



Grand Lodge Bulletin

Vol. 60: No. 07

Editor, RW Bro. Norman J. Senn

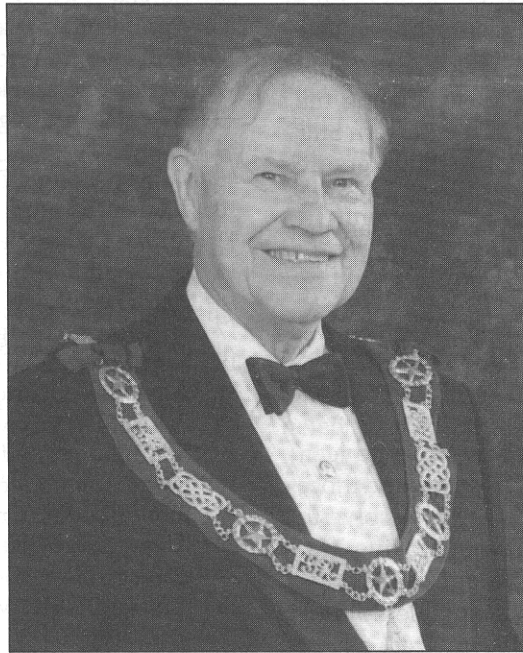
September 1995

Gordon V. Macaulay, Grand Master 1995-1996

MW Bro. Gordon Macaulay was born in Calgary, June 16, 1929. His parents were Margaret and Harold Macaulay. There were two siblings, Ruth and Bruce (deceased).

MW Bro. Macaulay attended school in Calgary and graduated from Central High School in 1948. During his high school years, he was active in sports and a part time radio announcer. He mustered out of Air Cadets (52 Squadron) as a Flight Sergeant and is a past president of Alpha Psi Delta Fraternity. He apprenticed in Pharmacy with W. Bro. G. Shapter, graduated as a Bachelor of Science in Pharmacy from the University of Alberta in 1953, owned two Pharmacy stores until 1965 and was Secretary/Treasurer of Calgary Pharmaceutical Association 1963-64. He then pursued a Bachelor of Education Degree in 1968 at the University of Calgary and completed his Master of Education Degree in 1984. He taught for twenty years in the Calgary Public School System (math, science, and remedial reading specialist), retiring in 1986. He is the father of five children — three girls and two boys and has nine grandchildren.

Masonry has been a part of MW Bro. Macaulay's family for almost 100 years. W. Bro. Jacob Koehler (maternal Grandfather) served as Worshipful Master of St. John's



Lodge No. 35 (Grand Lodge of Canada in Ontario) about 1907. His sons and grandsons were active Masons both in Craft Lodges and in Scottish Rite. MW Bro. Harold Macaulay, MW Bro. Gordon Macaulay's father, was a member of King George Lodge. He was also PDDGM of District 1, Grand Master of the Grand Lodge of Alberta 1936-37, and Past TPGM of the Scottish Rite. He passed to the Grand Lodge above in February 1942.

MW Bro. Macaulay was initiated into Foothills Lodge, Calgary, in January, 1961, and served as Worshipful Master in 1971 and 1986-87. He is a Charter Member of Loyalty Lodge, Calgary and is presently Worshipful Master of that Lodge until September 18, 1995.

He is a member of Fiat Lux Lodge 1980 and an Honorary Member of Bow River Lodge and Ashlar Lodge, both in Calgary.

He is Past TPGM and Past Commander-in-Chief of the Scottish Rite and a member of the Royal Arch, Cryptic Rite, Red Cross of Constantine, and Shrine. He was District Deputy Grand Master in 1990-91, elected to the Board of General Purposes in 1992, past member of the Grand Lodge Bulletin Committee and Chairman of the Masonic Spring Workshop Schools of Instruction 1993.

Grand Master's Message 1995

To be called to assume the high and demanding office of Grand Master of the Grand Lodge of Alberta is a challenge and a responsibility. I have accepted it — well aware that the discharge of the duties connected with the office will require every ounce of ability I possess. I am grateful to the brethren for their confidence in me and to the many Masons who have had a share in preparing me for the job ahead. I realize that alone we are powerless to achieve the simplest task. Together, and with the help of the Great Architect of the Universe, there is no goal beyond our reach.

I wanted to wear my father's Grand Master's apron, which has been on display at King George Lodge No. 59 for many years. However, it was feared that the apron would fall apart if removed from the glass case. As an alternative, I am honoured to wear an apron first worn by MW Bro. Leroy W. Bond, a member of Irricana Lodge and Grand Master of Alberta 1950-51. He was an active Mason and a true leader of our Craft.

My theme is really contained within several phrases. "Our Masonic Family", "Put You in Youth", and "Har-

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Grand Master	MW Bro. Gordon V. Macaulay
Deputy Grand Master	RW Bro. Basile Costouros
Senior Grand Warden	RW Bro. Hugh Young
Junior Grand Warden	RW Bro. James W. Roberts
Grand Secretary	RW Bro. Gerald T. Webber

Editorial Committee — Editor: RW Bro. Norm Senn, 282-8170
Bro. Bob Millsap; Bro. Trevor Morris;
W Bro. Dick Reynolds; W Bro. Bev Snyder; Bro. Peter Proudlock

mony Through Leadership and Planning". Recently I suggested that our family is made up of Masons being the "Father", while members of the Order of the Eastern Star are the "Mother" and the DeMolay and Job's Daughters are the "Children" of our fraternity. The appendant bodies may be thought of as the "Cousins". We must plan the renewal of our fraternity as a family. Just as a family pulls together to support a member "in trouble", so must we work together to support each other. Every town that has a Lodge and also a Junior and/or a Senior High School has the potential for an active Masonic family. We must work together to make it happen.

