the mysteries of the past. It has dark and gripping sections with tension building to a climax-filled finish.

Dr Curzon is a former British agent who turns to archaeology and is engaged by United States intelligence to track down an African military group who claim to

hold the Ark of the Covenant.

In action similar to that of movie heroine Lara Croft, Dr Curzon is plunged into a world where nothing is what it seems. She descends into the shadowy areas of dark, biblical magic, switches countries and moves into the mystical worlds of the occult, Knights Templar, Freemasons and extremist neo-Nazis.

She requires all her skills to solve a trail of ancient clues leading towards a terrifying ritual where her life is at stake as she faces an ultimate battle against an age-old evil she knows she must stop.

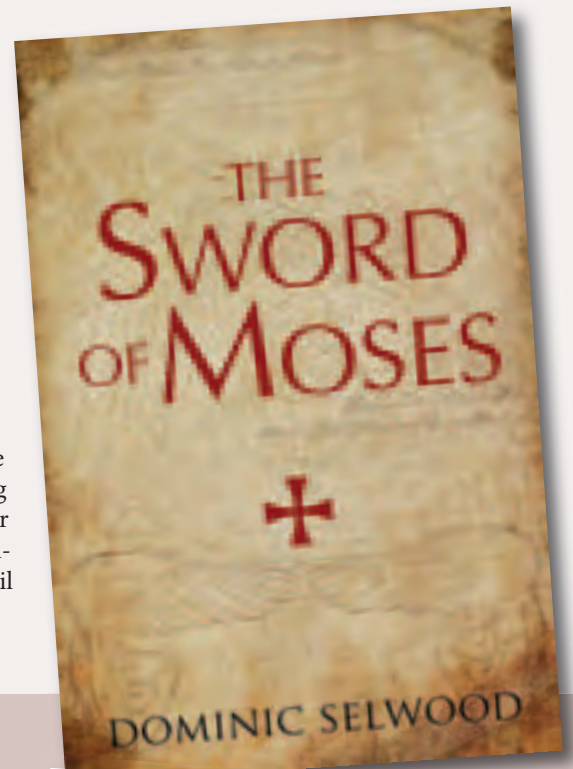
THE SWORD OF MOSES

Published by Corax, London

ISBN: 978-0-9926332-0-2

Large paperback, 782 pages

Copies from: All good booksellers



Optimal Detox

How to Cleanse Your Body of Colloidal and Crystalline Toxins

by Christopher Vasey, ND.

With clear, practical instruction and guidance, Christopher Vasey explains how to identify which type of toxin is triggering your illness and which medicinal herbs, hydrotherapy techniques, or nutritional options are the best choice for each specific condition or combination of ailments. He reveals which foods produce colloidal and crystalline toxins and should

be avoided, thus enabling each of us to cleanse our bodies of accumulated toxins safely, accurately, and successfully.

- Explains the toxins behind specific illness and which of the five excretory organs – liver, intestines, kidneys, lungs, or skin – should be stimulated for optimal detox.
- Details how specific foods can produce toxins and trigger illness.

Christopher Vasey ND, already an established author, is a naturopath of world standing specializing in detoxification and rejuvenation.

OPTIMAL DETOX

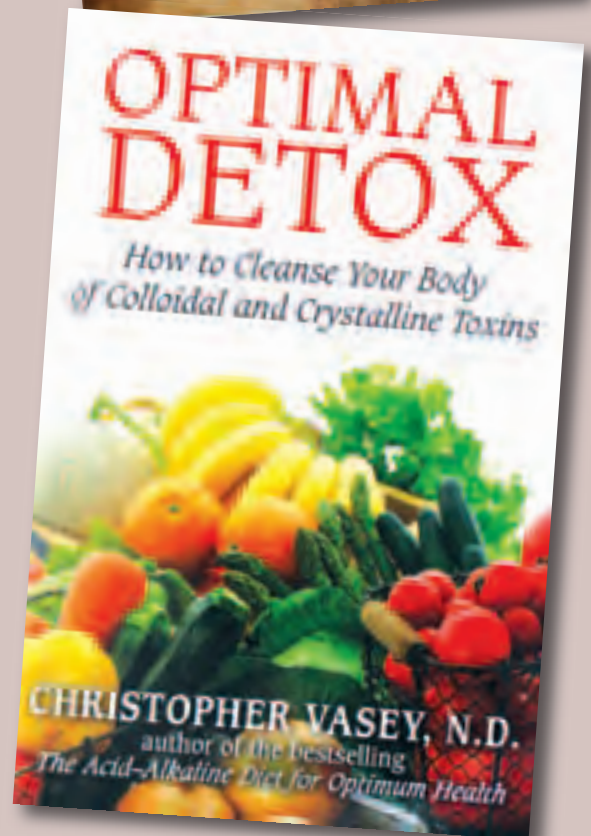
Published by: Healing Arts Press, USA.

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Trade paperback, illustrated, 170 pages.

ARP \$22.99

Copies available from all good bookshops



Author's notes

The book, *The Sword of Moses* is reviewed in this issue. Author **Dominic Selwood**, who writes for the London *Daily Telegraph* newspaper, speaks with the *Freemason*.

Dominic Selwood was born in the UK, but spent his early childhood on the Mediterranean island of Cyprus. It was a magical place back then, littered with ancient Greek and Roman temples, archaeological sites, medieval churches and castles, and all sorts of places that were fascinating to a child.

'It was like my private playground, as there were no ticket desks or queues of tourists and you could wander among the ruins undisturbed,' he said.

'I used to amble around the island and imagine the people who lived in all the ancient buildings. It gave me a lifelong love of history, and of making up stories. Back in England, I was lucky enough to go a school whose mellow medieval quadrangles dated from 1382, which only fed my addiction.

'So after I had studied law, I was amazingly lucky to be offered the privilege of researching a master's and doctorate at Oxford and the Sorbonne, specialising in the medieval Knights Templar and Knights Hospitaller.

'My work was published as an academic textbook. *The Sword of Moses* is really the by-product of that research in many ways, as it includes all the fun stuff I could not put into my formal academic work!'

Dominic said it was really addictive to write the book and once he started he could not stop. He had a day job so wrote a lot when the family was asleep and also in spare minutes of the day when he was on buses or waiting for meetings, using the small pockets of slack time that occur during the day.

He had been thinking about the book for 20 years, ever since he started his academic research on the Templars but started seriously writing it around three years ago.

'I used to borrow my parent's typewriters when I was a child. I thought they were super sophisticated,' he said



'My work was published as an academic textbook. *The Sword of Moses* is really the by-product of that research in many ways, as it includes all the fun stuff I could not put into my formal academic work!'



'When I was 22, I got my first 'modern' computer with a word processor. I am now inseparable from a keyboard. I don't play games, but I write constantly.

'I still like to use pen and paper for very occasional personal letters, but computers have opened up a whole new world of writing possibilities. With a pen and paper, I tend to stick with what I have written rather than make the paper look messy by crossing out. By contrast, I love the impermanence of writing on a word processor, where you can delete and cut-and-paste all day long. I find that the adage "writing is rewriting" is particularly true. A word processor allows me to do that.'

Dominic Selwood found Freemasonry to be intriguing. On the one hand, he said, anyone who looks into it discovers that it is a highly moral brotherhood devoted to the values of tolerance, learning, and charity.

On the other hand, there is a good deal of mystery and intrigue around its early history. Part of his fascination with having Freemasons as characters in the book was reconciling the two.

On the question of research, he admitted that lots of the topics in the book were subjects that had fascinated him all of his life – the murky corners of religion, the quirky bits of history, secret societies, weird cults.

'So a lot of the topics in the book are things I think about all the time anyway. But yes, there was a lot of research, as I really wanted the facts in the book to be accurate. "The plot revolves around tons of small historical details, and I wanted readers to be able to rely on them. There is so much speculation in novels and films about many of these subjects that it's really hard for people to know fact from fantasy.

'I wanted to give people a world of arcane information that they could trust. Of course, I had to invent a few things to make it a good story. But people will know which bits they are!'



Sydney's hidden past

Centennial Park is one of Sydney's biggest and most popular playgrounds for people of all ages. It has sports fields, ponds, walking areas and space for barbecues and picnics.

But underneath the grass and the wide spaces lies another world – the fifth oldest reservoir still in operation today as part of Sydney's water supply system (the first was the Crown Street Reservoir completed in 1859, which is still in use).

The reservoir is on the State Heritage Register for a number of reasons.

It was started by the Public Works Department and in 1899 was completed by the newly incorporated Metropolitan Board of Water Supply and Sewerage which was established in 1888. It is one of Sydney Water's second generation underground reservoirs; the sixth reservoir to be built in Sydney Water's history.

The project was 'planned to form a substitute' for the Paddington Reservoir which was 'too low and too small' (Annual Report 1892:39). Centennial Park Reservoir No 1 presented a major improvement to the original Botany Scheme but actually operated as part of the expansion of the Upper Nepean Scheme and was considered a major technical achievement at the time.

Its capacity of around 80 megalitres replaced the inadequate six megalitres in the Paddington Reservoir (around three Olympic sized swimming pools). The Centennial Park Reservoir was also the first to exceed the capacity of the Crown Street Reservoir.

But the proposal caused some concern when originally discussed because of the effect it could have on the parklands. This was quickly overcome and the final design focused on aesthetics in order to not injure the general appearance of the Centennial Parklands which was one of the conditions under which the site was granted.

