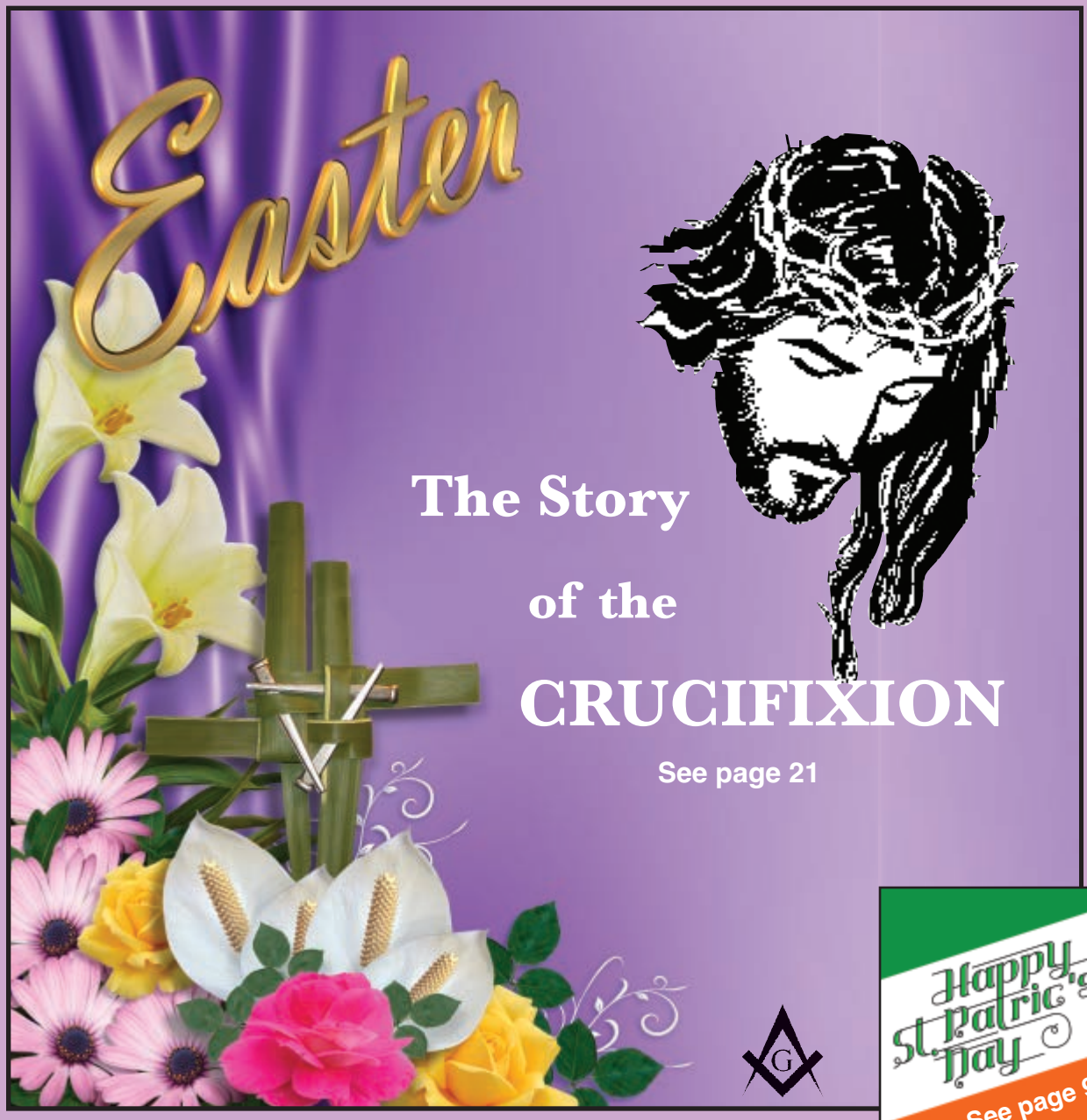
164 Years of Scottish Rite Masonry in Pittsburgh

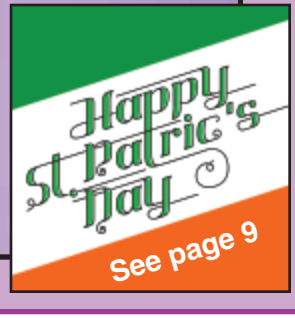
The Rite News

The Magazine of the Valley of Pittsburgh

SPES MEA IN DEO EST

VOL. XXV NO. 4 March 2016





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°
Deputy for Pennsylvania

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_____

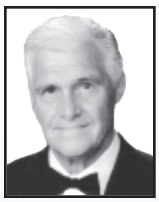
Name _____

Address_____

City_____ State ___ Zip_____

Ph. ( ) _____ Date _____

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


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.

Jeff & Lauren Heiger

Raymond & Dorothy James

James & Lisa Jenkins

Robert & P.J. Jones

Frank R. Mangery

Jack Marsh

John & Judy McCombs

Roy & Sara Jane McCullough

Jay & Joanne McElravy

Ronald & Karen Plesh

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

Homestead Amity McCandles Lodge No. 582 F. & A.M.

Lodge No. 45 F. & A.M.

Washington Lodge No. 164 F. & A.M.

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

Valley of Pittsburgh

Builders Council

to read – one child at a time!

Mark & Patty Bliler

George H. Cox

Rick & Reneé 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

Paul & Jackie Kauffman

David & Sandy Kearns

David & Judy Kielman

John Kovac

William & Babara Magnotti, Jr.

Glenn & Mary Miller

Dr. Glenn & Roberta Miller

Jack & Carol Miller

Donald & Barbara Murphy

John & Valerie Nicklas

Raymond & Joy Nicklas

Joseph A Schrock, Jr.

James W. Seel

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.

Valley of Uniontown

Supreme Council Group Valley of Pittsburgh

Valley of Pittsburgh Legion of Honor

Pittsburgh Commandery No. 1 Knights Templar

Unified Lodge No. 2 IOOF

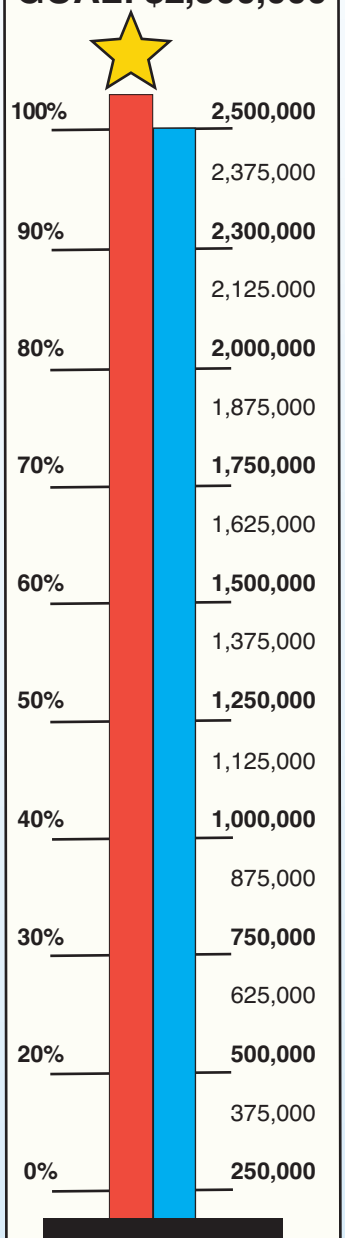
MEDIEVAL CYCLE CLUB

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

VALLEY OF PITTSBURGH OFFICERS

August 1, 2015 - July 31, 2016

GOURGAS LODGE OF PERFECTION 14°

Robert B. Ruff, 32° . . . . . Thrice Potent Master
Sam H. Jessee, 32° . . . . . Deputy Master
Shawn P. Lang, 32° . . . . . Senior Warden
Brian T. Wilding, 32° . . . . . Junior Warden
Branden T. Plesh, 32° . . . . . Orator
Zack S. Morgans, 32° . . . . . Master of Ceremonies
Jeffrey R. Jones, 32°. . . . . Guard

PENNSYLVANIA COUNCIL, PRINCES OF JERUSALEM

Larry D. Horath, 32° . . . . . Sovereign Prince
William J. Wiker, 32° . . . . . High Priest
Erastus Z. Allen, 32° . . . . . Senior Warden
Joseph G. Whitaker, 32° . . . . . Junior Warden
Robert M. Polander, 32° . . . . . Master of Ceremonies
Charles H. King, 32° . . . . . Master of Entrances

PITTSBURGH CHAPTER OF ROSE CROIX 18°

Rodney E. Boyce, 33° . . . . . Most Wise Master
Robert B. Malwitz, 32° . . . . . Senior Warden
James C. Mayes, 32° . . . . . Junior Warden
Joshua S. Freeman, 32° . . . . . Orator
Charles J. Anthony, 32° . . . . . Master of Ceremonies
David B. Firda, 32° . . . . . Guard

PENNSYLVANIA CONSISTORY 32°

Donald W. Boehm, 33° . . . . . Commander-in-Chief
David W. Morgans, 33° . . . . . 1st. Lt. Commander
Jeffrey M. Wonderling, 33° . . . . . 2nd Lt. Commander
David L. Moore, 32° . . . . . Orator
Joshua L. Miller, 32° . . . . . Chancellor
Mitchell D. Goldstein, 32° . . . . . Master of Ceremonies
Richard H. Kucera, 32° . . . . . Engineer & Seneschal
Eric S. Teasdale, 32° . . . . . Standard Bearer
Matthew A. Boice, 32° . . . . . Guard

+ + +

Paul J. Roup, 33° . . . . . Treasurer
Donald M. Murphy, 33° . . . . . Secretary
Vito A. Urso, 33° . . . . . Hospitaler
Dennis R. Johnston, 33° . . . . . Tiler
Peter A. Leary, 32°, Joseph G. Whitaker, 32° . . . . Masonic Fund Society
Charles M. Bombich, 32° . . . . . Representatives

EXECUTIVE COMMITTEE

Donald W. Boehm, 33°, *Chairman*

Rodney E. Boyce, 33° . . . . . Larry D. Horath, 32°
Sam H. Jessee, 32° . . . . . Robert B. Malwitz, 32°
David W. Morgans, 33° . . . . . Donald M. Murphy, 33°
Paul J. Roup, 33° . . . . . Robert B. Ruff, 32°
William J. Wilker, 32° . . . . . Jeffrey M. Wonderling, 33°
Vito A. Urso, 33°, *Trustee* . . . . . Thomas K. Sturgeon, 33°, *Active*

TRUSTEES

Vito A. Urso, 33°, *Chairman*

Jeff A. Biddle, 33° . . . . . Donald W. Boehm, 33°
Rodney E. Boyce, 33° . . . . . Keith J. Caito, 33°
Thomas M. Gasmire, 33° . . . . . Larry D. Horath, 32°
Donald M. Murphy, 33° . . . . . George W. Polnar, 33°
Richard A. Rodibaugh, 33° Paul J. Roup, 33° Robert B. Ruff, 32°

TRUSTEES EMERITUS

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Charles W. Doege, Jr., 33° . . . . . Robert E. Dunkelman, 33°
William J. Ebertshauser, 33° . . . . . Edward H. Fowler, Jr., 33°
Stephen A. George, 33° . . . . . Robert R. Havers, Sr., 33°
John W. Hisiro, 33° . . . . . Dennis R. Johnston, 33°
Albert L. Kappeler, Jr., 33° Robert Mellon, 33° Donald E. Sauer, 33°
Walter L. Sykes, 33° . . . . . Kurt R. Tesche, 33°

SECRETARY EMERITUS

Elwood R. Schultise, 33°

TREASURER EMERITUS

D. William Roberts, 33°

ALLEGIANCE

The bodies of the Scottish Rite, sitting in the Valley of Pittsburgh, State of Pennsylvania, acknowledge and yield allegiance to the Supreme Council, 33°, Ancient Accepted Scottish Rite of Freemasonry for the Northern Masonic Jurisdiction of the United States of America whose Grand East is in Lexington, Massachusetts, and whose Officers are: Ill.˙John Wm. McNaughton, 33°, *Sovereign Grand Commander,* Ill.˙Thomas K. Sturgeon, 33°, *Deputy for Pennsylvania.* Other Active members for Pennsylvania are: Ill.˙Jeffrey W. Coy, 33°, Ill.˙George Nakonetschny, 33°, Ill.˙Robert J. Bateman, 33°.

