

JUNE 2019

rite now

THE MAGAZINE OF THE VALLEY OF PITTSBURGH



In Memoriam

Since our last issue, the following members of the Valley of Pittsburgh have been called home:

Ill.: Robert B. Friend, 33°

Ill.: Jack L. Weaver, 33°

David F. Crumrine, MSA

John Heston Austin	William H. Kegg
Jack H. Backus	George M. Kessler II
Robert A. Baker	Carl R. Kobosky
Leonard Stephan Baranowski	Milton Kubik
Edward K. Beaman	Alfred William Lee
Henry E. Birch Jr.	Paul A. Lees
Harold B. Booher	Joseph Lopez
Clifford S. Breakey	Michael Manalovich Jr.
David K. Browell	Barre A. McClay
Jay M. Cohen	Paul A. McManus
Robert D. Conrad Sr.	Robert L. Mosier
David H. Corwin	Richard E. Nassar
Raymond R. Coughanour	Francis P. O'Brien
Ronald C. Dietz	John J. O'Palenick
Harvey W. Doyle	Edward J. Osada Jr.
Ralph R. Dukstein	Jan E. Perkins
James N. Edmonds	Craig Matthew Provins
Raymond E. Ermlich	James D. Roy
Leonard C. Ferrington	John W. Sanders
David T. Fife	Kenneth Edward Sarver
Larry L. Fosbrink	Edward Sebeck
Clifton P. Fox	Paul R. Sentinek
Samuel Gibson Jr.	Charles A. Skalos
Willis R. Greenaway Jr.	Ray D. Steffler
Stephen Hajos	Kenneth L. Stevenson
George A. Harbaugh	William Tignor
Daniel B. Hargrove	Milan Vranish
Roy T. Hartwig	David H. Williams Jr.
William S. Holmes	Allen M. Willis Sr.
Robert Joseph Katelan	Max C. Yachup



ritenow

Vol. XXVIII, No. 4
June 2019

Paul J. Roup, 33°
Editor
pjroup@valleyofpittsburgh.org

Rodney E. Boyce, 33°
Creative Director
rboyce@valleyofpittsburgh.org

Columnists
D. Todd Ballenger, 33°
Joshua S. Freeman, 33°
Glenn D. Miller, II, 33°
David W. Morgans, 33°
John H. Piper, 33°
Paul J. Roup, 33°
Robert B. Ruff, 32°
Austin R. Shifrin, 32°
Thomas K. Sturgeon, 33°
Eric S. Teasdale, 32°
Joseph G. Whitaker, 32°
Brian T. Wilding, 32°
Jeffrey M. Wonderling, 33°

Contributors
Vito A. Urso, 33°
Tracy H. Miller, 32°

Photography
Steven Basel, Jr., 32°
Kenneth R. Brooks, 32°
Peter A. Leary, 32°, MSA
David W. Morgans, 33°
Brandan T. Plesh, 32°
Charles F. Zurcher, 32°



Add FSC Stamp

RiteNow magazine is the official publication of the Valley of Pittsburgh, Ancient Accepted Scottish Rite, District of Pennsylvania, Northern Masonic Jurisdiction, USA. Opinions expressed are those of the individual author(s). Information is obtained from correspondence, press releases, Masonic publications and miscellaneous sources, which in many cases, cannot be verified. **RiteNow** magazine is published four times a year. © 2019, Valley of Pittsburgh, 3579 Masonic Way, Pittsburgh, Pennsylvania, 15237. Phone: 412-939-3579. Email: secretary@valley-ofpittsburgh.org

inside



Upon the Checkered Pavement by D. Todd Ballenger, 33°
“I Read the News Today,
Oh Boy...”

12

16

Your Health by Dr. Glenn D. Miller, II, 33°
Kidney Stones **PART TWO**



More Light by Austin R. Shifrin, 32°
Tolerance

20

28

The Modern Vitruvian by PJ Roup, 33°
Do Me a Favor



Tips from the Pro by Eric S. Teasdale, 32°
Short Game Basics—
Bunker Play

34

38

Adventure by David W. Morgans, 33°
Shadows
on the Mountain



TheDeputy	4
TheActive	5
TheChief	6
ThePotent	7
TheSovereign	10
TheWise	11

TheOffice	15
TheWord	19
Salute to Veterans	23
TheHospitaler	37
ValleyNews	42
TheLatest	44

about this issue

The Core Values of the Ancient Accepted Scottish Rite are Reverence for God, Integrity, Justice, Toleration, Love of Country, and Service. When a man joins the Scottish Rite and endeavors to live his life according to these values, he unites with a group of like-minded men who seek to make themselves and the world better. The circle of men arm-in-arm is a visual representation of the mutual support that Scottish Rite Masons offer each other toward that end.



The Deputy

A message from the Supreme Council Deputy for Pennsylvania

SUPREME COUNCIL

So Mote It Be

By Thomas K. Sturgeon, 33°

Some might say, “It is the end of an era.” Others might say, “It’s about time!” Most importantly, I would say that my total Scottish Rite and also my total Masonic experience have been an honor, a privilege, and a wonderful experience.

After twenty years as an Active Member of our Supreme Council, it is, simply, time to go! I like to think that my mind is still strong, but there are times when even I question that! I exit via the Supreme Council rule that requires retirement from Active status at age 75. I remember when I thought 75 was ancient and those who had achieved that age were very old men. Now, I am one!!

I have lived a life of Masonic privilege, serving as your Grand Master, your Commander-in-Chief, your Active, your Deputy, and many other offices. Freemasonry and the Valley of Pittsburgh have been so good

to me and for me! In the hard, ugly days of life, I always had this glorious Fraternity to fall back on for support and enjoyment.

You, the Freemasons of Pittsburgh, have given me so much more than I have given you and for that, I give to each of you my thanks and eternal gratitude.

Freemasonry and the Valley of Pittsburgh have been so good to me and for me!

The good news is that the Valley of Pittsburgh is so fortunate to have a great leader to follow

me. PJ Roup is young compared to 75 (he knows I kid him), with a sharp mind, and a very Fraternal attitude. Give him your full support and the Valley of Pittsburgh will continue to be the most significant Valley in the Scottish Rite.

With a lighter workload and a heavier heart, I thank each of you for the privilege to serve in the Greatest Fraternity in the History of the World!!
SO MOTE IT BE!! □



Thomas K. Sturgeon, 33°
Deputy for Pennsylvania

The Active

A message from the Supreme Council Active for Pennsylvania

SUPREME COUNCIL

A Matter of Principle

By Paul J. Roup, 33°

Core Values are the heart of the Scottish Rite. They inform everything we do. Our degrees, our Learning Centers, the Almoner's Fund—all tie directly to one or more of the Core Values that we have enumerated as our driving principles.

Reverence for God, Integrity, Justice, Toleration, Love of Country, and Service are certainly not exclusive to Scottish Rite. Plenty of people live their lives by one or more of these ethics every day. But when we live these tenets in the fellowship of a community of brothers who challenge, support, and care for each other, they become part of a creed that allows each of us to grow into our best selves and daily earn the title, Scottish Rite Mason.

The contributors to this issue were free to choose which value or values they would focus on for their articles. I find it interesting that three of them (four if you count my original concept for The Modern Vitruvian) selected Toleration. That tells me that a void exists in the world at large when it comes to acceptance.

That void can be an opportunity for Masonry. I believe that most men want a world very much like the one to which Freemasons aspire—a world where we see each other as equals, not enemies; where our speech is lofty, not loud; where we

judge each other by our abilities, not our affiliations.

That world is not an impossible dream, but it takes work. Every day, you and I must enter a divided society and put on our best Masonic face. When faced with hatred, we must reject it. When

we see injustice, we must redress it. By living our Core Values, we must endeavor to show the world that respect, decency, courtesy, and love are not relics of a bygone age, but are instead the essence of society at its best and brightest.

We are all ambassadors, traveling under the aegis of both the Square & Compasses and the Double-headed Eagle. Let what we have learned within those organizations shine forth in everything we do. Be men of principle. The world will be better for it. □

When faced with hatred, we must reject it. When we see injustice, we must redress it.



Paul J. Roup, 33°
pjroup@srrnmj.org

The Chief

A message from the Commander-in-Chief of Pennsylvania Consistory

CONSISTORY

What a Long, Strange Trip It's Been

By Jeffrey M. Wonderling, 33°

Wow! After nearly 20 years on various Scottish Rite lines, this wonderful experience is coming to an end. The theme of this edition of *RiteNow* is our Scottish Rite Core Values: Reverence for God, Devotion to Country, Integrity, Justice, Toleration, and Service. I could write extensively about each of these values but prefer to speak of them on a personal level.

During my tenure at the Valleys of Uniontown and Pittsburgh, there was nary a soul I encountered who did not exemplify one or more of these Core Values.

In retrospect, it is amazing how my own standards of thought and conduct have changed over this past score of years because of you. I am almost embarrassed to admit how inexperienced and naïve I must have been. I am blessed beyond words to have developed so many cherished relationships with such a high caliber of men and women. I am thankful to each and every one of you for your fraternal love, tolerance, patience, and

guidance in polishing this extremely rough stone. I am and will evermore remain your fraternal friend and brother, always ready to help, aid, and assist you when I am able. I cannot possibly repay you for your generous gift

of instruction, but I vow to continue to work toward that end. I am eager to continue this education—this journey toward the light—with you. The fact is, without you I would fail miserably, and it wouldn't be any fun at all.

It has been a pleasure serving on a committed Executive Committee that is always working to move the needle

in a positive direction. Moving forward, I believe there is much to be excited about in our Valley. The caliber of Officers presiding this next year is impressive. They are indeed a formidable group. From them, I expect great outcomes.

God bless America, our beloved Scottish Rite, and may God bless you.

“Foot to Foot”

□

I am
blessed
beyond
words
to have
developed
so many
cherished
relationships



Jeffrey M. Wonderling, 33°
jwonderling@valleyofpittsburgh.org

The Potent

A message from the Thrice Potent Master of the Gourgas Lodge of Perfection

LODGE OF PERFECTION

Rite to the Core

By Brian T. Wilding, 32°

Funny how the last article I write should be about the core values of Masonry. As Scottish Rite Masons, we've all seen the 14th Degree, and within it, the presentation of the ring.

rings are circular and represent the eternal nature of our fraternity and our links to each other. And like our obligations, they become part of our everyday lives. It is of these "rings" that I wish to speak.



“... a symbol of the alliance you here have contracted with virtue and the virtuous.”



Brian T. Wilding, 32°
tpm@valleyofpittsburgh.org

The symbols of Freemasonry are everywhere, but as has been the theme of my writings, your personal symbols and journeys define *your* Freemasonry. Your oaths, your obligations, and your very faith in the principals of Masonry are your contract with your brethren.

You'll notice the rings that accompany this article. They belong to brothers of the Valley, and each one brings a story or meaning. The

They stand as a reminder of our obligation to our brothers and ourselves. They are a public affirmation that we believe that there is a better path for all of us. They are the symbol of our faith. They are the embodiment of our dreams.

They are a public statement that we believe. And as famed 80s band, Journey, so eloquently said, "Don't stop believing."

□

VALLEY OF PITTSBURGH
**Celebration
of Education
and
Family Man
of the Year
Banquet**

Thursday,
May 23, 2019

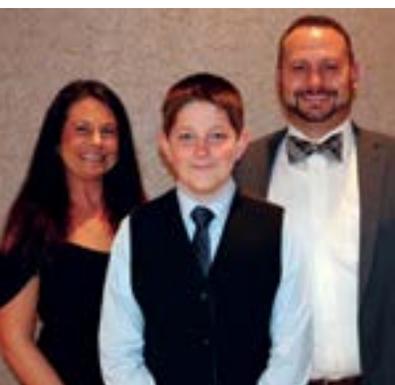
At the annual Celebration of Education and Family Man of the Year Banquet, Valley and Abbott Scholarships totaling \$20,275 were awarded to 17 students with family connections to the Valley of Pittsburgh.