The completed project is an atypical



oblong plan with axial dimensions of about 158 metres by 98 metres. The Reservoir is nine metres deep with a working water depth of about seven metres. It has a capacity of just over 80 megalitres (17 million gallons) which is around 32 Olympic-sized swimming pools.

As reinforced concrete had not been developed, the structure was constructed of mass concrete and brick with brick columns. The roof was constructed of groined arches of coke-cinder and cement concrete.

It features a former ornate "Chinoiserie pavilion roof hiding the central brick Ventilating Tower. The Pavilion or Chart House was designed by architect Charles Harding who also designed the Macquarie Street Hospital. The Pavilion was removed in the 1920s.

During the First World War, the elaborate perimeter fence was used to contribute to the collection of iron for ammunition

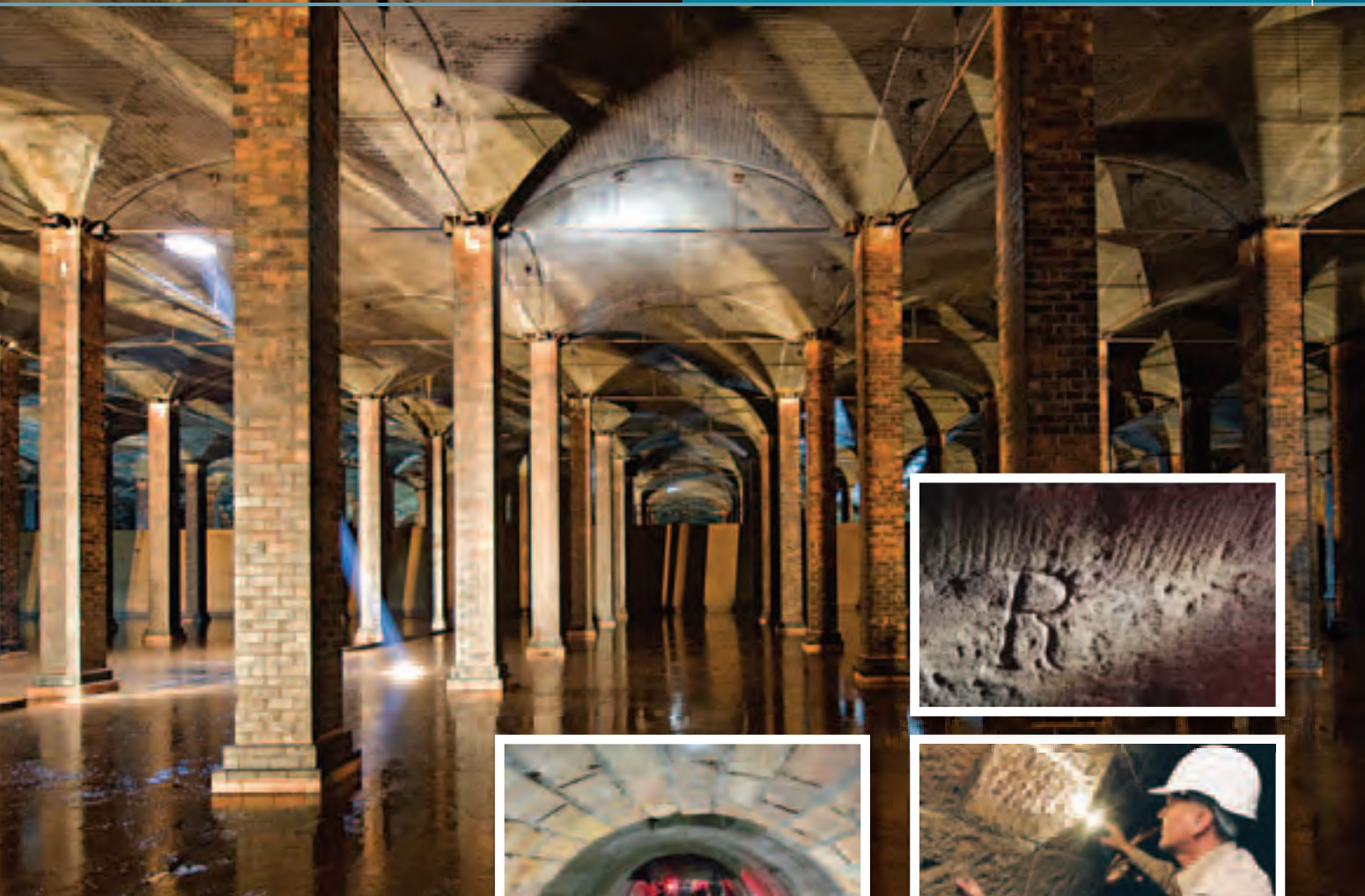
production by donating the spearheads or spear points on top of the fence.

The hollow cast iron fence posts, known as fence ventilating standards, and the central Ventilating Tower served a crucial function in providing ventilation to accommodate changes in water volume and to prevent the air becoming foul by stagnation. The posts were designed to admit air but to exclude 'rodents and hands'.

Another of the early features of Sydney's water supply was the Tank Stream which still exists underneath the city and which is available at times for tours. However, the Tank Stream was abandoned as a water supply because of pollution from rubbish, sewage and runoff from local business such as piggeries.

Sydney Water Board staff member Jodie Gillard took the underground tour with guide Ross Law starting with points of interest on the roads and footpaths at ground level and pointing out markers





that indicated the Tank Stream was below where they were walking.

‘It was then time to get kitted up for the visit inside the Stream, so on with the hardhat, gumboots and harness. We then entered the visitors’ room to watch a video about the Stream and were told of the safety rules,’ said Jodie.


‘Everyone turned on their headlamps when we entered the stream because it’s completely dark in there and warm. Once down in the stream tunnel you become very aware of the history, the old stones that line the walls are marked with mason’s etchings; there are some original stones that lined the stream when it was still an above ground water source.

‘There had been some rain showers in the city so the Tank Stream had a nice flow and the banging of a manhole cover above was a reminder that we were currently standing under the middle of Hunter Street. Once you reach the smaller oval section of the stream, it is time to turn around and head back. On the way, keep an eye out for evidence of other vis-



itors which is found in the form of little footprints left in the cement.

‘I had wanted to do the Tank Stream Tour for many years. I was not disappointed and loved every bit of it,’ said Jodie.

The Tank Stream was one of the most important factors that determined the location of Australia’s first permanent colonial settlement on the shores of Port Jackson. It served as the settlement’s first and main source of fresh water for 30 years. The Tank Stream is also a place of significance to the Gadigal, the traditional owners of the Sydney Cove area. 



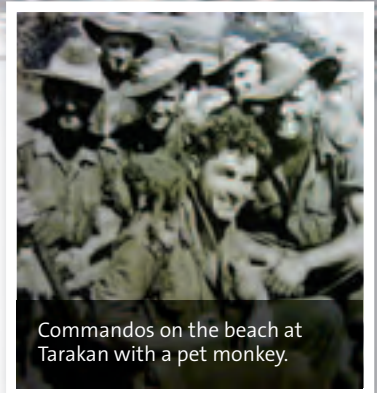
Sydney Water and the Historic Houses Trust run tours of the Sydney Water Tank Stream which was Sydney’s first water supply. The tours offer a rare link with this historically important location taking visitors under the city, along a 60 metre length of the stream and tunnel dating between 1789 and 1965.



Beach Commandos



The Royal Australian Navy Beach Commandos were a unit raised during the Second World War, and known by very few people.



Commandos on the beach at Tarakan with a pet monkey.

The Naval Beach Commandos hold a unique place in Australian Naval History. From 1942 to 1945, around 1,000 Royal Australian Navy sailors trained in amphibious warfare alongside their compatriots from the Army and Air Force, along with large numbers of United States servicemen.

In March 1942, the Australian Government, recognising the importance of an amphibious capability in an effort to drive the Japanese out of the Pacific, began exploring the requirements for combined operations training in Australia. The Army established a Combined Training Centre at Toorbul Point, Queensland, while the Joint Overseas Operational Training School was established at Port Stephens, north of Newcastle.

HMAS *Assault* was initially commissioned aboard the armed merchant cruiser HMAS *Westralia* and began providing instruction for landing craft crews, beach

parties (Naval Commandos) and Combined Operations Signals Teams. HMAS *Assault* transferred ashore in December 1942.

The purpose of the Naval Commandos was to go ashore with the first wave of amphibious assaults, to conduct local reconnaissance – signpost the beaches – control boat traffic and communicate with the maritime forces.

The beach parties saw little action, as the valuable landing ships were rarely risked in forward areas in 1943. An eight man RAN beach party under the command of Lt Commander J M Band RANR participated in the Battle of Scarlet Beach (22 September 1943). Band was fatally wounded and was awarded the US Navy Cross posthumously.

Scarlet Beach was an area on the Huon Peninsula about 10 km to the north of Finschhafen and its capture would allow the construction of an air base and naval facil-

ities to conduct operations against Japanese bases in New Guinea and New Britain.

The Naval Commandos were beach parties but in December 1943 the Navy decided to raise a dedicated Naval Commando Unit under the command of Principal Beachmaster Commander Robert S Pearson RAN. By the end of 1944, three additional units had been raised along with boat and signal crews. The title RAN Beach Unit was adopted for each and Commander Pearson became Senior Naval Officer, Beach Unit.