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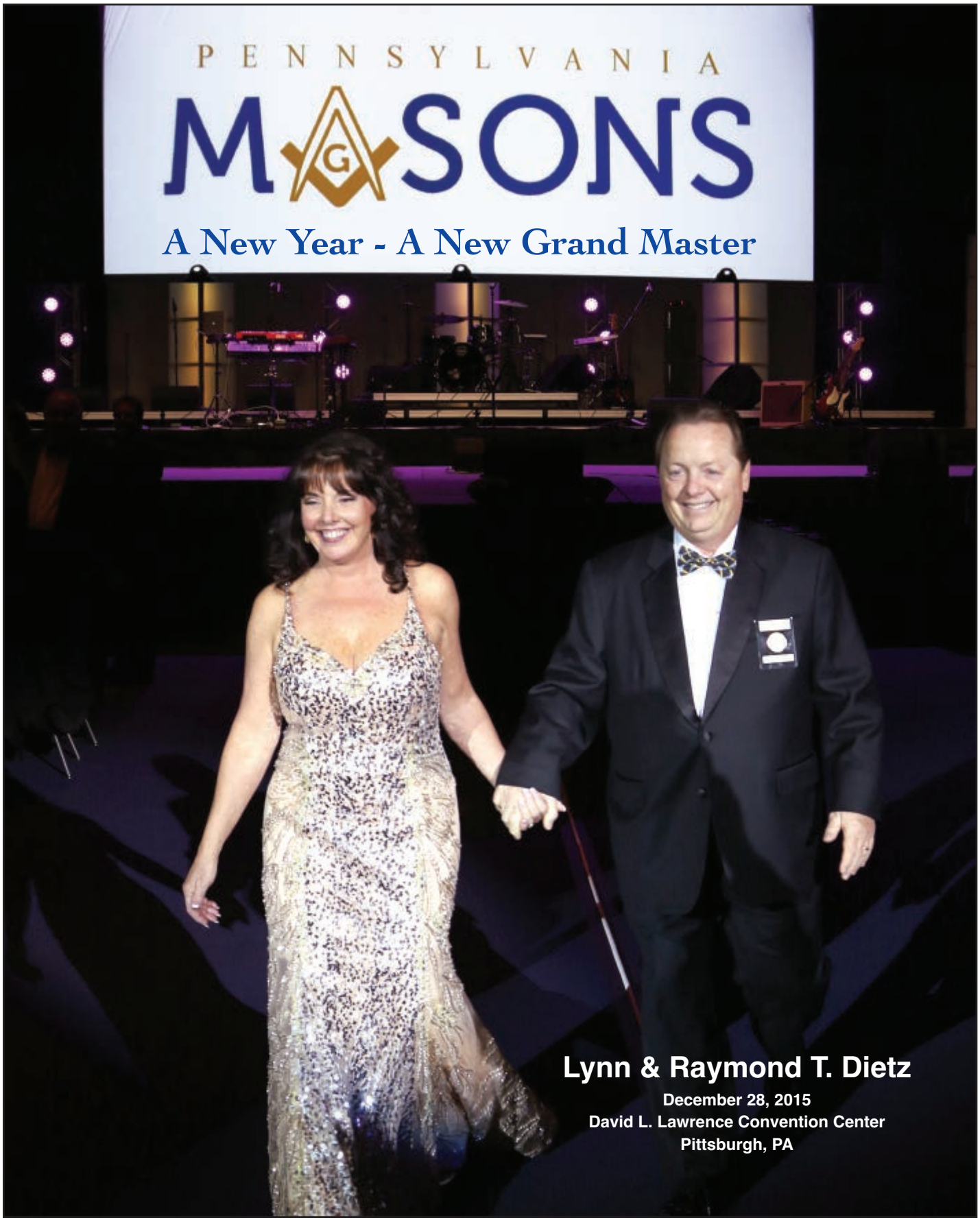
In Memoriam

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.

Kurt D. Almasy
Walter P. Atalski
Herbert J. Bagnall
Alexander Bahur
Edgar R. Baker
Albert R. Bryner
David Bryner
Kenneth L. Canonge
Everett C. Cheesebrough
Robert W. Clayton
Robert C. Clydesdale
Harold L. Cunningham
Gerhard W. Doege
James R. Drew
Donald H. Eakin
Raymond S. Ehrman
Clair L. Emeigh
Ralph E. Gallagher
Robert L. Gettens
Ronald M. Giallonardo
Donald M. Harbaugh
Allen R. Hawk
James L. Heaps
Edwin E. Hedeen
Frederick B. Hildebrand Jr.
Charles H. Johnston
David R. Johnston
Robert W Jordan
Robert L. Konkle
Nicholas R. Kordick
Edwin A. Lang
Kenneth M. Langlands
David C. Langsdorf
James R. Lobb
Louis Ludolff
John M. Markel Jr.
Robert D. McCuen
George F. McGinnis Jr.
Albert L. Meinert
Ned Mervos
John J. Miller.
George H. Murphy
Charles J. Parker
Ronald W. Paul
Donald A. Peterson
Annunziato C. Reilsono
Jesse W. Ridgway
Paul Rolich Jr.
Albert H. Ross
Henry E. Schnarrenberger
Joseph E. Scott
James W. Seel Jr.
Alan H. Segal
Ronald E. Shuster
Charles E. Snyder
Howard W. Snyder
Ralph E. Taylor
Thomas S. Taylor
Charles R. Thomas
Edward E. Turner
Samuel W. Verner
Howard R. Williams
Robert T. Williams


PENNSYLVANIA
MASONS
A New Year - A New Grand Master
Lynn & Raymond T. Dietz
December 28, 2015
David L. Lawrence Convention Center
Pittsburgh, PA

Installation of Raymond T. Dietz, 33° as the

121st Grand Master of Masons in Pennsylvania

December 28, 2015 - Pittsburgh, Pennsylvania

Photos by Ken Brooks

HIRAM'S RIDERS MOTORCYCLE CLUB

Hiram's Riders Invites You to a

Welcome to Spring Party!

Saturday, March 12 - 6:00 p.m to ?

Greater Pittsburgh Masonic Center

Drop in and have a Fraternal

Shot of Spirits

to celebrate

St. Patrick's Day

Door Prizes Free Beer

New Bar Open 6:00 p.m. to ?

50/50 Raffle

Wear Your Green!

$8.00 Cover Charge

Hors d'oeuvres Pizza Snacks

Music by GASHOUSE ANNIE

All Master Masons, their Wives, Girlfriends, and Guests. . .

WELCOME!

Norm Flaherty, 33° YOUR HOSTS Don Murphy, 33°

All members and guests of the Valley of Pittsburgh are cordially invited to attend the

ROSE CROIX DeMOLAY INDUCTION CLASS

on

SATURDAY, MARCH 12, 2016 2:00 P.M.

at the

GREATER PITTSBURGH MASONIC CENTER

(Anyone over the age of 21 is permitted to attend.)

DEMOLAY PENNSYLVANIA

See the two induction ceremonies and the drama depicting the trial of Jacques deMolay on stage!

Classic Car Club

The Vintage/Classic Car Club was formed in 2013 to provide a Club for Fellowship of members who share a love for Antique and Classic Cars.

We sponsor two Cruises each summer to help support the School for Dyslexia.

If you would like to join us, contact Bro. Bob Chambers, *President*:

rmchambers71@gmail.com

or Bill Keller, *Vice President*:

billwrk1@verizon.net

Let's Talk About . . .

Why Join the Scottish Rite?

Jeffrey M. Wonderling 33°
Valley Membership Chairman

Membership in the Scottish Rite has so many benefits. Life lessons are taught in the Degrees when you enter the organization. If you pay attention you will soon find a template to guide you in becoming a better man and a better Mason.

For me Masonry has always been about the relationships I have forged and fond memories of truly great men. You may find yourself sitting next to a carpenter, attorney, doctor, or student. Men and women with a myriad of life experiences that are shared during our time together – experiences that just may give you a different perspective on life that can't help but broaden your intellect.

In the past several years almost all of the events include the Ladies and more family events are planned every year. We have had entertainment from Johnny Angel to Norm Nardinni and everything in between. In the month of February alone we will have the annual Superbowl and Daytona 500 parties watching the events on a 12 foot screen with food and beverages.

There are only 5 stated meetings per year and all begin with Dinner and entertainment for the exorbitant price of $10 per person. Meetings rarely average over 45 minutes in length. We do the necessary business and get back to our Ladies.

In addition to the aforementioned is the most important benefit of all – the fraternal component of helping each other – which is the real reason for the organization. Not only do we help each other grow but we help each other in daily needs and wants. Need a product or service or a helping hand? There is a Brother ready to help if he can. Bro. Vito Urso, 33° and the Hospitalers are always ready to assist Brethren in need. They are performing yeomen's work every day.

A while ago, I shared a nightcap after an event with several Brethren and got to talking about the construction of my man cave. The subject of hanging and finishing the wallboard was broached. Did I mention I abhor finishing wallboard? I immediately had five volunteers to do the project. I offered to pay them for the help and they said the price would be pizza and beer. I did not take them up on their offer because I am fortunate to have the ability to pay and would not dream of taking advantage of them. The point is they were ready to roll. I have complete confidence that I could get help with anything that may arise in my life. I do business with a Brother to support him and his family. I do not expect a discount but am confident that a Brother will give me an honest, fair, and quality product or service. In return, I will indeed go out of my way to serve a Brother Master Mason because when I knelt at that altar 22 years ago I said I would.

By joining the Scottish Rite, you greatly increase your fraternal circle. All for $85 per year dues and we haven't even discussed what the organization does for the betterment of Society.

The Valley of Pittsburgh, Ancient Accepted Scottish Rite of Freemsonry, in association with the Grand Lodge of Pennsylvania is presenting a Rare Opportunity of becoming a Master Mason, 3° and a Scottish Rite Mason, 32° in One Day – October 29, 2016 at Soldiers & Sailors Hall. Come join us and take advantage of being a Scottish Rite 32° Mason. Complete details begin on page 12.

"Foot to Foot"

Editor's Note:

Brother Wonderling was installed as the Junior Grand Warden of the Grand Lodge of Pennsylvania on December 28, 2015 at the David L. Lawrence Convention Center in Pittsburgh.

We wish him well as he proceeds through the Grand Lodge chairs.

PENNSYLVANIA

MASONS

Raymond T. Dietz, 33°, Grand Master

Your Friend Can Become A Master Mason and A 32nd Degree Mason In One Day !