\$20,275
awarded

Brothers Will Johnston, Robert Nelson, and Tom Bahney were recognized by the Valley as Family Men of the Year.

For more information on scholarship eligibility, please visit the Valley website.





The Sovereign

A message from the Sovereign Prince of the Pennsylvania Council of Princes of Jerusalem

PRINCES OF JERUSALEM

The Values of Being a Boy Scout

By Joseph G. Whitaker, 32°

I had a difficult time deciding how or what to write about Core Values. I think that all of my articles have taken on a more personal tone, so I decided to stick with that idea.

Core values are inherently a learned activity. Whether or not you learn them from your parents or some other outside force or mentor may vary. Frankly, I believe that a considerable portion of my value system came from being a Boy Scout. The twelve points of the Scout Law could fill in anyone's personal core value ideas:

Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.

These are the ideals by which Boy Scouts govern themselves! How easily relatable they are to what we as Masons hold dear. I only want to discuss two of these attributes in this issue: Friendly and Reverent.

I have always stated that in Freemasonry we should keep fellowship first. In our ever-shrinking fraternity, our ability to be friendly to each other is a crucial aspect of our growth. It is not enough simply to be a first line signer! It is important to cultivate

a brother's experience with friendly behavior and who better to do that than someone they already trust.

Our core values in Freemasonry already teach us this lesson. As we go forward, let us put into practice the value of being friendly to one another. Our lives and our fraternity will grow in more ways than just numbers. We will see better attendance and happier members.

"All things I do through God who strengthens me!"

We have all heard

some form of this statement. As Freemasons, we, of course, have a basis of religion in our lives. For me particularly, reverence stands at the forefront. Over the last few years, many instances have caused me to return to my base to get through the day. Every time I found myself needing to talk to God, I realized how easy it was to forget that I should have been doing it all along!

Take time every day to ground yourself and talk to your God. Feel free to throw a small prayer in there for me—I can always use it.

It doesn't take a lot to be both friendly and reverent. Both will, however, give you a greater feeling about yourself. Enjoy time spent with each other. □

...in
Freemasonry
we should
keep
fellowship
first.



Joseph G. Whitaker, 32°
sp@valleyofpittsburgh.org

TheWise

A message from the Most Wise Master of the Pittsburgh Chapter Rose Croix

ROSE CROIX

Core Strengths

By Joshua S. Freeman, 32°

This is my last opportunity to address you as a presiding officer, and it really is a bittersweet moment. Serving as a presiding officer here in the Valley of Pittsburgh, especially as Most Wise Master of Pittsburgh Chapter of Rose Croix, has been an honor and a privilege. It was a goal of mine from the time I entered Scottish Rite, and it is hard to believe the year has come and now almost gone. To be sure, we still have a lot of work left to do in this Scottish Rite year. The summer, while quieter than the rest of our term, still offers a number of opportunities to serve the Valley and come together in fellowship.

Reflecting on the year so far, I think that Rose Croix can be proud of their accomplishments and service. We truly do have a line that works hard, is inclusive, genuinely respects and

enjoys each other's company, and remembers the special things that make Rose Croix distinct. So far this year we have exemplified the 17th Degree, the 18th Degree, and *The Feast of the Paschal Lamb*. They are keystones of our line and integral to understanding the principles of our Chapter. These hallmarks of our work are where each of us, as Knights of Rose Croix, find our core values.

I will miss my time with the members of the line, working together at rehearsals, at Sandcrest, and at other Valley functions. While I will certainly still be involved with these, it is always just a little different and slightly more special as the leader. I have had numerous opportunities to take pride in the accomplishments of our line this year, and I sincerely thank each of the Rose Croix officers, both past and present, who served with me on the line. A special thank you to those Past Most Wise Masters who aided and assisted me, who gave wise and generous counsel when it was most needed. I am, however, most grateful for the officers of Rose Croix who served with me this year, as it was their hard work and dedication to our line that made my term as special as it was for me. Thank you!

It is said that core values are the fundamental beliefs of a person or

organization. These guiding principles dictate behavior and can help people understand the difference between right and wrong. Core values are also supposed to help organizations determine if they are on the right path to fulfilling their goals by creating an unwavering guide. I think having core beliefs as a foundation for any vision moving forward is key. They help to ground you, but also serve as a

I think
having core
beliefs as a
foundation
for any vision
moving
forward
is key.

compass as you navigate through difficulties. Our Fraternity in general, and our Valley specifically, are most certainly facing some challenges. The leaders of the Valley this year have taken some necessary steps to confront those challenges. We have started to accept the fact that there is a problem and have begun to take measures to address those issues. This is an ongoing task and will continue well beyond our current terms.

As we continue to attempt to tackle these challenges and think outside the box for new solutions, I think it is important to remember our core values and beliefs. We cannot be something that we are not as a quick fix for our issues. We must remember our Masonic obligations and integrate them into our solutions. As leaders of the Valley, we must treat each other with respect, value each other's experience and opinions, and communicate effectively. As an



Joshua S. Freeman, 32°
mwm@valleyofpittsburgh.org

continued on page 47

“I Read the News Today, Oh Boy...”

By D. Todd Ballenger, 33°





D. Todd Ballenger, 33*

I have a hard time watching television anymore. Unless it's sports or a movie, I'm out. I can't dumb down for much of what passes for broadcast entertainment these days, and that goes particularly for "topical" or "current events" shows. And yes, that includes the news.

Now as a matter of full disclosure, I have a history with the mainstream media. I worked in local radio when I was in college and for the NBC affiliate after I graduated. I was a writer and a producer, which means I worked everywhere writing both news and commercials. Honestly, at times, it was hard to tell the fact from the fiction.

What I mean is that people, even then, were on the brink of individual meltdowns over pettiness and prejudice whether it related to politics, race, class, nationality, or a hundred other things. Who knew what might set someone off back then? News flash - it's even worse now. Seriously, we have passed beyond the bounds of mere intolerance and moved squarely into the realm of hatred.

Allison Abrams writes in *Psychology Today* that there are a number of factors that may "play a role in helping us understand hate." The first is fear; but not just regular fear - fear of "The Other." She is speaking of anything that is different from us. If something is not part of the group with which you identify, then it is often met with hostility. According to behavioral researcher Patrick Winters, "hatred is driven by two key emotions of love and aggression." That's love for things that are favored and aggression for anything considered different. Abrams also notes a fear of ourselves: "the things people hate about others are the things they fear within themselves." We tend to reject those things that we do not like within ourselves. Part of understanding hate is recognizing our own lack of compassion for others, as well as ourselves. If you find part of yourself to be particularly unacceptable, the natural tendency is to attack others so that they no longer pose a potential threat.

Next on the list—and honestly the one that frightens me most—is that hate "fills a void." The thought is that when hate involves your participation in a group (and no, they're not always as overt as we may believe), then hatred of others

may fill a void or inadequacy in your sense of identity. According to psychologist Bernard Golden, "Acts of hate are attempts to distract oneself from feelings such as helplessness, powerlessness, injustice, inadequacy, and shame. Hate is grounded in some sense of perceived threat. It is an attitude that can give rise to hostility and aggression toward individuals or groups. Like much of anger, it is a reaction to and distraction from some form of inner pain."

Last on Abrams' list of why we hate are social and cultural factors. Today's society has become one filled with competition and conflict. We would rather fight than actually think to resolve a disagreement. We are taught to hate the enemy—meaning anyone different than us—and that leaves almost no chance for discourse, compromise, or other ways of resolving conflict.

"[There's] nothing you can do, but you can learn how to be you in time. It's easy. All you need is love."

—The Beatles (British Music Icons)

So where does this leave us? Amid all this hate, what can we do, not only as individuals but as members of the Masonic fraternity? Considering the Scottish Rite's core values of Reverence for God, Devotion to Country, Integrity, Justice, Toleration, and Service, I would think that trying to live every day with each of these in mind would be a good start. But how do we specifically combat the hate that we see every day when you turn on the news and listen to the latest political rant; go to the store and witness someone being rude to an employee; or drive to work trying to avoid road rage every time another car passes you like they're filming the next installment of *The Fast and the Furious*? Here is where I rely on the core value of *tolerance*.

I'm sure we all think we have a pretty good idea of just what tolerance is, but I think that we could use a bit of perspective from some other folks who did some thinking on the matter:

“What is tolerance? It is the consequence of humanity. We are all formed of frailty and error; let us pardon reciprocally each other's folly—that is the first law of nature.” —Voltaire (Philosopher, Freemason)

“Tolerance implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others.”

—John F. Kennedy (U.S. President)

“The responsibility of tolerance lies with those who have the wider vision.”—George Eliot (A.K.A., American author Mary Ann Evans, who wrote very successfully under this pen name because women writers were often stereotyped in the mid-to-late 1800s as writing only lighthearted romance novels)

If that doesn't give you an idea of what tolerance is then you might want to break out your copy of Albert Pike's *Morals and Dogma* and take a gander at the Tenth Degree. It speaks at length about both toleration and “liberality” (which in this sense is generosity). According to Pike, “Toleration [holds] that every other man has the same right to his opinion and faith that we have to ours.” He goes on to say that “...toleration is one of the chief duties of every good Mason, a component part of that charity without which we are mere hollow images of true Masons, mere sounding brass and tinkling cymbals.”

It is fairly clear that for ages Masons have been charged with combating hatred in all its forms. We don't discuss politics or religion in an open Lodge. Why not? Because while the Fraternity is built upon the ideas of free-thinking men coming together and benefitting by sharing our uniqueness and differences with each other, in reality, it is much easier said than done. Lodges face their own problems: to this day there are those who will reject a candidate because they don't like the recommender; rifts form because of opposing opinions from different age groups among the membership; false accusations, jealousy, and pettiness among officers seeking to advance; members who resent Masonic authority in any form because they don't like being told what to do. What's happened? It sounds as if we've all been asleep at the wheel!

We all, each and every one of us, have to become much better at practicing tolerance in every aspect of our lives if we are to uphold the true character and meaning of Freemasonry and the Scottish Rite. But how do we earnestly go about achieving that when we all believe that we're tolerant now (but not nearly enough)? Dr. Karyl McBride, writing in *Psychology Today*, has an idea for a starting place: “So, what if we defined ourselves by what we love and not by what we hate? When we are focused on what we love rather than what we hate ...there is a shift in energy channels. If the focus remains on intolerance of difference and the fear that accompanies it, the word ‘danger’ comes to mind.” So instead of gravitating toward natural aggression and fearing what is different, why don't we try applying some compassion to the situation for a change? Of course, it will be awkward and difficult at first, but that's all part of facing down those internal fears that cause us to alienate others. If we come to grips with the things that make us uncomfortable in ourselves, it leaves a lot more room to tolerate and maybe even learn from the differences we notice in those folks outside of our group. Hey, we may even discover that we're not so different after all.

But if you don't want to believe me, then lend an ear to what some other thoughtful people have to say:

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”—Dr. Martin Luther King, Jr. (American Civil Rights Activist)

“Listen with the ears of tolerance! See through the eyes of compassion! Speak with the language of love.”

—Rumi (Sufi Poet)

I said it before that I am having a difficult time listening for a voice of reason in the cacophony of hate and meanness and violence and bullying that permeates our current landscape. I long for quiet and someone who is interested in listening to new ideas; someone who is fascinated by our differences; someone who will not only tolerate others from outside the group but welcome them and their strangeness all out of love.

And you know, love is all you need.

□

TheOffice

A message from the Secretary of the Valley of Pittsburgh

VALLEY OF PITTSBURGH

Changes for the Better

By David W. Morgans, 33°



There have been a few technological changes for the office in 2019. One is that we are now scanning membership cards for attendance-keeping at our meetings and reunions. The process is very simple and automatically updates your individual records in our database. Please make sure you bring your Scottish Rite membership card to our meetings. Now that we have “permanent” membership cards, we do not send new ones out each year with your paid dues. Therefore, many of our members lose or misplace their card. If you find that yours is missing, don't let that discourage you from coming out. Just let us know you need a new one when you arrive, or contact the office and we will get a replacement ordered for you.