The RAN Naval Commandos saw action for the first time on 1 May 1945 during Operation OBOE I, the assault on Tarakan Island off Borneo. Tarakan has an area of 135 square kilometres and is mostly mangrove swamps with a hilly forested area. The port of Lingkas was selected for the landing as it had the island's best beach, though hardly ideal being 2 km long and 90 metres wide with



HMAS *Manoora* after conversion to a Landing Ship, Infantry

soft mud up to three metres deep. *Westralia* and *Manoora* formed part of the RAN contingent at Tarakan.

The main invasion force entered Lingkas before dawn on 1 May. A shore bombardment swept the area before the landing craft hit the beach giving the Commandos a dry landing. They landed with the first wave of each forward Battalion, carried out reconnaissance, marked beaches, established and maintained signal communications, organised the unloading of landing craft and salvaged craft which became stranded. No easy task as the tide had receded and jetties damaged. At this stage, the Commandos had lost two telegraphists killed and a signalman wounded.

All three Australian Landing Ships, Infantry took part in the amphibious phase of Operation OBOE VI, the assault on Brunei Bay on 10 June 1945. Beach Commando A under Lt Commander Ron McKauge, DSC RANVR embarked again in company with elements of the 9th Division. They divided into three beach parties, the main body of the assault group landed on Labuan Island, dubbed Brown Beach, a smaller force landed on Maura Island and Brunei Bluff, White and Green Beaches respectively. The Commandos were first ashore at 0915 hrs and little more than an hour later all three beaches were secured without casualties.

Balikpapan was the last action for the Beach Commandos when they operated with the 7th Division's amphibious assault. The Australians had to contend with an extensive shallow water minefield which took 16 days to make safe. The Beach Commandos were first ashore at 0855 hrs suffering no casualties and this was to be their last action.



HMAS *Kanimbla* – 1945



HMAS *Westralia*



RAN Beach Commandos in training (left) and signaling with an Aldis Lamp.

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RAN Beach Commandos – Royal Australian Navy News
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Tip Card #18

An epiphany moment

AIM: To help all lodges prosper and to grow Freemasonry in NSW and ACT.

Target

All members who do not want to see their lodge become 'just a memory' and their fellow brethren, who also don't want to see other lodges and perhaps Freemasonry, become history.

Reasoning

Many lodges are growing and successful and yet other lodges are barely surviving, many having not had an initiate for years. This is not as it should be and we need to address this inequality.

Methodology

Your scribe recently attended a religious service, in a church of his own faith, a service that he had not expressly attended for perhaps 50 or more years, although it was a service he was familiar with and one which was conducted, generally, on an annual basis in his church.

During the course of the event it became evident that although the basic content and lesson of the service remained unchanged, as one would expect from a long established religion,

the method of delivery, the style and staging as well as the church furnishings and music were all new to him.

All in all it was a stirring ceremony and left a positive impression. Then came an epiphany moment (and what better place to have one). This was but one of many changes that his church had quietly but intentionally made during his lifetime to keep up with the times, to attract new members into its congregation and to do what churches do.

If an old established religion can modify its image and present old ceremonies of significance to its congregation in a modern manner within modern surroundings without losing its credibility, why can't Freemasonry do the same?

The connections between religion and Freemasonry are ageless and numerous. Both have a responsibility to their followers and to their history and beliefs, and to keep up with the times and adapt to the standards expected by the community they serve.

Without changing our ritual, our essential constant, many of our lodges have

moved on and as the church did, have adopted a modern approach and introduced modern thinking and practices into their lodge all the while attracting and keeping new members. They are progressive but they are still true to the masonic credo.

Conclusion

Our remaining non-progressive lodges need to take a long look at themselves. Why aren't they getting new members? Why are they amalgamating or closing? Why are they struggling to meet bills? If Freemasonry means anything to the members, they owe it to themselves, the fraternity and the community in general to modernise and to make the changes needed to ensure they not only survive but grow and prosper.

So let us set aside a few moments to contemplate our masonic life and open our minds to the possibility of some essential basic truth or revelation or maybe even something we overlooked in the past which inspires us to rise to the occasion and take action. Make time for your epiphany moment to happen. It might be just what you and your lodge need.

Camera phone photos



With mobile phone ownership now almost universal, and with most phones incorporating good quality digital cameras, the mobile is fast becoming the ready-to-hand

'camera' to snap quick photos and record the moment! These photos can then easily be posted on Facebook, forwarded via SMS or email to share with family and friends ... or sent to Freemason magazine for publication.


Unfortunately, many of the photos forwarded to us are unsuitable ... sometimes too dark, frequently blurred and often of very low resolution. With so many different phones available, it is impossible to detail appropriate procedures for each to ensure optimum results; however, a few general hints may be useful.

Photos intended for publication in Freemason are often taken in difficult conditions – light may be poor, the room crowded etc. Do try to ensure that lighting is good with the light source coming from behind you rather than behind the subject; get as close as you can to your subject or group; and smiling faces are always the preference!

Although snapping a picture on a phone has made photography instant and easy, it is important to avoid a blurred result by ensuring the phone is held still, just as with a traditional camera. If there is a convenient wall or other firm place nearby, try leaning

the phone or phone-hand against it. Many camera phones suffer from 'shutter lag' (ie. the time between pressing the button and the shot actually being taken) so hold still just a moment longer.

Some phones have camera settings that enable you to choose your picture size (small – for on-screen viewing only, medium or large). Others take photos large size by default and then automatically compress them down when sending/exporting – this frequently results in a small photo unsuitable for publication. Transferring photos to a computer and then forwarding as email attachments usually enables picture size to be maintained. Alternatively, do investigate the size options for your particular phone if sending emails/photos directly from your phone.

As 'a picture is worth a thousand words', keep snapping and we look forward to receiving the results. 



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Help us care for future generations

2014, a year of growth, change, challenge and achievement

Like many philanthropic organisations, our origins lie in Freemasonry and we have been caring for the elderly in communities across NSW since the 1940s. Today we have grown into a large, non profit organisation with over 1,700 staff and 2,000 clients. Our services include residential care, in-home care and independent living services across regional, rural and remote NSW.

2014 is a year of growth, challenge and change as we implement changes under the Living Longer Living Better aged care reforms, invest in new residential services, expand our in-home services, explore innovative research projects and launch our new brand.

We recently received federal funding to enable us to provide two new care and support programs to older people living at home. This funding enables us to provide more care services for older people in the New England region through the Home and Community Care program, and reduce the number of older people who experience social isolation in the Tweed Heads area by connecting them with Whiddon trained volunteers through the Community Visitors Scheme.

We're growing and improving our residential services in 2014 and construction is already underway on the new residential wing with 60 private rooms at our home in Kelso, and the two stage development with 180 new rooms at

Easton Park in Sydney's southwest. The newest addition to our residential services, Jessie Hunt in Narrabri, will undergo renovations in the early months of this year to modernise the home and improve the environment for our clients.

A focus on innovation has seen us invest in research and explore new models of care. We're currently focussing on

creative ageing and how the arts can improve the ageing journey for older people and their families, as well as have lasting benefits for people with dementia. We are the first aged care organisation to roll out the *Play Up* humour therapy program to our 19 residential services. We have also trialled an intergenerational music and literacy program that connects people living in residential care with primary school children. This year we are the first aged care provider to trial an exciting new program called *We think you can dance*.

And the icing on the cake for 2014? The launch of our exciting new brand. We believe that ageing should be a rich and rewarding journey for everyone. We are also working hard to help challenge the stereotypes and often negative perceptions around ageing and aged care. You'll no doubt see our new brand emerge on our website in early March and in local media throughout the year, but for now, we leave you with this sneak peek of three of our clients and campaign stars.



Above: Mrs Merle Allen, still dancing!

Below: Phillip and Eileen, celebrating 60 years of marriage



Visit us on the web at www.whiddon.com.au



Stroke are you at risk?

Research by *Neuroscience Research Australia (NeuRA)*, indicates that **over 60,000 Australians suffer a stroke every year** making it the second most common cause of disability in Australia. Although advances have been made in the prevention of stroke, there is no cure, nor any forthcoming. Rehabilitation is the only method to recover movement of stroke affected limbs.

If you suspect that someone is suffering a stroke, you should ring 000 immediately

The National Stroke Foundation, Australia, rates stroke as Australia's second biggest killer after coronary heart disease. Statistics published by the Foundation indicate that stroke kills more women than breast cancer and more men than prostate cancer.

What is a stroke?

A stroke occurs when the blood supply to the brain is interrupted or severely reduced, depriving brain tissue of oxygen and food. Within minutes, brain cells begin to die. Prompt treatment is therefore crucial in order to minimise brain damage and potential complications.

The National Stroke Foundation lists the signs of a stroke as including:

- Weakness, numbness or paralysis in the face, arm or leg – on either or both sides of the body.
- Difficulty speaking or understanding

- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurred or decreased vision in one or both eyes
- An unusually severe or abrupt headache, or a change in the pattern of headaches
- Difficulty in swallowing.

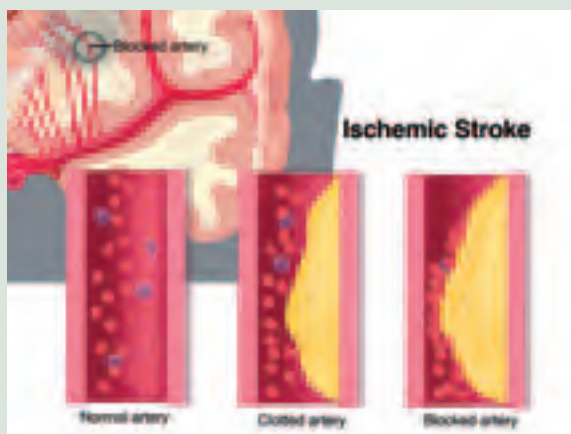
The FAST test

The FAST test is an easy way to recognize and remember the signs of stroke. Using the FAST system involves making the following simple observations:

- Face: Has the mouth dropped?
 Arm: Can the person lift both arms?
 Speech: Is the speech slurred? Does the person understand you?
 Time: Time is critical. If you or someone else is experiencing these signs, seek medical attention immediately.