A Day of Opportunity

1816

2016

October 29, 2016

A Day of Opportunity

by Thomas K. Sturgeon, 33°
Deputy for Pennsylvania

A Partnership between the
Grand Lodge of Pennsylvania
and the Scottish Rite of Freemasonry

On October 29, 2016 Pennsylvania Freemasonry will join in a unanimous partnership to create new members. It will be a "Masonic Journey of a Lifetime" for the new canidates – all in one day!

I ask all of you, the 32nd degree Masons, to join in this effort. Work with the Grand Lodge, work with your Valley, and work with each other to show the world when we, as Masons, engage in such a just undertaking that success will crown our efforts.

This *Man to Mason* day is not a Grand Lodge day. It is not a Scottish Rite day. **It is a Pennsylvania Freemason day!** It is a day for each of us to practice the virtues that we are taught and to work together for the good of all. It is a day when worthy men, who otherwise may not have the necessary time, will be able to become members of our ancient and honorable fraternity.

The ritual will be first class and exemplary. There will be no short cuts in the three symbolic degrees.

The Ancient Accepted Scottish Rite will play a most important role in this great day. Much of the success depends on us, the workers in the Valley of Pittsburgh. The Valley of Uniontown. The Valley of New Castle. And all of the other Valleys in the Commonwealth of Pennsylvania.

ALL WE ASK OF YOU IS TO IDENTIFY WORTHY MEN AND IN A PROPER MANNER GRANT THEM THIS SPECIAL OPPORTUNITY TO BE A MASON.

Do not wait for the next brother to do it. You must do it yourself, NOW! Think about how it must have been over two hundred years ago when our founding fathers started this great fraternity in Pennsylvania. Could it have been easy? I think not! They felt the need, they recognized the greatness that lie ahead, they accepted the challenge, they committed to making it work. Because of them we have had the great experience of being Masons. Now it is our turn to do the same for the generations that will follow us.

And this special day for those joining the Scottish Rite – it will be FREE! Yes, FREE! Initiation fees will be dropped.

A personalized **Invitational** brochure is available for your use.

- Have the office personalize it with your name, address, phone and email information and then hand it to a good man.
- Take time to explain our Fraternity to him.
- Brag about the famous men who are and have been Masons.
- Use all of the tools that we have.

Time was, time is, but for us, the 32nd degree Freemasons, the time is **NOW!** It is the time for each of us to pay back just a little for all of the enjoyment we have had. The payment is to share our fraternity with other worthy men. I ask all of you to join with me in this effort.

In the Valley of Pittsburgh we are partnering with our Grand Master, Ill.˙.Brother Raymond T. Dietz, 33°. As your Deputy for Pennsylvania of the Supreme Council, I am committed to this partnership.

Together there is no stopping us. Let us not be stopped! I thank each of you for the privilege of serving and for your dedication to our beloved Freemasonry.

Note: Petitions for Blue Lodge degrees will need to be read no later than the September Stated Meeting with favorable ballots no later than the October Stated Meeting. Scottish Rite petitions will be accepted to October 21.

So Mote it Always Be!

PENNSYLVANIA MASONS

– Time Line –

Saturday, October 29, 2016

Soldiers & Sailors Hall

Pittsburgh *(Oakland Section)* PA 15213

06:00 – 07:45 am	Candidate Registration
07:55 – 08:05 am	Grand Lodge Opens
08:05 – 09:05 am	Entered Apprentice Degree
09:05 – 09:25 am	Entered Apprentice Education
09:25 – 09:40 am	Break
09:40 – 10:25 am	Fellowcraft Degree
10:25 – 10:40 am	Fellowcraft Education
10:40 – 11:50 am	Master Masons Degree

Benediction – Break for Lunch

11:50 – 12:30 pm	Lunch
12:30 – 12:50 pm	Master Masons Education
12:50 – 01:10 pm	Grand Lodge Closes
01:10 – 01:25 pm	York Rite
01:25 – 02:30 pm	Scottish Rite
02:30 - 02:45 pm	Break
02:45 - 03:55 pm	Scottish Rite
03:55 - 04:10 pm	Break
04:10 - 04:45 pm	Shrine

Who to Call for Pittsburgh Information

Grand Lodge
Thomas M. Gasmire, PDDGM, *Coordinator*
724-747-3960

Scottish Rite
Donald M. Murphy, 33°, *Valley of Pittsburgh*
412-939-3579

Jason F. Craig, 33°, *Valley of Uniontown*
724-833-2659

Shrine
W. David Johnston, *Recorder*
724-274-7000

Dues & Fees to Accompany One Day Petitions

(100%) Lodge Initiation Fee	+	(100%) G.L. Petition Fee	+	(100%) George Washington MNMA*	+	(25%) Annual Lodge Dues	+	(25%) Grand Lodge Dues
$175 (Per By-Laws)	+	100	+	5	+	18.75	+	6.25

= $305

Example:

*Contribution to the George Washington Masonic National Memorial Association

Candidate Proficiency

Lodges are required to have members available to instruct their candidates.

Mentoring is to begin at the One Day Masonic Journey and continue on an ongoing basis.

You have a friend who is a

32° FREEMASON

and he thinks very highly of you!

He also thinks you possess the necessary qualifications to become a Freemason – a member of the world's oldest and most prestigious fraternity for men of good morals and character – men who are leaders in society, men who love God, men who respect the law, and are proud to be American.

Being a Mason means sharing the values of our nation's founding fathers; men who believed the brotherhood of man was firmly rooted in the Constitution of the United States.

It means becoming a better person while helping to improve the quality of life for others. It means forming deep and lasting friendships that transcend the boundaries of race, religion, and culture, as well as those of geography.

This special One-Day Opportunity is very rare and can save you over $200.00 in initiation fees that have been dropped.

Your friend asks that you read this brochure and if you have any questions, ask him. If you decide to take advantage of this once-in-a-life-time opportunity, let him know and he will guide you in becoming a Master Mason, the highest degree one can obtain in this historical and respected fraternal order of men, as well as a Scottish Rite Mason 32°.

To become a member of our great Fraternity, contact the person that presented you with this once-in-a-lifetime opportunity.

Your name here
Address
Phone number'
Email

Grand Lodge of Free and Accepted Masons of Pennsylvania

Raymond T. Dietz, 33°
Grand Master
One North Broad St.
Philadelphia, PA 19107-2598
Web: www.pamasons.org

PENNSYLVANIA MASONS

Valley of Pittsburgh

Scottish Rite of Freemasonry

Thomas K. Sturgeon, 33°
Deputy for Pennsylvania

3579 Masonic Way
Pittsburgh, PA 15237-2700
412-939-3579
Web: www.valleyofpittsburgh.org
Email: aasr.pittsburgh@comcast.net

PENNSYLVANIA MASONS

★ ★ ★

A DAY OF OPPORTUNITY

Becoming A
MASTER MASON
and a
32° MASON
IN ONE DAY!

- **Non Masons**
  Receive the Master Mason degrees and the Scottish Rite degrees.
- **Veterans**
  Receive $100 initiation fee credit.
- **Master Masons**
  Continue your Masonic Travels. The degrees of the Scottish Rite are FREE.

★ ★ ★

October 29, 2016
Soldiers & Sailors Hall
8:00 a.m. – 4:00 p.m.

PENNSYLVANIA
MASONS

ONE DAY OF OPPORTUNITY

Become a Master Mason, 3°
and a
Scottish Rite Mason, 32°
IN ONE DAY!

Who Can Take Advantage of the One Day Opportunity?

Non Masons - Receive all three Blue Lodge degrees and become a Master Mason in one day.

★ ★ ★

Veterans - Receive a $100.00 reduction on the fees of the Blue Lodge.

★ ★ ★

Master Masons - Any Master Mason can join the Scottish Rite on this One Day of Opportunity for **FREE.** All Scottish Rite dues and fees for 2016 are dropped. Total saving realized – over $200.00.

Master Masons - call or email the office for a petition.

412-939-3579
aasr.pittsburgh@comcast.net

Qualifications to Become a Mason

Only individuals believed to be of the finest character are favorably considered for membership which is limited to adult males 18 years of age.

One seeking admission must be recommended by two Master Masons, one of whom must be a member of the Lodge the petitioner wishes to join.

The basic unit of Freemasonry is the Symbolic Lodge, or 'Blue Lodge', as it is commonly known. It is the Symbolic Lodge that issues petitions for initiation and membership, acts on petitions and confers the Three Symbolic Degrees, known as the

- **Entered Apprentice**
- **Fellow Craft**
- **Master Mason**

which normally takes 3 months to acquire but during this special One Day Opportunity, you will receive all of them in one day.

What is Freemasonry?

The Fraternity of Free and Accepted Masons is the oldest, largest and most widely known fraternal organization in the world. With roots dating back to the great European stonemason guilds of the 14th Century, the Freemasons later evolved into a fraternal order of brotherhood and service that spans the globe today.

Each member is initiated into the order and progresses through the original medieval levels of advancement that include Apprentice, Journeyman (now called Fellowcraft), and Master Mason.

Dedication to each other, and a belief in a supreme being (regardless of denomination), are essential elements that bind Freemasons together.

Freemasonry notes its beginnings here in America in the very early 1700s, with one of its most notable members being our first American president, George Washington.

Open to all levels of society from cabdriver to Congress, the Freemasons have included such names as patriot Benjamin Franklin, country western singers Roy Acuff and Eddy Arnold, astronaut Buzz Aldrin, South Pole discoverer Roald Amundsen, hotelman John Jacob Astor, western star Gene Autry, comedian Richard Pryor, actor John Wayne, president Harry S. Truman, baseball great Honus Wagner, magician Harry Houdini, jazz legend Count Basie, America's literary icon Mark Twain, and boxing great Sugar Ray Robinson, to name just a few.

Its bonds of friendship, compassion and brotherly love have survived even the most divisive political, military and religious conflicts through the centuries.

Freemasons Serve Mankind

The Children's Learning Centers of the Scottish Rite 32° Masons treat children afflicted with dyslexia free of charge. Shriners hospitals are free of charge for children with orthopedic and burn problems. There are four Masonic Villages offering both independent and assisted living facilities for senior citizens. These are only a few of the services the Fraternity provides.

What do Freemasons Believe In?

Freemasonry teaches high moral ethical standards and family values. Masons come from all religious beliefs (Catholic, Jewish, Protestant, etc.) which are based on the belief in one God. They are men bonded by friendship and brotherly love in service to mankind.

It seeks to make good men better through its firm belief in the Fatherhood of God and the Brotherhood of Man.

Contrary to what many believe, Freemasonry is not a secret society. There has been no attempt to conceal the purpose, aims and principles of the Fraternity. It is an organization formed and existing on the broad basis of brotherly love, relief, and truth.

Freemasonry is many things, but, most of all:

FREEMASONRY IS A WAY OF LIFE

The **ONE DAY OF OPPORTUNITY** is a partnership between the Scottish Rite of Freemasonry and the Grand Lodge of Pennsylvania.

Raymond T. Dietz, 33°
Grand Master

Deadline for completing the application form is Monday, August 22, 2016. Contact your friend prior to that date to assist you.

I'm Interested. Let's proceed.

Name_____

Address_____

City_____ State____ Zip_____

Phone_____ Cell_____

Email_____

Mail to person on the reverse side for further action.

What Does FRATERNITY Mean To You?

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

Freemasonry is a fraternity. Google the word "fraternity" and it will return something like:

fra–ter–ni-ty: 1) a group of people sharing a common profession or interests; 2) a state or feeling of friendship and mutual support within a group; and 3) a group of persons associated by or as if by ties of brotherhood.