Speaking of paid dues and technological changes, the Valley's dues statements will be going out in June for the 2019-2020 Scottish Rite year. Please keep an

eye out for it and pay it in a timely fashion. If you would like to pay by credit card, either logon to the Northern Masonic Jurisdiction website (scottishritenmj.org) under the Member Center tab or call the Valley office (412-939-3579) during regular business hours.

We are now able to enter your credit card information safely and securely.

That's right, we are now able to enter your credit card information safely and securely right over the phone directly into Supreme Council's database.

Another new advance for the Valley of Pittsburgh is that we will now be able to take your dinner payments at our Stated Meetings

by credit or debit card. Please make sure you get your reservations in for dinner at any of our Stated Meetings, and we will be happy to offer you the option of paying by credit card.

We at the office hope you all have a happy and fun-filled summer. And, as always, if there is anything we can do to help you enhance your Scottish Rite experience, please let us know. □



David W. Morgans, 33°
secretary@valleyofpittsburgh.org

PART TWO

Kidney Stones

By Dr. Glenn D. Miller, II, 33°

IN THIS ISSUE WE WILL CONCLUDE OUR discussion on renal calculi which are more commonly known as kidney stones. We will begin by discussing the signs and symptoms of individuals with kidney stones, and then conclude our discussion with current diagnostic tests, treatment options, and preventive measures.

Kidney stones typically cause pain when they move in the ureter and cause ureteral obstruction or renal pelvis obstruction. Stones that are stationary in the body of the kidney are often asymptomatic. This pain, termed renal colic, is one of the most severe pains that a person can experience. This excruciating pain typically waxes and

This pain, termed renal colic, is one of the most severe pains that a person can experience.

wanes, lasts for an hour or less, and comes in “waves” as the ureter attempts to expel the kidney stone via forceful peristaltic contractions. The pain typically has a sudden onset in the low back/flank and radiates into the abdomen, groin, inner thigh, and genitals. Left-sided kidney stones can cause left lower quadrant abdominal pain that can mimic diverticulitis. Right-sided kidney stones can cause right lower quadrant abdominal pain in the region of the appendix. However, people with appendicitis typically want to lie still in one position and do not want to move or be touched in the abdominal region. People with kidney stones typically cannot find a comfortable position and are constantly changing positions or pacing. Renal colic is typically accompanied by urinary urgency, difficulty with urinating, blood-tinged or bloody urine (hematuria),

nausea, vomiting, and diaphoresis. If a kidney stone is accompanied by a urinary tract infection, fever and chills may also be present.

The diagnosis of kidney stones in patients is based upon the information obtained from sources such as the patient’s history, physical examination, urinalysis, and diagnostic imaging studies. In the 1980s and 1990s when I was having the most recurrences of kidney stones, the imaging modality of choice appeared to be an intravenous pyelogram (IVP) which involved the intravenous injection of a contrast agent (dye) followed by a KUB film (x-ray of the kidneys/ureters/bladder). Retrograde pyelograms were also utilized and consisted of the injection of a contrast agent directly into the distal ostium of the ureter where the ureter enters the bladder. Renal ultrasound can be a useful alternative mode of imaging because it may detect radiolucent stones which do not appear on KUB films. Renal ultrasound can also diagnose the presence of hydronephrosis (fluid around the kidney) which suggests that the kidney stone is blocking the outflow of urine. Renal ultrasound is especially useful for children and pregnant women where the radiation of KUB x-rays and CT scans is undesirable.

In the current day and age, a non-contrast helical CT scan is generally considered the diagnostic gold standard and the modality of choice to detect suspected kidney stones. With the exception of very rare kidney stones comprised

Kidney Stones that are 4 mm diameter or less have an **80%** chance of spontaneous excretion



Dr. Glenn D. Miller, 33°

of certain drug residues such as those from indinavir, all kidney stones are detectable with helical CT scanning. The one disadvantage of helical CT scanning, as previously mentioned, is the exposure to radiation.

Given that renal colic is one of the most excruciating pains that a person can experience, adequate pain control is of the utmost importance. For small kidney stones (4mm diameter or smaller), oral narcotics and/or oral Toradol (a potent NSAID) may be prescribed while the patient is waiting for the stone to pass naturally on an outpatient basis. For large kidney stones (5 mm diameter or larger) that will most likely require some type of definitive procedure for resolution, intravenous Toradol and/or narcotics are typically utilized. From my own personal experience, Demerol and Morphine did not provide adequate pain relief for me or for patients that I treated. One to two milligrams of intravenous Dilaudid was usually required to achieve adequate pain control.

Treatment for the passage of a kidney stone largely depends upon the size of the stone. Other factors include

Kidney Stones that are 5-8 mm diameter have a roughly

20%

chance of spontaneous excretion

Kidney Stones that are 9-10 mm diameter or larger have virtually a

0%

chance of spontaneous excretion



the patient size, whether the patient has passed previous kidney stones (scar formation can make it harder to pass subsequent stones), whether a male patient has prostate enlargement, and the location of the stone in the urinary tract. Kidney stones that are 4 mm diameter or less have an 80% chance of spontaneous excretion, stones that are 5-8 mm diameter have a roughly 20% chance of spontaneous excretion, and stones that are 9-10 mm diameter or larger have virtually a 0% chance of spontaneous excretion without intervention.

Medical expulsive therapy is the term used for the use of medications to speed the spontaneous passage of kidney stones in the ureter. These medications include nifedipine (calcium channel blocker) and tamsulosin/Flomax (alpha-adrenergic blocker). The alpha-adrenergic blockers are generally more effective for kidney stones greater than 5 mm diameter.

Extracorporeal shock wave lithotripsy (ESWL) is the noninvasive technique of choice for kidney stone removal. Lithotripsy involves the use of a lithotripter machine to deliver externally focused and high intensity ultrasonic pulses of energy over a 30 to 60-minute period in an effort to cause the fragmentation of the kidney stone(s) into smaller pieces that can be spontaneously excreted. Lithotripsy is usually recommended when the kidney stone(s) are located near the renal pelvis or in the upper ureter, and the aggregate stone burden (size and number) is less than 20 mm. Approximately 80 – 85% of simple renal calculi can be effectively treated with lithotripsy. However, multiple-staged lithotripsy procedures may be required to adequately fragment stones that are greater than 10 mm diameter. Common adverse effects of lithotripsy include acute trauma such as bruising at the site of the ultrasonic pulse administration and damage to the blood vessels of the kidney. More severe complications can also occur and include internal bleeding and subcapsular hematomas. These severe kidney injuries are usually dose-dependent and increase with an increased power setting of the lithotripter as well as the total number of shock waves administered during the procedure.

Ureteroscopy is a minimally invasive surgical procedure where a ureteroscope is passed into the urethra, guided into the bladder, and then passed into the ureter where

the kidney stone is located. Ureteroscopy is performed in an operating room under general anesthesia. Ureteroscopy has become increasingly utilized as technological advancements have been made in the size and maneuverability of both flexible and rigid fiberoptic ureteroscopes.

Patients with Calcium Oxalate Kidney Stones should limit their intake of foods that are high in oxalate such as:

wheat germ, beets, peanuts, spinach, rhubarb, Swiss chard, soda pop, and iced tea

One ureteroscopic procedure is the placement of renal stents which are designed to allow urine to flow past an obstruction in the ureter while an infection resolves or the kidney stone is dissolved or fragmented by lithotripsy or some other treatment. More definitive ureteroscopic procedures for kidney stone extraction include basket extractions, ultrasound lithotripsy, and laser lithotripsy which utilizes a holmium:yttrium aluminum garnet laser (Ho:YAG) to fragment the stones. This Ho:YAG laser lithotripsy procedure has a success rate of 93 – 100% for kidney stones located in the lower ureter, with significant advantages over ESWL for stones greater than 10 mm diameter. I have had the misfortune of personal experience with ESWL, a renal stent, ureteroscopic basket removal, and ureteroscopic Ho:YAG laser lithotripsy.

Even though we are fortunate to have multiple minimally invasive therapeutic options available to us today, as opposed to the open surgical procedures of the past, it is best to avoid the formation of kidney stones in the first place. General recommendations include drinking plenty of water on a daily basis since low fluid intake is a significant risk factor for the development of kidney stones. Changes in diet and/or medications may be recommended depending upon the cause of a patient's kidney stone. In the case of calcium oxalate kidney stones—the most prevalent type—patients should limit their intake of foods that are high in oxalate such as wheat germ, beets, peanuts, spinach, rhubarb, Swiss chard, soda pop, and iced tea. □

TheWord

Observations from Reverend John H. Piper, 33°

TOLERATION IN AMERICA

▶ You would probably have thought that the core value I would choose to write about would be “Reverence for God.” I certainly could have aimed my thoughts in that direction, but instead I chose “Toleration,” a core value that is sorely lacking in American Society at the present time.

I grew up in a very diverse mill town near Pittsburgh by the name of Ambridge where my best friends were an Italian Catholic boy and a Jewish kid whose dad came from Lithuania. Ambridge was not heaven on earth, but we boys tolerated each other and respected each other’s traditions.

In the late 1950s, I went to college in North Carolina to a little all white school named Duke University, where I found myself in an overwhelmingly Protestant world where Blacks were subjected to the injustice and inhumanity of a segregated, intolerant society. I did my bit for the civil rights movement by joining with some fellow Duke students in picketing the existence of a “colored balcony” in the Carolina Theater in downtown Durham.

All my life I have tried to be tolerant of people whose religious and political ideas were different from my own. I have tried to hear and understand other people’s points of view. I have accepted the reality that perhaps I don’t have all the right answers to the questions of life—and occasionally I might even be

wrong! Methodism is not a homogeneous religion. We have conservatives, centrists, and progressives in our pews. As pastor, I try to help them play nice with each other as they work together for a just and caring world, which brings me to the elephant in the room: America today.

“As a people, we have become increasingly intolerant of persons who do not look, act, or think like us.”

