



VOL. XXV NO. 2



December 2015

Season's Greetings

164 Years of Scottish Rite Masonry in Pittsburgh



Valley of Pittsburgh

Teaching children with dyslexia

The men and organizations pictured to the right are those who have made a \$10,000 or more commitment to support the Valley of Pittsburgh Children's Dyslexia Center Endowment Fund.

As Freemasons, we have always been benevolent and charitable. For Scottish Rite Masons, our Charity is to teach children with dyslexia how to read. It is important in giving them social confidence.

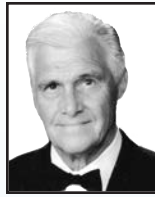
The teaching method is the Orton-Gillingham program. It is a one tutor - one student ratio. This method is very expensive but extremely effective. It costs approximately \$5,000 a year for each child. Our goal is to raise \$2,500,000 to endow the Children's Dyslexia Center for the future.

To make it easier to make this commitment, you can spread out your \$10,000 donation over a ten year period. Call Bro. Ray Dietz, 33°, at 412-369-9500 for information. The future of our children is our most important mission. I encourage each of you to have your picture on this page and be a BUILDER of this Masonic benevolence.

Your donation is tax-deductible.

Thomas K. Sturgeon, 33°

Active Member of Supreme Council



Robert & Janice Amend



Emery & Carol Anden



David & Carol Bagaley



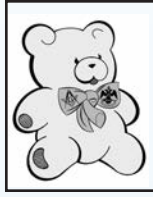
Robert & Jacqueline Beatty



Jeff & Susan Biddle



Raymond & Lynn Dietz



Fred & Kathy Donatelli



Robert Eckbreth



James Ecker & Donna Murtha



James & Ellen Flanigan



Leland A. Hale, Jr.



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Raymond & Dorothy James



James & Lisa Jenkins



Robert & P.J. Jones



Frank R. Mangery



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John & Judy McCombs



Roy & Sara Jane McCullough



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D. William Roberts



Bruce A. Robinson



Richard & Bette Rodibaugh



Don & Ginny Sauer



Kurt & Nancy Tesche



Gregory Triko



George & Norma Vance



S. Timothy Warco



Bob & Charlene Wells

Builders Council Enrollment Form

I pledge the sum of: \$10,000 \$15,000
 \$20,000 \$25,000

With payments in equal installments over a period of:
 3 years 5 years 10 years.

This pledge will be payable: Annually
 Semi-annually Quarterly Monthly

*Monthly payments may be made only by credit card.

First payment of \$_____ is enclosed.

Deduct my pledge from my credit card when due:

MasterCard Visa American Express
 Discover Other _____

Number _____ Exp. date _____

Name you would prefer in recognition: _____

This gift is anonymous.

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Ph. () _____ Date _____

Mail to: Builders Council, 3579 Masonic Way,
Pittsburgh, PA 15237-2700.

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Lodge
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Infinity Lodge
No. 546
F. & A.M.



Builders Council

to read – one child at a time!



Mark & Patty Bliler



George H. Cox



Rick & Renee Cross



James & Eda Dean



Mario & Linda DeBlasio



Bill & Heather Dickey



Howard & Sharon Flynn



Donald & Debra Green



Wallace & Leah Grossett



Eric & Raylene Gumto



Harvey & Carol Gumto



John & Ruth Habel



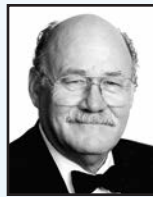
Paul & Penny Kappel



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David & Judy Kielman



John Kovac



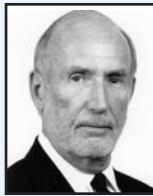
William & Babara Magnotti, Jr.



Glenn & Mary Miller



Dr. Glenn & Roberta Miller



Jack & Carol Miller



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John & Valerie Nicklas



Raymond & Joy Nicklas



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William Shaw



William Slater II



Samuel & Judy Spanos



Thomas & Joan Sturgeon



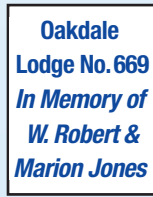
James & Annetta West



James & Jill West



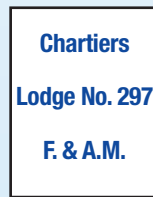
Jeff & Sharon Wonderling



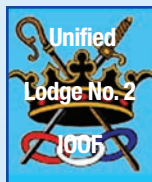
Oakdale
Lodge No. 669
In Memory of
W. Robert &
Marion Jones



30th
Masonic
District



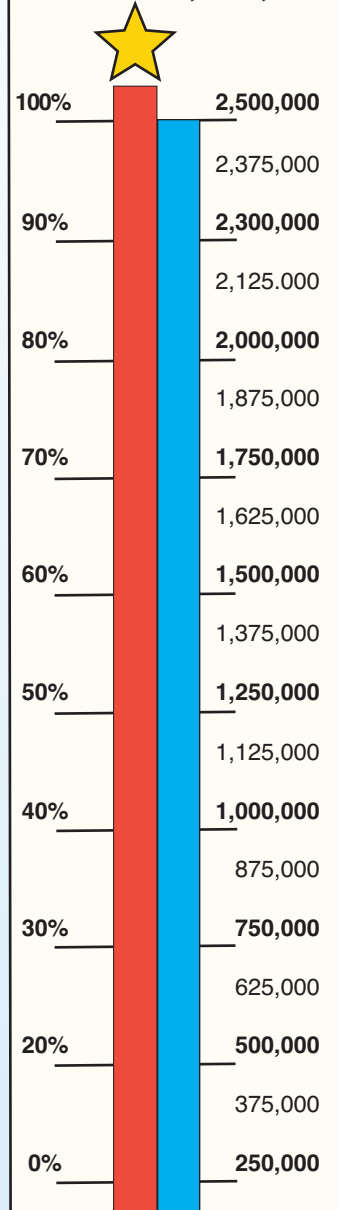
Chartiers
Lodge No. 297
F. & A.M.



Help the Endowment Fund for Dyslexia **GROW!**

Make a Pledge or a Donation!

GOAL: \$2,500,000



GOAL \$2,500,000
***RECEIVED**

**from donations, bequests, pledges & fund raisers.*

"We make a living by what we get, but we make a life by what we give."

– Bro. Winston Churchill

CHRISTMAS IN THE VALLEY



Children's Christmas Party

Saturday, December 12

10:30 a.m.

Cookies Pizza Soft Drinks

Photos with Santa Gift for each Child

Greater Pittsburgh Masonic Center

Entertainment by Magician TJ Hill

A **FREE** Children's Party for Scottish Rite Masons & Guests sponsored by the Valley of Pittsburgh

Hosted by Pennsylvania Council Princes of Jerusalem

Larry D. Horath, 32°, *Sovereign Prince*

Christmas Luncheon



Shannopin Country Club

Windmere Road, Ben Avon Heights

Saturday, December 5

Social Hour 11:00 a.m. Door Prizes

Choice of Entree:

Lemon Chicken Orange Roughy, English Style

Roast Beef, Bordelaise Sauce

Holiday Entertainment

Assigned Seating

(tables of 8 available)

Please List Guests (first & last name)

\$25
per person

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Hiram's Riders Christmas Luncheon



Mark C. Giles, 32°, *President*

Grants Grill & Lounge

Grant St. Millvale

\$25
per person

Saturday, December 19

Fellowship Hour: 11:30 a.m.

Lunch: 12:00 noon

★ **Surf & Turf (8oz Filet Mignon & Shrimp)**

★ **Officer Change of Watch**

★ **Awards**

ALL MASONS & FRIENDS WELCOME!

MAKE RESERVATIONS NOW!

Enclosed is my check payable to **Hiram's Riders** in the amount of:

\$ _____ for _____ reservations.

Name _____

Guest Name _____

Phone () _____ **Information - 412-683-0359**

E-Mail _____

Mail to: **Hiram's Riders, GPMC, 3579 Masonic Way, Pgh. PA 15237**

CHRISTMAS LUNCHEON RESV. FORM

Enclosed is my check payable to **Lodge of Perfection** in the amount of \$ _____ for _____ reservations for the annual Christmas Luncheon at Shannopin Country Club.

Name _____

Phone () _____ **For info. call 412-939-3579**

Entree Choices: _____ **Fowl** _____ **Fish** _____ **Beef**

Note: *If you desire to sit with a particular party, please include their name/s with your Reservation. [] check if table of 8*

Mail to: **GPMC, 3579 Masonic Way, Pgh. PA 15237**

Holiday



Greeting

The Grand Master of Pennsylvania

Brethren the greatest holiday gift that any Freemason can give is his hand in Brotherly Love and Affection. I have traveled across this great state of ours for the last seven years and eleven months and found no truer words were ever spoken about how Freemasons feel about their Brothers. It has filled my heart with joy when I see Brethren and their families supporting one another and the programs we set forth on December 27, 2013. I saw the love that we as Freemasons shared at our family night with our Brethren and their families. I saw families come together as one which was the theme for my term "Masonry and Families United Together as One". I saw old friendships rekindled and new ones take hold. To me this is the real meaning of Freemasonry.

I watched how our doors were opened to welcome in our First Responders in May of each year and how they reacted to our appreciation for what they do each day. We thanked them for putting their lives on the line for us every day. We extended our hand in a token of our friendship and brotherly love and presented each and



every First Responder who came to our lodges with a lapel pin.

On September 20, 2014 we celebrated the lighting of an Eternal Flame in our Veterans Grove at the Masonic Villages in Elizabethtown. This flame is to recognize our Veterans, those heroes who gave their lives for our freedom, and our Active Military. We celebrated this event with 10,000 Brethren, their families, people from the community, local politicians and our Governor. There was music, addresses, and a fly over by a WWII Bomber. In November of each year we celebrated, in our lodges, a Veterans Program to thank our Veterans for their service while we remembered those who gave lives for our freedom.

We also recognized those who are serving our country now. We extended our hand in a token of our friendship and brotherly love and presented each and every Veteran who came to our lodges with a lapel pin.

Brethren these are just a few of our programs but all of them centered on the Family of Freemasonry. I guess the statement we wanted to make these last two years was simply that our families are the most important parts of our lives and if we remember to keep that thought first and foremost in our hearts and minds we will always be "United Together as One".

Happy Holidays to each and every one of you, your families, and those who are serving our country home and abroad. As Tiny Tim would say "God bless us every one".

May God continue to bless the United States of America, our great and beloved Fraternity, and each and every one of you and your family.

Respectfully and Fraternaly,

Robert J. Bateman
Robert J. Bateman
R.W. Grand Master



Merry Christmas & Happy New Year!



Saying "Merry Christmas" years ago was commonplace. No matter what race, religion or skin color. Everyone wished everyone else "Merry Christmas". No one put any thought into analyzing it, they just said it.

Typically, when someone says "Merry Christmas" to someone else, they tend to repeat it back to them. Again, no one analyzed it. Nowadays, people are spending entirely too much time on analyzing anything and everything until what's being analyzed is left

without any meaning.