The two main causes of stroke



Who is at risk from a stroke?

There are several risk factors for stroke, including high blood pressure, high cholesterol levels, obesity, having diabetes, having an irregular pulse, and having had 'mini-strokes' (transient ischaemic attacks) in the past. If you smoke, eat a diet high in salt and fat, or drink excessive amounts of alcohol you are considered to be at higher risk of having a stroke. Age is also a risk factor; however, about one third of stroke patients are under age 65.

In Australia, strokes are a major health problem. The *Australian Bureau of Statistics Report 4429.0 – Profiles of Disability, Australia, 2009*, estimated that 381,400 Australians (1.8% of the total population at that time) reported they had suffered a stroke.

Smoking, obesity, lack of exercise and poor diet are also risk factors for stroke. Conditions that affect the circulation of the blood, such as high blood pressure, high cholesterol, irregular heart beat and diabetes increase a person's risk of having a stroke.

Whilst many of the above risks can be eliminated, there are some things which cannot be changed including age, family history, ethnicity and medical history.

Causes of stroke

The two main causes of strokes are Ischaemic and Haemorrhagic.

Ischaemic strokes are the most common form of stroke and are caused when the blood supply is stopped due to a blood clot. These typically form in areas where arteries have become narrower due to age or blocked by fatty cholesterol-containing

deposits. The narrowing is accelerated by smoking and the intake of excessive amounts of alcohol or caffeine.

Haemorrhagic strokes, more frequently referred to as cerebral haemorrhages, usually occur when a blood vessel in the brain bursts and bleeds into the brain. The main cause of this type of stroke is high blood pressure which can weaken the arteries in the brain and make them prone to split or rupture.

The Effects of a Stroke

The effects of a stroke can be wide ranging and include the following:

Psychological Impact – The two most common psychological conditions found in people after a stroke are depression and anxiety disorder. Feelings of anger, anxiety, depression, frustration and bewilderment are all common but may fade over time.

Cognitive Impact – This may include difficulties with verbal and written communication, memory, concentration, executive functions and praxis – the ability to carry out skilled physical activities.

Physical Impact – Strokes can cause weakness or paralysis in one side of the body, loss of balance and fatigue.

Visual Problems – A stroke can sometimes damage the parts of the brain that receive, process and interpret information sent by the eyes. Some may experience double vision or a reduction in their field of vision.

Bladder and Bowel Control – Urinary incontinence and difficulty with bowel control may result from a stroke but most people regain control within a short space of time.

Life after a Stroke

A study by the National Health Scheme (United Kingdom) indicates that about one third of stroke victims will make an almost full recovery and lead a normal life; about one third will have a significant amount of disability varying from being severely disabled to mildly disabled and about one third will be severely affected by stroke and will die within one year. The majority of these will die in hospital in the first few weeks.

For those that survive a stroke, recovery is a long process of rehabilitation involving many hours relearning skills previously taken for granted.

Research by Neuroscience Research Australia focuses on the recovery of movement after stroke. The organisation is currently setting up a project to test the delivery of rehabilitation therapy via high speed broadband to people in regional and remote parts of Australia. The organisation is also making detailed assessments of stroke patients before and after rehabilitation that will allow it to predict which patients will benefit most from therapy.

Readers who wish to know more about strokes and the treatment of strokes should obtain a copy of The National Stroke Foundation booklet *My Stroke Journey* which can be downloaded from the Foundation's website at strokefoundation.com.au

Acknowledgements

Neuroscience Research Australia (NeuRA)
The National Stroke Foundation Australia
National Health Scheme (United Kingdom) –
Your Health Your Choice – (NHS Choices)
Australian Bureau of Statistics – Document
4429.0 – Profiles of Disability, Australia, 2009



From the Chairman

Thank you to everyone who kindly donated to the recent Bushfire Appeal launched as a result of the devastating bushfires in the Blue Mountains, Hawkesbury, Southern Highlands, Central Coast and Port Stephens areas. We have had an overwhelming response to this appeal, demonstrating the positive and significant impact Freemasons can have when we come together to support a worthwhile cause.

Masonicare will oversee the funding of a number of high tech thermal imaging cameras for the NSW Rural Fire Service (RFS) in each of these areas. This need has been identified following much

research and discussion with relevant authorities in the affected areas.

These cameras can be life-saving when used by fire-fighting crews identifying whether any persons may be trapped within a structure that is on fire. The 'square and compasses' will be proudly positioned on each camera to demonstrate how we, as proud Freemasons are actively supporting our local communities. Further donations are welcomed and your generosity is appreciated.

RW Bro Andrew Fraser
Chairman Masonicare

MRMs new structure

Some of you are aware of these changes but for those who are still confused this information can be really useful.

Masonicare is very pleased to announce the new Masonicare Regional Managers:

RW Bro David Robertson (Region 1)
bravome2@bigpond.com

RW Bro Harry Griffiths (Region 2)
haroldag@bigpond.com

RW Bro Brian Willis (Region 3)
willisbmw@optusnet.com.au

RW Bro John Arthur (Region 4)
jhhmarthur@bigpond.com

If you wish to apply for an InterAction Grant please contact the MRM of your region. Also the MRM will be able to help you with any other Regional Masonicare issue.

Caring Officers (MCO)

Seminars

Masonicare has assembled a one hour presentation which provides essential guidance for Masonicare Caring Officers. The course material is available from the Masonicare office and can be used by any experienced trainer. Although some presentations have been held to test and refine the contents, it is now time for the seminars to be rolled out across every District in the jurisdiction.

The aim is to ensure that all MCOs have an opportunity to meet at a District level once or twice a year and receive training which supports them in their valuable work within their communities and lodges.

Has your District organised a seminar yet? Ask your MRM or MDR about providing the training – it only takes a couple of hours and will provide useful advice and an opportunity to network and share experiences.



Leaflet

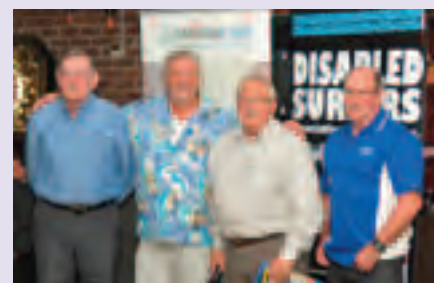
The yellow MCO booklet which has been in use for some years has been redesigned as a leaflet and printed copies are now available. The new leaflet will be presented by each WM when he invests his MCOs. The leaflet will also be available from RGCs, DGIWs and MRMs as initial advice for any brother thinking about becoming an MCO. More details can be obtained from attending the MCO Seminars, or contacting your MRM or DGIW.

In the future, Masonicare will provide more support for MCOs and lodges by making the updated Grand Charity Procedures Manual available through the Members' Area of the Grand Lodge website as reference material.

Central Coast Disabled Surfers Donation

The Central Coast Disabled Surfers Association has gained a massive support for much needed equipment. On Saturday 30 November the DGIW 18, RW Bro David Williams and his wife Jan hosted a Charity Dinner for 115 guests. David invited RW Bro Barry Turton MRR to present a cheque for \$5,000 to the National President of the DSA Mr Gary Blaschke and Central Coast president Peter Powell who were most grateful for the support from Masonicare.

RW Bro Williams and his wife have been selling raffle ticket at the local shopping centre during the Car raffle campaign and have held two charity dinners where they've raised over \$10,000 for the DSA.



Investing an MCO

When investing an MCO the WM should say these words:

'Bro, you have been elected Masonicare Caring Officer of this Lodge ...'

A visit to Whitby

Where do you get **the best fish and chips** in Yorkshire, England?

Residents of Whitby, a seaside town at the mouth of the River Esk, have no doubt that the answer to this is Whitby. Why, you ask? Residents claim it is because you have a choice of having them cooked in beef fat or vegetable oil and the fish is fresh.

My wife and I, however, were not visiting Whitby for its fish and chips but because it is where Captain James Cook learnt his seafaring skills over a period of eight years and where Bram Stoker, while gazing at the ruins of Whitby Abbey, reputedly gained inspiration for his novel featuring Dracula.

James Cook was born on 7 November 1728 in the small village of Marton approximately 46 kilometres from Whitby. His father was a Scottish farm labourer and he was one of eight children. At the age of 17 years James Cook moved to Whitby and joined the merchant navy where the experience he gained aboard Whitby Colliers – vessels with a flat bottom, flat bow and square stern – was instrumental in the choice of vessel for his voyage of discovery to the Pacific.

In 1775, although holding senior rank in the Merchant Navy, Cook opted to join the Royal Navy, once again working his way through the ranks to finally hold the position of Captain. When he was asked by the Royal Society to lead a scientific expedition to the Pacific Ocean he selected a Whitby Collier to be refitted for the expedition and it was named 'His Majesty's Bark *Endeavour*' possibly because King George III helped fund the expedition.

The excellent choice of a Whitby Collier for the expedition became evident when the vessel ran aground on the Barrier Reef. Because of its flat bottom it was able to be beached and repairs made to the hull. Something which would have been difficult with a conventionally built hull.