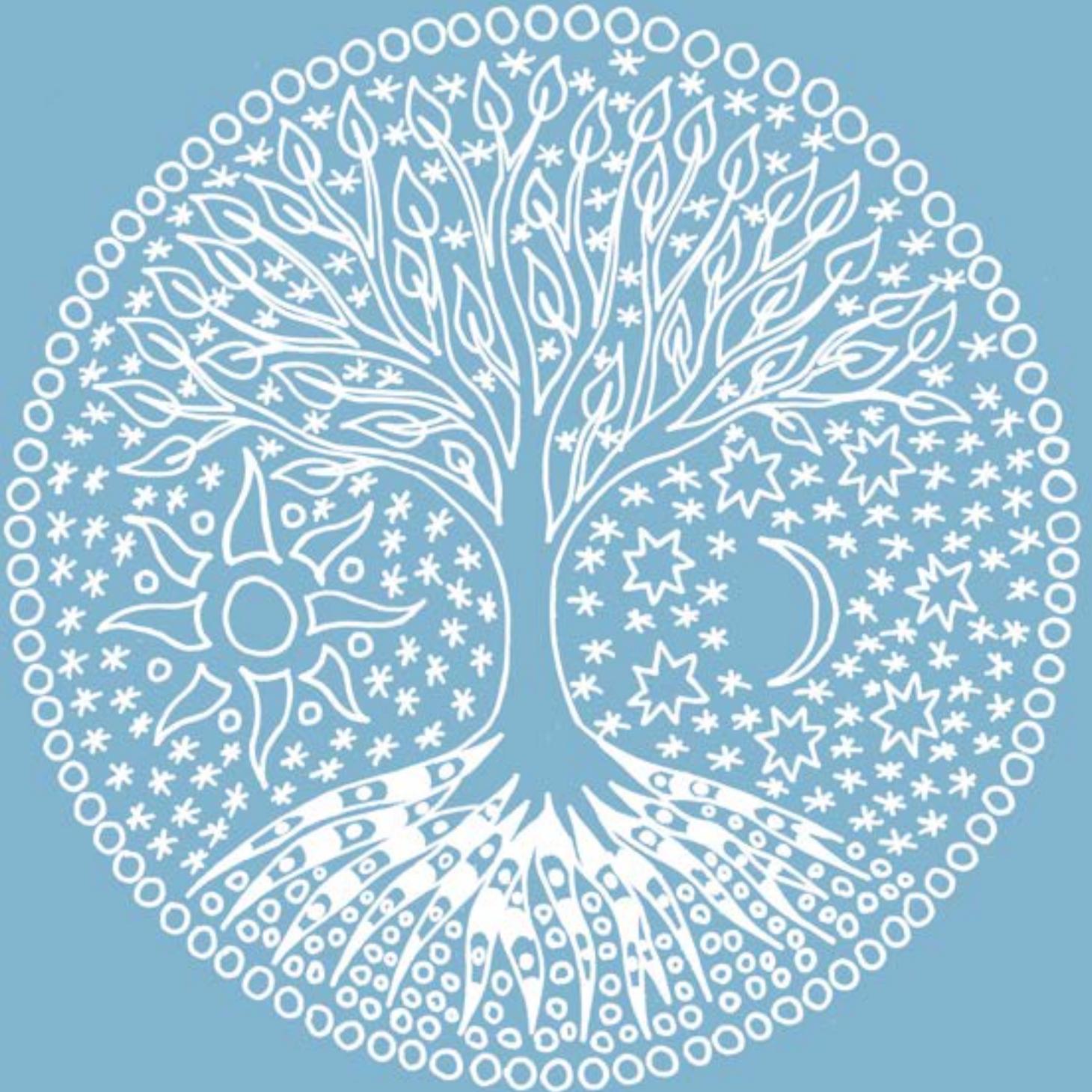
As a people, we have become increasingly intolerant of persons who do not look, act, or think like us. The political right and left are demonizing each other. The rhetoric is getting louder and angrier by the day. So where can we, as Scottish Rite Masons, help to tone things down? Where indeed!

Well, I put it to each of us to ask ourselves how we are treating our fellow human beings—with prejudice or with respect and tolerance? We need to emphasize our core value of toleration as we all work together—even if we do not always agree with one another. We must do this for the common good of a universal brotherhood of man under the fatherhood of God. Only then we can begin to move toward truly being one nation—under God—indivisible! □



Tolerance

By Austin R. Shifrin, 32°





Austin R. Shifrin, 32°

“If there’s one thing I can’t stand, it’s intolerance”

► In this issue we turn our attention to the core values of the Scottish Rite.

This very notion of the “core values” is an interesting and recent adaptation. While we may treasure the many degrees in Scottish Rite working, and value them as conveying distinct lessons through individual dramatic conclusions, someone believed it would be valuable to encapsulate in more succinct fashion “what is taught” in Scottish Rite. This resulted in the distillation that is placed before us of six core values perceived as the common threads within the work. Personally, I choose to focus on the value that is labeled “toleration.”

To begin with, we know what happens when people live side by side without the principle of toleration. If you categorize someone as beneath you—fundamentally unworthy of the same consideration and esteem as yourself—this is a slippery slope towards dehumanizing the other party. It is a sure recipe for disharmony at the very least, and atrocity at the worst. We have seen it throughout history; if you read ordinary media and literature from settings such as the period of slavery in the early United States, or under the Third Reich in Nazi Germany, you routinely encounter language that either implies or explicitly states that some category of people are subhuman, and therefore not entitled to proper human rights. Although we like to pat ourselves on the back and believe we have come a long way, this kind of thinking persists into the present, and we should be on the lookout for similar language.

It is easy to call to mind several of the degrees that depict

the encounter between differing belief systems and how those interactions can play out. Among these I think of: the 24th degree, *Brother of the Forest*; the 29th degree, *Knight of St. Andrew*; and a dear favorite of mine, the Four Chaplains degree, based on the true story of Lieutenants George Fox, Alexander Goode, John Washington, and Clark Poling. In 1943, these four chaplains of different faiths (Methodist, Jewish, Roman Catholic, and Dutch Reformed) were assigned to the US Army Transport ship *Dorchester*. In the early hours of February 3rd, the ship was fired upon by a submarine, and as the ship sank, these men not only worked together to evacuate the servicemen, but they gave away their own life vests to ensure that as many of them as possible would survive.

If we examine these degrees carefully, we come away with more than an admonition to “tolerate” the beliefs of others—which is partly why I wanted to focus on this core value. Admittedly, the person or persons who took on the labor of communicating these unifying threads within our degree work had the unenviable task of trying to capture the essence of profound wisdom in bullet points. But “tolerance” can be read with a subtly elitist undertone; implying that you “tolerate” the other belief system you have encountered, as though it is a valiant act of being benevolent in your superiority. While some might say this is splitting hairs, I believe that language and symbolism matter quite a bit—and the notion of tolerance seems a little lukewarm in comparison to something more like acceptance, or respect.

The degrees I call to mind above, on the other hand, suggest that if we encounter our fellow man with an open mind, we will likely be surprised to discover how much our

belief systems are alike—emphasizing our commonalities rather than our dissimilarities. The Mahabharata of ancient India states “treat others as you treat yourself.” “You shall love your neighbor as yourself,” originates with Leviticus (Vayikra) 19:17. In Luke 6:31 Jesus is quoted as saying, “Do unto others as you would have them do unto you.” The Quran in passage 41:34 states, “... Nor can goodness and Evil be equal. Repel Evil with what is better: Then will he between whom and you was hatred become as it were your friend and intimate”. Kung-Fu-Tze (Confucius) said, “What you do not wish for yourself, do not do to others”, and the concept is echoed also by the Greeks and the Zoroastrians.

The common ground of the world’s major religions is also the province of a school of thought called Theosophy—a study of the primordial truths which underpin them all, when divested of their superfluities. The term Theosophy first came into use somewhere between the 3rd and 6th century CE among the Alexandrian Neoplatonists; found a resurgence among Meister Eckhart in the 14th Century; Jacob Boehme in the 17th; Emanuel Swedenborg in the 18th; and Madame Blavatsky in the 19th. The early Christian or Boehmian Theosophy focuses on the pursuit of intimate personal contact with deity, which attracted some negative attention from the Catholic Church as it de-emphasized the role of a party responsible for mediating that interaction. The latter outgrowth of the movement since 1875 in the West is sometimes regarded the province of esotericism. But its aims are fairly straightforward—the American Theosophical Society’s mission statement is “to encourage open-minded inquiry into world religions, philosophy, science, and the arts in order to understand the wisdom of the ages, respect the unity of all life, and help people explore spiritual self-transformation.” The Theosophists are still active today, and if anyone else is curious to visit the society in Pittsburgh, I should like to organize an outing.

I would be remiss if I did not mention here, that when my congregation Tree of Life/Or L’Simcha was attacked by an individual on October 27, 2018, the Islamic Center of Pittsburgh was quick to come to our aid, organizing very successful fundraising. In the wake of the shooting at the

mosque in Christchurch, New Zealand on March 15, 2019, our congregation both reached out to that mosque, and supported the Islamic Center of Pittsburgh’s fundraising efforts to improve their security. We have a long history of looking out for our own. These tragedies have been a stark reminder that an assault on the religious liberties of any of us is an assault on the religious liberties of all of us. In the haunting words of the German Lutheran pastor Martin Niemoller, “First they came for the socialists, and I did not speak out—because I was not a socialist. Then they came for the trade unionists, and I did not speak out—because I was not a trade unionist. Then they came for the Jews, and I did not speak out—because I was not a Jew. Then they came for me—and there was no one left to speak for me.”

In conclusion, I believe this core value of toleration deserves our attention—but that it should really be a jumping-off point. We should be willing and ready to go beyond toleration; to learn about different faiths and schools of thought, so that we may respect and enrich each other, support and defend each other. As Masons we are taught that every human being is entitled to our charitable ministrations. As Scottish Rite Masons, the lesson of toleration should lead to the lessons of acceptance and respect, because these lessons are essential to our goal of worldwide brotherhood, and of creating a fit abiding place for the Grand Architect of the Universe, in the world at large, and within ourselves. □



In memory of Irv Younger

Salute to Veterans

A message for Military Veterans of the Valley of Pittsburgh

VALLEY OF PITTSBURGH

Core Values

By Robert B. Ruff, 32°

Core values? *Corps Values/Semper Fi-Do or Die* is what popped into my mind, so let's examine the meaning of core values and explore the Armed Forces' views.

Core: (1) A body of individuals; an assemblage; (2) A Hebrew dry measure; a cor or homer; (3) The heart or inner part of a thing, as of a column, wall, rope, especially the central part of fruit; as core of an apple; (4) The center or

Is there a topic you would like to hear about or have addressed in future articles? Are you proud of your service experiences, Lodge visits or do you have pictures you want to share with others?

This column is intended to be about YOU and your service. Your responses will shape the future content of Salute to Veterans.



Robert B. Ruff, 32°

Rruff2u@gmail.com | 412-621-0872

inner part, as of an open space; as, the core of a square; (5) Founding; the portion of a mold which shapes the interior of a cylinder, tube or other hollow casting.

Corps: (1) The human body, whether living or dead; (2) A body of men; especially, an organized division of the military establishment; (3) A body or code of laws.

Now the CORE VALUES of the armed services.

Marines—*Honor, Courage, and Commitment*. They are first in and last out. The core values of the Marines define how every Marine thinks, acts and fights. Every Marine must be confident in the abilities of themselves and each other. In the chaos of battle, character matters!

Navy—*Honor, Courage, and Commitment*. The Navy is the same as the Marines. It's no wonder they hangout and ride together so much.

Army—*Selfless Service, Loyalty, Integrity, Duty, Personal Courage, and Respect*. The last two lines of the soldier's creed illustrate this perfectly: "I am a guardian of freedom and the American way of life—I am an American soldier."

Air Force—*Integrity First, Service Before Self, and Excellence in All We Do*. The three core values are represented in the Air Force logo by a star framed with three diamonds representing the values.

Coast Guard—*Honor-honesty, fairness, and integrity in your beliefs and actions. Respect-showing you care about others' feelings and well-being. Devotion to*

Duty-being willing to carry out the work or tasks you know you have to do, even when they are difficult.

Now let's look at the core values of Scottish Rite Masonry. For this I will quote our Active, PJ Roup, 33° out of his message to our latest Spring class: "More than any other body, the Scottish Rite serves as a nexus within the Craft. Here, brethren from nearly one hundred lodges come together to learn and practice the Core Values of Reverence for God, Devotion to Country, Integrity, Justice, Toleration, and Service." Do you notice any common factors in these organizations? I have said for many years now that we are missing out on many people who may want to join our fraternity.

So, get that Blue Lodge petition signed—it starts there! Be a Scottish Rite Ambassador in your blue lodge. Give brothers a petition to join if they are part of the Craft already. In public, if you have the opportunity, strike up a conversation with a veteran and solicit him—we are allowed to ask good men to join. There are so many veterans who would make great Masons.

In closing, thanks to my three favorite Scottish Rite Masons/Marines for demonstrating superior core/corps values during our earthly pilgrimage: Robert Binnie, Vince Monardo, and the infamous Bob "Tootsie-roll" Harbula, survivor of the Frozen Chosin in Korea. They are all kind, upstanding, honorable examples of how to be true to yourself and your beliefs on a daily basis. Thanks to them and to all who served!