Someone, somewhere, decided that saying Merry Christmas to others was offensive. They can't explain why they feel it is offensive, but apparently, it has become that way.

Department store managers started to debate whether or not they should hang decorations with the famous Merry Christmas phrase on it, or if they should simply do without the phrase. It became the basis of lengthy articles in newspapers. Talk show hosts debated it.

Somehow, the opinion of a few people in thinking that this popular phrase was offensive, had taken over the minds of so many groups of people.

The simple phrase of Merry Christmas had taken away some of the focus of the holiday itself. Religious leaders stepped up and debated what the phrase actually meant. Those offended by the simple phrase argued that Happy Holidays would be much more appropriate as it covered all of the various holidays that occurred around Christmas. While there is a favorable argument in that logic, eliminating the phrase Merry Christmas simply is offensive to a large amount of individuals as well.

In the famed story, 'Twas the night Before Christmas', Santa doesn't fly off into the night saying Happy Holidays. He waves good-bye and says, "Merry Christmas to all." If it wasn't an issue when that story was written, why has it become such an issue today? Sure, there are lots of people celebrating Hanukkah and Kwanza, but that doesn't mean that the phrase Merry Christmas has to be eliminated. It means that we should all be respectful of the different holidays.

If you know that someone celebrates something different than you do, wish them a wonderful holiday – whatever it may be for them.

Be aware of the fact that not everyone celebrates Christmas, but don't let that stop you from saying Merry Christmas. Not to mention the fact that if someone happens to say Merry Christmas to you, and it may not be something that you celebrate, say it back to them. Why? Because it is the respectful and polite thing to do.

The holidays should not be about a simple phrase or who may be offending who. They should be about celebration and happiness.

Forget all of the phrases – celebrate what you want, how you want, but don't take away someone else's joy by refusing to say, have a Merry Christmas and Happy New Year! ♦



In Memoriam

May it be his portion to hear from Him who sitteth as the Judge Supreme



"Well Done, Good and Faithful Brother"

Since our last issue, the following brethren have been called home.



James L. Ernette, 33° R. Dale Cain, MSA Richard T. Nichol, MSA Edward J. Smith, MSA

- Arthur J. Adams
- Ronald L. Aikins
- Edward J. Barchie
- Steven R. Bartolac, Jr.
- Clifford A. Barton
- Edward C. Bauman
- Daniel F. Beatty
- Anthony W. Borowiec
- Nevin C. Bryan
- Harold L. Chambers
- Charles M. Condon
- John C. Cooper
- Thomas E. Crocco
- Wayne B. Danison
- John S. Finley
- Albert B. Fisher III
- Charles T. Forst
- Joseph A. Franks

- John B. Giovengo
- John P. Gunchuck
- Ernie Hornberger
- Orlando B. Iannotti
- Jack L. Jones
- C. Walter Keibler
- Robert O. Ketterer
- J. W. Knobloch
- John M. Lehner
- William L. Lechliter
- Charles W. Ley
- Joseph E. Link, Jr.
- Robert T. MacIntosh
- Robert C. Maxton
- Robert F. McBride
- James N. McHolme
- Charles C. McWilliams
- Harvey A. Miller

- William R. Minton
- Joseph P. O'Block
- Frank R. Omecinski
- Edward A. Peterson
- Russell W. Richert
- William G. Sharra, Jr.
- Charles A. Shuckhart
- Wayne A. Smay
- Charles E. Stepp
- William A. Stone
- Robert E. Stratton
- George H. Thompson
- Joseph A. Tomasits
- Austin C. Walker
- James R. Wendell
- Albert C. Whitehead
- James E. Withrow
- Nick Yorgin



Grand Communication Banquet Tickets

A few tickets still remain. To order, please contact Brother David W. Morgans, PDDGM 57, by phone at 412-728-6533 or by email at: dwmorgans@gmail.com



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The Rite News

VOL. XXV NO. 2 December 2015

D. William Roberts, 33°, Editor

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- D. Todd Ballenger, 33°Features
- Dr. Glenn D. Miller, II, 33°Columnist
- Rev. John M. Piper, 33°Columnist
- P.J. Roup, 33°Columnist
- Austin R. Shifrin, 32°Columnist
- Jeffrey M. Wonderling, 33°Columnist
- Mark E. Bliler, 33°Proof Reader
- William D. Johnston, 33°Proof Reader
- Robert J. Binnie, 32°Photographer
- Kenneth B. Brooks, 32°Photographer

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Holiday Greetings from the Presiding Officers



Donald W. Boehm, 33°
Commander-in-Chief

"Happy holidays and a healthy and prosperous New Year to all from your Commander-in-Chief. Please keep the spirit of giving, and the joy of love in your heart, toward your Masonic brethren and your fellow man.

I thank all of you for your continued support of the Scottish Rite Valley of Pittsburgh."

Don



Robert B. Ruff, 32°
Thrice Potent Master

"Best wishes to you and your family for a happy holiday season. May the New Year be blessed with good health, good fortune and prosperity. God Bless You and God Bless America."

Bob



Larry D. Horath, 32°
Sovereign Prince

"Brethren, at this special time of the year, we want you to know we are thinking of you and hoping this message finds you well. The holidays are a time to reflect on our blessings and make new memories that linger long beyond the season. My prayer is that you will all be truly blessed in the upcoming year and that your days will be filled with fellowship, health, peace and happiness. Happy Holidays and a Blessed New Year Brethren!"

Larry



Rodney E. Boyce, 33°
Most Wise Master

"The officers of Pittsburgh Chapter of Rose Croix wish each of you and your entire families a most wonderful, blessed and happy holiday season and a very safe, prosperous and healthy new year! Merry Christmas and Happy New Year!"

Rodney



Upon the Checkered Pavement

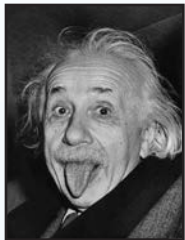


D. Todd Ballenger, 33, Feature Writer

Out of Sight, Out of Mind

Make no mistake - I've been accused before of not being able to find my rear end with both hands and a map. Not that those making such claims were rocket scientists themselves, but everyone is, at one time or another, entitled to an opinion. Of course, it helps if the opinions touted by those creatively descriptive individuals were supported by the thoughtful, logical arguments of an active and lucid brain.

Unfortunately, some are not so gifted in the matter of, well, gray matter. Then again, there are those whose brain power is quite beyond the mortal understanding of their peers. Take, for instance, Albert Einstein.



Albert Einstein was, without a doubt, among the most brilliant minds of the twentieth century. He is best known for his general theory of relativity equation ($E=mc^2$), but actually won the Nobel Prize for Physics for his

contributions in the discovery of the photoelectric effect, a crazy idea in the 1920's that light did not travel in waves, but in collections of small packets, or photons. The point is, Einstein was a scientist on whom the mantle of genius was not unjustly bestowed.

Now it just so happened that aside from being a brilliant scientist, Albert Einstein was also a great supporter of civil rights, a lover of music, and a proponent of peace. And out of respect for both his humanity and scientific contributions to the world, one would think that when he died in 1955, his wishes to be quietly cremated and his ashes privately scattered would have been honored. And they were - well, mostly. You see, Einstein was special. Everyone knew it, particularly the pathologist on call at Princeton Hospital in the early morning hours of April 18. That man's name was Thomas Harvey. After performing the obligatory autopsy to determine the cause of death (it was a burst aorta), Harvey promptly sawed open Einstein's head (not the typical location of anything aortic) and popped out his brain - to study, of course.

This would have normally required the permission of the patient (which Thomas Harvey did not have), or alternately, the permission of the family (which Thomas Harvey also did not have); that is at least not until several days after Einstein's family discovered that their loved one's remains had been respectfully scattered in a modest and private ceremony - or as I said before, mostly.

Now I'm sure Thomas Harvey was full of good intentions at the time he managed to cajole the Einstein family into letting him "study" the great scientist's brain. I mean, who wouldn't want to know what made the guy a genius, right? The fact that Harvey wasn't a neurologist was a secondary consideration at best. He was going to gather the greatest minds (let's face it, he already had one - in a jar) and together they would find the source of human genius. And so, off into the sunset drove the young pathologist, his brain, and his - uh, other brain. The consultations with great scientists and thinkers of the day never really materialized. Neither did any significant scientific report on what made Albert Einstein's brain so special; and as a result, the excitement of the passing of a brilliant man and the search for the possible source of human genius disappeared into the landscape along with Thomas Harvey and Albert Einstein's brain.

It wasn't until 1978 - nearly twenty-three years later - that a journalist by the name of Steven Levy, who was writing for the New Jersey Monthly, went in search of the famous brain and its abductor. As the story goes, Levy tracked down the hapless Harvey to Wichita, Kansas. In the preceding years, Harvey had managed to section Einstein's brain into more than 200 blocks (for research purposes, of course), while at the same time losing his job and career at Princeton, his marriage, and but for an inquisitive magazine writer, his notoriety at having taken the brain in the first place. The entire incident had been almost forgotten until Steven Levy sat down with Thomas Harvey in a small office in the lab where Harvey had eventually found employment - and anonymity.

According to a BBC News article ("The Strange Afterlife of Einstein's Brain" by William Kremer, 4/18/2015):

"When Levy pressed Harvey to see some pictures of the brain, a strange look came over the doctor's face. Grinning sheepishly, he stood up, walked behind Levy to the corner of the room, and removed a beer cooler from a stack of cardboard boxes. The bottom box was labeled Costa Cider. 'He reaches in, pulls out these big mason jars,' says Levy. 'And there was Einstein's brain. It was amazing.'"

Lost, but now found - the remains of a gifted individual, forgotten and left to reside (ignominiously?) in the bottom of a pile of old boxes beneath a beer cooler in the corner of a small laboratory office of an unfortunate man with aspirations, but no plan.

Fast forward to today.

Here is a Brother with whom you have a connection. He may be in your Blue Lodge, your Chapter, or you may know him through Scottish Rite. How you know him isn't as important as the fact that you do know him. He may have spent time with you teaching some piece of ritual or other required learning. You may have heard him deliver an interesting program on a topic that you enjoy. He may be that one Brother in Lodge who holds the door for you while asking, "How's your family?" And his kindnesses aren't restricted to just you. This Brother is a friend to everyone and an example to all.

Now consider: what will you do when he's not there? What will happen to his great gifts of kindness, of knowledge, and of wisdom? Please don't be the one to hide the genius of Freemasonry in an old cardboard box beneath a beer cooler in the dusty corner of a tiny unremarkable office.

The first thing each of us can do is to recognize the great gift we have been given and pass it on to someone else. Being a mentor to another Mason requires passion and effort because it requires you to take a vested interest in another person. A mentor is much more than a teacher or an instructor. Most of us have taught a skill or fundamental at some point in time, but how many take the time to forge a personal connection with someone new simply because it is the right thing to do? A mentor is not merely a conduit of information, but a guide, a confidant, and a friend. These are the foundations of the Fraternity and we can scarcely afford to neglect paying



this great gift forward.