The villagers of Whitby honour the exploits of Captain James Cook with a statue which has a plaque at its base presented by the Australian Government on the occasion of Australia's bi-centenary.

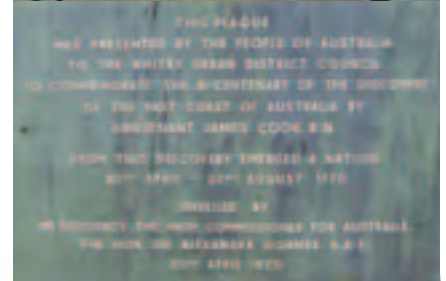


While our interest in Captain Cook was for his voyage of discovery on the *Endeavour*, the Captain Cook museum in the town centre honours him for his three voyages of discovery, one on the *Endeavour* and two on the *Resolution*.

Cook's influence on the Whitby is evident. The name 'Endeavour' is often seen in the town such as on the hotel depicted and a wharf where a 40% replica of the *Endeavour* is moored and used to provide regular trips for tourists.

Whitby is well worth a visit when you are in England given its historic significance for Australians. 🇺🇦

'By the way, the fish and chips are okay too'





A time to remember and a time to celebrate

The **following events** were arranged by the **Freemasons' Association (NSW & ACT)** to complete an **extremely successful year** under the guidance of Association President, Dr Yvonne McIntyre and the Committee of Management.

A time to remember

The eleventh hour of the eleventh day of the eleventh month attained a special significance in the post-World War I years. The moment when hostilities ceased on the Western Front became universally associated with the time to remember those who died in the war. The occasion was marked on 11 November 2013 by the Freemasons' Association at its Annual Remembrance Day Service and Dinner at the Sydney Masonic Centre. In her welcoming address, President Dr Yvonne McIntyre, who is a returned servicewoman from Vietnam said, 'Tonight, we take time to reflect on the sacrifice made by men and women who gave their lives for the freedom that we enjoy today. We do so in a building which is itself a Memorial to the thousands of Freemasons who fought and died in war that we may live in peace.'

The Remembrance Service was conducted by VW Bro Colonel Stewart Grant Ret'd, PDGIW and included a Prayer for the Fallen by RW Bro Rev Dr J Hely, CBE, PAGM, Grand Chaplain, Association Vice President, the *Ode to the Fallen* by RW Bro Major General Raymond J Sharp, AO, RFD, ED PDGM, the Last Post and Reveille and a Lament. Floral tributes were laid by the Grand Master, MW Bro Commander Derek J Robson, AM, RAN Ret'd, Dr McIntyre, RW Bro Andrew Fraser, MP, Deputy Speaker, PDGM, Chairman Masonicare and representatives of Service organisations.

The Grand Master and Ms Gael Knox were received by Dr McIntyre as the Association's guests of honour at the dinner following the Service. In his response, MW Bro Robson spoke of the comradeship and ingenuity of Australian Servicemen and Women and of the spirit

forged on the beaches of Gallipoli and continued at Kokoda which has so recently been exemplified in the actions of those affected by the recent bushfires in the Blue Mountains.

The highlight of the night was an address by the Honourable Charlie Lynn, MLC who spoke about the courage, sacrifice, mateship and endurance of Australian soldiers during the Kokoda Campaign of 1942. As a leader of some 65 trekking expeditions across the Track over the past 21 years, Charlie was able to provide a vivid insight into the experiences of those who have since walked the Track and who faced some of the challenges endured by men who were ill equipped and under constant fire from enemy troops. The night concluded with the President presenting the Grand Master with a \$1,000 donation to the Grand Master's Bush Fire Appeal.

A time to celebrate

The religious significance of Christmas is a time for celebration by Christians throughout the world.

For children, Christmas is a time for presents, decorations, sweets and the magic of Father Christmas. Such was the atmosphere at the Association's 2013 Children's Christmas Party which was again held at Fagan Park, Dural on Sunday 24 November.

More than 70 children and their parents attended the party which was organised by RW Bro Manny Maniago and Mrs Remy Maniago assisted by a large band of volunteers. A jumping castle, face painting, games, a vast array of food, drinks and presents were provided free of charge as a result of generous donations by supporters. Father Christmas was again transported to the park by the Dural Rural Fire Service



and presented a gift to every child. The Association acknowledges the tremendous amount of support received for this event.

Christmas was also celebrated at the Association's Christmas Luncheon at the Sydney Masonic Centre on Tuesday 10 December 2013. The Sydney Masonic Centre Functions Group were wonderful in the service of an enjoyable Christmas lunch and the provision of suitable room decorations. The entertainment by Bob and Gisella as the 'Mirror Image' was excellent in creating a friendly and relaxed atmosphere.

The raffle for the hand knitted 'Golfer' for the Grand Master's Bush Fire Appeal was won by RW Bro Andrew Fraser, PDGM, Chairman Masonicare.

The Committee of Management wishes everyone a happy, healthy and prosperous 2014 and looks forward to welcoming you at one of its events in the year ahead. 🐾

*The Masonic and Military Order of Rome
and the Red Cross of Constantine*

Long service rewarded



Most Illustrious Knight T J Foster GCC presenting the Grand Sovereign and the Grand Viceroy with their Forty Year Certificates.

The Masonic and Military Order of Rome and the Red Cross of Constantine, after a review of its records, found that 24 Worthy Knights were eligible to receive Forty Year Membership Certificates and presented the certificates at the Twenty Third Annual Assembly held at the Bankstown Sports Club.

Among those present who were eligible to receive their certificates were the Grand Sovereign of the Order, entering his third term in Office, Most Illustrious Knight Keith Spencer GCC and the just Consecrated Grand Viceroy of the Order, Rt Illustrious and Eminent Knight Sydney James Weller KCC GSA.

Rt Ill Knight Spencer started his journey in Constantine Freemasonry on 3 September 1970 when he joined The Adelpi Conclave No 69 Scottish Constitution. The Adelpi Conclave met at the Collaroy Masonic Centre in Sydney and

this Conclave is still in existence as part of Unity Conclave No 7 which meets at Laurelbank Masonic Centre, Willoughby. He is currently a member of the Marquis of Ailsa Conclave No 5 that holds its meetings at Grafton NSW.

Rt Ill Knight Weller began his Constantine experience when he joined Southern Cross Conclave No 29, Australian Constitution, meeting at Nowra, NSW on 3 February 1973 and has remained a member of that Conclave ever since. He was awarded the Grand Sovereign's Award in 2004 by the then Grand Sovereign Most Illustrious Knight Leonard Gowers for service to the Order. The presentation to both these Knights was made by the Immediate Past Grand Sovereign Most Illustrious Knight Timothy James Foster GCC.

The Grand Executive Committee extended its congratulations and thanks to all those members for their dedication and loyalty to this Christian Order.



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The old tin shed

Loved it or hated it, you can blame or praise the Eastern Suburbs Railway for the demise of the old Sydney Stadium.

It was located at the corner of New South Head Road and Neild Avenue, Rushcutter's Bay; now the railway line runs elevated across the site.

While it was still operating and before the opening of the Entertainment Centre in Ultimo, it was the premium venue for a 'big night out', whether for a prize fight, wrestling, roller derbies, religious revivals, international showbiz personalities, jazz or pop concerts. Many acclaimed international and local personalities performed there.



In mid 1908 the Sydney boxing promoter Hugh Macintosh leased a former Chinese market garden in Rushcutter's Bay at £2 per week for three years. He quickly erected a roughly circular, open-air hippodrome of corrugated iron and timber, later nicknamed 'the Old Tin Shed', with a capacity of 10,000–15,000 people. Hoping to take advantage of the impending arrival of the American Great White Fleet, and its sailors with spending money, he opened the venue with a few exhibition boxing matches.

The first major bout, timed for the fleet arrival, was between the Canadian world heavyweight champion Tommy Burns and

Australian champion Bill 'Boshter' Squires, which Burns won by a knockout in the thirteenth round. It netted Macintosh £13,500, which would be in excess of a million dollars today.

On Boxing Day in 1908, Burns defended his title at the Stadium against the leading contender, the legendary Afro-American Jack Johnson. Great interest was shown in Sydney for the fight due to the general appeal of American people and effects following the visit of the American Fleet. In addition Johnson was a novelty due to his ethnic background, and there were some racist anxieties about the possibility of a Burns defeat by a 'coloured'





The Burns-Johnson fight at the open-air Sydney Stadium in 1908

fighter. The fight was stopped by police in the fourteenth round with Burns knocked out, and the referee awarded the title to Johnson on 'points'.

Despite the anxieties, the result did not cause the world to come to an end!

The Stadium was roofed in 1911 after a boxer had almost drowned in the ring when he was knocked out and fell face down in a large puddle. In 1912 the Stadium was acquired by Macintosh's partner Reginald 'Snowy' Baker and his brother Harald. The Baker brothers formed a new company, Stadiums Pty Ltd to run this, and the Melbourne and Brisbane Stadiums. Richard Lean and the notorious John Wren were the other main shareholders. The First World War caused the Stadium to be closed in 1916, and it did not reopen until 1919.

Wrestling was added and the Stadium was operating almost every night of the week, and became one of the most popular entertainment venues in Sydney from the 1920s until its closure in 1970. Many world championship boxing and wrestling bouts were held there. Some famous Australian boxers who fought at the Stadium were Jimmy Carruthers, Les Darcy, Johnny Famechon, Vic Patrick, Lionel Rose, and Dave Sands.