Spes Me in Deo Est □

Spring 2019 Class

THE VALLEY OF PITTSBURGH was pleased to host the visit of Ill. Brother S. Eugene Herritt, 33°, RWGM and Spring Class Honoree. We also welcomed seventeen new Scottish Rite Masons to the Valley of Pittsburgh. Over the course of the two-day reunion, the attendees witnessed the 4th Degree—*Master Traveler*, 6th Degree—*Master*

of the Brazen Serpent, 6th Degree (previous version)—*Intimate Secretary*, 18th Degree—*Knight of Rose Croix of H.R.D.M.*, 27th Degree—*Knight of Jerusalem*, 31st Degree—*My Brother's Keeper*, and 32nd Degree—*Sublime Prince of the Royal Secret*. Following the conferrals, Ill. Brother Herritt was received with customary honors.

Of note: This was the first time that the new 31st Degree, approved as part of the official rituals in 2017, was performed in the Valley of Pittsburgh. The degree of *Intimate Secretary* was performed by members of the Valley of Uniontown.



**2019 Fall Reunion
Friday, November 15, and
Saturday, November 16, 2019**

Please contact the Valley Office for membership recruitment brochures and petitions for membership.



“Brotherly love is not a tangible commodity.
We cannot touch it or weigh it, smell it or taste it.
Yet it is a reality.” —Carl H. Claudy

We Welcome Our Newest Members!

Carl A. Bechtold
Robert J. Carr
James G. Douglas
Erik Eakin
Daniel C. Esterly

David J. Galardini
Conrad E. Hoover, Jr.
Christopher R. Jonnet
Shawn F. Lynch
Henry A. Mannella

Terrance A. McClain, Jr.
Gary L. Nicholson
Robert T. Nicholson
Jeffrey D. Perkosky
Matthew P. Sinclair

Ryan T. Struup
Jay A. Wonsetter



(left to right) Seated: Joshua S. Freeman, Most Wise Master; Joseph G. Whitaker, Sovereign Prince; Ill. Jeffrey M. Wonderling, 33°, Commander-in-Chief; Ill. S. Eugene Herritt, 33°, Right Worshipful Grand Master; Ill. Paul J. Roup, 33°, Active; Ill. Samuel C. Williamson, 33°, Right Worshipful Past Grand Master; and Brian T. Wilding, Thrice Potent Master. *(Also shown on facing page.)*

2nd row: Henry A. Mannella; Ryan T. Struup; Daniel C. Esterly; Shawn F. Lynch; Robert T. Nicholson; Gary L. Nicholson; Christopher R. Jonnet; David J. Galardini

3rd row: Robert J. Carr; Terrance A. McClain Jr.; Carl A. Bechtold; James G. Douglas; Matthew P. Sinclair; Erik Eakin

4th row: Conrad E. Hoover Jr.; Jeffrey D. Perkosky; Jay A. Wonsetter



Cong



Congratulations!

VALLEY OF PITTSBURGH

Children's Dyslexia Center Picnic

On May 20th, the Children's Dyslexia Center held its annual picnic. The picnic offers the chance for students, tutors, board members, families, and friends of the center to come together in a casual atmosphere and celebrate the successes of the graduates and the progress the students are making.

Students in the program attend free of charge, and graduate when they reach their appropriate reading level. If a child you know is affected by dyslexia, the Center may be able to help. Please call their office at 412-931-3181 to learn more.

If you would like to help support this most worthy cause, consider joining the Builder's Council. Information can be obtained by calling the Valley office.

□







PJ Roup, 33°

“The deed is everything,
the glory nothing.” —Johanne Wolfgang von Goethe, *Faust*

Do Me a Favor

By PJ Roup, 33°

From 1992 to 2006, I had the privilege of singing with the Mendelssohn Choir of Pittsburgh under the direction of Maestro Robert Page. To my knowledge, Bob was not a Mason, but he embodied, both in spirit and in action, many of the virtues that Masons endeavor to practice. First and foremost, he was a teacher—and not just of music. He would often wax poetic from the podium – dispensing life lessons he learned from his youth in Abilene, Texas, his experiences on the stage, or from his almost 50 years as one of the foremost choral conductors in the world.

One snowy night years ago, we were at the final rehearsal for a very challenging piece of music. We knew that there was still work to be done if it was to be perfect, and all of us, including Bob, were feeling the pressure. At a break in the rehearsal, a young man, new to the group, peered out a window and saw that there was quite a bit of snow on the ground. He called his roommates and asked if the buses were still running. “No. It looks like service was suspended because of the snow,” was the reply he got.

This young man who knew no one in the group particularly well, summoned the courage to approach

Bob and timidly ask, “Maestro, I hate to be a bother, but could I ask you for a favor? Is there any way I can get a ride home with you after rehearsal?”

“Absolutely,” Bob replied. “Don’t think a thing of it.”

That, in and of itself, is not so remarkable. What happened next was. As we returned from our break, mentally steeling ourselves for another exhausting hour of intense rehearsal, Bob put down his baton, pulled up a stool, and began to teach a life lesson.

“I was just asked to do someone a favor, and I wanted to talk a little about what that means,” he began. “A student asked me to give him a ride home tonight. He lives less than one block off my route home. Now is that a favor? Is it really doing someone a favor to drop them at a house that I was driving by anyhow?”

“To me, doing a favor for someone,” he continued, “should imply a hardship or inconvenience on the bestower. We are too quick to classify what should simply be considered acts of decency as favors. A favor would have been driving him to the opposite side of Pittsburgh. A favor is changing a stranger’s

tire while you are wearing a tuxedo or mowing an elderly neighbor's lawn on a scorching summer day. We all may need help sometime, so we should all be prepared to give it when we can—even if it isn't convenient.”

Wouldn't worthy men
rush to our doors
if they saw us treating
each other as priorities
—as family?

In his own way, Bob did me a favor that night. He gave up several precious minutes of much-needed rehearsal time to teach a lesson that will stick with me forever: That we should consider the needs of others over our own needs, and that we should do things for people, not because it makes us feel good, but because it is the right thing to do.

Do I live up to that standard all or even most of the time? No. Some excel at putting others first, but most of us know we could improve. We sometimes focus on the glory, not the deed, or we assume someone else will pick up the slack for us. As Masons, we are taught to be charitable. Commonly, we believe that charity has to do with being generous with our money, but we need to remember to be charitable with our time and our talents as well. Often, those are more difficult commodities to part with as they seem perpetually to be in short supply.

I just recently had a conversation with a member who spent several days helping another Brother and his wife prepare to move into the Masonic Villages. He helped them sort through their finances, gather medical histories, and complete the applications. He also took them to Sewickley so that they could tour the facilities as neither had ever visited. A lot of the work was outside

his comfort zone, but he understood the Masonic call to service and took seriously the Scottish Rite motto that *We will strive to be a fraternity that fulfills our Masonic obligation to care for our members*. He came away seeing it as one of the more enriching experiences of his Masonic life.

Brethren, how much better could we be if we all took the call to service (or any of our Core Values for that matter) as a paramount duty? Wouldn't worthy men rush to our doors if they saw us treating each other as priorities—as family? What is stopping us? There is always time. No matter how busy we think we are, we find the time to do the things that matter to us. Make Masonry matter. The simple fact is that your Valley (and your Lodge) needs you to do them a favor. They need your talents, whatever they may be. They need your treasure to provide services and programs to our members, and they need your time (read, your presence) at their events.

Thoreau said, “In the long run, men hit only what they aim at.” Perhaps we need to adjust our sights then. A new Scottish Rite year is upon us. It has been six months since we made our New Year's resolutions. We have either broken them or made them permanent parts of our lives by now. Let's resolve to make this Scottish Rite year one where we live our Core Values.

Pick one. Improve.

Devotion to Country? Volunteer with the VA (see Brother Bob Ruff for more information). Reverence for God? Go on a mission trip. In short, aim at something new. Integrity, Justice, Toleration? There is always room for improvement. It might not be easy, but the reward will be great. Do yourself a favor: not the easy kind, but the hard one. Give a little more time or talent or treasure to Freemasonry. Commit to working harder for yourself and the men you call your Brothers.

Do yourself a favor and try. □

“We are too quick to classify what should simply be considered acts of decency as favors.”

Enchanted Evening

Sea of Love

By Tracy H. Miller, 32°

On Wednesday, March 27, 2019, the Wm. Slater II Master Mason's Club sponsored the 12th Annual Enchanted Evening for 123 ladies residing in the Star Points Personal Care and the Sturgeon Health Care Center communities.

Ladies from both areas received a beautiful invitation for the special night out. One week before the event, the ladies were given the opportunity to shop for their formal eveningwear from five portable clothing racks of evening gowns, party dresses, and pants suits. After a visit to the beauty shop, they were assisted with makeup and jewelry by Retirement Living "primpers."

After receiving their beautiful corsage and having their photo taken, they were escorted to dinner by DeMolay, Rainbow, Job's Daughters youth members, and Masonic Village Master Mason Club members.

Donna and Mark Groom provided music while the ladies enjoyed an elegant meal of Lobster Tail & Filet Mignon prepared by our own MVS Food Service Staff. Corsages and floral decorations were provided by Taunia.

Ill. Keith E. Parkinson, 33°, Active for Pennsylvania Scottish Rite was the featured speaker. He was accompanied by his wife, Joni. Other special guests were District Deputy Grand Masters Robert J. Slater Jr., and Linda, Richard A. Yeager and Ann, and Ryan D. Knopf.

This wonderful evening for all our residents would not have been possible without the generous financial support from Masonic Lodges, Eastern Star Chapters, the Valleys of Pittsburgh and New Castle Scottish Rite, Wm. Slater Master Mason's Club, MVS Retirement Residents, Staff, relatives, and friends of the Masonic Village.

A special recognition goes out to the dedicated staff members and volunteers who contribute their tireless efforts in making this special **TWELFTH ANNUAL "ENCHANTED EVENING"** a huge success for our residents.

□





Short Game Basics—Bunker Play

By Eric S. Teasdale, 32°

IN THIS ISSUE, I will be discussing the basics of bunker play, the third of the scoring shots, to help you get the ball in the hole more efficiently. The methodology used in this article will cover the “basic” bunker shot and not any specialty bunker shots.

For the average golfer, bunker play is most times a very frightening and

intimidating shot. In my experience, when teaching and observing the average golfer hitting bunker shots, the result is a very indecisive motion derived from the pitching motion. The average golfer will try to “help” the golf ball get in the air. The result is usually shots that are “skulled” over the green, or shots that are left in the bunker. The average

golfer is hopeful of getting out of the bunker in one shot. Bunker shots are not technically difficult shots with proper technique and a basic knowledge of club bounce.

Why is it when you watch the best players in the world on television, you hear them rooting for the ball to get in the bunker on a missed approach shot?



Set-up Position (face on)

Get into your normal balanced set-up position. Please note that the shoulders and hips are level at address. I prefer the stance to be wider than shoulder width to maintain a firm base. I set my hands even with the golf ball at address (very little or no forward shaft lean), set my ball position slightly left of center, and the weight distribution is slightly more on the left foot at address. The weight being more on the left foot at address will promote a more consistent entry point of the club head into the sand and encourage a more descending angle of attack on the downswing which will help the golf ball get in the air easier.



Set-up Position (down the line)

As above, get into your normal balanced set-up position and have your body and clubface aligned square to the target (picture above left). The alignment of the body and clubface has been debated for years. In my opinion, if you aim your body to the left and have the clubface aimed to the right and swing on an outside to in path, as most instructors teach, the ball will have a significant amount of side spin on the shot (picture above right). I am not an advocate of side spin on any shot as it is unpredictable as to where the ball will end up. The goal for more consistent shots is to make the simplest stroke and make the missed shot better. This is achieved by taking the more predictable, conservative, approach where the ball will roll on the path of the club and ball. This is the easiest way to get the golf ball on target and closer to the hole.



“The real success in golf lies in turning three shots into two.” —Bobby Locke



Eric S. Teasdale, 32°

The reason is that the lie in a bunker is more consistent and predictable because of the bunker being raked and maintained. The predictability of the lie in the bunker is why it is easier than hitting a chip or a pitch out of the rough where the lie is most times unpredictable.