Secondly, let us not forget that there was a great deal to learn from Einstein even after he was lost from the public eye. As fortune would have it, advancements in the sciences made the study of the rediscovered brain even more beneficial. Similarly, a Brother who can no longer come to Lodge has not outlived his usefulness. We have much to learn from those who are hospitalized or who merely don't get around to holding the door for others any more. Are we to set them aside, or take the fraternal higher ground and seek their wisdom where it lies? Remember, it sometimes may be easier to take the Fraternity to those who need it, rather than waiting for them to seek our charitable nature on their own.

And lastly it is important to remember that each of us has a responsibility to the families of those Brothers who passed on to the Celestial Lodge. We can all affect a positive change on the world around us simply by first showing kindness to our own families. Of course that starts in our own homes, but extends to our fraternal families. Whenever possible, we should look to give back the goodwill and love of our departed Brethren to those who were special in their lives. Be a source of strength and guidance to our Masonic widows and work to set laudable examples for their children.

So be aware, my Brothers, of those luminous souls who pass your way. Admire them, learn from them, but don't just take what they have to offer and then store it away. Apply that learning so that it makes a difference in your life or those around you. Pass on what you learn to those who come after you. Share what you learn in an effort to make this world a better place. This is our legacy. It's really that simple.

And you didn't have to be a rocket scientist to figure it out. ♦

D. Todd Ballenger, 33°, is a Past Thrice Potent Master of the Lodge of Perfection and can, in fact, locate his posterior without the aid of a map.

He also highly recommends the writings of Steven Levy, now the Senior Writer for Wired magazine. You can read more from Bro. Ballenger at his blog, The Luminosity of Souls (luminosityofsouls.blogspot.com).



Message from the Commander-in-Chief

by Donald W. Boehm, 33°

Did you ever hear of the GAR, which is an acronym for the "Grand Army of the Republic"? Some might know it as route 6 in northern Pennsylvania called the "Highway of the Grand Army of the Republic", but do you know who they were?

The GAR was a social/fraternal organization founded in 1866 by Benjamin Stephenson in Decatur Illinois, and consisted entirely of Union Civil War Veterans. He created an organization that would lobby for veteran's benefits, provide aid to widows, and help their children by establishing "Posts" all over the northern United States. These Posts are the direct forerunner of today's American Legion and VFW. The GAR peaked at 490,000 members in 1890, and wielded enormous political power in the Republican Party, having several Presidents and many congressional members. It also caused friction among southern representatives, as they had no such organization for their veterans.

I learned about this at a recent visit to the Carnegie Free Library and Museum, located in Carnegie PA, when our Lincoln Degree team was invited to perform on their stage. This venue is also the home of the Thomas Espy Post No. 153 of the GAR, and maybe the only restored meet-

ing room of the organization in existence.

When curator Maggie Forbes invited me to look at the room, I expected to see a collection of Civil War memorabilia, but what stood out was the unmistakable resemblance to a Masonic Lodge. I saw master and warden stations with secretary and treasurer desks arranged in lodge form, an altar with a Bible, and even a ballot box with white and black balls. I looked for specific Masonic symbols but could find none. I did find out later that Benjamin Stephenson was an Illinois Mason, and he undoubtedly used Masonic structure to frame the GAR.

The GAR was an organization bound to extinction, as they only accepted northern veterans, and when the last member died in 1956 at the age of 105, it was officially dissolved. It is another example of how the Masonic fraternity has influenced the history of the United States, from the Founding Fathers, to the present day. So if you ever hear someone making disparaging comments about our fraternity, give them a smile and in a cheerful tone say.....YOUR WELCOME!

P.S. I almost forgot. Wishing all to have a safe and happy holiday season, and a healthy and prosperous New Year from your favorite/current (which ever applies) Commander in Chief! ♦

The Pizza Crew is ready for the Children's Party



An Event Scheduling Tip

When scheduling an event, check out the local sports schedules - Pirates, Steelers, Penguins, and other public events, concerts, stage shows, etc.

Also check out Masonic events and meetings. We hope the schedules below help.

PITTSBURGH PENGUINS

Nov. 28	OILERS	7:00 p.m.
Dec. 1	at Sharks	10:30 p.m.
Dec. 5	at Kings	4:00 p.m.
Dec. 6	at Ducks	8:00 p.m.
Dec. 9	at Avalanche	10:00 p.m.
Dec 11	KINGS	7:00 p.m.
Dec. 14	CAPITALS	7:00 p.m.
Dec. 16	at Bruins	8:00 p.m.
Dec. 18	BRUINS	7:00 p.m.
Dec. 19	HURRICANES	7:00 p.m.
Dec. 21	BLUE JACKETS	7:00 p.m.
Dec. 26	at Wild	8:00 p.m.
Dec. 27	at Jets	8:00 p.m.
Dec. 30	Maple Leafs	7:00 p.m.
Dec. 31	at Red Wings	8:00 p.m.
Jan. 2	ISLANDERS	7:00 p.m.
Jan. 5	BLACKHAWKS	7:00 p.m.
Jan. 6	Blackhawks	8:00 p.m.
Jan. 9	Canadiens	7:00 p.m.
Jan. 12	Hurricanes	7:00 p.m.
Jan. 15	Lightning	7:30 p.m.
Jan. 17	HURRICANES	3:00 p.m.
Jan. 18	Blues	8:00 p.m.
Jan. 21	FLYERS	7:00 p.m.
Jan. 23	CANUCKS	12:30 p.m.
Jan. 24	at Capitals	12:30 p.m.
Jan. 26	DEVILS	7:00 p.m.
Feb. 2	SENATORS	7:00 p.m.
Feb. 5	Lightning	7:30 p.m.

PITTSBURGH STEELERS

Nov. 29	at Seattle	4:25 p.m.
Dec. 6	INDIANAPOLIS	8:30 p.m.
Dec. 13	at Cincinnati	1:00 p.m.
Dec. 20	DENVER	4:25 p.m.
Dec. 27	at Baltimore	8:30 p.m.
Jan. 3	at Cleveland	1:00 p.m.



From the Desk of the Secretary

by Donald M. Murphy, 33°

A new challenging Scottish Rite year is upon us. The officers are working diligently to serve the needs of the members while maintaining the quality organization we all enjoy. As always, collection of dues is one of our main challenges. To date about 80% of our members have paid their 2015-2016 dues. We need to receive checks from the remaining members as soon as possible. If you know if someone who needs help paying their dues, please let us know. For those who have not yet sent your check, don't forget to help our learning center if possible. If you have already paid your dues and did not contribute to the learning center campaign, we can accept contributions at any time. During the upcoming holiday season we always try to remember our sick or shut in members. If you are aware of a brother who needs a call or a visit during the holidays please call the office or our Hospitaler, Ill.: Vito Urso, 33°.

The Valley of Pittsburgh had another successful class. Several candidates were initiated into the "Fraternity of Choice." "We strive to be a fraternity that fulfills our

Masonic obligation to care for our members." I would take this opportunity to invite all our new members to participate in our activities whenever possible. Always watch our publications and web site for announcements of upcoming events. Also remember, we always have entertainment along with our Stated Meetings and everyone is encouraged to attend and enjoy what we offer. We have something for everyone. Bring your Masonic and non Masonic friends. It's a good way to introduce a potential member to Scottish Rite masonry in the Valley of Pittsburgh. We look forward to seeing more and more members take advantage of the opportunities for fellowship and enjoyment that we have available. Make it a point to join with your friends in the Valley for at least one of the activities during the next several months.

Our office is open Monday thru Friday from 8:00 AM to 4:00 PM to serve our members. If any member has a problem or needs to make reservations for an event just dial 412-939-3579. We will do our best to help in any way possible.

Best wishes for a happy and productive holiday season. ♦



Learning Center Report

by Rich Rodibaugh, 33°
Chairman, Board of Governors

The holiday season is nearly upon us. Television is bombarding us with commercials enticing us to buy something for "that someone special". Malls are already swarming with shoppers looking for a perfect gift. It is that time of year that's often associated with giving.

The holiday season can also be a time that we allow ourselves to forego our own self-indulgences and reach out to others. Many Scottish Rite Brethren and Masonic Friends faithfully provide support to the children who attend our Dyslexia Center. Your contributions have not only helped these students learn to read, but you have given them a gift for success, a gift for hope, a gift that encourages self-esteem, and the most precious gift of all---the gift of a brighter tomorrow. The potential impact of these gifts is truly priceless!

Sometimes we get so caught up in our daily responsibilities that we forget to say thank you to the Brethren and Friends who

continue to faithfully support our Children's Dyslexia Center. The generosity of the members of this Valley is envied throughout the entire Northern Masonic Jurisdiction.

Thank you to everyone who has supported our many fundraisers throughout the year --- To Hiram's Riders who tirelessly work to support our Center --- To the members of the Builder's Council --- To those who choose to honor or memorialize a loved one --- To all of the Scottish Rite Brethren who have sent in monetary contributions just because you felt it was the right and caring thing to do. We are grateful to everyone for your consideration.

In the coming year, please continue to support our Dyslexia Center, your Lodge, and your Valley. You are the true source of all our successes. Keep up the good work!

Here's hoping that each of the Brethren, loved ones, and families may truly enjoy the upcoming holiday season and share in the blessings of a healthy and wonderful 2016! ♦

2 BIG FEBRUARY SPECIAL EVENTS

SUPERBOWL PARTY

Sunday, February 7, 2016



Cost? Only \$5.00

A Tailgate Party starts at 4:00 p.m. at the Greater Pittsburgh Masonic Center featuring "Master Chef" Don Murphy's famous hot dogs, hamburgers, salads, desserts and beverages.

After the 'dinner party' sit back, relax, have a beer, and enjoy the 50th exciting NFL Superbowl on the **BIG, BIG, BIG** (9' x 12') TV screen.

Family and Friends are invited to join you. Please RSVP to the Valley Office: 412-939-3579.

Sponsored by the Valley of Pittsburgh and the Grotto

NASCAR NEXTEL CUP



Sunday, February 21, 2016

Doors open at 12:30 p.m. FOX TV broadcast begins at 1:00 p.m. on the (9' x 12') TV screen in the Grotto room at the Greater Pittsburgh Masonic Center.

★ Refreshments ★ 50/50 Drawing ★ Cards

Call the Valley Office at 412-939-3579 for reservations.

Cost? Only \$5.00 (for members)

FREE TO POTENTIAL SPRING CLASS CANDIDATES

Sponsored by the Valley of Pittsburgh



Message from the Deputy for Pennsylvania

THE CHALLENGES FOR THE FUTURE

by Thomas K. Sturgeon, 33°



If we are to assess the future of our Scottish Rite Valley, we need to refer to the membership statistics. The paramount issue for all of the Scottish Rite is simply membership.

As it is with all of Freemasonry, the number of members has steadily decreased since 1960 and the Scottish Rite has suffered a like decrease. The truth is that the Scottish Rite membership has decreased at a faster rate than the Grand Lodge.