Some people used to go to the Stadium most Thursday nights for the wrestling, also on some Monday nights to see the boxing, and later for international productions. For those living in the South, they would take the train to St James and then walk through Kings Cross to the Stadium. The sixpence saved was enough to buy the 'mandatory' pie there. If it was wet they took the tram, and walked through the tunnel to the entrances, sometimes arriving at the Stadium in time to



Dakota Staton at the 'Old Tin Shed'

be first or second in line for the cheap outer section of seating, and go to a favourite seat which gave an uninterrupted view. Obviously, they would always take the tram back to St James, as the entertainment finished late at night.

From 1955 the Stadium was used increasingly for music and stage productions as it was the only indoor venue in Sydney capable of handling large crowds at that time. The expatriate American promoter Lee Gordon was mainly responsible for the change of use. He attracted many major international stars to perform at the



Stadium, as well as rising talent in the local scene. Some of the most famous jazz artists of the day and popular singing stars including Frank Sinatra, Dakota Staton and Johnny Ray were presented there.

Famous Freemasons who performed at the Stadium included Bud Abbott and Lou Costello, Nat King Cole, Red Skelton and Vic Patrick.



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Age is only a number

It has been said that it is not our age, but our reaction to that age which is important. There is poetic truth in the statement that **'we are as young as we hope and as old as we despair'**.

One of the greatest of all human fallacies is the 'calendar fetish' where an accumulation of years is assumed to deter people from thinking or being able to create.

The belief that advanced age is a restriction to accomplishment is probably best knocked on the head by the performance of those whose years have passed well beyond the point when society expects no further contributions.

So the next time somebody tells you or you even think that you're too old to carry out a particular task, physical or mental, spare a thought for the 'old' people listed to the right.

Just remember – it isn't how old you are, it's how you are old!



76 Nelson Mandela. Born 1918, spent a great part of his life in jail fighting apartheid and when released became South Africa's first black president at the age of 76 and held the position from 1994 to 1999.

77 Winston Churchill. Born 1874. Became England's inspiring Prime Minister at age 66 from 1940-45 during World War II and re-elected at the age of 77 for another term from 1951-55.

82 Irving Berlin was in his 82nd year when his song 'White Christmas' became the first record to sell 95 million copies. He was also a member of Munn Lodge in New York.

83 Benjamin Franklin invented bifocal glasses when he was 83. He was also elected WM of the Lodge of the Nine Sisters in Paris, France at 73.

84 Henry Ford remained president of Ford Motor Companies until he retired at 84. He was a member of Palestine Lodge in Detroit.

84 Thomas Edison died at 84 but by that time he had patented more than 1,000 inventions. These included the light bulb, the automatic telegraph and the phonograph.

85 Peter Cooper built the first American locomotive and then ran for president of the United States at the age of 85.

92 Walter Fast was 92 years of age when he made a hole-in-one when playing golf at Peoria, Illinois in 1971.

Ever wondered about ...

masonic musicians?

We know about Mozart and 'The Magic Flute', but did you know the following composers are also known to have been masons?

Thomas Arne (1710–1778)

Johann Georg Leopold Mozart (1719–1787)

Franz Joseph Haydn (1732–1809)

Johann Christian Bach (1735–1782)

Claude Joseph Rougal de Lisle (1760–1836)

Ludwig van Beethoven (1770–1827)

Jacob Mendelssohn-Bartholdy (1809–1847)

Franz Liszt (1811–1886)

Eugene Edine Pottier (1816–1887)

Charles Gounod (1818–1893)

Sir Frederick Ouseley (1825–1889)

Johannes Brahms (1833–1897)

Sir William Gilbert (1836–1911)

Sir Arthur Sullivan (1842–1900)

John Philip Sousa (1854–1932)


Stevan Mokranjac (1856–1914)

Jean Sibelius (1865–1957)

Sigmund Romberg (1887–1951)

Irving Berlin (1888–1989)

There have been many others over the years who have contributed to the pleasure and enjoyment of listeners with all types of music ranging from classical to hit parade.

Music is an important part of masonic proceedings as evidenced by the NSW Masonic Ensemble and lodge organists. If you have some musical ability, don't hesitate to offer it to your lodge. It could make the difference to a night's proceedings. 



Regional Roundup



CLARENCE VALLEY FREEMASONS

The aged get a lift

Two lift chairs were presented to residents at Mareeba Aged Care through the efforts of Clarence Valley Freemasons.

The chairs cost almost \$2,000 each and are part of donations totalling more than \$47,000 to eight groups in the area over the past six years.

'The chairs, which enable a patient to manoeuvre themselves into the most comfortable position, will be of great benefit to the residents. The first was solely by the masons and the second was a joint effort between the masons and the nursing home', said deputy director of nursing Marie Connell.

During the past few months, the DGIW, VW Bro Bruce Johnson presented long service certificates to W Bro Curtis and Bro Kearns (Lodge Clarence Valley Daylight) and RW Bro James Jackson and W Bro John Knox (Lodge Ulmarra).



The Grand Master and the Grand Director of Ceremonies at Canberra helicopter base for the launch of the Freemasons Logo.

LODGE WAHROONGA No 674

'Back to back' Installation at Lodge Wahroonga



At Lodge Wahroonga's Installation the photographer caught a different view of the Grand Master as he and W Bro Bashar Ayoub, the newly installed Master, stood back to back.

LODGE JOHN WILLIAMS No 148

Colin takes charge again

VW Bro Colin Flatters was Re-Installed as WM of Lodge John Williams in October for his third time as leader of the lodge.

The Grand Master, MW Bro Derek Robson AM attended and congratulated Bro Colin on his dedication in stepping forward to take charge when the lodge needed an experienced guide, and thanked

the Installing Master, W Bro Brian Keg for his sincere performance.

Colin had affiliated with Lodge John Williams from Victoria and had previously been WM in 1990 and 1995 with a term as DGIW in 1992.

It was the 127th Installation ceremony for the lodge which was formed in 1886.



KENSINGTON MASONIC HALL

Unveiling ceremony



L to R: Matt Thistlethwaite MP, MW Bro Derek Robson GM, RW Bro Leon Carter and Bro Scott Nash Major of Randwick

A large crowd of masons and local officials attended to watch the Grand Master, MW Bro Derek Robson AM unveil a plaque to commemorate 100 years of the Kensington Masonic Hall.

Amongst the special guests were the Mayor of Randwick, Scott Nash (EAF), the Federal Member Matt Thistlethwaite and Grand Chaplain RW Bro Leon Carter who gave the Prayer of Dedication.

The Grand Master, who had been welcomed by the DGIW, VW Bro Sam Young, spoke extensively on the history of the area and the original efforts to create a lodge and then the Hall to accommodate Masonry in Randwick.

Suitable entertainment was provided by the Argyll Highland Dancers and a musical jazz group.

Kensington was also the centre for the Combined District meeting in December with the working of two candidates for the Second Degree.

The Grand Secretary, RW Bro Kevin McGlinn led the Grand Delegation for the meeting which was attended by fraternalists from each lodge in the District.

The night was another successful function, with representatives from the different lodges taking part in the work and later joining a happy social function.



LODGE GLEN INNES No 44

Two in a row

December and January were both good months for Lodge Glen Innes No 44, as both were nights of initiation.

In December, the lodge initiated Mr George Robertson Dryden and welcomed him into the Craft.

The January meeting was especially notable because the Candidate, Mr Timothy Chard, is the son in-law of Bro Jim Donald, and the brother in-law of Bro James Donald, both members of the lodge.



Above L-R: RW Bro Ray Weston acting Junior Deacon; VW Bro Hodder DGIW; Bro George Robertson-Dryden candidate; W Bro Russell Long, acting WM; and W Bro John Bellette WM

Below L-R: Bro Jim Donald acting Senior Deacon; VW Bro Hodder DGIW; Bro Tim Chard Candidate; W Bro John Bellette WM; and Bro James Donald acting Junior Deacon





LODGE MORNING STAR No 410

Morning Star to the rescue



WBro Lance Nelson, WM of Lodge Morning Star No 410, accompanied by several members, presented two new rescue boards and a plaque, complete with the lodge name and Square and Compasses valued at \$2,500 to Umina Beach Life Saving Club president Paul Sharpe.

Mr Sharpe expressed the gratitude of the surf club to Lodge Morning Star for their consideration and support as well as their interest and assistance in beach safety in the local area.

The rescue boards now take their place on Umina Beach every day at either end



LODGE ULMARRA No 186

Milestones achieved

The DGIW for District 54, VW Bro Bruce Johnson has been busy in recent months presenting certificates to different members of Lodge Ulmarra 186.

Among them were a Master Mason's certificate to Bro Dallas Leven, a PJGW and 60 Years certificate to R W Bro James Jackson and another 60 Years certificate to W Bro John Knox.



VW Bro Johnson presenting a Master Mason's certificate to Bro Dallas Leven.

of the flags and will remain in use for the rest of the season ending Anzac Day 2014.

The presentation also coincided with the Umina Nippers Sunday weekly carnival where hundreds of young participants of the over 400 strong nipper Umina club proudly wore their new season Freemason pink vests during their beach competition.



LODGE GREATER TAREE NO 66

Tribute to former lodge

Freemasons gathered at the Taree Masonic Centre to witness the unveiling in the north east corner of the Taree Masonic Centre lodgeroom of a tribute to the former Lodge Coopernook. The unveiling took place during a meeting of Lodge Greater Taree and it consisted of the Foundation Stone, the Charter and a list of Worshipful Masters of that lodge.