Synonyms include: brotherhood, friendship, kinship, fellowship, solidarity, community and mutual support.

Brethren, a common understanding starts with an accepted definition. What does fraternity mean to you? Scottish Rite Freemasonry, or simply Freemasonry, is a fraternity of men, devoted to bettering themselves and others, among other purposes. We share a common interest and purpose. We mutually support each other in our various works and events. We are bound by obligation and the ties of brotherhood. But what does that mean, you ask?

I'm glad you asked. Freemasonry is unlike any other "frat" that you may have predetermined concepts about. Ask any Mason and he's likely to tell you that, as the world's oldest and largest fraternity, we are about personal growth and education, relief of others through charity and charitable works, and integrity in dealing with others. Further, he may point out that:

1. Freemasons helped established some of the first public schools both in Europe and America and continues to support education through Learning Centers and scholarships. Masons help provide the best educational opportunities for all.

2. First and foremost, we are all the children of the Grand Architect of the Universe, in whatever form one chooses to worship, entitling everyone to dignity, civility and respect.

3. Each one of us takes responsibility for our own actions. Each brother strives to be the best person, citizen, father, son, brother, and Mason that they can be without excuse or exception.

4. We learn to temper our thoughts and actions, remembering to act appropriately and with restraint in all our interactions, especially toward brother masons.

5. Masons act with honor and integrity for without them life loses its true meaning.

Recall, if you will, that we are a voluntary, self-supported organization comprised of good men of sound moral character and reputation who donate our time and efforts to the service of all. Each brother responded to the call to join this fraternity to fulfill some personal need, whether for friendship, fellowship, or social, spiritual, philosophical or whatever need, Freemasonry will allow one to fulfill that need. So, what need does the Fraternity fulfill for you?

Reflecting on my own experiences, my grandfather was a Mason and well respected in the community. I grew up not really understanding what Masonry was nor understanding what they did. I saw older, respected men in tuxedos entering a non-descript building for what, I assumed, was a business meeting. Many of these men I recognized as leaders in my community. Men I had known and respected my entire life.

Occasionally, over the years, I wondered what these men did in there and I was left to wonder for many years. As many do, I got married, had a family and started a career. I got busy with life. My grandfather passed away before I had a chance to ask any more about Masonry and, so, I lost my connection to it.

Many years later, I saw a friend dressed in a tuxedo similar to those that I had observed many years ago and it sparked a thought. I took the opportunity to ask him privately why he was dressed as he was. He shared that he was a Freemason and had just come from a stated meeting. I had many questions and he provided few answers, as many as he could at the time. He advised me that if I were truly interested; I should ask for a petition. And that, as they say, was that. My Masonic journey began and I continue to enjoy the adventure.

Brethren, I'm sure my story parallels many other brothers' stories. Freemasonry fulfills a variety of needs and desires for me. I am always happy to share with others, both Masons and non-Masons, the joy that I get from the friendship and fellowship; the help, aid and support I get from the officers and members of the Valley; the opportunities and sense of accomplishment that comes with every class and reunion; and, finally, the Brotherhood that I feel from each and every brother in the Valley of Pittsburgh. That, and so much more, is what I receive from being a member of the Scottish Rite Masonic fraternity.

So, I'm asking each of you to share your story with someone. Share with them your experiences. Share what Freemasonry means to you and what needs it fulfills. Invite them to an event, to provide the opportunity for them to experience Scottish Rite Masonry first-hand. Let them start to define for themselves what fraternity means and decide that they would like to be part of something that helps so many become better men. I know it helped me and continues to do so every day. Brethren, that is what Fraternity means to me.

Happy Easter Brothers! ❖

Annual Grotto Lenten Fish Dinner

Friday: Feb. 26, Mar. 4, 11, 18, 25

$10.00 per person

Served from 5:00 to 7:00 p.m.

Purchase Tickets at the Door!

Greater Pittsburgh Masonic Center

Find us on Facebook

The Valley of Pittsburgh now has its own Facebook page. Check us out at Facebook.com and search for the Valley of Pittsburgh. "Like" our page and become a fan. Not only will that make us feel special, but it will help you keep up-to-date with Valley news, discussions, and events.

Go to Facebook.com

Henry Masonic Tribute Rifle Raffle for Charity

Henry Rifle Company is delighted to recognize this ancient and honorable fraternal order with the new Henry Golden Boy Freemasons Tribute Edition in .22 LR rimfire, proudly featuring imagery instantly recognizable by Masons everywhere on its brightly polished silver receiver.

To further set off this striking masonic tribute edition, the select American walnut stock depicts George Washington, 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.

What better way to acknowledge the order's long history, and reward the work and dedication that you, or someone important to you, has invested in Freemasonry!

Non-Masons Information

With roots dating back to the great European stonemason guilds of the 14th Century, the Freemasons later evolved into a fraternal order of brotherhood and service that spans the globe today.

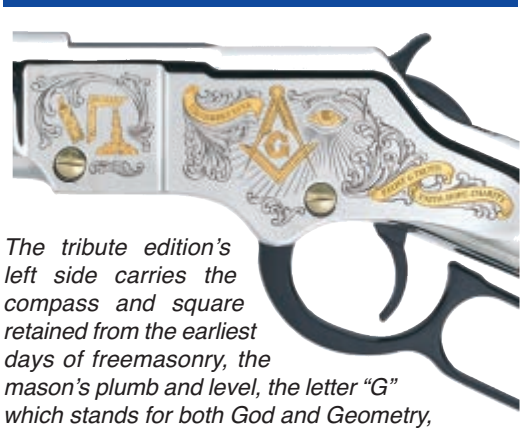
Each member is initiated into the order and progresses through the original medieval levels of advancement that include Apprentice, Fellowcraft, and Master Mason. Dedication to each other, and a belief in a supreme being (regardless of denomination), are essential elements that bind Freemasons together.

The Masonic lodge serves as a meeting house, educational center for matters Masonic, and a setting for the rituals associated with the various functions of advancement, along with local internal Masonic business and social activities. Lodges and rituals typically display standard Masonic symbols familiar even to non-members, and those include both stone mason symbology as well as references to the Temple of King Solomon.

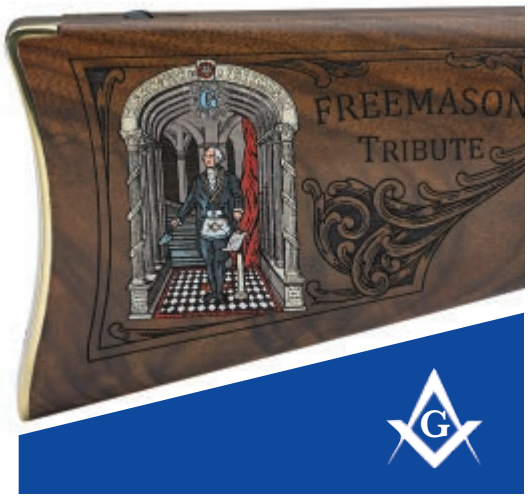
Freemasonry notes its beginnings here in America in the very early 1700s, with one of its most notable members being our first American president, George Washington. Open to all levels of society from cab driver to Congress, the Freemasons have included such names as country western singers Roy Acuff and Eddy Arnold, astronaut Buzz Aldrin, South Pole discoverer Roald Amundsen, hotelman John Jacob Astor, western star Gene Autry, comedian Richard Pryor, actor John Wayne, magician Harry Houdini, jazz legend Count Basie, America's literary icon Mark Twain, boxing great Sugar Ray Robinson, and President Harry S. Truman to name just a few.

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.

Tickets: $5.00 each. Drawing: July 30 - PA Lottery 3 digit evening number.



*The tribute edition's left side carries the compass and square 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.*



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Greater Pittsburgh Ma
3579 Masonic Way
Pittsburgh, PA 15237-

Questions? 412-683-

Henry Wild Life .30-30 Rifle Raffle for Charity

Henry's new Wildlife Edition rifle comes with an engraved gold deer head on the right side of the brass receiver and octagonal barrel. Whether you need a hard-hitting rifle capable of fast repeat shots in the bear country of Alaska or a light rifle for deer hunting in the mountains of Pennsylvania, Henry's new Wildlife Edition rifle will provide the accuracy and reliability you can count on.

The drawing for a lucky winner will be on Monday, September 5, Labor Day. Just in time for hunting season. Enter as often as you like! Complete the coupon below and mail.

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

This is Why We Do It!

Millions of school children with dyslexia endure frustration and demoralization on a daily basis as they struggle to acquire skills that many of us take for granted. If your child is struggling with reading and writing, how do you know if dyslexia is the cause? Where can you go for help?

For over two decades, the Scottish Rite Masons, Northern Masonic Jurisdiction, have been national leaders in the effort to help children and their families overcome the painful obstacles of dyslexia. With 49 active Dyslexia Centers in 13 states, the Children's Dyslexia Centers tackle the challenge of dyslexia head-on, both by providing free tutoring for children with dyslexia and by training a growing cadre of highly skilled and dedicated tutors.

Dyslexia is an inherited neurological disorder that affects the way people learn to read and speak as well as how they process things mathematically. Some famous dyslexics include Thomas Edison, Winston Churchill, Walt Disney, Tom Cruise, Leonardo DaVinci, and Whoopi Goldberg.

Dyslexia affects one out of every five people, and affects boys and girls in equal numbers. Children left with untreated dyslexia often suffer devastating personal consequences. It is the number one reason teenagers drop out of school, and is a primary factor in juvenile delinquency.

Research reveals that children with untreated dyslexia become underachieving adults unable to contribute to society at their fullest capacity.

Dyslexia is, however, a treatable condition. Children with dyslexia need professional help, and the earlier they receive it, the greater their chances of achieving normal, fully functional lives.

Kids with Dyslexia

is a Masonic Motorcycle
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Tickets: $5.00 each. Drawing: July 30
PA Lottery 3 digit evening number.

- Masonic Tribute Rifle -

Here's my contribution check for the School for Dyslexia. $5____$10____$20____$50____$100____ payable to *Hiram's Riders Charity Fund.*

Name_____

Phone_____

Email_____

Mail to: **Hiram's Riders,** Greater Pittsburgh Masonic Center, 3579 Masonic Way, Pittsburgh, PA 15237. Please include a stamped, self-addressed envelope for confirmation.

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

Tickets: $5.00 each. Drawing: Sept. 5
PA Lottery 3 digit evening number.

- Wild Life .30-30 Rifle -

Here's my contribution check for the School for Dyslexia. $5____$10____$20____$50____$100____ payable to *Hiram's Riders Charity Fund.*

Name_____

Phone_____

Email_____

Mail to: **Hiram's Riders,** Greater Pittsburgh Masonic Center, 3579 Masonic Way, Pittsburgh, PA 15237. Please include a stamped, self-addressed envelope for confirmation.

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

Enter both Raffles - Send one check!

Upon the Checkered Pavement

D. Todd Ballenger, 33°, Feature Writer

How Crooked is your Crown?

"Solomon's Crooked Crown"

Solomon was busy judging others,
when it was his personal thoughts
that were disrupting the community.
His crown slid crooked on his head.

He put it straight, but the crown went
awry again. Eight times this happened.
Finally he began to talk to his headpiece.
"Why do you keep tilting over my eyes?"
"I have to. When your power loses
compassion, I have to show what such a
condition looks like." Immediately Solomon
recognized the truth.

He knelt and asked forgiveness.
The crown centered itself on his crown.