Twenty years ago, the Scottish Rite in Pennsylvania enjoyed having approximately 50% of all Pennsylvania Masons as members. Today only 30% of Pennsylvania Masons are members of the Scottish Rite. That accelerated decline is alarming and needs to be dealt with.

The leadership of the Supreme Council has made major steps to modernize the AASR. One of the more important changes is the use of DVD recordings of many of the degrees. These DVD degrees are very well done with great acting, tremendous stage sets,

and excellent directing.

The other obvious benefit of the DVD's is an expedited presentation for the new class who is viewing the DVD degree.

The time between the degrees can be almost immediate rather than having 15-20 minutes of dead time while the stage is being reset.

The Supreme Council has focused a great deal of time and resources on helping our brothers in need. This is being done mostly through the Almoners Fund. The Supreme Council is letting our members know that we care about them. In addition to financial assistance, our members are remembered on their Masonic birthday as well as their true birthday.

We have so much to offer and it becomes a duty for all of us who care, to look among our brothers and to invite them into the AASR. Let us again, grow the membership in our Scottish Rite Valleys so to ensure the future of this wonderful Masonic body so that future generations of Freemasons will have available to them, what we enjoy today. ♦



Gourgas Lodge of Perfection

Thrice Potent Master



Message

by

Robert B. Ruff, 32°



Masonic Mentoring

Masonic mentoring – are you a mentor already? YES! We are all mentors to someone, but did you really realize that?

Even before you take your first oath and obligation you should be an example of what freemasonry is all about. Brotherhood, family, charity, tolerance and understanding with some compassion and empathy mixed in, to make a difference in the world we live in.

We are all stewards of the Grand Architect in what we say and do and how we act – even when no one else is around. Because it is the right thing to do.

(Those of you that know me - here it comes) CAN'T

WE ALL JUST GET ALONG?

Everyone have a wonderful Thanksgiving, a Merry Christmas and Happy Hannakuh, with a Happy holiday season to all.

Hope to see you at our upcoming events and enjoy the word search – same rules as last time – check the website or call the office for answers.

And remember to thank our women and men serving in the Armed Forces for our freedom which we take the privilege of enjoying daily.

What a great chance to do a random act of kindness for someone. ♦



Peace on Earth Good Will Toward Men

by Austin R. Shifrin, 32°, Past Sovereign Prince

I offer holiday greetings to my brothers of all faiths! At the risk of doing something a bit predictable, I am taking advantage of this forum in this season to share with you gentlemen a bit of learning on the subject of Hanukkah.

You may already be well aware that Hanukkah is a festival which celebrates the rededication of the temple after a small band of guerilla Israelite soldiers, the Maccabees, liberated their people from King Antiochus IV and the Seleucid Empire in the 2nd century BC.

The story goes that in the wake of Antiochus' oppression, the temple had been desecrated and there was only sufficient ritually pure oil to keep the menorah lit for a day. Miraculously, the lamp remained lit on that supply for eight days, the duration it took for more to be procured. To commemorate the miracle, you may also be aware that the celebration lasts eight days and eight nights.

Here is what I thought might be less familiar...

Because of the length of this holiday, and the nature of the Jewish calendar, there is the possibility in some years that the holiday may be observed over the course of two Sabbaths. In our practice, at the Sabbath service on a Saturday morning, there is customarily a reading from the Old Testament, and an accompanying reading from the writing of the prophets. The appropriate selections to be read are usually dictated by the date one has arrived at in the year; there are also special portions assigned to certain holidays. Therefore, there is a portion which is to be read for the first Sabbath within Hanukkah – and, if the holiday happens to fall over two weekends, there is a portion designated for the second Sabbath in Hanukkah.

I was pleased to discover, not long after I joined the Scottish Rite, that both of the portions for Hanukkah have masonic references to them:



• The prophetic reading for the first Sabbath in Hanukkah is a proclamation by the prophet Zechariah. Zechariah was one of the exiles who returned from Babylon when Cyrus, King of Persia, issued his decree of restoration in the year 537.

Zechariah began his prophecies about 17 years later, when years of misfortune and the interference of neighboring peoples such as the Samaritans had long since brought all work on the rebuilding of the temple to a halt. He relates visions which are intended to revitalize the discouraged Israelites, and also to keep Zerubbabel himself from losing his motivation.

• The reading for the second Sabbath in Hanukkah (if one takes place) happens to be the first book of Kings, chapter VII, verses 40 through 50, in which Hiram the craftsman aids Solomon in the preparation of all the adornments of the temple. It makes particular reference to his skilled work in brass, and many elaborate candlesticks.

So, as I celebrate the festival of lights this year, I will take a moment to pause and reflect on the travels I have shared with you my brothers and the lessons we have learned together. I hope you will join me in a wish for peace on earth, and good will toward all men. A.:M.:A.:G: ♦

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CLEFT	LODGE	COLUMN	JURISDICTION
CARDINAL	EUCLID	BOAZ	VIRTUE
RITE	GAUGE	DEACON	EXEMPTION
BALLOT	PILLAR	BLINDFOLD	LEWIS
GAOTU	DISPENSATION	ARTIFICER	EDICT
ENTERED	FELLOWCRAFT		



Brother James L. Ernette

why I will always remember him as a Brother in Law, best friend, and a Brother Master Mason.

by Richard J. Stemmler, 33°
PDDGM, 30th Masonic District



I first met Jay when I dated his sister Carol back in 1977. My first encounter was a little intimidating. Here was this six foot tall good looking guy, a Pennsylvania state trooper working in public relations.

Jay and I hit it off very well. It was several months later when Carol and I got married, and Jay became my Brother in Law. Jay expressed how happy he was for the both of us. As time went by I learned so much more about my Brother in Law.

What I came to realize was the fact that Jay was highly respected by his fellow officers. He appeared to have a lot of confidence in everything that he set out to do. He had this uncanny ability to get along with everyone. I was in awe of this man, and over time me and my Brother in Law became best friends.

As a friend we did many things together – such as travel, vacations, and family functions. His love of family exceeded all of his other interest. I know for a fact that Jay went out of his way to help anyone that needed it. He provided help in many ways. It could have been monetary, physical, or just plain counseling, even if it was unsolicited. Jay loved young people and would go out of his way to be there for them. As a best friend I was one of many, and proud of it.

And now Jay Ernette my Brother Master Mason, the one person who had the biggest influence on my Masonic journey I'm not that naive to think that the oppor-

tunities that came my way would have taken place if it were not for my friend and Masonic Brother. My biggest fear was whether I was capable of accepting these opportunities and fulfilling the obligation that went with them. I worked hard to make him proud.

I had the pleasure of serving this great Masonic Fraternity for over thirty years, and there were others who influenced me on this journey. However, this one man my brother in law, best friend, and Master Mason, Brother James L. Ernette will never be forgotten for the way he influenced my life and many others just like me. ♦

James L. Ernette, 33°

R. W. Grand Master of Masons

December 27, 1997 - December 27, 1999

Brother James L. Ernette, a member of Westmoreland Lodge No. 518 in Greensburg, Pennsylvania, was Raised a Master Mason on October 16, 1974, serving as Worshipful Master in 1980.

He was appointed District Deputy Grand Master of the 30th Masonic District in 1987 and served through 1991.

He was elected Junior Grand Warden of the Grand Lodge of Pennsylvania on December 27, 1991. Other Masonic affiliations include: Valley of Pittsburgh, AASR; Valley Royal Arch Chapter No. 289; Olivet Council No. 13, Royal and Select Master Masons; Syria Temple, AAONMS; Kedron Commandery No. 18, Knights Templar; Royal Order of Jesters; Court No. 2; Tall Cedars of Lebanon; PIN Club of Pittsburgh; National Sojourners No. 130; Royal Order of Scotland; Golden Triangle York Rite College No. 32; the National Masonic Foundation for Children; DeMolay Legion of Honor; Masonic Renewal Committee of North America; Member Western Pennsylvania Preceptory, Coroneted 33°, Boston Massachusetts 1996.

Graduated Point Park University 1967; Pennsylvania State Police 1967 to 1984; Owner & President Unity Printing Company, Latrobe 1980 - 2013, retired. Married Brenda E. Smith, July 12, 1969; One daughter, Lisa R. Frederick, two grandchildren: Ashley and Cole Frederick.

He attended Latrobe United Methodist Church, Latrobe, Pennsylvania. ♦

"I have no doubt that together, we want to, we must, and we will, do it the right way in the best interest of the Fraternity."

– James L. Ernette

A Masonic Tribute

Bro. James L

"Create the legacy of a better world. Leave

– Jonathan L

My Grandfather

by Ashley Frederick



Having a grandfather such as James (Jay) L. Ernette is truly an honor and privilege. I thank God everyday for the almost twenty-one years I was able to spend with him. My grandfather taught me

countless values throughout my life, however, there are four specific values that come to mind when I think of Jay Ernette: faith, family, fraternity, and community.

My grandfather's faith was strong. He believed that God had planned for things to come and go as such and there was a reason why. My grandfather enjoyed serving on his church's board, Latrobe United Methodist Church, and offering insight that would better his church community.

It was no secret that family was the most essential part of my grandfather's four life principles. Family get-togethers were a common occurrence, and often included friends of the family as well. My grandfather truly took pride in making his friends feel like family, many of whom were fellow Masonic brothers.

The Pittsburgh Steelers and Pittsburgh Penguins have always been common points of interest for the members of my family, especially my grandfather. There was no hiding his love for the Black and Gold, especially on a Steeler's Sunday.



My grandfather saw, as my love for hockey developed, and decided that he would invest in season tickets for the Pittsburgh Penguins. Shortly thereafter, my grandfather too developed an itch for hockey and began to love the sport almost as much as I did; however, his love for the Penguins never prevailed his love for the Steelers. My brother, Cole, too shares a love for football

to a Master Mason
Ernette, 33°

"this world a better place than you found it."
Duckwood Huie

as much as my grandfather did; in fact, the last picture my grandfather posted on his Facebook was of him and Cole at Steelers Training Camp. My grandfather raved over how much fun he had with my brother at Steelers Training Camp that Thursday, the last truly fun event he participated in.



My grandfather was one of the most loving and understanding individuals I have ever known. His love for his business, Unity Printing, transpired into his daughter, my mother and father, Lisa and George (Joe), and has even sparked my business sense as well. Three years ago, I was enjoying my fall break with my grandfather and grandmother, when my grandfather and I discussed what I wanted to do after I graduate from college. I began to ask questions about our family business. I immediately became infatuated with the story of how my grandfather grew a business from the ground up into the suc-



cessful business it is today. At the end of that weekend, my decision was made, post graduation I knew that I wanted to return to Western Pennsylvania and take a role in my family business. I will never forget how excited my grandfather was when I asked him if I could one day join the family business and continue the legacy in which he founded. My grandfather has always been proud of the accomplishments my brother and I have achieved, but in my opinion, the moment I told him I wanted to continue what he started for a third generation was the most proud he has ever been of me.