Lodge Greater Taree in conjunction with the Taree Masonic Hall Company took this step to honour Lodge Coopernook which made a major financial contribution to the improvements to the building.



L to R: W Bro Wal Riley IPM Lodge Greater Taree 66, W Bro Barry Haynes the last WM of Lodge Coopernook 356, and VW Bro Greg Scott-Pacey DGIW District 44/13.

HAWKESBURY HERITAGE LODGE No 150

Hawkesbury heritage presentations



It was a very special night in November for the Hawkesbury Heritage Lodge No 150 when the Grand Master made presentations to two very dedicated masons.

RW Bro Norm Garland PAGM was presented with his 60 Years Certificate and Jewel and VW Bro Ron Duckworth received a 40 Years Certificate and Jewel.

RW Bro Garland has conducted a Masonic Study Group each second Saturday at the Centre which has aided and assisted countless masons over the years, while VW Bro Duckworth has held many offices in the lodge and is known for his ability to organise ANZAC and Remembrance Day services.

VW Bro Ron Duckworth and RW Bro Norm Garland with the Grand Master following the presentations.

HUNTERS HILL LODGE No 139

A well and worthy mason

Family members travelled long distances to help celebrate the 100th birthday in October of W Bro Roy Rousell at Hunter's Hill.

VW Bro Doug Kane said it was not often people get the chance to celebrate and reflect on how much we owe to our older generation who struggled in daily life to make this country what it is today.

Roy has been a member of the Hunters Hill Lodge No 139 for some 79 years, a possible record, has held office for most of this time and is currently Junior Warden. Roy has organised the lodge's Remembrance Day Commemoration each November for over 64 years.

VW Bro Kane said Roy has helped so very many people, in so very many ways, and to know him is to truly love this dedicated mason.



AUBURN MASONIC CENTRE

History at Auburn

On Wednesday evening 8 January, the Auburn Hall Board hosted a dinner to commemorate fifty years of Freemasonry at the Auburn Masonic Centre.

A commemorative stone at the front of the building and above the original foundation stone was unveiled by MW Bro Noel Dunn OAM PGM.

More than fifty masons and their partners then enjoyed a fine dinner and listened to a short history of the hall.



MW Bro Noel Dunn with VW Bro Edward (Ted) Whitehead DSA PDGDC following the unveiling of the commemorative stone.

DISTRICT 63

An Arch of Steel

There was a novel touch during the District 63 Butterfly Ball at Armidale as the District masons gave further aid to community members with disabilities.

A request was made by the community members for the masons to form an 'Arch of Steel' at the annual celebration.

On the night, 23 debutantes made their debut in the presence of 350 guests with the Ball, sponsored by the Armidale Dumaresq Council for International Disability Week, judged to be a great success.

LODGE BRUNDAH ENDEAVOUR No 429

Prawns and Santa on the North Shore!

The December meeting of Lodge Brundah Endeavour No 429 is traditionally a prawn night. No work is done, the night is social, the dress is 'muft' and the emphasis is on friendship and enjoying the company of visitors.

The night has become so popular that Santa regularly pays a visit!



Santa (VW Bro Greg Cormie) giving WM W Bro George Dagleish a present.

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Freemason welcomes new members to the Craft

Name	Lodge	Name	Lodge	Name	Lodge
AMBAT, Christopher	Lodge Sir Joseph Banks 300	GOOLEY-CARROLL, Tyrone	The Schools Lodge 639	PLACANICA, Gianfranco	Lodge Galileo 1019
ANDERSON, Joshua	Lodge Mark Owen 828	GOSDEN, Paul	Lodge Warragamba 541	POLLARD, Dale	Lodge Horace Thompson Ryde 134
ANGHELUTA, Stefan	The Lodge of Tranquillity 42	GOSIENGFIAO, Noel	Lodge Jose Rizal 1045	PRATT, Edgar	Lodge Edinburgh St John 38
ASKARIAN, Alex	Lodge Mark Owen 828	GREENE, Rick	Lodge United St Andrew Singleton 34	RICHARDS, Spencer	Lodge Emu Plains 860
AZIZ, Anthony	Lodge Axiom 1047	HOLDING, David	Lodge Wyong Tuggerah Lakes 247	RICHARDSON, Gareth	Lodge Kellerman 1027
BAKON, Zsolt	Lodge Resurgo 223	IRWIN, Colin	Lodge Sir Joseph Banks 300	ROGERS, Christopher	Lodge Picton 258
BAKRI, Kamel	The Leichhardt Lodge 133	ISAC, Mark	Lodge Beauty of Cabra Vale 743	SAMIN, Omar	The Sydney Lodge 1020
BENNETT, Matt	Lodge Hastings 69	ISMAIL, Mick	Lodge Guildford 321	SANTOS, Arnel	Lodge Jose Rizal 1045
BRADFORD, Sean	Lodge Star of Wauchope 310	JELINEK, Jerry	Lodge Airds Campbelltown 976	SCOTT-LAWSON, Duncan	Lodge Blackheath 370
BROOKS, Dylan	Lodge Southern Cross 91	JOHNSTON, James	Lodge Trinity 666	SIAN, Jas	Lodge The Star of Australia 200
BUI, John	Lodge Axiom 1047	KANIKEVISH, Igor	The Sydney Lodge 1020	SINGH, Sarbjit	Brundah Endeavour 429
BURGESS, Cameron	Lodge Kirrawee 903	KARAMANOLIS, Steve	Lodge Ophir 17	SMITH, Darren	Lodge Phoenix 1034
CARNEY, Morgan	Lodge Dawn 511	KELHAM, Dennis	Lodge Bathurst United 79	SPINKS, Johnny	Lodge United St Andrew Singleton 34
CARRUTHERS, Stephen	Lodge Blacktown Kildare 393	KERMODE, John	Lodge Novacastria 765	STABIDES, Fonda	Lodge Liverpool 197
CHAHINE, Len	Lodge Alpha 970	KIAN, Clem	Lodge Southern Cross 91	STEER, Robert	Lodge Phoenix 1034
CHAMI, Luie	The Sydney Lodge 1020	KILLIBY, Shane	Lodge Ethos 963	STEUREGGER, Tony	Lodge Tomaree 878
CHARD, Tim	The Glen Innes Lodge 44	KONDROTAS, Antoine	The Leichhardt Lodge 133	STEVENS, Alan	Lodge St James 45
COBLEY, Shannon	Lodge of Peace 120	KOUYAN, Romel	Lodge Kensington 270	STEVENSON, Ollie	Lodge Sutherland 585
CONRAD, Raymond	Lodge Camden 217	LEBLANC, Julien	Lodge France 1021	TAYYAR, Tim	Lodge Sutherland 585
DEBOMFORD, John	"Lodge Narromine 236	LONG, Brent	Lodge Gowrie of Canberra 715	TEJADA, Fernando	Lodge The Star of Australia 200
DENTON-COX, Ellis	Lodge Camden 217	MARQUEZ, Ric	Lodge Merrylands 479	THOMPSON, Steven	Lodge Picton 258
DRYDEN, George	The Glen Innes Lodge 44	MAVROUCAS, Nick	The Royal Empire Lodge 613	THOMPSON, John	Lodge Cowra 33
DUNGER, David	The Central Coast Lodge 2001	MCCARTER, Joe	Lodge Blacktown Kildare 393	TRACEY, Matt	The Lodge Federation 196
ELLITT, Steven	The City of Wollongong Lodge 1049	MCDONALD, David	The Sydney Lodge 1020	WALL, Ed	Lodge St Andrews 281
FAIRLESS, Adam	Lodge St James 45	MCWILLIAM, Rio	Lodge Horizons 1032	WATTS, Jordan	The Waratah Lodge 170
FENTON, Kyle	The Lodge Federation 196	MENDOZA, Jimmy	Lodge The Star of Australia 200	WEBER, Peter	Lodge Phoenix 1034
FREENEY, Tony	Lodge St James 45	MODDER, Steve	The United Lodge of Sydney 11	WELLER, Justin	Nowra Unity 60
FRENCH, James	Lodge Hornsby 262	MOSQUERA, Alex	Lodge Camden 217	WHEAR, Izak	Lodge Dawn 511
GABRIEL, Sandro	Lodge Camden 217	MURZELLO, Mario	Lodge Beecroft 359	WILLIAMS, Warren	Lodge Allan Stuart 416
GAWRONSKI, Rhyce	Lodge Nepean 29	PALL, Marty	Lodge United St Andrew Singleton 34	WILLIAMS, Tom	Lodge Young Burrangong 20
GILL, Avtar	Lodge West Epping 731	PASSARELLI, Ben	Lodge Galileo 1019	YARRINGTON, Wayne	Lodge Edinburgh St John 38
GIUNTA, Michael	Lodge Trinity 666	PEARCE, Grant	Lodge Wyong Tuggerah Lakes 247	YU, Zile	The Royal Empire Lodge 613

Progress at the College

In its report at the December Communication, the College of Masonic Studies said one student had now finished his initial tasks and six others were enrolled in its Certificate course.

The College has also approved a number of lectures and presentations which will be available on the Grand Lodge website in the membership area.


However, it further reported that only two brethren had applied for re-accreditation as Accredited Masonic Speakers



although accreditation currently enjoyed by all other brethren occupying those roles would cease from 31 December 2014. The College Board requested the Grand Secretary to issue a further circular aimed at current Accredited Masonic Speakers to try and encourage them to consider applying.