When something goes wrong,
accuse yourself first.
Even the wisdom of Plato or Solomon
can wobble and go blind.
Listen when your crown reminds you
of what makes you cold toward others,
as you pamper the greedy energy inside.

~ Jalal ad-Din Muhammad Rumi

Coleman Barks, expert and celebrated translator of many of the works of Jalal ad-Din Muhammad Rumi, explains that the 13th-century Persian poet wrote about King Solomon as a metaphor for "luminous divine wisdom." Power and responsibility, though attractive and good for our own egos, can lead to selfishness and short-sightedness, thereby robbing us of compassion. In "Solomon's Crooked Crown," we see that often it is easy enough for our own ideas of what is right and what is true to become skewed to the point where we lose our way, our focus, on the pathway of enlightenment. As Freemasons venerating the wisdom of King Solomon, it is very important to recognize this when it happens to us and to address it.

As the maxim goes, "the road to hell is paved with good intentions," and as well-intending as we are, even the most practiced, the most learned Mason can fall to distraction and become lost. It is incredibly easy to become so involved with those things that we want to accomplish that our vision begins to blur around the edges and we lose sight of how our thoughts and actions impact others.

In fact, what we should learn from Rumi's picture of King Solomon comes not from the storied monarch, himself, but from his crown. Remember, Solomon is a man, like any other. Invest him with a crown, however, and he becomes a king. The crown is the emblem of his authority. But the mistake we often make is in the assumption that a leader's authority lies in the amount of power he has and with that power, some inherent ability to wield it.

Do you feel your crown slipping a bit?

The secret of true authority and leadership does not lie with some measure of power, but in one's willingness and ability to serve. This theme is repeated throughout the Fraternity. Think of the Worshipful Master, the leader and authority in the Lodge. He isn't tasked to control the actions of those whom he governs, but to maintain harmony and good order, and to do so in the most tender manner possible. He should set the example of benevolence and understanding while guiding his charges. The Worshipful Master also has the assistance of the Senior and Junior Wardens, trusted councillors who are to assist in guiding the Members much like King Hiram and The Widow's Son were invaluable to Solomon while building the great temple. They are tasked with not only serving the Members, but also the Master, and should remind him when his hat begins to droop.

Were you checking your crown again?

Don't think that leadership stops with the elective officers, however. Past Masters often exercise a great deal of influence in the Lodge. This influence, if flaunted carelessly, can be as blinding as the king's crown. Actually, the responsibilities that come with experience can be as challenging even after leaving the East. "When your power loses compassion, I have to show you what such a condition looks like." Simply because you've completed a task in the Lodge does not mean that you have fulfilled your duty to your Brethren. These duties go far beyond the standard for holding office in the Lodge and, believe it or not, apply to every Member, not just those with a title or a collar. When ideas like "its not my job" or "that's someone else's problem" begin to creep into your mind, you might want to start straightening your crown. Complacency among those who have knowledge and experience is something that Lodges can ill-afford. Acting the role of the advisor is vitally important in the Lodge, but the danger of ego and apathy can creep in uninvited. As Bro. Mark Twain admonished, "Keep away from people who try to belittle your ambitions. Some people always do that, but the really great make you feel that you, too, can become great."

Time for another adjustment to your headpiece.

And what of you who don't hold an office or never envisioned yourself leaders? You may not see yourselves as having authority, but you do have a responsibility of service to everyone who comes into the Lodge. Remember that the duty of every Master Mason was not that of a spectator enjoying the fruits of his success while others labored. The Masters were overseers - that is, supervisors, teachers, mentors - actively learning themselves to perfect the finer points of the ideas and principles taught within the ritualistic work. The Masters' duties included recognizing how these timeless lessons of Brotherly love, relief, and truth apply in our ever-changing world, and passing on this wisdom as active participants in the Lodge. It actually is your duty to further educate yourself in the Craft, to learn the meanings and origins of its many symbols, to understand the principles that govern our Fraternity, and to be able to explain to the inexperienced the hidden meanings residing in our rituals.

How about now? Is that crown still covering your eyes? Or are you beginning to feel more comfortable with how it sits in its place?

If you truly wish to have a satisfying Lodge experience, then everyone needs to work together and lead where they are able, with an eye toward serving each other. Remember that when we judge with candor, admonish with friendship, and reprehend with justice, then we all lead with compassion. And in that compassion, be sure to listen when your crown speaks to you - it may just save you from going blind.

D. Todd Ballenger, 33°, is a Past Thrice Potent Master of the Lodge of Perfection and does not own a crown. Rumor has it, however, that he has performed for crowned heads, bald heads, and dead heads alike in many ritualistic exploits during his Masonic career. You can read more from Bro. Ballenger at his blog, The Luminosity of Souls (luminosityofsouls.blogspot.com). ❖

Acts of Kindness

by Rev. John H. Piper, 33°

When I woke up on Saturday morning, January 23rd, my neighborhood had turned into a Winter Wonderland. It had snowed significantly overnight and I needed to get to a Wedding in the afternoon. So at the age of 76, I took my snow shovel in hand and headed outside to clear my driveway. I soon discovered that this was not light fluffy snow, but rather the heavy, wet variety and shoveling it was not fun! But I had to clear the driveway. While I was hard at work a young family was walking by, and the mother asked me, "Do you need any help?" I replied, "Are you kidding?!" She said, "No, I'm not kidding. Do you have another shovel?!" I did have another shovel and then this family (mother, father, a 12 year old daughter and 8 year old son) proceeded to clear my driveway for me. At one point my wife called to me to take a break. I called back to her, "Come out here and see what's happening!" She came outside and was pleasantly surprised! I didn't know this family. They don't live on my street. But now I know them, and in the course of our conversations, I found out that the mother's grandfather is also a retired Methodist minister in upstate New York, who at the age of 95 still, as she said, has yet to preach his last sermon!

The point is …that in the business of life we need to slow down and look around ourselves for opportunities to help others to lighten their loads. When I told this story at Church the next day, one of the members of the flock said now what act of kindness have you done, Reverend?!

I have done them. The memories of a couple of them are still with me.

Once when my wife and I were in upstate visiting her mother around Christmas, we had finished doing some grocery shopping and were heading back to our car. The parking lot was covered in snow and ice. On the way to the car, I heard a woman cursing." Jesus Christ!!" she yelled, as she was trying to push her shopping cart to her car and was struggling to get over the icy ruts. I went over to her and said, 'I'm not Jesus Christ, but can I help you?!

Another time I was in the South Hills of Pittsburgh doing some shopping at Century III Mall, when I heard an older woman in a wheel chair crying, "Someone help me please". People kept passing her by, but I stopped and asked her what help she needed. She told me she need to be pushed from Penney's to Kaufmann's (this is an old story!) I pushed her there. When we got to Kaufmann's she asked me my name, I told her my name was "Jack" and she said she would remember me in her prayers that evening!!! So there are all kinds of opportunities for random acts of kindness – not just in winter – so slow down look around you and help someone this Spring. You might even have someone remember you in their prayers! ❖

Children's Learning Center Report

Richard A. Rodibaugh, 33°, *Chairman*

"Unless we think of others and do something for them, we miss one of the greatest sources of happiness." – Ray Lyman Wilbur

The Valley of Pittsburgh's Children's Dyslexia Center provides children with a fresh start at success both in life and in school. Students often share their transformation from a child dealing with hopelessness and low self-esteem to a young adult looking forward to a future bright with rewards and opportunity.

Bonnie S. is a parent of one of our students who graduated from the Center a couple of years ago. Bonnie offered to share her daughter's experience and success.

"To be indebted to an institution and its members for making a profound difference in the life of our child is what the Children's Dyslexia Center means to my family.

My name is Bonnie Szramowski, and my daughter Tara is dyslexic. To watch any child struggle with a learning disability is heartwrenching! Not only does the learning disability affect the child but the family as well. Every night after dinner I worked with our daughter on reading and hired Tara's teachers to tutor her to no avail. Without the right "tools", nothing worked causing friction and frustration within our family. The Children's Dyslexia Center changed all of our lives immensely by teaching Tara how to read using the Orton-Gillingham reading approach thus giving her success in school.

Fast-forward to 2016. Tara just finished her first semester as a freshman at IUP with a 3.28 GPA. Our family knows that this success is possible because of the teaching at the Dyslexia Center as well as the generosity of the Masons. Without each and everyone of you this would not have been possible! Thank you so much for caring enough to change the lives of children born with dyslexia!"

Bonnie and Tara's story is what we are about. We provide parents and students with someone who not only cares but understands the problems that their child is facing. It is this individual and child specific approach that leads to the many student successes experienced at our Children's Dyslexia Center.

The generosity of the Brethren at the Valley of Pittsburgh is inspiring. Contributions to our Learning Center remain strong. Thank you. Please continue your efforts. Make a contribution to the Learning Center. Join the Builder's Council. Consider a bequest in your will.

The Valley of Pittsburgh's Learning Center for Children makes a difference in children's lives each and every day ❖

James Cochran Lodge No. 562

invites you to the 19th

MEETING IN THE HILLS

Saturday June 18 **$25.00 per person**

A great evening of fellowship and food attended by over 500 masons.

A delicious New York Strip Steak Dinner is served with all the fixin's at 5:00 p.m. Call Bro. Robert S. Zelmore, 724.640.0469 for tickets, questions, and directions or email him at:

rzelmore@zoominternet.net

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Simply send a message to:

aasr.pittsburgh@comcast.net

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CONSOL ENERGY CENTER

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APRIL 8, 9, 10

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Check enclosed for _____ Reserved seats at $17.00 each. Total Payment $_____.
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***** COMPLETE YOUR PERFORMANCE SELECTION *****

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	2:30 p.m. ___ seats	
	7:00 p.m. ___ seats	

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Seats assigned on first response basis. Tickets will be mailed approximately 2-3 weeks prior to event.
Proceeds benefit Syria Shriners. Ticket purchases are not deductible as a charitable contribution.

From the Desk of the Secretary

by Donald M. Murphy, 33°

The Scottish Rite 2015-2016 year is moving along quickly. We have several exciting events scheduled during the remainder of this Scottish Rite Year. Coming up next, we have the annual showing of the Daytona 500. Other upcoming events include Rose CroixDeMolay conferral, St. Patrick's Day and Welcome to Spring party on Saturday evening, March 12 starting at 6:00 p.m., the Story of the Crucifixion, our usual stated meetings, and our baseball outings and tailgate parties with the Pirates and Wild Things. Look for details in other parts of the magazine. We still have many members who have not yet paid their dues. It would be quite a blow to the organization to lose a lot of members because of non-payment. We lose many members to death each year but to lose several hundred to suspension would certainly weaken the Valley. If you have any questions regarding your dues, please feel free to contact the Valley office at 412-939-3579. We cherish your friendship and membership in the Scottish Rite, so if you happen to be in financial need, please call us so that we may be of assistance with your concerns.

We want to especially thank those who have made contributions to our learning center this year. Your contributions make it possible for children with dyslexia to learn to read and follow their dreams.

On October 29, 2016, we will have a special one day class. Immediately following the Grand Lodge one day conferral the Scottish Rite will initiate any Master Mason who wants to become a 32° Mason. Even better, for this class, the usual initiation fee has been waived. Anyone who is a Master Mason can join the Scottish Rite free of charge. This is a one time opportunity. Don't let your friends who are not members miss out on this chance. To get a special FREE Petition, call our office at 412-939-3579 or send an email to: **aasr.pittsburgh@comcast.net**

You can also call the office and we will be happy to mail you several of these petitions. Let's make this opportunity a rousing success. Talk to those men who you know should be members of the greatest fraternity on earth and convince them to become masons and/or Scottish Rite 32° masons. Remember this Scottish Rite no fee opportunity may never happen again. Also remember that those who are already master masons may take advantage of this opportunity. Additional details are available elsewhere in this magazine. Should anyone have questions, please call the Scottish Rite office at 412-939-3579. ❖

The Valley of Pittsburgh

Greater Pittsburgh Masonic Center

presents a free on stage production of the drama

The Story of the Crucifixion

Palm Sunday, March 20

Curtain Time 3:00 p.m.