My grandfather loved every single aspect of the Masonic fraternity and all organizations that follow with it. His interest was first peaked through his father-in-law, (Bro. Bill Smith) and shortly after, my grandfather fell in love with the Masonic organization and all it had to offer.



Masonic life and family life were often intertwined, from traveling with family to countless events, to enjoying casual meals with his Masonic brothers. My grandfather was proud to serve his Masonic fraternity in many different aspects from a District Deputy to the Grand Master of Pennsylvania from 1998-1999. I can still remember attending countless events with my family; the Masons seemed to bring my family closer together.

Finally, community, and how he interacted within it, was a key element to the wonderful man my grandfather was. There are very few lives that have gone untouched by my grandfather in our local community. Even in the business he founded, Unity Printing, my grandfather strived to create a sense of community amongst his employees. I will never forget the summer between my second and third grade elementary years, I was at a local playground program for the children in the area that ran everyday one week of the summer from 1pm - 3 pm. On the Tuesday of that week, my mother and grandfather happened to stop by the play-


ground just to say hello, and a few minutes after their arrival my grandfather heard the local ice cream truck coming down the road. My grandfather quickly flagged down the ice cream truck and allowed each and every child and the counselors to pick something from the truck – his treat. My grandfather only knew myself and a few of my friends and one of the counselors; however, that did not stop his generosity to those he didn't know. That is what living in a community should be about, doing something out of the kindness of your heart, not expecting one thing in return.

Faith, family, fraternity, community are the four principles in which my grandfather, James L. Ernette, lived his life. These principles have helped my family to grow closer to one another and those around us. My grandfather spent 46 wonderful years with the love of his life, my grandmother, Brenda, and she is one of the many who can attest to the fact that my grandfather truly did live his life in faith, family, fraternity, and community.



My grandfather truly did create a legacy for a better world, and left this world, and especially our community in a much better place than it was in which he arrived.

I only hope that we all can continue his legacy and promote his four life principles as well as those of our own. ♦


**Preserving the Past
for the Future of
Tomorrow.**
– James L. Ernette, 33°



Faith, Family, Fraternity, Community

the four principles in which James L. Ernette lived his life



Bros. P.J. Roup, Ken Brooks, with Bro. Jay at a Steeler game.



Grand Master Thomas K. Sturgeon, assisted by Bro. Samuel C. Williamson, presents Bro. Jay with a plaque, for his founding of the Masonic Village at Sewickley. (Read plaque below)

Bro. Ernette's Legacy to Freemasonry, the Community and to Mankind

The Masonic Village at Sewickley

Bro. Jay Ernette's vision of establishing a Masonic Care Center in the Pittsburgh area was realized with the search and purchase of the Valley Care Health Center, resulting in the Masonic Village at Sewickley.

As the founder of that facility, Bro. Ernette's actions reflect great credit on himself and the Masonic Fraternity.



D. William Roberts presented Bro. Jay with Commemorative Plate No. 1 in Westmoreland Lodge No. 518 assisted by Bro. James S. Roberts, WM.




Bro. Sam Spanos with Bro. Jay at the Valley Care Masonic Center.



Brenda & Jay, Lisa Frederick, Ashley Frederick, Richard & Carol Stemmler, Ruby Smith.

The Committee on Masonic Homes
Recognizes the Leadership of
JAMES L. ERNETTE
Right Worshipful Grand Master
1998-1999
In the founding of the
Masonic Village at Sewickley
June 1, 1999
A Dream
Of all Western PA Freemasons and Communities
A Vision
Of the R. W. Grand Lodge F. & A.M. of Pennsylvania
A Shared Mission of Love
Provided through the Masonic Village at Sewickley



2011



Former PA Governor, Tom Corbett chats with Bro. Jay at the Eternal Flame dedication.



Grand Master Ernette with Grand High Priest, Bro. Norm Flaherty



Shrine Potentate Jim Allison, and Grand Master Ernette.



Junior Grand Warden William Slater, James Ecker, and Grand Master Ernette.



Farewell My Brother



The Modern Vitruvian

by P. J. Roup, 33°



The Unexpected Gift

It was still dark when the alarm went off, and it took me a few minutes to orient myself. Getting up at 5 am on Christmas Eve wasn't my first choice, but I knew it was the right thing to do. Henry had been relegated to full-time caregiver since Eva's Thanksgiving Day surgery, and I thought that he would appreciate someone clearing the three to six inches of snow that had been forecast overnight. He would definitely appreciate it, but as was his custom, he would complain that I had better things to do than shovel an old man's driveway on Christmas Eve.

I threw the covers off and quickly pulled on my thermal underwear and some thick wool socks before I glanced out the window to see how much snow we had actually gotten. I've never trusted the weathermen. I figured a forecast of three to six could mean anything between nothing and a foot. I'd love a job where I could be that wrong and still be paid.

It was difficult to gauge precisely from my 6th-floor apartment, but it appeared that we had gotten closer to a foot. From here, the cars appeared as larger, whiter, and more bulbous versions of themselves. The snow that clung to them in every direction told me two things. First, that it would be heavy and wet. Secondly, that the extra money I laid out every month leasing an indoor parking space was well spent.

Despite the bad road conditions, I arrived in front of Henry's house before the sun was above the horizon. The snow was still falling in fat flakes nearly the size of golf balls, and in the predawn light, the entire landscape seemed to be painted in shades of blue-gray.

I had expected to be the first one out with a shovel in hand, but I was wrong. The brittle scraping of metal against concrete, muffled by the deep snow, echoed from several houses on the street. Early risers with places to be on Christmas Eve, I figured. There was even someone clearing Mrs. Roman's walkway.

Marie Roman was Henry's next door neighbor. She was in her mid-nineties and had been a widow for about a decade or so.

Her sons both lived out of town, so she would occasionally ask Henry to help her out with little tasks around the house, which he did without complaint. In exchange, she would deliver homemade grape leaves, baklava, or pita bread. "The food of my people," she would tell him. It was during one of these deliveries that I first met her earlier in the year.

"Dylan, this is Mrs. Roman," Henry said to me after he had relieved her of a large tray of food.

"Pleased to meet you, Mrs. Roman. I'm Dylan," I replied, offering my hand.

"Oh my, this is Dylan? What a handsome young man. Henry has told me all about you," she said, completely ignoring my hand and opting instead for a big hug. "Please, call me Marie," she added.

"As you wish, Mrs. Roman."

"Stop it, you! It's Marie, or I won't answer." She punctuated it by putting her hands on her hips and turning her nose into the air.

"As you wish, Marie." She reminded me a lot of my own grandmother, and I liked her instantly. In fact, after that brief encounter, I felt like I had known her for years.

I waved at the figure on her front stoop. He was dressed in bulky overalls, a thick, knit cap pulled down over his eyebrows, and a scarf pulled up to meet it. I assumed it was either one of her sons, visiting for Christmas or a landscaper that she paid to do the work. He returned my wave and went right back to work on the walkway.

Following his lead, I picked up my own shovel and began the daunting task of clearing Henry's driveway. To take my mind off of the work, I entered into a secret race with the mystery man at Marie's house. He had a distinct advantage in that her one-car garage faced the street, and as such, the driveway was short and narrow. Henry, on the other hand, had a corner lot, with a long, wide driveway that ran nearly the depth of the property.

I pushed through the thick snow, occasionally comparing my progress with that of the bundled-up man at Marie's. I noticed that he was going considerably slower than me. It had to be her son, I finally decided, as a landscaper would have been faster, and likely would have used a plow, or at the very

least, a snow blower.

I had two passes left to complete Henry's driveway. My opponent had just finished Mrs. Roman's driveway, and thrust his shovel into the snow bank in triumph. It's probably more likely that he simply finished his task and set the shovel down since only I knew we were racing, but it certainly felt like a taunt. I returned, defeated, to the last of my job. My back was toward Mrs. Roman's so I was startled when I heard the gibe from behind me. "Is that all the faster you can go?" What was even more surprising was that it was Henry.

"What the . . . Why are you out here? This snow is way too heavy for you, and besides, shouldn't you be taking care of Eva?"

The wet snow fell away from the wool scarf as he pulled it down to reply. "Eva's fine inside. I think she gets a little tired of me doting on her, so I figured, I'd clear Marie's driveway to give her a break."

"But Henry, you're 83! You shouldn't be out here shoveling your own driveway, much less someone else's."

"I didn't shovel my own, you did," he quipped.

"You know what I mean."

"I do, but Marie's ninety-something. I'm certainly not going to let her go out there and do it herself. You know me better than that."

I had no comeback. I certainly did know him better than that. As if she had waited for the lull in the conversation, Marie opened the front door and shouted to us. "You two boys must be exhausted and freezing. Come inside for a minute. I made you some hot chocolate."

Henry looked at me. "You go ahead. I'm going to run in and let Eva know where we are going so she doesn't worry. I'm right behind you."

I shook myself clear of as much snow as possible before I went inside. I was greeted by the aroma of hot chocolate, and some sort of dessert either still in, or fresh from the oven. Exactly what dessert it might be was being masked by the vague scent of mothballs. A patchwork of carpet runners led the way through the high traffic areas of the house. I wondered at first if she had just laid the there to protect the floors from me, but the wear patterns made it evident that they were a permanent part of the décor. It was quiet except for the slow march of the Regulator clock keeping time on the living room wall.

"Let's go sit in the kitchen," she said, leading me toward the back of the house. "I

Continued on page 18.

just baked some nut horns as well. I hope you're hungry."

"Do you think I'd be foolish enough to turn down anything you made by hand?"

She handed me a large mug of hot chocolate. The steam rose from it in waves, and the two big marshmallows on top had already begun to melt. I cupped my hands around the mug in an effort to get my circulation to return.

"I can't thank you enough for clearing my driveway. My boys wouldn't have been able to do it," she said. "They're getting up there."

I laughed out loud without meaning to. "I'd love to take credit, Marie, but Henry did every inch of it."

"I'm going to kill him. He knows better than that!"

"No argument here," I said. "I pretty much told him the same thing just before you invited us in."

"I want to give you this," she said, sliding a beautifully wrapped package across the table.

"What is it," I asked.

"It's a gift, silly."

"I know that," I said. "But I told you I wasn't the one who did your driveway. I can't accept it. You should give it to Henry."

"It's not Henry's gift. It's yours. Please, just open it."

"Okay, but I didn't get you anything." I unwrapped the package to find an exquisite china pedestal bowl. I know next to nothing about china, but I could tell it was a fine piece – delicate and rimmed with gold.

"It's Lenox," she said. "It's actually a fruit bowl – I think they're called compotes or something like that – but my husband used to keep it in his armoire and lay his rings and watch in it at night. I want you to have it."

"It's gorgeous, Marie. I really don't deserve it. I wasn't expecting anything." I figured it was useless to remind her again that I wasn't even the one that did the shoveling, so I didn't.

"I know you weren't expecting anything. Sometimes, unexpected gifts are the best kind."

"I suppose that's true," I said. She was truly a delightful woman to be around. "Since you're giving me something so sentimental, do you mind if I ask you about your husband?"