The College Board resolved not to apply for external accreditation of its courses. It made this decision after carefully considering a report as to the aims of accreditation generally and as to how those aims might apply to the College, its

cost and on-going commitment required. The Board also considered and approved in principle the need for recognition of prior learning with respect to its courses.

The Dean of the College, RW Bro Andrew Brown, PJGW, will finish his year of full time service with the Royal Australian Navy at the end of the calendar year and will return to the University of New England. This will enable the College's administration to be greatly improved as currently the Governor is required to undertake all internal College administration. 



Thank you

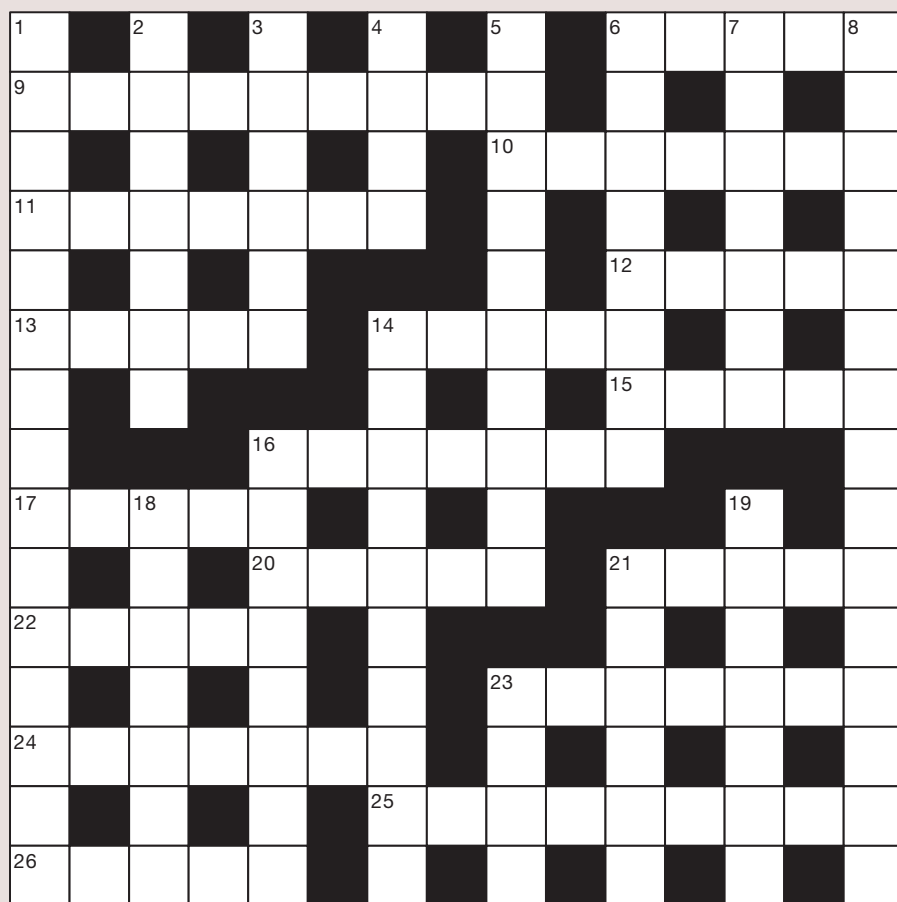
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Aims of the Freemason magazine

- 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.

If you would like to sponsor the magazine through placement of an advertisement, contact APM Graphics Management on 1800 806 930 or email freemason@apmgraphics.com.au



ACROSS

- 6 See 1 down
- 9 Breathe in differently to lay dormant (9)
- 10 Sid buys support with change (7)
- 11 Demolish an apartment a number of times (7)
- 12 Irish Republican Army quit rather oddly and moved to another war (5)
- 13 I'm fully prepared to change Deary (5)
- 14 Doubter regards some diplomacy nicety with suspicion (5)
- 15 A help about the first letter of Hebrew alphabet is needed (5)
- 16 Doctor at rival to undergo labour of childbirth (7)
- 17 Veracity with the beginning of a book of the Bible (5)
- 20 Extol the virtue of stretched latex (5)
- 21 Weight of a snow leopard (5)
- 22 Raise new order for a star sign (5)
- 23 Very old for change to nice tan (7)
- 24 Revere matrimonial promise is contained in the French (7)
- 25 A response given on receipt as appropriately arranged (9)
- 26 Some saga mindful of a street urchin (5)

DOWN

- 1 & 6 across – Bright, fantastic order for our longest explanation (3, 5, 7, 5)
- 2 One of 6 and 14 down from 1 down and 6 across (7)
- 3 Quite attractive so regularly perfects toys (6)
- 4 Another of 6 & 14 down from 1 down & 6 across (4)
- 5 Dances tend to show what Moses was to 2 down (10)

- 6 & 14 – Barbaric ethics call for changes to find people mentioned in 1 down & 6 across (8, 10)
- 7 Tie a tag and stir things up (7)
- 8 An idea might gently catch on for those who are not night owls (8, 7)
- 14 See 6 down
- 16 This Lodge acts like 8 down and runs a neat ship (8)
- 18 Consistent costume (7)
- 19 Nice gal strangely becomes beautiful, kind and innocent (7)
- 21 Take up or hold down unrealistic extremes in copy (6)
- 23 Some marched off with number-one rival (4)

Solution December 2013

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70 Years Service

BEDWELL, Alexander	Lodge Barham 561
BLUNT, Harold	Lodge Wyalong Pioneers 222
BUSHNELL, Geoffrey	Lodge James Kibble (Daylight) 985
KENT, Bernard	Lodge Rudyard Kipling 143
L'ESTRANGE, Ronald	Lodge Condobolin 185
SMITH, David	Lodge Fidelity 101

60 Years Service

BROWN, Frederick	Lodge Carringtonia 187
BRUCE, Alexander	Lodge Timor 274
COLBERT, Maxwell	Lodge Scone 183
DAVIS, Donald	Balmain Lodge 23
EDDY, Kenneth	The Sir Walter Scott Lodge 123
FOGGITT, Barrie	Lodge Middle Harbour 85
HART, Henry	Lodge Lachlan Jemalong 46
HOOKER, Ronald	Lodge Star In The West Sedgwick 189
KING, Harry	Lodge Federal Burrowa 193
KOCH, Lester	Lodge Saratoga 937
LEMON, Brian	Lodge Ku-Ring-Gai 1033
LOCKLEY, Donald	Lodge Ballina United 250
MEREDITH, Harold	Lodge Punchbowl 244
MITCHELL, Noel	Lodge Cessnock 252

MOFFITT, Desmond	Lodge Oberon 355
MYLCHREEST, Alan	Lodge Middle Harbour 85
NELSON, James	Lodge Ballina United 250
OATLEY, Robert	Lodge Middle Harbour 85
O'NEILL, Leslie Norman	Lodge Cavanbah 231
PAYNE, Ambrose	Lodge Woolgoolga 705
QUAST, Colin	Lodge Calala Tamworth 652
ROBINSON, Ian	Lodge Ballina United 250
SHELLEY, William	Lodge Punchbowl 244
STEVENSON, Albert	Lodge Timor 274
STEWART, Donald	Balmain Lodge 23
WEIR, James	Lodge Middle Harbour 85
WHITEFORD, John	Balmain Lodge 23
WHITELEY, Reginald	Lodge Middle Harbour 85
WILKS, Barry	Lodge Westlake Daylight 997
WILLOCK, Robert	Concord Technology 432
YOUNG, Reginald	Lodge Middle Harbour 85

50 Years Service

CLEMENTS, John	Lodge John Williams 148
COURT, Peter	The Lodge of Australia 3
DENNING, John	Lodge Kirrawee 903
DUFF, Anthony	Lodge Bland 337
DUFF, George	Lodge Toukley 933
FYVIE, William	Lodge Middle Harbour 85
HAMNETT, John	Forster Great Lakes United 994

HENSON, Kenneth	The Queen's Lodge 229
HOOKER, Ronald	Lodge Star In The West Sedgwick 189
IRELAND, Glen	Lodge Eltham 272
JACOBSON, John	Lodge Ballina United 250
LE BAS, Robert	Lodge Ballina United 250
MACLENNAN, Duncan	Twin Towns Daylight Lodge 981
MOSS, Alan	Lodge Ballina United 250
O'NEILL, Leslie Norman	Lodge Cavanbah 231
O'NEILL, Leslie Francis	Livingstone United 604
SAUNDERS, Edward	Lodge Middle Harbour 85
SAUNDERSON, Leonard	Lodge Middle Harbour 85
SOUTHWICK, Ian	Lodge Livingstone 71
SPURWAY, Keith	Lodge Ballina United 250
STEVENS, Mervyn	Lodge Ballina United 250
THOMPSON, Eric	Lodge Carringtonia 187
THOMPSON, Kevin	Lodge Ballina United 250
THURTELL, Albert	Lodge Mandagery 523
WATLING, William	Lodge Eastern Suburbs 1050
WHATSON, John	Lodge Bland 337
WILLIAMS, Alan	Lodge Westlake Daylight 997
YEO, James	Lodge Canberra 465

The benefits of walking

Walking can add minutes to your life – this enables you at 85 years old to spend an additional 5 months in a nursing home at \$5,000 per month.

My grandfather started taking long walks when he was 60. Now he's 97 years old and we have no idea where the hell he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, 'Well, he looks good doesn't he'.

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Every time I start thinking too much about how I look, I just find a pub with a Happy Hour and by the time I leave, I look just fine.





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Sydney Water