We are continuing to build upon

the other lessons to help develop and improve your golf games by learning the scoring shots. Once again, the main principle, which I will repeatedly mention throughout the short game series, is that the position of your hands at impact **MUST** be in front of the golf ball, with the shaft leaning towards the target. This very important principle

is essential to solid, consistent contact, which will help improve your direction and distance control. Please refer to the illustrations below on how to properly hit bunker shots.



Back Swing Position

Back Swing Position: During the backswing, the player must make a big enough backswing to achieve some speed during the forward swing and the wrists need to hinge, or cock (picture above left). This helps to create the speed needed to displace the sand prior to and through impact. Also, the butt end of the club must be pointing at the ball at the top of the backswing (picture above right). This will promote a club path that is on plane and helps to achieve more consistent contact with the sand before impact. Lastly, please note that there is very little movement in the legs during the backswing. This is a result of a firm base and helps to promote more consistent contact.



Mid Forward Swing

Please refer to the picture above. This part of the forward swing is the same in bunker play as it is in pitching. On the mid forward swing, the wrists are maintaining the same level of hinge, or cock, on the forward swing as at the top of the backswing. This principle helps to create a steeper angle of attack, keeps the club head accelerating, and keeps the hands slightly forward at impact. This is where most golfers err as they do not maintain that angle. Notice how level the shoulders and hips still are and how the left leg is in the same position as at address.



Impact Position

At the point of impact for a bunker shot, the clubface never actually strikes the golf ball. With proper bunker technique, the club head will enter the sand approximately 3 inches behind the ball and the sand that is displaced will move the golf ball forward. Notice how the club head has passed the golf ball after impact (picture above left). This is achieved by the speed of the swing increasing through the impact zone. The club head **MUST** be accelerating through impact for consistent results. This is where I see most golfers struggle. The average golfer has a tendency to try and lift the golf ball in the air, or add loft to the club face by overusing the right hand. When the right hand is overactive, the left wrist will break. This will either cause you to decelerate through impact or hit too far behind the golf ball resulting in a shot that is “skulled” over the green or left in the bunker. Notice how the left wrist and left arm remain straight after impact, how the left knee and left leg are in the same position as at address with the weight more on the left side (picture above left). By using these basic principles, the club head will enter the sand more consistently. Notice in the picture above right how my chest is starting to rotate toward the target with the club head being left of the golf ball after impact. This will ensure that the clubface stays open and result in a soft, lofted shot.



Finish Position

Notice in the picture above left that the position of the left leg and left knee have not changed. My hips have remained level and my head has remained stationary throughout the motion. These three principles contribute to the consistency of the strike. As in pitching, both arms are extended which helps the golf ball land softer. Look at how the left wrist has still not broken down **AFTER** impact. Finally, the face of the club is still pointing toward the sky which has produced a lofted shot. This position-clubface pointing up-is another position where most golfers err. Notice how I have rotated through the shot with my chest (above right). This ensures that the club head stays open and the ball goes higher and lands softer.

Club Choice

When choosing a club for bunker play, determine the following: how much carry distance is required, how vertical you need to get the ball, and how much green you have to work with. As with chipping and pitching, most golfers use the same sand wedge or lob wedge for **ALL** bunker shots. I try to encourage my students to be creative and use a variety of different clubs depending on the following circumstances. If you have a big lip of the bunker to get over, use a **MORE** lofted sand wedge or lob wedge. You must have enough loft on the club to get over the lip first, then worry about distance second. If you have a low lip of the bunker and there is a significant amount of green between you and the flagstick, I would recommend using a **LESS** lofted sand wedge or pitching wedge. There is no rule that states that you can't use a pitching wedge or even a 9-iron to get out of a bunker with the technique described above.

Summary

This article is the third in a four-part series designed to help you with the scoring shots. In the next issue, we will be covering putting basics. Remember, as I have stated previously, the easiest way to lower your scores and improve your golf game is to practice these scoring shots. If you can just “knock off” one stroke per hole in the scoring shots, you will improve at a rapid pace. Lastly, golf is not a hard game, but to get better, proper practice and technique are required.

If you continue to have trouble with your bunker play, please consult your local P.G.A. Golf Professional. □

Eric Teasdale is the resident P.G.A. Professional at Shannopin Country Club in Pittsburgh, Pennsylvania.

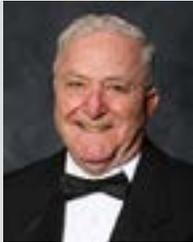
The Hospitaler

A message from the Hospitaler of the Valley of Pittsburgh

VALLEY OF PITTSBURGH

Sincere Gratitude

By Vito A. Urso, 33°



Vito A. Urso, 33°
Hospitaler | 412-939-3579

On behalf of the Hospitalers of the Valley of Pittsburgh, I would like to express my sincere gratitude and thanks to all the Hospitaler Aides for their support. Their constant visits to our sick and shut-in brethren is a tribute to our Fraternity.

One of our missions is to send cards to brethren who are sick or in distress along with wishes on their birthdays. If you know of an ailing brother who could use financial support, assistance, or even just someone to talk to, please let the office know.

It is important to note that none of this work could be accomplished without the support

and contributions from you, our members. Thanks to all that support the Valley Hospitaler. □

Ill. Vito A. Urso, 33°,
Chairman

Robert B. Ruff, 32°,
Associate Hospitaler

Ill. Jeff A. Biddle, 33°

Ill. Charles M. Bombich, 33°

Christopher J. Cooper, 32°

William B. Finlay, 32°

James B. Flaherty, 32°

Ill. James R. Flanagan, 33°

Ill. John A. Habel, Jr., 33°

Ill. John W. Hisiro, 33°

James A. McMahon, 32°

Thomas W. Murray, 32°

Ill. John H. Piper, 33°

Ill. Harry A. Readshaw, III, 33°

Michael E. Schomburger, 32°

Ill. John P. Turcovsky, 33°

Larry G. Wiltrout, 32°



SHADOWS ON

By David W. Morgans, 33



David W. Morgans, 33

Three times. Three times in the last four years, staring at the double black diamonds on the sign for the Echo Trail on Camelback Mountain in Arizona made my heart leap and my brain wonder if this would be the time I would finally make it to the top.

THE MOUNTAIN

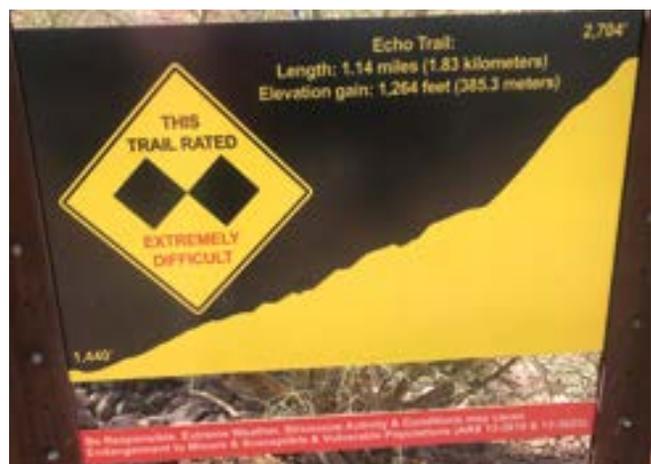
The occasions that brought me to this place three times are mission trips to Oasis Boys' Home, an orphanage in San Luis, Mexico operated by Caring Hearts Ministry. Our church has supported this ministry since the early 1990s, and we send teams there every 1½ to 2 years to live in separate dormitory space at the orphanage for a week. While there, we interact with the children, get to know the staff, serve the community, share the Gospel, and get to know each other as we live, travel, work, pray, and enjoy our time together.

I have been blessed to lead many of these mission trips over the years. Sometimes I have led alone, other times with my wife, Leslie. Mission trips can be eye-opening, exciting, challenging, refreshing, and draining all at the same time. On our 2014 trip, I thought that it might be nice to have a team activity prior to boarding the plane back to Pittsburgh from Phoenix, Arizona. We decided that a hike up Camelback Mountain might be just the right thing to help us reflect on our trip and prepare to return home with all the visions of and experiences with extreme poverty, illnesses, disabilities, hunger and tears, as well as, joy, love, peace, laughter, and hope.

Echo Trail would serve as a good vehicle to help us reflect. The trail is not long, just a little over a mile. Sure, there was

a double black diamond rating for this trail because it was steep and rocky, but some people jog to the top and back, sometimes several times in a row. How hard could it be? Often it's not the difficulty of the terrain but the outside obstacles of life that make our journeys have different destinations than planned. That was the case for me.

On my first attempt, I was leading the group. We all started off together late in the afternoon. It was December 1st, so the temperature was not excessively high. It became apparent within the first quarter mile that our group could not stay together. Those who could walk on steep, rugged



terrain far out-paced those who could not. At the halfway point, the group had fractured into two very distinct parties: those who wanted to proceed and those who were visible far in the distance trying to make it to us. Sometimes when you are leading a group, you need to set aside personal goals to keep others safe and to help others achieve their objectives. For the safety of the group, I decided that I would sit down on a large boulder at the half-way mark to watch the two groups. From my vantage point, I could see the group progressing toward the peak and keep an eye out for those behind who were slowly making their way up the mountain. This was not my time to make it to the top.

My second attempt came two years later in November of 2016. Because of our previous experience, only those who were physically able to make the trek started up the mountain together. We appointed a leader among those who were unable to make the hike, and they enjoyed staying on the lower, smoother trail while the rest of us forged ahead. My hopes were high thinking that I would now get to experience what I missed out on two years before. Well, at the quarter-mile mark one of the students on the trip started going slower and slower until, at the 1/3 mark, they could go no farther. The group continued on with my son, Zack, a fellow Scottish Rite Mason and an experienced hiker, in charge. I remained with the hiker who couldn't continue. It was sad to see the disappointment and defeat in the face of the student.

I asked if they wanted to walk back down to the visitor center. Without hesitation, they told me no. Walking back down was not an option nor was going forward. Instead, we sat on some rocks near the trail in silence watching as other hikers continued up and down on Echo Trail. The silence finally broke when the student expressed concern over what others might think of their inability to continue the hike. After I offered some words that must have reassured them that everything would be fine, the teen began to open up and tell me the real reason they could not continue. At first, everyone in the group thought that it was for physical reasons but, as it turns out, it was for fear of heights.

The point where we stopped is where the trail becomes much steeper—winding around and coming very close to some rather steep ledges. The fear of tripping and falling became too much, and this young person could not muster the courage to continue. It is amazing how expressing one's fears

to another can open a floodgate of relief. This student and I had a wonderful conversation in which they expressed other concerns in life like peer pressure, bullying, parental expectations, dating issues, problems in friendships, worry about the future, and faith. As they opened up, their whole demeanor changed. It was as if the weight of the world was tumbling off their shoulders and rolling down over the ledges of their trail in life into the valley far below. Our conversation was interrupted—not by silence—but often by laughter or by saying “hello” and chatting briefly with the hikers as they passed by. Our group that had pressed on returned an hour or so later and we all came back down the trail together. As they shared their stories and pictures of the hike, a thought occurred to me. I realized that as much as I had wanted to make it to the top, there is no mountain peak that I could ever summit that would be more meaningful and more enjoyable than the time I spent sitting on the side of the trail talking with someone who simply couldn't go forward.