"He's one of my favorite subjects. What would you like to know, dear?"

She proceeded to tell me about how they met. It was during the war. He had stayed home on a medical deferment. It was love at first sight – for both of them. She told me

about her children, grandchildren, and great-grandchildren. They were her world, and it came through both in her words and in her eyes as she talked of them.

"I can't believe he's been gone for almost fifteen years. I miss him every single day," she said. I detected a little quiver in her voice as I reached for another cookie. "I don't want to get all philosophical, but why is God keeping me around?"

"These nut horns," I answered quickly, trying to lighten the mood a little.

"I'm glad you like them, but I'm serious, Dylan. The kids are grown. Heck, their kids are grown. There's nothing I can do except be a burden. Why is God keeping me alive instead of letting me go be with my husband? I'm a nobody. I swear that I'm only here because I'm so insignificant that even God forgot about me."

I was caught off guard. How was I supposed to respond to that? I didn't know her all that well. In fact, this was the first one-on-one conversation we had ever had. But as I said, she was the kind of person you felt you knew intimately after five minutes together. "Well, Marie, I think God wants us to be happy, so he puts sweet, kind, joyful people in our paths all the time. You're one of those people. Henry and Eva swear they've never seen you in a bad mood. And you make me smile every time I see your face. Maybe that's why God keeps you around. To be a joy to others."

"I don't know if I buy that, but thank you for cheering up an old lady." She smiled a wrinkled smile, and she was beautiful. "You ought to run along. You have better things to do on Christmas Eve than talk to me."

"If there's something better than this, I haven't experienced it yet, my dear," I said as we both rose from the table. She hugged me for a long time – a deep grandma hug – before she let me leave.

"Thank you so much for the gift," I said. "I know just where I'm going to put it."

"Thank you, Dylan."

Henry was just about to knock on her door as I opened it to leave. He apologized to Marie for being so long and asked for a rain check. As we walked to my car, I told him about our talk and showed him the bowl. "She is one of the sweetest women I've ever met. I just don't understand why she gave me such an expensive gift," I concluded.

"Maybe she feels like she's repaying you for an even more expensive gift," to which I gave him a puzzled look. "You're a smart guy. Figure it out."

"Challenge accepted," I replied. "Give

Eva my love, and tell her I'll stop and see you both after church tomorrow."

"Will do," he said, hugging me. "Merry Christmas, Dylan. Oh, and thanks for shoveling. It was a huge help," he added with a wink.

On the morning of December 27th, Henry called me with the news that Marie had passed away. Henry had found her in her bed. He had gone over to check on her when her son couldn't reach her on the telephone. I was silent as he told the story. I hardly knew her, but I felt the pain of her loss as if she were someone who had been a part of my life for a long time.

"When you get a chance, I want you to come over," Henry said. "I have something I need to show you."

"What is it? Can I stop by after work?"

"That'd be fine. I'll just show you when you get here."

I made the drive from my office thinking about Marie – her white, wispy hair, the wrinkles that added so much character to her olive skin. I wondered what it would have been like to live through the Depression, World War II, and all of life's hardships and still manage to smile every day. What a lady.

When I got to Henry's, he poured us each a glass of scotch before sliding a small, leather-bound book across the table. The thick, brown cover was embossed with a rose, and the year 2015. A pink ribbon protruded from the pages near the back.

As I reached for it, Henry asked, "Have you figured it out?"

It took me a second to figure out what he was asking. "You mean what Marie was repaying me for?"

"Yes, that."

"Well, she loves you and Eva. I think that she was thanking me for helping you." My voice involuntarily trailed up at the end, making it more of a question than a statement. Henry waited silently for me to continue so I did. "Maybe she was thanking me for spending some time with her too. I know we didn't talk long, but it was a good conversation."

"Not bad. You're on the right track. Maybe you're wiser than I give you credit for," he teased, using his head to gesture me toward the book. "Read it from the ribbon until the end."

Her penmanship was exquisite – round, flowing cursive written with a fountain pen. Her last three entries were as follows:

December 24th

It looks like we're going to have a white

Christmas! I can't believe the snow we got – almost a foot. But I woke up to a clean driveway thanks to Henry! How sweet. I also had the most enjoyable conversation with Henry's friend, Dylan. What a wonderful young man. I gave him John's jewelry bowl today. It was hard to part with it, but he deserved it. He's so kind. Just like John. We talked for a long time (maybe longer than I should have kept him on Christmas Eve) and he wasn't in a hurry to go. He talked to me – not with me or at me, but actually to me. He made me feel like I mattered for the first time in a long time and he said I bring people joy. That conversation was an early Christmas gift. I am blessed.

December 25th

Christmas was wonderful! Both of the kids and even some of the grandkids were here for dinner. They showered this old woman with gifts. I got a lovely sweater set, new perfume, and best of all, they cleaned up after dinner. I love my family. I wish they could have stayed longer. Henry, Eva, and Dylan stopped by to wish me a Merry Christmas. Too sweet.

December 26th

I'm in bed early tonight. I wasn't feeling well – probably the excitement of the holiday. I keep thinking about what Dylan said, and how he made me feel. I feel awful for saying it, but it was honestly the best gift I got this year. After all these years, he made me see that I actually might matter. Tomorrow, I'm going to write him and tell him so. I need to thank him for giving this woman such an unexpected gift.

With tears in my eyes, I closed the book. Sometimes unexpected gifts are the best kind, I thought. Requiescat in Pace, Marie.

Bro. P.J. Roup, 33rd is Treasurer of the Valley of Pittsburgh. DDGM of the 54th Masonic District. In addition to The Modern Vitruvian, he owns The Point Within the Circle (www.district54.blogspot.com). He can be reached at pittmason@yahoo.com.

**Just think of all we
could accomplish
if we didn't care
who got the credit!**

Sports Feature (part 2)

Pittsburgh's Hockey Star Evgeni Malkin

The Birth of a Superstar

Evgeni Malkin was not born surrounded by hockey trophies. His is a story of humble beginnings, family and friendship, betrayal, perseverance, adaptation, and, success and redemption.

Evgeni Vladimirovich Malkin was born on July 31, 1986 in Magnitogorsk, a Russian city in the Soviet Union. Evgeni's father, Vladimir was a pro hockey player. He starred as a defenseman for Metallurg Magnitogorsk. His brother Denis also played for the team.

Evgeni began skating at age 3. He joined his first organized hockey league two years later. He showed an aptitude for the sport at an early age, as one might expect from the son of a pro. However, because both of his parents were short, no one suspected that Evgeni would be a world-class player one day. They missed the fact that his uncles on his mom's side were quite tall. He would inherit their stature and his father's stick-handling and skating skills.

Evgeni's commitment to hockey was never in question. His parents recall how often they found him sleeping with his stick as a boy. Occasionally he would go to bed with his skates on, too. His mother Natalia claimed she always knew her son would be a star. Vladimir was a bit more realistic. Yet as he watched his boy ascend the hockey ladder and outplay the competition at each level, he started to change his mind.

Even so, Evgeni didn't generate much interest from his country's hockey elite. He attended one of the best hockey schools, but the top coaches ignored him. Sergey Vitman was one of the few officials who saw Evgeni's potential. What really struck Vitman was the boy's commitment and work ethic. These qualities, Vitman believed, helped make Evgeni a special player.

Evgeni was a huge NHL fan. He rooted for the Colorado Avalanche and Detroit Red Wings, two of the dominant teams in late 1990s and early 2000s. His favorite players were Joe Sakic, Peter Forsberg and Sergei Federov—all gifted stars who played both ends of the ice.

As a young teen, Evgeni was often compared to another Russian player his age, Alexander Ovechkin. Ovechkin had similar size and skill but drew more attention. He was a pure goal-scorer, while

Evgeni showed more promise as a set-up man. Ovechkin was also more outgoing. Evgeni tended to be shy in unfamiliar situations.

Pro scouts began to view Evgeni in that same light after the 2003 Under-18 World Championships. He led Russia to the title and was named the tournament's top forward.

By this time, Evgeni had grown to 6' 3" and showed that he had the strength to go with his obvious skills. He had been well schooled in the Metallurg Magnitogorsk development system. Evgeni began playing for the organization's senior team in the Super League 2003–04. That year the club returned to the finals but lost to Avangard Omsk.

Evgeni's dream was to play in the NHL. Heading into the 2004 draft he was one of two marquee players at the top of most teams' lists. The other was Ovechkin. The young Russians figured to go 1–2, with the Washington Capitals and Penguins owning the first two picks.

Pittsburgh was in the midst of a rebuilding program that would generate a series of high draft picks. A year earlier, the Pens had tabbed goalie Marc Andre Fleury with the first overall selection. A year before that they had picked up Ryan Whitney. In 2005, they would pick up Sidney Crosby and then Jordan Staal a year later.

As expected, the Caps took Ovechkin, leaving Evgeni for the Penguins. Pittsburgh fans would have to wait for the young star's debut. A dispute between the NHL and the International Hockey Federation clouded the transfer agreement that would have enabled the Penguins to pluck Evgeni off the Metallurg Magnitogorsk roster for \$200,000. The Russian team forced the teenager to honor his contract.

In 2004–05, Evgeni complicated matters when he blossomed for Metallurg Magnitogorsk. In 52 Super League games, he scored 12 goals and had 20 assists.

As the 2005–06 campaign approached, Russia's hockey federation

Continued on page 26.



Princes of Jerusalem Message from the Sovereign Prince

Larry D. Horath, 32°



'Tis the Season of Giving

Brethren, I want to wish all of you and your families a safe and happy holiday season. Take the time and spend it with family, friends and loved ones. The Princes line will once again be hosting the Scottish Rite Children's Christmas Party on Saturday, December 12th at 11:00 a.m. The celebration is open to all, including Valley members and their families.

In addition to free pizza and refreshments, we will be having a magician, karaoke, toys, clowns, and pictures with Santa. We are looking forward to seeing you and your families at the Greater Pittsburgh Masonic Center.

Please remember the reason for the season. We often hear the phrase "the true meaning of Christmas" and it may make one think of the religious aspects of the season, which are important. But, it should also conjure thoughts of giving to others, thinking of others, and bringing happiness, comfort, and joy to others. Think of those less fortunate who may be saddened because their current situation doesn't allow extra money for them to purchase gifts. Think of those who are mournful because a loved one is unable to be with them during the holidays. However, this can be a time of great joy and renewed strength for the Grand Architect of the Universe brought the message of peace, hope, and love, regardless of one's

current situation. We can rejoice in the fact that we are promised forgiveness and eternal life.

So, please remember that by exchanging gifts, we are celebrating the GAOTU's gift of eternal life to each of us through His sacrifice.

- Extend charity to those less fortunate so they can share in the celebration.
- Spend some time with those who are missing a loved one. It may help them through a difficult time.
- Cherish time spent with family, friends and loved ones.

I look forward with joy and hope for a Happy New Year and extend to you all... best wishes.

The Officers of Pennsylvania Council of Princes of Jerusalem, wish you and your families Happy Holidays and a safe and Happy New Year!