Dinner following performance *(optional)* **$10.00**

Please reserve_____show tickets (no charge). Enclosed is my check for $10 payable to **Lodge of Perfection** for _____dinner tickets.

Name _____ Phone ( ) _____

Mail to: GPMC, 3579 Masonic Way, Pittsburgh, PA 15237-2700

Celebration of Education Dinner

Thursday, May 26 - 6:00 p.m.

Greater Pittsburgh Masonic Center

$25.00 per person

The Celebration of Education Dinner features distribution of Abbott Scholarships to high school and college applicants from Scottish Rite families. Applications are available from the Valley office (412-939-3579) or on line at: www.scottishritenmj.org *(click on philanthropy and scroll down to Abbott Scholarships and 'click here')* Mail two copies to the Valley office at 3579 Masonic Way, Pittsburgh, PA 15237. The deadline for submission of applications is April 1.

The four Valley presiding officers will also select four Masons *(not necessarily members of the Valley)* who will be recognized as the ideal Family Man – living by the principles taught in the Scottish Rite.

Additionally, two grants will be presented to Rainbow members and two grants to DeMolay members to attend leadership conferences to be held in the summer. Applications for these grants will be available thru Youth Leaders and must be submitted by April 1.

The evening of student recognitions, and family life, celebrates masonic values, and reinforces individual commitment to the family. ❖

Make check payable and mail to:

Lodge of Perfection

GPMC, 3579 Masonic Way

Pittsburgh, PA 15237

(tickets held at door)

The Modern Vitruvian

by P. J. Roup, 33°

An Apprentice Mentality

I've been a Mason for just a little over eighteen years. That's not as quite as long as many of you, but it's more than others. I figure that I'm resting comfortably in the middle of the bell curve of Masonic experience, and while I feel like I have learned a lot about Masonry – I've read its history, studied its symbols, and tried with varying degrees of success to practice its virtues – I still think of myself as an apprentice. The Apprentice Mentality, as I will call it (the title may have tipped you off), will serve you as well in life as it will in the Lodge.

There are three main keys to practicing the Apprentice Mentality.

First of all, we must remember that ours is not the only way. People are creatures of habit. It's understandable. Habits and routines give us not only comfort, but a sense of control over our lives. We have become accustomed to waking at the same time, driving the same way to work, and eating at the same restaurants. For many, predictability brings peace. The problem arises when rigid inflexibility inhibits common sense.

For example, there was a Lodge that wanted to change its meeting night. Attendance had dropped off over the last several years, and the Officers thought that it was perhaps due to conflicts with community events. On the night that the proposed change was to be voted on, there were twenty unfamiliar faces in the Lodge room. Men who hadn't darkened the door of the Lodge in years (for some it had been over a decade) showed up to oppose changing the meeting night. When questioned as to why they would oppose it, their answer was simply, "Our Lodge has always met on the second Thursday."

"But no one comes on the second Thursday," the Master argued. "We can barely field enough men to cover the Officer chairs."

"I don't care. Our Lodge meets on the second Thursday," was the group's reply. The motion to change the meeting night was defeated and those twenty men returned home, smugly satisfied that such a grave injustice had been thwarted.

The epilogue to that story is that within a year, the Lodge, bereft of officers, was forced to merge. The new Lodge does not meet on the second Thursday.

Second, we must be open to new experiences. In practicing the Apprentice Mentality, we must train ourselves to welcome innovation. Lakes need to be constantly refreshed by streams lest they stagnate. The same is true of our minds. If we shut ourselves off from the new merely because it is different, our minds begin to decay. So, if we are not fans of the One Day Class, Scottish Rite Degrees on DVD, a new computer system, or [insert what's bugging us here], we shouldn't sabotage it, moan about it, or take our ball and go home. Instead, we should try to see why it might have been implemented. Does it help those men who are short on free time, ease the burden of overloaded leaders, streamline processes, or do some other good. Chances are it does. We may have to look hard, but there's generally good in change.

There is an apocryphal story of a man who suggested, at the turn of the 20th Century, that the U.S. Patent Office should be shut down because everything that could ever be invented already had been. While the story may not be true, it illustrates the kind of thinking that the Mason with the Apprentice Mentality must fight. If Freemasonry is to survive, it needs leaders. If it is to thrive it needs leaders with vision, and others who are willing to help even if they don't embrace the methods.

Finally, realize that everyone has something to teach us. Whether he has been a Mason for 60 years or 60 days, he has something to offer. From an operative standpoint, an apprentice is eager to learn from the master craftsman in charge of his education. He spends hours watching, absorbing, and learning,

In the same way, we must view each new interaction as a chance to grow. Every person we meet brings us new perspectives, unique ideas, and fresh opportunities. We can either dismiss them because we think we know more, or find ways to expand ourselves by and through the experiences of others.

Living the Apprentice Mentality is challenging, Modern Vitruvians. We must constantly remind ourselves that ours is never the only way; that as individuals, we hold no monopoly on truth; and that an open mind is a fertile mind. We have so much to learn from each other.

I look forward to the rest of my Apprenticeship. ❖

Gourgas Lodge of Perfection

Message

by

Robert B. Ruff, 32°

Thrice Potent Master

Why is there so much turmoil at times in just being brotherly to each other when we all have vowed to do so?

We all for some reason have different ideas of what our obligations are and what they mean, even though it seems clear enough—not so clear for some what they mean.

This is part of the mystery of freemasonry, part of the strong cement that should bind us together not divide us.

If we can take the practice of sitting in the lodge in harmony then can't we extend this sharing into our daily lives?

God gives us opportunities to share and live in harmony and is pleased when we extend kindness to others or do something for the good of others, something more than for ourselves and our own agenda which some of us forget to do.

We can all reach out to someone in simple ways – a listening ear, a phone call, a few words of encouragement, a hug, a kind word.

By doing good and remembering our oaths and obligations, sharing with the less fortunate than ourselves, we show our GRATITUDE for God's love and mercy for all of us. After all, shouldn't we all be grateful for just one more day to walk on this earth and make some type of difference?

I hope to see you all at one of our upcoming events! ❖

Spes Mea in Deo Est

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

- Bro. Winston Churchill

SEWICKLEY HIGH TWELVE CLUB No. 759

A Masonic Luncheon Club

Norman Flaherty, 33°
President

The Sewickley High Twelve Club meets at the Masonic Village in Sewickley on the fourth Tuesday of each month.

The Club is an association of Master Masons who desire an hour of Masonic fellowship independent of the formal ritual of lodge, but dedicated to service to the fraternity.

High Twelve was founded by E. C. Wolcott in Sioux City, Iowa on May 17, 1921. It is part of an International Association and operates much like a Rotary club.

As a Master Mason's Luncheon Club, we are very pleased and proud that our R.W. Grand Master of Masons in Pennsylvania, Ill. Brother Raymond T. Dietz, 33° is one of our most distinguished members and we pledge him our support during his two years as Grand Master and stand by him in all his endeavors to the best of our ability.

There are over 300 active High Twelve Clubs in the United States, Canada and Foreign Countries. Those in the United States are chartered in States where the Grand Jurisdictions permit such appendant organizations.

All Master Masons in good standing in Lodges recognized by the Grand Lodge in whose jurisdiction the Club is located and upon application and approval by the local club are eligible.

High Twelve International heads the entire organization with administrative offices located at 11404 West Olive Dr. Avondale, AZ 85392-4210.

2016 ELECTED OFFICERS

President. . . . Norman E. Flaherty, 33°
Vice President. . . .David A. Beery, 33°
Vice President. .John A. Habel, Jr. , 33°
Vice President. .Robert W. Herbert, 32°
Treasurer. . . . . .Robert B. Malwitz, 32°
Secretary. .Robert M. Pollander, Jr., 32°
Masonic Representative & Youth Support . . . . . Dennis J. Snedden, 33°

2016 APPOINTED OFFICERS

Chaplain, .Rev.Timothy R. Reichard, 32°
Sergeant at Arms. .Peter Countouris, 32°
Wolcott Representative . . . . . .George E. Hulse, Sr., 32°

Initiation Fee (one time). $40.00
Annual dues. $30.00
Masonic Homes Residents . . .$20.00

Interested in beoming a member? Complete the application below and mail to:

Sewickley High Twelve Club
Robert M. Polander, Jr., *Secretary*
69 Homer Avenue
Washington, PA 15301

Questions? 724-225-8791
rpolander@comcast.net

Join us for Lunch!

2016 Programs & Luncheon Menu

Jan 26 - Quaker Valley High School Choral by Bro. Matthew A. Boice, *Music Director.*
Menu: (Beef Stew)

Feb 23 - Valentine Music by Jimmy Sapienzo.
Menu: (Glazed Ham / Raisin Sauce)

Mar 22 - Are your Affairs in Order, by Bro. Lawrence Palmer, Senior Deputy Attorney General, Commonwealth of PA.
Menu: (Corned Beef and Cabbage)

Apr 26 - Estate Liquidation, by Bro. Mark C. Giles, Licensed Auctioneer.
Menu: (Fish & Chips)

May 24 - AIKIDO Martial Arts, by Bro. Edward M. Stover, P.M., Infinity Lodge No. 546.
Menu: (Chicken Parmesan)

Jun 28 - Bring a Prospective Member for a free lunch on us.
Menu: (Charbroiled Hamburgers & Hot Dogs)

Jul 26 - Receiving Bro. Raymond T. Dietz, R.W. Grand Master, Past Presidents & Charter Members.
Menu: (Healthy Chicken & Vegetable Dish)

Aug - No Meeting per By-Laws

Sep 27 - Portrait Painting, by Bro. Alvin E. Just.
Menu: (Ham, Tuna, & Egg Salads)

Oct 25 - U.S. Marshall Service, by Bro. Vincent G. Monardo.
Menu: (Italian Pasta & Meatballs Balls)

Nov 22 - Youth & Wolcott Foundation, by Bro. Dennis J. Snedden.
Menu: (Turkey & Trimmings)

Dec 27 - Election & Installation of Officers, and Committee Reports.
Menu: (Roast Pork)

Information? 724-225-8791

APPLICATION FOR MEMBERSHIP

Sewickley High Twelve Club No. 759

Date: _____

Name (in full) _____

I am a member in good standing of Masonic Lodge No. _____ and wish to apply for membership in the Sewickley High Twelve Club No. 759 of Sewickley, Pennsylvania.
If accepted for membership in High Twelve, I promise to give my best influence and efforts for its advancement and agree to abide by its Constitution and By-Laws - International, State and Local.

Signature of Applicant _____

Full Name _____

Residence Address _____
City State Zip Code

Telephone _____ Email Address _____

Occupation – If retired, so state and give Former Occupation.

_____

Business _____

Address _____
City State Zip Code

Wife's Name _____

PIRATES

It's A Baseball Night at the Ball Yard!

Pirates vs Phillies

The annual Valley of Pittsburgh Baseball outing at PNC Park.