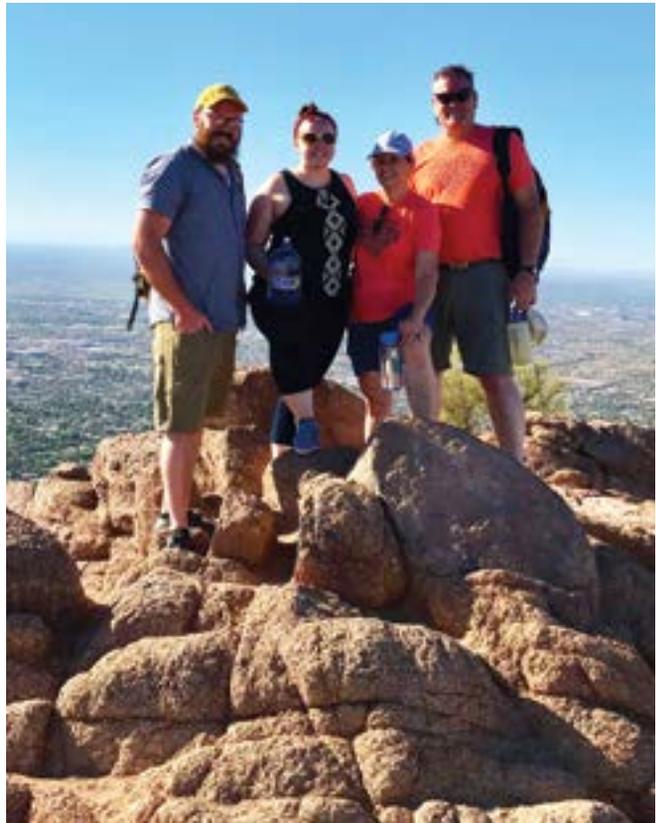
My third attempt at Camelback came a year and a half later, in June of 2018. Everything about this trip was different for me. I was not leading this trip. Instead, my wife and I were there to train the next mission trip leaders, one of whom was my son, Zack. The mission trip had gone very smoothly, and the new leaders wanted to continue with the reflective hike up Camelback. After my previous two attempts, I had no expectation of making it to the top. But, as I said earlier, this trip was different. Lessons were learned from the previous trips. One leader stayed back to be with those who physically could not make the hike. Zack took those who wanted to hike the mountain, and I went along with them.

Serving others brings rewards that are more satisfying and longer lasting than personal ambition.

When we arrived at the visitor center, Zack took me aside and said that this was my year to make it to the top. He told me that he had charge of the group and that he would make sure everyone was safe. He also knew that my 22 years in the contracting business had taken its toll on my knees and that I would need to go at my own pace whether it be fast or slow. He told me to enjoy the day and not to worry about the group. At that point, I felt like I could fly.

We started up the trail. My knees felt good, so I just kept going forward knowing that feeling could change in a heartbeat. I started outpacing the group, and each time I would look back to see where they were, Zack would wave his hand forward encouraging me to continue. I had complete confidence in Zack's leadership and progressed forward without concern.

Eventually, I could no longer see the group due to the twists and turns in the trail. I continued on. I couldn't believe that my knees were not giving me any problems. Every once in a while, I would get to an outcropping that gave me a good vantage point to the trail below, so I would stop, look back, and try to pick out the others in my group. I made it past my previous farthest spot and was on the steepest part of the trail heading for the summit. What a thrill! I made it to the top and took time to admire the view. Not being a guy



left to right: son Zack; daughter Maggie; wife Leslie; and me

who likes to take “selfies,” I instead took a picture of my shadow on the mountain.

I made it to the top, and in that moment of triumph, I reflected on what it took to achieve that goal. It wasn't just my own efforts that got me there; it was a team effort. The lessons learned in my failed attempts made me appreciate what I did. The support and encouragement of Zack gave me the fuel I needed to make the summit. The grace of God put me there...at that place...at that time...with that group of people to attain a goal that I had set years before. It was a humbling experience. And, as I stared at my shadow on the mountain, I realized that victories celebrated alone are as fleeting and hard to hold onto as shadows.

I started back down with joy in my heart. I encouraged the sweaty-faced, panting strangers I passed to keep going, that they were almost to the top. I eventually crossed paths with my group and, remembering my shadow on the mountain, joined them in their ascent. I fell in at the end of the line and enjoyed seeing them all make it to the top—both those who had done this before and those who were

continued on page 47

ValleyNews

A collection of recent happenings in the Valley of Pittsburgh

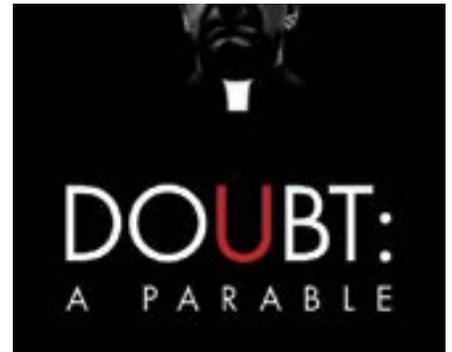
Ghost Light Productions presents *Doubt: A Parable*

Ghost Light Productions presents *Doubt: A Parable*, written by John Patrick Shanley. The play won the 2005 Pulitzer Prize for Drama as well as the Tony Award for Best Play. Shows will be on September 5, 6, 7, 13, and 14. Valley members and their guests can attend the free special preview night following the Stated Meeting on September 5th.

SYNOPSIS

“What do you do when you’re not sure?” So asks Father Flynn, the progressive and beloved priest at the St. Nicholas Church School in the Bronx,

in his sermon. It’s 1964, and things are changing, to the chagrin of rigid principal, Sister Aloysius. However, when an unconscionable accusation is leveled against the Father, Sister Aloysius realizes that the only way to get justice is to create it herself. And as for the truth of the matter? As Father Flynn says, “*Doubt can be a bond as powerful and sustaining as certainty.*” In stunning prose, John Patrick Shanley delves into the murky shadows of moral certainty, his characters always balancing on the thin line between truth



and consequences. *Doubt: A Parable* is an exquisite, potent drama that will raise questions and answer none, leaving the audience to grapple with the discomfort of their uncertainties.

Paschal Lamb

On March 31st, *The Feast of the Paschal Lamb* was held at the Clubhouse at the Masonic Villages at Sewickley. Chapters of Rose Croix observe this beautiful and symbolic celebration of *The Feast of the Paschal Lamb* as a memorial service, honoring our Brethren who have passed to their eternal reward during the preceding year.



Paschal Lamb cast

ROTC



Cadet Anthony Jones of Penn Hills High School received Scottish Rite Americanism Award at their annual ceremony on May 2nd at Penn Hills High School. To receive the Scottish Rite Americanism Award, the recipient must contribute the most among cadets in demonstrating Americanism in the school and community; be in the top 25% of his or her class; and must demonstrate potential for outstanding leadership by exhibiting dependability, character, self-discipline, good citizenship, and patriotism.

Vacation Donation

Brother David E. Kearns again presented the Valley with a donation from All Seasons Travel raised during the last Valley trip to the Riviera Maya. The 2020 trip is scheduled for February 8-15 to the all-inclusive Dreams Playa Bonita Resort in Panama. See the back cover for more details.



David E. Kearns, 32°, presents check to Joseph G. Whitaker, 32°, Sovereign Prince at the April Stated Meeting



Rose Croix DeMolay Class

This year's DeMolay class sponsored by Pittsburgh Chapter Rose Croix saw the induction of six young men into local DeMolay Chapters. The Initiatory and DeMolay Degrees were conferred by

the state officers. Following the degrees, the boys enjoyed a pizza party and overnight lock-in at the Greater Pittsburgh Masonic Center.



Storm Warning

(Rite) Lighting was spotted in Pittsburgh on February 22nd, when members of the Valley met at Southern Tier Brewing on the North Shore. The Rite Lightning events are impromptu gatherings of Scottish Rite Masons, family and friends.



TheLatest

Important happenings coming soon to the Valley of Pittsburgh

JUL
7

For more information:
Please contact the Valley Office:
secretary@valleyofpittsburgh.org
412-939-3579

Summer Car Cruise

Join us for a spectacular display of classic cars, antique cars, vintage cars, hot rods, and muscle cars! All proceeds benefit the Children's Dyslexia Center. Food, prizes, D.J. music, 50/50 raffle, silent auction baskets, giveaways every 30 minutes and more! Plenty of parking for non-cruise cars and spectators. (No alcohol or pets are permitted.)

TIME: 11:00AM-3:00PM/Weather Permitting
LOCATION: GPMC Parking Lot
RSVP: **None Required**
COST: No Charge

JUL
27

Reservations are required!
Please contact the Valley Office:
secretary@valleyofpittsburgh.org
412-939-3579

Schaumburg Boomers vs. Washington Wild Things

Join us for this annual outing to the ballpark in Washington. Watch the game and enjoy a pregame picnic tailgate party featuring hamburgers, hot dogs, salads, and soft drinks! Souvenir Saturday - Cooling Towel Giveaway presented by Mylan (First 1,000 Fans).

TIME: 5:00PM/Tailgate Picnic, 7:00PM/Game
LOCATION: Consol Energy Park
RSVP: **Deadline to purchase tickets is July 23**
COST: \$10/person

SEP
5/6/7/13/14

Ghost Light Productions presents... *Doubt: A Parable*

Doubt: A Parable, written by John Patrick Shanley, won the 2005 Pulitzer Prize for Drama as well as the Tony Award for Best Play. Shows will be on September 5, 6, 7, 13, and 14. Valley members and their guests can attend the free special preview night following the Stated Meeting on September 5th.

TIME: Varies by date
LOCATION: GPMC
COST: \$15/person

Tickets are required!
Please contact the Valley Office:
secretary@valleyofpittsburgh.org
412-939-3579

SEP
5

Reservations are required for Dinner only!
Please contact the Valley Office:
secretary@valleyofpittsburgh.org
412-939-3579

Stated Meeting

The September Stated Meeting will once again be casual dress. 50-year Members will be recognized. Following the meeting, all in attendance will be treated to Ghost Light Productions' premiere of John Patrick Shanley's *Doubt: A Parable*.

TIME: 6:00PM/Dinner, 7:00PM/Meeting
LOCATION: GPMC
COST: \$15/Dinner
RSVP: **September 3**

Fellowship Breakfast

You can't find a better breakfast with better company that supports a better cause. The breakfast is cooked and served by our local DeMolay and Rainbow and the proceeds benefit those organizations.

TIME: 9AM to 10:30AM
LOCATION: GPMC
COST: \$7/person (all you can eat)
RSVP: None required

JUN
29

To have an event listed in future issues, please contact the Valley Office at 412-939-3579, or by email at secretary@valleyofpittsburgh.org

AUG
2

Tickets are required!

Please contact the Valley Office:
secretary@valleyofpittsburgh.org
412-939-3579

Masonic Family Day at Kennywood Park

Join us for this annual celebration for the entire Western Pennsylvania Masonic Family. Come early, ride all-day with special pricing below normal admission, and stay late! Celebrate Freemasonry and join with Syria Shrine and the Valley of Pittsburgh for a parade through the park.

TIME: 10:30AM-10:00PM

LOCATION: Kennywood Park

COST: \$25/person Ride-All-Day, \$15/Senior Citizen

SEP
28

Reservations are required!

Please contact the Valley Office:
secretary@valleyofpittsburgh.org
412-939-3579

Children's Dyslexia Center— Pittsburgh Walkathon

Please note that the date for this year's Dyslexia Walk has changed. Please consider donating, sponsoring, or walking to support the Valley's Dyslexia Center. More details will be found in the September Meeting Notice.

TIME: 8:30 Registration/10:00 Start

LOCATION: GPMC

RSVP: **September 21**

COST: Adults: \$15/25 Day of Walk, Children 6-12: \$10,
Children 5 and under: Free

Looking Ahead

JUL
13

Council of Deliberation

Valley Forge Pennsylvania
SATURDAY, JULY 13

OCT
13

Fall Car Cruise

GPMC, 11AM-3PM, Free
SUNDAY, OCTOBER 13

NOV
7

Stated Meeting

THURSDAY, NOVEMBER 7

NOV
15

NOV
16

Fall Reunion

GPMC, Free
FRIDAY, NOVEMBER 15 and
SATURDAY, NOVEMBER 16

DEC
14

Children's Santa Party

SATURDAY, DECEMBER 14

DEC
21

Valley Christmas Party

Shannopin Country Club
SATURDAY, DECEMBER 21

JUL
27

AUG
31

SEP
28

Fraternal Classified Services Directory

These listed businesses subscribe to providing high quality customer service, delivered with a sense of warmth, friendliness, individual pride, respect, honesty, and the fraternal spirit.