Note: At the November stated meeting, I received and presented Sir Knight John A. Habel, Jr., *Right Eminent Grand Commander* of the Grand Commandery of Knights Templar of Pennsylvania with a plaque from the Princes of Jerusalem officers, commemorating his year as Grand Commander.

III. Bro. Habel, 33° is also a Past Sovereign Prince and Past Commander-in-Chief of the Valley of Pittsburgh. ♦



Thanks Golfers!

The Gorgas Lodge of Perfection would like to thank everyone who helped to make the 2015 Charity Golf Outing a success. Thank you to everyone who provided funds, prizes, and golfers.

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Please mark your calendars for the Valley of Pittsburgh next charity golf outing on Saturday, June 11, 2016 at Butler's Golf Course in Elizabeth PA. 9:00 AM shotgun start on their Lake View Course. ♦

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Social Events and Special Activities!

Saturday, December 20

**Hiram's Riders
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All Masons and guests welcome!

A great food-filled Christmas Lunch with hors d'oeuvres, soup, salad, steak & shrimp, onion rings, dessert, gifts and fellowship. Cocktail Hour: 11:30 a.m.

You do not have to be member to enjoy this special Holiday Luncheon treat! \$25.00 per person.

Questions? 412-576-5856 or by email: dwr47@verizon.net

See ad on page 4.



Happy Hanukkah



There's no place for Bullying in Freemasonry

by David W. Morgans, 33rd, 1st Lieutenant Commander



Most of us can remember back to our childhood and recall an incident that involved bullying. We may have been on the receiving end, the giving end, or a witness to it. A surprisingly large number of children have been bullied. This is not just in the American culture; it seems to be the norm throughout the world. Bullying is intimidating, aggressive or unwanted behavior that plays on a real or perceived imbalance of power. It can be verbal with things like teasing, name-calling, inappropriate sexual remarks, taunting, or threatening to cause physical harm. It can be social like leaving someone out on purpose, spreading rumors about someone, or embarrassing someone in public. And obviously it can take on physical aspects with things like hitting, kicking, pushing, or breaking someone's things.

Bullying is a real problem for many in our schools but it doesn't end with graduation. Believe it or not bullying may continue on in all aspects of adult life.

Anywhere two or more people are gathered is an opportunity for bullying to occur. Most people would agree that they don't want to be bullied and yet it can be seen in

marriages, in the workplace, in our churches, in social events and, yes, even in Masonry. And just like in our experiences from our youth it can be verbal, social, physical, or any combination of the three. It is aggressive unwanted behavior that plays on a real or perceived imbalance of power.

Clearly there is no place in the teachings or tenets of Freemasonry that would support the idea that bullying is acceptable behavior for a Mason to exhibit. In fact, what is taught in Freemasonry actually should keep bullying from occurring. Intimidation should not occur in a group whose members all profess to believe in the same moral codes. Aggressive behavior is difficult to practice against another if brotherly love reigns in our hearts. Unwanted actions are hard to carry out if we use the compasses to circumscribe our desires and keep them within due bounds toward all mankind. And there should be no real or perceived imbalance of power if we are all men working together for good.

Everything about our Fraternity would indicate that we should be looking out for each other's best interests. If we see someone being bullied we should not ignore it. Instead we should stand side by

side with the one being bullied and shine the light of Masonic teachings on the bully to help him see the errors of his ways. If we are the ones doing the bullying we should listen to our brothers when they confront us and weigh our actions and attitudes on the scales of truth and justice. We should seek reconciliation with those we offended and be thankful that our brother(s) care enough about us to remind us of our failings and aide in our reformation.

Bullying is not acceptable in any station of life. Bullying will never cease entirely but people who take a firm stance against it will be able to bring a certain amount of peace, respect, and dignity to the small corner of the world they occupy. And when people do that, the world actually becomes a better place in which to live. Masons can have the same affect on the Fraternity when they act together with brotherly love and affection and intervene when they see a bully in Masonry. Our fraternity has given us the tools to live, speak, and act in such a way as to build each other up – but that can only happen if we pick up those tools, learn how to use them, and actually put them to work.

May you each find peace and true brothers to walk side by side with you in your Masonic journey of life. ♦

Collectors Commemorative Plates

featuring the

Western Pennsylvania Grand Masters

The Past Grand Masters from Western Pennsylvania are being honored by a limited series, of numbered china commemorative collector plates. The series will cover the period from 1970 to the present. Plates are being issued two per year. Bros. Thomas K. Sturgeon, Samuel C. Williamson & James L. Ernette have been completed. A few are still available.

The reverse side of the collectors plate has a descriptive paragraph about the Grand Master along with the production number. Cost of the tribute plate is \$35.00.



Plate not shown to scale - actual size: 10"

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Chapter of Rose Croix

Message from the

Most Wise Master

Rodney E. Boyce, 33°



Soli Deo Gloria

by Rev. John H. Piper, 33°



As we approach the December holiday season once again, I am reminded of Luke's account of a special birth in a little town, not far from Jerusalem, named Bethlehem.

A birth announced by angels singing "Glory to God in the highest heaven" and ending with simple shepherds returning to their fields glorifying and praising God for all they had seen and heard. My Father was a Reformed Presbyterian and he taught me when I was a boy to answer the first question of the Westminster Catechism which is "What is the chief end of man?" The answer being, "To glorify God and enjoy Him forever."

J. S. Bach, Cantor of St. Thomas Church in Leipzig and one of the world's greatest composers, always put the initials "S.D.G." (Soli Deo Gloria) "Glory to God alone" at the end of all his compositions.

In the 66th Psalm we read "Shout with joy to God all the earth! Sing the glory of His name. Make his praise glorious!"

At the heart of our Blue Lodge rituals is the story of King Solomon building a Temple in Jerusalem to and for the glory of God. At this holy time of the year it is entirely appropriate for us to dedicate our lives as living temples to the honor and glory of God.

May this holiday season not pass without our giving our praise and honor to the one who has given us the amazing gift of life - the Great Architect of the Universe. ♦

S.D.G.

Thank You Prayer

For each new morning
with its light,
For rest and shelter
of the night,
For health and food,
For love and friends,
For everything
Thy goodness sends

— Ralph Waldo Emerson

Imagine you and I are not that different.

As a leader and a person, I often doubt myself and the decisions that I make. I generally tend to do what is described as "over-think" my decisions and choices. As we age, we all become more cautious, perhaps because we think more about the consequences and results of our choices and decisions.

Does that make us better leaders? I was at a weekend seminar recently and one of the topics for discussion regarded identifying your successor and/or planning for the future leadership of your organization.

Whenever I have been placed in a position of leadership—whether it is professionally or as a volunteer—I have always tried to be proactive. I pay close attention to those whom I work with and I identify those people with the traits and drive which would benefit the organization. I pay even more attention to those who are stronger in those aspects and traits, which I believe I am the weakest. A new and different perspective is always good.

Often we as organizations rely on only a few volunteers to perpetuate ourselves. An unfortunate downside to this—other than the obvious—is that often we rely on those

events and ideas that had always been successful in the past. We don't always think "outside the box", and we aren't always willing to forge a new trail.

As leaders we must always be looking for our replacement, not just because we need to be replaced, but because our organization needs refreshed and new ideas need to be added to the mix. People who "think differently" are the future lifeblood to any organization.

I look to our Valley and I have a good feeling that we will be in good hands for many years. We have a very diverse group of leaders, we aren't afraid to try new things. Success shouldn't always be measured in numbers, and I think anytime we are able to gather as a group of men, whether it be ten of us or one hundred of us, good things happen and success is had, on any scale.

We as officers are members just like you, we all want to share this great fraternity with each other, but we need to share it with those outside our walls too. We must replace ourselves. So remember, it's okay to doubt yourself—it's normal—but don't be afraid of failure and don't be afraid to try something new. It's time to "think different". ♦

Read about it on page 25.



The Masonic Tribute Rifle

You could own this gun for \$5.00! Here's how. Just make a voluntary contribution to the Valley School for Dyslexia. (A \$5 minimum is suggested) and we'll do the rest - which includes conducting a random drawing for a lucky winner on Saturday, April 7 at the Valley Stated Meeting. Enter as often as you like! Complete coupon below.



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Your Health



Dr. Glenn D. Miller, II, 33°, *Chairman*
Valley of Pittsburgh Medical Committee

Diabetes Mellitus – Part 1

Diabetes Mellitus, commonly referred to as diabetes, is a group of metabolic diseases in which the patient suffers from high blood glucose (sugar) levels. These high blood glucose levels are a result of either inadequate insulin production in the pancreas (either absolutely or relative to the body's needs), or improper response of the body's cells to insulin, or both. Prediabetes refers to a condition where blood glucose levels are higher than normal, but not high enough to qualify for a diagnosis of diabetes. Many people with Prediabetes will go on to develop Type II diabetes later in life.

The number of people worldwide who suffer from diabetes was estimated at approximately 390 million in 2014 with equal rates in both men and women. This represents approximately 8% of the world's adult population. The number of people worldwide with diabetes is projected to rise to 592 million by the year 2035. The 2014 CDC National Diabetes Report estimated that 29 million adults and children in the United States have diabetes. Of these 29 million individuals, approximately 8 million have not been formally diagnosed with diabetes. These 29 million individuals represent 15.5 million men (13.6% of male population) and 13.4 million women (11.2% of female population). It is estimated that there could be as many as 53 million Americans with diabetes by the year 2025. Additionally, approximately 86 million Americans aged 20 years or older have Prediabetes.

The worldwide economic cost attributed to diabetes in 2014 was estimated to be 612 billion US dollars. In the United States, the cost in 2012 was estimated to be 245 billion dollars. This 245 billion dollars included 116 billion dollars in direct medical costs for people with diabetes as well as 69 billion dollars in costs associated with disability, premature death, and work loss. Diabetes at least doubles a person's average medical expenses, compared to people without diabetes, as well as their risk of death. Diabetes was listed as the seventh leading cause of death in the United States in 2007. Diabetes is

estimated to have resulted in 1.5 – 4.9 million deaths per year worldwide in the years 2012-2014.

Historically, diabetes was one of the first diseases described. An Egyptian manuscript from 1500 BC mentioned "too great emptying of the urine". Indian physicians in the same time period identified the disease and named it "mad-humeha" which means "honey urine" since the urine was noted to attract ants. The word diabetes has a Greek origin, "diabainein", which translates to "siphon" or "to pass through", and was first used by the Greek Apollonius of Memphis in 230 BC. The word became "diabetes" from the English adoption of the Medieval Latin diabetes. "Mellitus" was added in 1675 by the English physician Thomas Willis. Mel in Latin means "honey", so Diabetes Mellitus translates as "siphoning off sweet water". The earliest recorded detailed reference to diabetes is attributed to the Greek physician, Aretaeus of Cappadocia, in the 2nd or 3rd century AD in which the symptoms and course of the disease is outlined. Indian physicians Sushruta and Charaka first identified Type I and Type II diabetes as separate conditions in 400 – 500 AD (Type I associated with youth and Type II associated with being overweight). Effective treatment for diabetes was not available until 1921 - 1922 when insulin was first isolated and purified by Canadians Frederick Banting and Charles Herbert Best.