Friday, June 10, 2016

$55.00 includes

- ★ Box Seat for the game.
- ★ Tailgate party begins at 5:30 p.m. at PNC Park parking lot.
- ★ T-Shirt Night - first 20,000 fans will receive a tee shirt.

Questions? - 412-939-3579

Baseball Ticket Order

Enclosed is my check payable to **Gourgas Lodge of Perfection** for $_____ for_____tickets to the baseball game at PNC Park on Friday, June 10, 2016 at 7:05 p.m.

Name _____

Phone ( ) _____

Mail to: GPMC, 3579 Masonic Way, Pgh. PA 15237
Please include a *stamped, self-addressed #10 envelope* for return of game tickets and directions to the tail gate party.

LIMITED TICKETS AVAILABLE!

Chapter of Rose Croix

Message from the

Most Wise Master

Rodney E. Boyce, 33°

At the February Stated Meeting we "Celebrated the Scot in Scottish Rite". During the meeting the members of the Valley were treated to a very special presentation of the Ceremony of Light by Brother Isaac Holtzer, a Pennsylvania DeMolay Past State Master Councilor. After the meeting, the Seton Hill University Pipe Band treated the attendees to a wonderful performance. The members and officers want to thank everyone who attended and celebrated along with us.

The Scottish Rite has very strong ties to the Order of DeMolay, since it began in 1919. It's founder Brother Frank S. Land saw a need for young men—who had lost their fathers in WWII—to experience the mentoring and fellowship of a father figure. He gathered together nine young men and they formed a club that would become known as the Order of DeMolay. They first met in Kansas City, Missouri, in the Scottish Rite Cathedral and have shared a very strong relationship with Freemasonry ever since.

DeMolay has grown to number in the millions of members and has spread throughout the world and is now known as DeMolay International. The Order follows seven cardinal virtues: Filial Love; Reverence; Courtesy; Comradeship; Fidelity; Cleanness and Patriotism. Membership is opened to young men between the ages of 12 and 21 who are of high moral character and believe in a Supreme Being. There are five chapters located within the greater Pittsburgh area.

Pittsburgh Chapter of Rose Croix has been honored to sponsor a DeMolay Induction Class each year in the Valley of Pittsburgh. This year the Induction Class will be held on Saturday, March 12, 2016, at 2:00PM, at the Greater Pittsburgh Masonic Center. On behalf of all the officers of Rose Croix, I would like to extend a personal invitation to each of you to attend this inspiring day. Anyone over the age of 21 is permitted to attend.

So, if you were impressed with the Ceremony of Light at the February Stated Meeting, know a young man who may be interested in membership in DeMolay, want to see the work and performance of the DeMolay induction ceremonies, or just want to support your Valley, please make every effort to join with us on March 12th! We and the members of DeMolay, would greatly appreciate your support of this very worthwhile endeavor. ❖

Leadership Conference

What a great Masonic turnout today (February 6) at the Leadership Seminar in Hollidaysburg, PA. All "7" Lodges in the 41st Masonic District were represented and demonstrated their dedication to our Fraternity.

My congratulations to all that attended and may you continue to be a credit to Freemasonry in Pennsylvania.

Alvin E. Just
DDGM 41st Masonic District

FELLOWSHIP

Breakfast

9:00 a.m. - 10:30 a.m.

Last Saturday of the Month
(except December)

GPMC **$6.00** *per person*
Greater Pittsburgh Masonic Center

Buffet Features
Scrambled Eggs, Sausage, Bacon, French Toast, Potatoes, Toast, Milk, Coffee, Tea, Orange Juice

Served by
Ohio Valley Rainbow Girls
Steel City DeMolay

Hosted by:
The Valley of Pittsburgh

You Missed Three Words

by Donald W. Boehm, 33°

About 15 years ago I traveled to a local Lodge, (which shall remain nameless) to confer a First Degree on a good friend of mine. The Worshipful Master, also a good friend, eagerly accepted my offer to perform the work, and being a subsequent recipient of the Century Club award for conferring over 100 lodge degrees, I was confident on doing a good job.

I completed the degree with no "prompts" or "hesitations", and received the usual congratulations from the attending brothers, although most Lodges give these compliments no matter how good or bad the presentation.

As the meeting adjourned, a Past Master who I had never met walked up to me and said…"YOU MISSED THREE WORDS", which took me aback. I thought for a moment, and should have replied "YOUR WELCOME!" "YOU ARE WELCOME" for ME spending MY time and traveling to YOUR Lodge to confer a degree on YOUR candidate and alleviating the work load on YOUR officers. But instead, I tactfully asked "Which 3 words"? He couldn't remember, but assured me I had 3 wrong words.

I have heard this statement many times in my 41 Masonic years, even in my own Lodge, and understand the importance of getting all the words right in the "word of mouth" system of learning the work. But what is the greater priority in conferring degrees, getting all the words letter perfect, to satisfy the Past Masters and achieve an advancement standard, or inspiring the candidate to live his life by the beautiful principles that define our fraternity? I vote for the latter, but some would disagree with me.

I have witnessed letter perfect degrees, done with a most monotonous, unemotional and dry delivery, but the important thing is, no words are missed! Do you think a candidate knows if any words are missed? Do you think a candidate cares if any words are missed? Most likely, he is scared to death and happy the degree is over. So here is the $64,000 question. Is a dry, unemotional and monotonous degree experience done letter perfect (in any Masonic organization) going to inspire a candidate to be an active and vibrant member, or turn him into an inactive and future suspended member?

I believe there is a proper "Flow chart" when conferring degrees, which has the words formulate in the brain, travel to the heart, then flow from the lips, which has always worked well for me. The direct brain to lips method might work, and then again, might not. Remember also, that no one will remember a great degree, but everyone will remember a bad one. ❖

"Today's Man needs to use Masonry's lessons to govern how he acts. The working tools of the Blue Lodge teach you how to use your time, talents, and treasure.

The moral lessons of the Scottish Rite Degrees assist you in making the right decisions in your interactions with others."

– P.J. Roup, 33°

Saturday - June 4th, 2016

Scottish Rite Educational Conference

Sponsored by the Valley of Pittsburgh AASR NMJ
Greater Pittsburgh Masonic Center
3579 Masonic Way Pittsburgh, PA 15237-2700

An event open to all 32nd Degree Scottish Rite Masons of Northern and Southern Jurisdictions

Come for a full day of informative lectures and exemplification of both NMJ and SMJ Degrees, including prominent guest speakers!

Organizing Meeting - February 27th at 10:30 AM at GPMC

For more information contact Mitch Goldstein, Conference Chair
scottishriteconference@gmail.com

Benefits the Pittsburgh Children's Dyslexia Center

Valley of Pittsburgh CHARITY GOLF Saturday, June 11

Butler's Golf Course

800 Rock Run Road Elizabeth, PA 15037

Open to men, women and non-members.

Registration: 8:00 a.m.
Play Begins: 9:00 a.m.
Snack: 1:30 p.m.
Fee: $90.00 per golfer. Includes a golfer's gift, bag service, greens fee, cart, snack at turn, lunch, and door prizes.
Lunch Only: $25.00.

- 2016 Registration Form -

Enclosed is my check, payable to **Charity Golf** in the amount of $_____ for:

❑ Golf, $90 per golfer
❑ Lunch Only, $25 per person

Please print Golfers Names

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Name _____
Address _____
City _____ State _____
Zip_____ Ph. ( )_____

Mail by **June 1,** with check, to ***Charity Golf***, 3579 Masonic Way, Pittsburgh, PA 15237. Questions? Dave Morgans, 412-728-6533.

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2 line listing
($40.00 - 4 issues)

FOR OFFICE USE

Mail to: The Rite News, 3579 Masonic Way, Pittsburgh, PA 15237

PENNSYLVANIA MASONS

ATTN: Master Masons

You can become a Scottish Rite 32° Mason for FREE in one day on October 29, 2016

WHY JOIN?

Although there is no higher degree than that of a Master Mason, 3°, the 29 degrees of the Scottish Rite serve to enrich the philosophy of the Blue Lodge. A Mason who chooses to further his Masonic experience by becoming a 32° Scottish Rite Mason will be expanding upon the fundamental principles of Freemasonry.

In the Scottish Rite, you will find an untold wealth of knowledge. It will teach you more about Masonry. It will answer some of the questions raised in the Blue Lodge degrees. It is a sort of "graduate course" in Masonic teachings. In fact, it aids, supplements and reinforces the Blue Lodge in every way. As organizations, these Bodies are mutually dependent because they strengthen each other.

By becoming a Scottish Rite Mason, 32°, you have an opportunity to expand upon your knowledge of Freemasonry, to widen your circle of friends, and to serve humanity in unique ways.

All initiation and dues fees are dropped for this One-Day of Opportunity. Don't hesitate, it's FREE.

The Valley of Pittsburgh
Ancient Accepted Scottish Rite of Freemasonry
is partnering with the
Grand Lodge of Pennsylvania
on a rare and once-in-a-lifetime

ONE-DAY OF OPPORTUNITY

To become a 32° Scottish Rite Mason in One Day for FREE!

HOW?

- **Call the Scottish Rite office 412-939-3579 for a petition.**
  Detailed information on the One-Day of Opportunity will be included with the petition.
- **Send an email to aasr.pittsburgh@comcast.net and request a petition.**
  Detailed information on the One-Day of Opportunity will be included with the petition.
- **Ask a Brother Scottish Rite Mason to help you become a 32° Mason.**

October 29, 2016
Soldiers & Sailors Hall, Oakland
1:00 p.m. – 4:00 p.m.

Your Health

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

Diabetes Mellitus – Part 2

The most common signs and symptoms of diabetes include polyuria (increased urination), polydipsia (increased thirst), increased fatigue, blurred vision, irritability, poorly or slowly healing cuts, more frequent skin/bladder/vaginal infections, itchy skin, more frequent gum disease and/or gum infections, male sexual dysfunction, and numbness or tingling in the feet and/or hands. Unusual weight loss is noted in Type I diabetes due to the fact that Type I diabetes is usually of a more sudden onset and the body has to break down muscle tissue and fat for energy since glucose can not be absorbed from food due to the relatively sudden lack of insulin. Intense hunger and weight gain are more common in Type II diabetes because the more gradual insulin decrease and/or insensitivity results in the body seeking out more energy (ie food).

The most common test utilized to diagnose diabetes is the fasting blood glucose (sugar) test. This is a simple blood test that is performed after the patient has fasted overnight for a minimum of 8 hours. A fasting blood glucose level of less than 100 milligrams per deciliter (mg/dl) is considered normal. The diagnosis of diabetes is made when a patient has fasting blood glucose levels of greater than 126 mg/dl on two separate tests performed on different dates. Impaired fasting glucose, or prediabetes, is defined by the World Health Organization (WHO) as a fasting glucose between 110 – 125 mg/dl and by the American Diabetes Association (ADA) as a fasting glucose between 100 – 125 mg/dl. Hemoglobin A1C (Hgb A1C) is a blood test that is commonly used to monitor the efficacy of diabetes treatment. However, it can also be used to diagnose diabetes. A Hgb A1C level less than 5.7% is normal while a level 6.5% or greater is diagnostic for diabetes. A level between 5.7% and 5.99% is indicative of prediabetes.