ACCOUNTING & TAXATION

Richard A. Reynolds, CPA 412-795-4194
www.RichReynoldsCPA.com

ADVERTISING SPECIALITIES

Grimes Advertising 412-921-1325
Eddie Grimes

ATTORNEYS

Henry Miller, III, Esq. 412-566-2565
Wills, Estates, Real Estate millerhiii@aol.com

Quinn Logue LLC/Trial Lawyers 412-765-3800
Attorney Matt Logue info@quinnlogue.com

West & Associates, P.C. 412-486-2800
C. Arthur West III www.west-legal.com

AUTOMOTIVE

American Classics/Street Rods 814-268-1234
Dennis A. Liegey, 1026 3rd Ave., Brockway, PA

BAKERY / EXPRESSO BAR

Patti's Pasticceria 412-896-6246
Patti Macey PatisPasticceria@gmail.com

BEARINGS & POWER TRANSMISSION

Gipson Bearing & Supply Co. 412-462-7960
Craig Gipson www.gipsonbearing.com

BOOKS

A. Wayne Ross, Author awayneross.com
3 Hour Mysteries: paperback available at amazon.com
Audiobooks available at audible.com

CATERING

Hudson's Catering 724-438-2025
Richard Hudson www.UniontownCatering.com

Party Line Catering 412-882-7110
Brian Meador

CHIMNEY REPOINTING & REBUILDING

Coffey Contracting Co. Inc. 412-341-1127
Tom Coffey thomas.coffey3@verizon.net

DISC JOCKEY

DJ Nick Barcio 814-860-1258
www.DJBarcio.com

ENVIRONMENTAL, GEOTECHNICAL, AND ENGINEERING CONSULTING

J. Scott Bush Company, P.C. 724-246-8879
Scott Bush President/CEO 724-984-1881

FINANCIAL PLANNING

Family Wealth Mgmt Group, LLC. 724-743-6170
John T. Daley, ChFC® FamilyWealthGroup.com

FUNERAL SERVICES

Jefferson Memorial Cemetery & Funeral Home
Pleasant Hills 412-655-4500

George Irvin Green Funeral Home
Munhall Donald Green 412-461-6394

Readshaw Funeral Home 412-882-3850
Pittsburgh - Kevin R. Dieterle

Slater Funeral Homes 412-563-2800
Mt. Washington, Scott Twp., Bethel Park

Warco-Falvo Funeral Home 724-225-1500
Tim Warco, Washington, PA

Young Funeral Home Ltd 724-283-3333
William F. Young, III, Butler, PA

GRAPHIC DESIGN / CREATIVE SERVICES

Square Peg Design 724-925-0224
Rodney E. Boyce www.squarepegdesign.com

HEATING & AIR CONDITIONING

Bergfelt Heating, Cooling & Remodeling
Bro. Eric Bergfelt, Sr. 412-761-5774

HOME REMODELERS

Unglo Construction LLC 412-977-8924
Building, Renovation & Remodeling PA06993

INSURANCE

Colonial-Fleming Insurance, Inc.
Michael Misour 724-274-6333

Rodgers Insurance Group
James M. Wehur 412-922-1651

State Farm Insurance
Brian Winfield 724-864-9000

LANDSCAPING

Alex Landscaping 724-327-2539
Alex Walters alexlandscaping@comcast.net

MACHINE SHOP

Johnston Machine Works, Inc.
Bob Johnston 724-695-7730

MOTORCOACH TRANSPORTATION

Budget Charters 724-246-1982
Gary F. Shimshock

PLUMBING

John R. Meyers Plumbing, Inc. 412-787-2370
Since 1972, John R. Meyers

REAL ESTATE

McIlrath Realty Group-Keller Williams
Mac McIlrath CRB 412-882-9002

ROOFING

Coffey Contracting Co. Inc. 412-341-1127
Tom Coffey thomas.coffey3@verizon.net

SHOE REPAIRS

Mazza Shoe Repairing 412-341-7493
Vincent M. Mazza 618 Brookline Blvd.

TRAVEL

Worldview Travel 412-344-4845
H. Carl Brandtonies carlb@worldview-travel.com

TREE & STUMP SERVICE

R & R Tree & Stump Service 724-455-7378
Brian Ritenour 724-640-2011

TRUCKING

Dragonfly Industries 412-614-0953
Heavy Highway Construction, Joseph A. Schrock
josephs@dragonflyindustriesllc.com

JLE Industries 724-603-2228 x3055
Donald L. Cox Don.Cox@JLEindustries.com

TRUCKING / TARPULIN SYSTEMS

Merlot Vango 1-800-443-8277
Automatic Tarps for Dump Trucks & Flatbeds
Truck Tarpaulin Systems, Digital Vinyl Sign
Printing, all sizes, Flatbeds: 8' to 24' Aluminum
Vince Merlot 50 year member
10 Plum St., Verona, PA 15147

VIDEOGRAPHY

Dreamscape Productions 412-965-1860
P.J. Roup pjroup@gmail.com

For advertising rates and information, please contact the Valley Office at 412-939-3579, or by email at secretary@valleyofpittsburgh.org

TheWise continued from page 11

organization we must do a better job of educating our members, both new and old. They each must know our core values and what it is that we stand for. We must be more visible in the community and in our Blue Lodges, sharing our good works and showing men and Masons our value. We must continue to efficiently and effectively communicate our ritual. Our ritual is the way we connect to our core beliefs and we must continue to do this at a high level. Lastly, I think we need to remember our obligation to serve and take care of one another. We are a brotherhood. All families have squabbles and disagreements, and there are certainly times when we will disagree. But we need to remember that we are in this together, that each of our opinions and experiences have value, and that no one person has all the answers. If we craft a vision of the future that remembers our core values, integrates each of our member's strengths, and incorporates a variety of opinions, we will be well on the way to many more successful years of Scottish Rite Masonry in the Valley of Pittsburgh. □

Adventure continued from page 41

doing it for the first time. We all took in the view, we all got pictures, we all celebrated our individual accomplishments. It was much more pleasurable standing on that mountain top with others than it was standing there alone.

There are many lessons to be learned from my experiences on Echo Trail: Appreciate the beauty of God's created universe and the people He sends into our lives. Leaders must sometimes have enough integrity to set aside personal goals to help the group progress safely. Serving others brings rewards that are more satisfying and longer lasting than personal ambition. Taking time to sit and listen to the concerns of others has worth beyond measure. Encouraging leaders give people the ability to succeed. Learning from the past makes for a better tomorrow. Helping others and rejoicing in their success is uplifting. No worthwhile achievement is ever accomplished without a blessing from God or the influence of others. Celebrating success alone is empty. Celebrating success with teammates is a mountaintop experience. Staring at the shadows of past achievement is hollow while walking the double black diamond trail of life with others is rich and fulfilling.

Happy trails, my friends. □

VALLEY OF PITTSBURGH OFFICERS

August 1, 2018 - July 31, 2019

Gourgass Lodge of Perfection 14°

Brian T. Wilding, 32° Thrice Potent Master
Jeffrey R. Jones, 32° Deputy Master
David L. Moore, 32° Senior Warden
Eric S. Teasdale, 32° Junior Warden
Peter A. Leary, 32°, MSA Orator
Christopher A. McNeal, 32° Master of Ceremonies
David C. Allison, 32° Guard

Pennsylvania Council, Princes of Jerusalem

Joseph G. Whitaker, 32° Sovereign Prince
Robert M. Polander, 32° High Priest
Mitchell D. Goldstein, 32° Senior Warden
Richard F. Kucera, 32° Junior Warden
Robert H. Nelson, 32° Master of Ceremonies
B. Scott Allen, 32° Master of Entrances

Pittsburgh Chapter of Rose Croix 18°

Joshua S. Freeman, 32° Most Wise Master
Matthew A. Boice, 32° Senior Warden
Kristin M. Douglas, 32° Junior Warden
Anthony J. Corcoran, 32° Orator
Jordan L. Frei, 32° Master of Ceremonies
Charles F. Zurcher, 32° Guard

Pennsylvania Consistory 32°

Jeffrey M. Wonderling, 33° Commander-in-Chief
William G. Johnston, 32° 1st Lieutenant Commander
Rodney E. Boyce, 33° 2nd Lieutenant Commander
William L. Holman, 32° Orator
Benjamin J. Douglas, 32° Chancellor
Robert B. McGinnis, 32° Master of Ceremonies
Aaron J. Antimary, 32° Engineer & Seneschal
David C. Runco, 32° Standard Bearer
William B. Bittinger, 32° Guard
Paul J. Roup, 33° Treasurer
David W. Morgans, 33° Secretary
Vito A. Urso, 33° Hospitaler
Dennis R. Johnston, 33° Tiler
Samual C. Williamson, 33°, Peter A. Leary, 32°, MSA,
Robert F. Dunkle, 32° MFS Representatives

Executive Committee

Jeffrey M. Wonderling, 33°, Chairman
William G. Johnston, 32° Rodney E. Boyce, 33°
Brian T. Wilding, 32° Jeffrey R. Jones, 32°
Joseph G. Whitaker, 32° Robert M. Polander, 32°
Joshua S. Freeman, 32° Matthew A. Boice, 32°
Paul J. Roup, 33° David W. Morgans, 33°
Jeff A. Biddle, 33°, Trustee . Thomas K. Sturgeon, 33°, Active

Trustees

Jeff A. Biddle, 33°, Chairman
Thomas M. Gasmire, 33° George W. Polnar, 33°
Keith J. Caito, 33° Glenn D. Miller, II, 33°
Richard A. Rodibaugh, 33° Jeffrey M. Wonderling, 33°
Brian T. Wilding, 32° Joseph G. Whitaker, 32°
Joshua S. Freeman, 32° Paul J. Roup, 33°
David W. Morgans, 33°

Allegiance

The bodies of the Scottish Rite, sitting in the Valley of Pittsburgh, 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.: David A. Glatty, 33°, Sovereign Grand Commander, Ill.: Thomas K. Sturgeon, 33°, Deputy for Pennsylvania. Other Active members for Pennsylvania are: Ill.: Robert J. Bateman, 33°, Ill.: Thomas R. Labagh, 33°, Ill.: George Nakonetschny, 33°, Ill.: Keith E. Parkinson, 33°, and Ill.: Paul J. Roup, 33°.

Valley of Pittsburgh

Gourgas Lodge of Perfection

Greater Pittsburgh Masonic Center
3579 Masonic Way
Pittsburgh, PA 15237-2700



VALLEY OF PITTSBURGH

Dreams Playa Bonita Panama Resort & Spa Playa Bonita, Panama

February 8-15, 2020

Includes: Round trip air from Pittsburgh, round trip transfers between the airport and resort, all taxes including U.S. and Panama departure taxes. All meals and drinks at resort.

A valid passport is required for travel and must have at least 6 months validity from date of return.

For more details or to make reservations, call All Seasons Travel at 800-435-1077 or 724-483-7989, and ask for *Valley of Pittsburgh Panama*.

All inclusive Vacation (includes all meals and drinks at resort). Early Bird Pricing is per person based upon double occupancy:

Partial Ocean View

\$1,865.85 / per person, double occupancy

Ocean View

\$1,911.85 / per person, double occupancy

Preferred Ocean View

\$2,139.85 / per person, double occupancy

Preferred Junior Ocean View

\$2,324.85 / per person, double occupancy

\$100 deposit/per person is due at booking. Cancellation insurance can be added for \$140.99/per person (cancel any reason). Final payment due November 5, 2019.

To view the resort, visit www.dreamsresorts.com/en_us/resorts/panama/playa-bonita.html