There are three main types of Diabetes Mellitus. Type I diabetes occurs when the pancreas fails to produce insulin. The majority of Type I diabetes is due to an autoimmune process in which the person's immune system mistakenly manufactures antibodies against the beta cells of the pancreas which are responsible for insulin production. It is believed that the immune system has several potential triggers including genetic inheritance, exposure to viral infections (mumps and Coxsackie viruses), environmental toxins, and diet. Type I diabetes accounts for only approximately 10% of all diabetes cases worldwide. Type I diabetes usually

affects younger individuals (before 40 years of age) who are not overweight. Type I diabetes has been referred to as insulin-dependent diabetes, juvenile diabetes, and/or early-onset diabetes.

Type II diabetes occurs when the pancreas produces an inadequate amount of insulin for the body's needs, or there is a lack of sensitivity to insulin by the body's cells (insulin resistance). In the early stages the primary abnormality is insulin resistance. As the disease progresses, there is a steady decline in insulin production. Type II diabetes is primarily related to genetic and lifestyle factors, ethnicity, and increasing age. Lifestyle factors for Type II diabetes include obesity (body mass index greater than 30) with central/abdominal obesity at an especially high risk, high waist-hip ratio in non obese people, poor diet, sedentary lifestyle, and stress. It has been estimated that the risk of Type II diabetes doubles for every 20% increase over target body weight. The incidence increases each decade after age 40 with a prevalence of approximately 27% by age 65. The prevalence in non-Hispanic Caucasians is 7%, Asian-Americans 8%, African-Americans 13%, and certain Native Americans 20-50%. Dietary factors that increase the risk of developing Type II diabetes include consumption of sugar-sweetened drinks, saturated fats, trans fatty acids, and large amounts of white rice. Drinking 1 can of non-diet soda can increase the risk by 22%. Consumption of polyunsaturated and monounsaturated fats decrease the risk. Type II diabetes accounts for approximately 90% of all diabetes cases worldwide.

Gestational diabetes is the third main type of Diabetes Mellitus. This type of diabetes affects women during pregnancy. Similar to Type II diabetes, it involves a combination of relatively inadequate insulin production and decreased insulin sensitivity. It is estimated to occur in 2-10% of all pregnancies. It usually resolves after delivery. However, 5-10% of these women are diagnosed with diabetes after their pregnancy. Additionally, 35-60% of these women will eventually be diagnosed with Type II diabetes sometime over the ensuing 10-20 years. Risks to the fetus/baby include macrosomia (high birth weight), skeletal muscle malformations, cardiac and central nervous system abnormalities, and respiratory distress syndrome. Perinatal death can occur in severe cases.

In the next issue of *The Rite News*, we will conclude our discussion on diabetes including symptoms, diagnosis, treatment, and complications. ♦

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Masonic Rifle Fundraiser for Dyslexia is now available

See details on page 22.



Henry Repeating Arms is introducing the newest rifle in its collection, The Henry Golden Boy Freemasons Tribute Edition.

"It recognizes the long history of this honorable fraternal order and rewards the work and dedication of Freemasons everywhere."

The rifle is crafted with the highest attention to detail. The select American walnut stock depicts our first President in full Masonic regalia, with apron, trowel, and Warden's column, standing on a "temple" floor in front of a Masonic staircase, in a painted tableau bordered by scrollwork in the same style as the receiver.

The left side carries the famous square and compass, retained from the earliest days of Freemasonry,

the mason's plumb, and level, the letter "G" which stands for both God and Geometry, the All-Seeing Eye of God as the symbol of divine watchfulness, and the words BROTHERLY LOVE, RELIEF & TRUTH that the order considers its foundation, along with FAITH, HOPE, CHARITY, emphasized in a Mason's First Point Ceremony, all in raised 24K gold relief against a background of classic floral engraving.

On the right side, black and white mosaic squares represent the floor of King Solomon's Temple to illustrate "human life, checkered with good and evil." Ascending stairs remind a member of the path to higher levels of Freemasonry, with another "G" at the top as the ultimate goal.

It's built with the same smooth action that all rifles in Henry's award-winning Golden Boy family are known for. This model features a nickel-plated finish and the receiver engravings are plated with 24K gold. The buttplate and barrel band are brass. The American Walnut stock is engraved and hand-painted.

It features a fully adjustable semi-buckhorn rear sight with a reversible white diamond insert and brass beaded front sight. It includes a blued octagonal barrel and is drilled and tapped for easy scope mounting. Offered in caliber .22 S/L/LR, capacity is 16 rounds of 22 Long Rifle and as much as 21 rounds of 22 Short. ♦

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Did you know you can pay your annual dues by credit card on line? The Scottish Rite year runs from August 1 to July 31. If you have not paid your 2015/16 dues please go to:

www.scottishritenmj.org
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9:00 a.m. - 10:30 a.m.

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GPMC \$6⁰⁰ per person
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Wonderling Wonders!

by Jeffrey M. Wonderling, 33°

Ah, the crisp cool mornings, the picturesque panoramic views painted with autumn leaves, the smell of shredded cabbage fermenting into sauerkraut, and High School Football playoffs – all signs of my favorite time of the year.

With the Holiday Thanksgiving Season on the horizon, my thoughts turn to the things for which I am most thankful. My gratitude abounds for the personal blessings in my life, my wife and family, our health and my professional career and all the opportunities afforded to us. While I am so grateful for these blessings, I am also thankful for our circumstances as they relate to the bigger picture.

We are so fortunate to live in the greatest country in the world. A place where we are able to enjoy our religious, political, and social freedoms. A Nation where each person lives their life without fear of retaliation or retribution (I am not certain we understand the gravity and importance of that statement). A place that affords each individual citizen the opportunity to achieve his or her biggest dreams. A place where the only thing that limits us is ourselves.

It is impossible for me to fathom our beloved United States of America without the influence of our kind and gentle Craft. The principles upon which our Nation was founded are synonymous with the tenets of Freemasonry. Yakov Smirnoff said it best, "What a Country" and I am so proud to be a part of it. And to me, the "cherry on top" is to be a member of such an influential organization. I am honored, and quite frankly, humbled to be a Freemason. I am thankful that years ago someone thought enough of me to sign my petition. I am thankful that I have an indescribable fraternal bond with each and every one of you. I am thankful to live in a nation where I have the freedom to share my Masonic experience with other like-minded men.

We owe it to our predecessors to continue the tradition they began nearly 240 years ago.

Be Proud to be a Mason and even Prouder to be a Scottish Rite Mason.

I hope that when you reflect on all the things you are thankful for, our Country and our Fraternity are near the top of the list.

Thank you for being my Brother.

Happy Holidays to one and all!

"Foot to Foot"

Pittsburgh's Hockey Star Evgeni Malkin

Continued from page 19.

still refused to sign over Evgeni's rights. Claiming that his value to his country and his club had skyrocketed, the federation determined he would stay put for another year.

Evgeni, now 19, quickly established himself as the top player in the Super League, and arguably the best pro in the world not in an NHL uniform. He skated in 46 contests, netting 21 goals and adding 26 assists. At the World Junior Championships, he captained the silver-winning Russian squad and was named MVP of the tournament.

A couple of months later, Evgeni snagged a spot on his country's Olympic team. He scored twice and dished out four assists in seven games as Russia finished fourth. He was honored as the national team's top player after the competition.

In the afterglow of the Olympics, and under great pressure from his club,

Evgeni told Metallurg Magnitogorsk that he would stay for one more year. But the more he thought about it, the more he was sure he could raise his game to new levels in North America.

In August of 2006, just before training camp, Evgeni sent a letter of resignation to the Super League, the first step to clearing his way to play with the Penguins. Russian law permits an employee to leave his job by giving two weeks' notice. Draftees Alexei Mikhnov and Andrei Taratukhin had filed similar notices earlier that summer.

For a couple of weeks no one was sure where Evgeni was. The mystery ended when he showed up in the U.S., inking a deal with the Penguins. He joined the team in training camp that September.

And the rest is history. ♦

To our Members and Friends



Happy New Year 2016

Donald W. Boehm, 33°, *Commander-in-Chief*

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Calendar of Masonic Events



November 2015

24 - High 12 Luncheon - Masonic Village at Sewickley
 28 - Fellowship Breakfast - GPMC

December 2015

05 - Valley Christmas Luncheon - Shanoppin Country Club
 12 - Children's Christmas Party - GPMC
 19 - Hiram's Riders Christmas Luncheon - Grant's Restaurant, Millvale
 24 - High 12 Luncheon - Masonic Village at Sewickley
 28 - Installation of Bro. Raymond T. Dietz, 33° as R. W. Grand Master of Masons in Pennsylvania - Pittsburgh Convention Center

January 2016

26 - High 12 Luncheon - Masonic Village at Sewickley
 30 - Fellowship Breakfast - GPMC

February 2016

04 - VALLEY STATED MEETING - GPMC
 07 - Super Bowl Party - GPMC
 21 - Daytona 500 Party - GPMC
 23 - High 12 Luncheon - Masonic Village at Sewickley
 27 - Fellowship Breakfast - GPMC

March 2016

20 - Story of the Crucifixion - GPMC
 26 - High 12 Luncheon - Masonic Village at Sewickley
 30 - Fellowship Breakfast - GPMC

April 2016

07 - VALLEY STATED MEETING - GPMC
 26 - High 12 Luncheon - Masonic Village at Sewickley
 30 - Fellowship Breakfast - GPMC

May 2016

24 - High 12 Luncheon - Masonic Village at Sewickley
 28 - Fellowship Breakfast - GPMC

June 2016

02 - VALLEY STATED MEETING - GPMC
 11 - Valley Golf - Butler's Golf Course, 9:00 a.m.
 25 - Grand Lodge Quarterly Communication - GPMC
 25 - Fellowship Breakfast - GPMC
 28 - High 12 Luncheon - Masonic Village at Sewickley

Schedule updated monthly: www.valleyofpittsburgh.org



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at the
**Annual Grand
Communication**

Monday, Dec. 28, 2015

**David L. Lawrence
Convention Center
Pittsburgh, PA**

10:00 a.m.

Anticipated OPEN Installation of

Raymond T. Dietz

as Right Worshipful Grand Master
of the Grand Lodge of Pennsylvania

a FREE LUNCHEON will
follow the OPEN installation
(Reservations Requested)

5:30 p.m.

Cash Bar Reception

6:30 p.m.

Banquet Dinner with Entertainment by
Singer-Songwriter Chris Jamison 2014
Finalist on "The Voice"

Tickets \$90 per person
(Advanced Tickets Required)



Chris Jamison

Finalist on NBC's "The Voice"



Chris Jamison is an American singer-songwriter best known for his appearance in season 7 of NBC's reality TV singing competition "The Voice" on Adam Levine's team. Scan the QR code to experience Chris Jamison!

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