Diabetic emergencies are classified into conditions that are either caused by low blood sugar levels (hypoglycemia) or high blood sugar levels (hyperglycemia). Low blood sugar levels are common in both Type I and Type II diabetics. Effects can range from trembling, sweating, uneasy feelings, and increased appetite in mild cases to behavioral changes, confusion, seizures, unconsciousness, permanent brain damage, and death in severe cases. Treatment can range from eating or drinking foods high in sugar for mild cases to intravenous glucose or glucagon injections in severe cases. Diabetic ketoacidosis is a condition associated with severely elevated glucose levels in patients with Type I diabetes. This can be caused by missing doses of insulin, or by stress/trauma/infections/medications such as corticosteroids which can result in increased insulin requirements. This dysregulation results in the body breaking down muscle and fat which produces ketones. These ketones make the blood acidic and give the patient breath that smells like acetone. Symptoms include nausea, vomiting, abdominal pain, smell of acetone on the breath, decreased level of consciousness, and deep breathing known as Kussmaul breathing. Left untreated, diabetic ketoacidosis can result in shock, coma, and death. Treatment includes the intravenous administration of fluids and electrolytes for dehydration, insulin for hyperglycemia, and antibiotics if infection is suspected. Hyperosmolar coma is a condition associated with severely elevated glucose levels in patients with Type II diabetes. It is also usually caused by stress/trauma/infections/medications such as corticosteroids which can lead to increased blood sugar levels and the need for increased oral hypoglycemic medication dosages or insulin dosages. This condition is also associated with significant dehydration as well as an increase in blood osmolality (hyperosmolar state). Unlike diabetic ketoacidosis in Type I diabetics, patients do not generally develop ketoacidosis. Treatment once again consists of intravenous administration of fluids, electrolytes, insulin, and possibly antibiotics. The death rates for hyperosmolar coma are actually higher than that for diabetic ketoacidosis because patients with Type II diabetes tend to be older with more concomitant medical conditions.

Long term complications of poorly controlled diabetes usually develop after the patient has had diabetes for 10-20 years. These complications are related to the damage that diabetes causes to the blood vessels of the body. They can be divided into diseases that affect the heart and large blood vessels (macrovascular disease), and those that affect the small blood vessels (microvascular disease). Macrovascular disease includes atherosclerotic coronary artery disease which can lead to myocardial infarctions (heart attacks), CVA's (strokes), and peripheral vascular disease. Diabetes doubles to quadruples the risk of a patient developing atherosclerotic coronary artery disease. Approximately 75% of patients with diabetes die from coronary artery disease. Microvascular disease consists mainly of diseases that affect the small blood vessels that supply the eyes, kidneys, and nerves. Complications that can arise from microvascular disease include glaucoma, cataracts, diabetic retinopathy which can lead to blindness, diabetic nephropathy which can lead to the need for dialysis or kidney transplant, foot ulcers and possible gangrene which can lead to amputation, neuropathy which can cause numbness/tingling/pain/altered pain sensation in the upper or lower extremities, recurrent and slowly healing skin infections and wounds, hearing loss, gum disease, male erectile dysfunction, gastroparesis which causes difficulty in the stomach emptying process after meals, and even mental health issues including an increase in depression and/or anxiety as well as a decrease in cognitive function.

Aggressive control of blood sugar levels in patients with Type I and Type II diabetes mellitus has been shown to decrease the microvascular complications of nephropathy, neuropathy, and retinopathy. It may also reduce the development and severity of macrovascular complications. Previous studies have shown that aggressive control of blood sugar levels in Type I diabetics can decrease nephropathy by as much as 54%, neuropathy by as much as 60%, and retinopathy by as much as 76%. Aggressive control of blood sugar levels is aimed at maintaining fasting glucose levels between 70-120 mg/dl, random glucose levels after meals less than 160 mg/dl, and hemoglobin A1C levels of 6.5% or less.

When I researched the topic of Diabetes, I underestimated the amount of material that it would take to adequately cover all of the issues that I believe are necessary to present to you, the reader. I will therefore have to complete this topic in the next issue of the Rite News. Part III will conclude with a discussion involving the prevention, treatment, and possible future cures. ❖

Social Media: The Good, the Bad, and the Ugly

Social media sites have taken over our lives. It's hard to even imagine that 10 years ago there was no Facebook or Twitter! 15 years ago people were actually waiting to hear from each other because even email wasn't that common.

How did social media actually influence our life and the society in general? In my opinion (and I am an early adopter) it has had a positive impact. I am all for the widening of the world we live in, and easy communication around the world.

Social media has definitely made us closer to other parts of the world – as someone who used to do the worldwide business from Ukraine, I am the one who can totally appreciate it!

It doesn't mean I don't see the back side of the coin. I do know the cons along with the pros.

The Good

First, we have the obvious: communication. We are living in a time where the world is open to us. We can contact anyone around the world, at any time, with just a few keystrokes. It is free, unlike calling across the ocean, and live. We can also share elements of our life, from what we enjoy to photos of ourselves and those in our lives. It is like being a part of that person's world, even though distance keeps you apart.

We also have the communication between people and businesses. Since they have paved a new way for interaction between the two, customers can now tell brands exactly what they want. Businesses can then use that information to tailor their products of more appeal. They used to have to spend a ton of cash for this kind of marketing data. Customers used to have to spend hours on phones getting more and more frustrated when they had a problem or complaint.

There are also causes and information. Social media has made it possible for like minded individuals to discuss important topics, widen their personal knowledge and discover things they never knew before. For example, young people around the world are now more involved than ever in their country's politics. The last presidential elections in the US are proof of that. Social media has contributed to that increase in a big way.

Non-profits are seeing the benefits of using social media for their awareness campaigns. Sites like Facebook, Twitter, YouTube and others are a cost effective means of spreading the word and getting support. Not to mention socially shared petitions from sites like Causes.org, reaching hundreds of thousands of people.

There is no doubt that there are many reasons to love social media.

The Bad

But not all consequences of this technology are good ones. Like the way it has allowed us to hide behind screens and limited our social interaction face to face. You get the feeling of being social without having to go out and socialize. In the same vein, it gives you the feeling of being a friend (or having friends) without having to put in any actual work to build the relationship. Just think of how many people you have on your Facebook friends list. How many of them do you see on a semi-regular basis? At all?

Then we have the issue of how it has taken over our lives. I hate being out in public and seeing people on their phones. Seeing them talking never bothered me as long as they weren't being obnoxious. Nor does sending off a quick text bug me; maybe they are meeting someone and telling them where they are, or something. It is the obvious Facebooking or tweeting or whatever else that keeps people's eyes glued to their phones.

I never check social media sites when I am out doing something. Whether it is grocery shopping, getting dinner with friends or waiting in line, it is just so impolite. It also shows a serious problem with distraction in today's society. We can't enjoy the world

Continued on page 31.

Sign Up Now!

Make Plans Early!

Shrine / Scottish Rite

Friday August 5th

Family Picnic

KENNYWOOD

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★ Prizes ★ Entertainment ★ Ride all Day

★ Buttermilk ★ Fireworks

For Group & Pavilion Reservations, call Bro. Bob Plata, 412.860.5299

Complete details in June issue of the Rite News

An Evening of Fun Baseball

WASHINGTON

Friday, July 8, 7:05 p.m.

Consol Energy Park

Washington, PA

Schaumburg Boomers vs Washington Wild Things

Your ticket includes a pre-game tailgate picnic from 5:30 p.m. 'til gametime, a reserved seat and the post-game fire works display.

Tickets $10 each

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Please enclose a #10 stamped, self-addressed envelope for return of

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Social Media: the Good, Bad & Ugly!

Continued from page 29.

around us for an hour without retreating back into that safe little digital box.

Productivity is pretty much shot thanks to social media, as well. Admit it, you check your profiles during work, or find yourself wandering over to YouTube or your favorite blog during work hours. Here is a fun little game: every time you get distracted by a social media site, make a little strike on a piece of paper. At the end of the day, count all the strikes and feel your heart drop into your stomach as you try to estimate how much time wasted it represents.

The Ugly

Some of what social media has done isn't just 'bad', it is flat out 'ugly'. Like the number of relationships that have been broken up over social networks. Now, don't misunderstand me, I am not saying that Facebook is to blame for this. It is just a tool that has seemed to make it easier to cheat, or to do things that cross a boundary in your relationship. Like flirty PM's with that high school sweetheart you haven't seen since graduation. Or much more blatant infidelities that are sure to be caught the first time you forget to log out of the computer you share with your spouse.

Then there are the sheer number of stupid, vain people on Facebook. Yeah, it seems a little mean to point out. But I bet you are thinking of at least one person who would fit into one (or both) of these categories.

Each status message is a flat-out attention whoring sob fest, usually vague. Or way TMI about their struggling relationship with someone they should have dumped six months ago. Let's not forget the badly spelled, grammatical nightmares that you would need a magic decoder ring that translated moron into English to read. If you want proof that this kind of thing is spreading, as is the self-centered douchebaggery that most of us try to keep out of our lives, check out Lamebook sometime.

Conclusion

I think that the effects of social media have been somewhat balanced, to be honest. There are many good things about it, and many bad things. In the end, if you can keep your own life centered in reality and use social networking as a small part of it, you should be just fine.

For those who can't, it might be time to turn off the computer for a bit and go for a walk. ❖

THE RITE NEWS

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2. Send us your email address and we'll email it to you. See page 19.

CALENDAR Masonic Events 2016

February 2016
23 - High 12 Luncheon - Masonic Village at Sewickley
27 - Fellowship Breakfast - GPMC

March 2016
12 - Rose Croix DeMolay Class - GPMC
12 - St. Patrick's Day Party - GPMC
20 - Story of the Crucifixion - GPMC
22 - High 12 Luncheon - Masonic Village at Sewickley
26 - Fellowship Breakfast - GPMC

April 2016
07 - VALLEY STATED MEETING - GPMC
08 - 10 - Shrine Circus - Consol Energy Center
26 - High 12 Luncheon - Masonic Village at Sewickley
30 - Fellowship Breakfast - GPMC

May 2016
24 - High 12 Luncheon - Masonic Village at Sewickley
26 - Celebration of Education - GPMC
28 - Fellowship Breakfast - GPMC

June 2016
02 - VALLEY STATED MEETING - GPMC
04 - Syria Shrine Gun Bash - Shrine Pavilion - 11:00 a.m.
04 - Scottish Rite Educational Conference, GPMC
05 - Valley Car Club Cruise - GPMC - 11:00 to 3:00 p.m.
10 - Pirate/Cardinal baseball game - PNC Park
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

July 2016
08 - Wild Things Baseball - Consol Energy Park
26 - High 12 Luncheon - Masonic Village at Sewickley
30 - Fellowship Breakfast - GPMC

August 2016
27 - Fellowship Breakfast - GPMC

September 2016
01 - VALLEY STATED MEETING - GPMC
11 - Valley Car Club Cruise - GPMC - 11:00 to 3:00 p.m.
17 - Open House, Masonic Village at Sewickley
24 - Fellowship Breakfast - GPMC
27 - High 12 Luncheon - Masonic Village at Sewickley

October 2016
25 - High 12 Luncheon - Masonic Village at Sewickley
29 - Fellowship Breakfast - GPMC
29 - Special Scottish Rite One-Day Class

November 2016
03 - VALLEY STATED MEETING - GPMC
12 - Scottish Rite Day (details later)
22 - High 12 Luncheon - Masonic Village at Sewickley
26 - Fellowship Breakfast - GPMC

December 2016
03 - Valley Christmas Party
10 - Children's Christmas Party - GPMC
17 - Hiram's Riders Christmas Party
27 - High 12 Luncheon - Masonic Village at Sewickley

Schedule updated monthly:
www.valleyofpittsburgh.org

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October 29, 2016 www.bapamason.com