As we are now at the beginning of a new Masonic year, I solicit your support for your Worshipful Master and those associated with him in the work of the Craft. Resolve to attend all Lodge meetings. Do your part in making Masonry in your area a real, live, vital thing and your Lodge a place that means something real and tangible in your community, and keep building towards that great day of universal understanding and goodwill.

We often hear that people are losing Faith, that Faith which we need so much in troubled times — Faith in God, Faith in man, Faith in human destiny; too many people are fearful of the consequences which tomorrow may bring. It is up to us, as Masons, to do our part in bringing our world back to a fuller realization of the Brotherhood of Man, by the practice and promotion of those great moral principles which form part of the basic teachings of our profession. By practising those fundamental principles in our relationships with our families, our neighbours, and at our place of business, we can bring about change for the better in our community. It is up to you, my Brethren. I urge each of you to be a true Mason, not just a member.

From Redwood Lodge Notice

True leadership is a combination of initiative and humility. The best leader remains obscure, leading but drawing no personal attention. As long as the [group] has direction, the leader is satisfied. Credit is not to be taken — it will be rewarded when the people realize that it was the subtle influence of the leader that brought them success.

Bro. David Madden, WM

Grand Master's Itinerary

September

- 4 Scottish Rite BBQ, Calgary
- 5 Stavelly Lodge, Stavelly
- 6 Bowmont Lodge, Calgary
- 7 Westlock Lodge, Westlock
- 11 Sherwood Lodge, Highlands Hall
- 12 Northland Lodge, Fairview
- 13 Grande Prairie Lodge, Grande Prairie
- 14 Mayerthorpe Lodge, Mayerthorpe
- 16 Yellowhead District Meeting, Edson
- 18 Loyalty Lodge, King George Freemasons' Hall
- 19 Bowden Lodge, Bowden
- 21 Board of General Purposes, Red Deer
- 23 Loyalty Lodge, King George Freemasons' Hall
- 26 Eureka Lodge, Lacombe
- 28-30 Banff Conference, Cascade Lodge

October

- 2 Hinton Lodge, Hinton
- 3 Peace River Lodge, Peace River
- 4 Balmoral Lodge, St. Albert
- 6 Calgary Lodge, Calgary Freemasons' Hall
- 10 Kitchener Lodge, Rimbey
- 11 Jordan Lodge, Calgary Freemasons' Hall
- 14 Leadership Seminar, Calgary Freemasons' Hall
- 16 Astra Lodge, Cold Lake
- 17 St. George's Lodge, Elk Point
- 19 King Solomon, Cochrane
- 21 Athabasca District Meeting
- 21 Palliser District Meeting, Oyen
- 23 Northmount Lodge, Crescent Hall
- 24 Edmonton Lodge, Edmonton Freemasons' Hall
- 25 Jubilee Lodge, Crescent Hall
- 27 King George Lodge, King George Freemasons' Hall
- 28 Calgary-Highwood District Meeting, Calgary
- 28 Central District Meeting

District Meetings

September

- 16 Yellowhead District, Edson

October

- 21 Palliser District, Oyen
- 21 Athabasca District
- 28 Central District, Red Deer
- 28 Calgary-Highwood District
- 28 Chinookarch District, Vulcan

November

- 3 Battle River District
- 4 Three Rivers District
- 4 Beaverhills District
- 17 Phoenix District
- 18 Lakeland District
- 18 Northern Lights District
- 30 Alpha District

Clangers

Seen in the invitation to a Lodge BBQ: First there is a "scematic map" to the site of the lodge BBQ and then the requirement that the members bring their own "stakes."

With that request you wonder who or what they will be barbecuing!

Grand Lodge Officers 1995-96



Left to right: Row 4: VW Bro. L.G. Sherburne (185); VW Bro. J. Jay (63); VW Bro. A. Rutz (93); VW Bro. G. MacKenzie (174); VW Bro. F. Jefferson (181); VW Bro. G.H. Timmons (180); VW Bro. D.O. Hands (153); VW Bro. P.K. Hodges (174/41); Bro. D. Hongisto (19/173); RW Bro. R.G. Small (168).
 Row 3: RW Bro. M. Lazarenko (68); RW Bro. Jack Lewis; RW Bro. D. Troock (92); RW Bro. G.D. Blakley (33); RW Bro. D.B. Russell (123); RW Bro. D.D. Tizzard (44); RW Bro. B. Everton (106); RW Bro. E. Meinig (54).
 Row 2: VW Bro. J.H. Austin (25); VW Bro. W.D. Watson (55); VW Bro. K.R. Turner (59/197); RW Bro. G.R. James (9); RW Bro. R.A. Parks (82); RW Bro. G.W. Hamilton (74); VW Bro. D.J.H. Cook (124); RW Bro. H. Gerow (96).
 Row 1: RW Bro. E. Culham (77); RW Bro. G.R. Dawson (114); RW Bro. J.W. Roberts (12); RW Bro. B. Costouros (14/196/1980); MW Bro. G.V. Macaulay (174/197); RW Bro. H. Young (124); RW Bro. G.T. Webber (48/197); RW Bro. P.L. Li (59); RW Bro. R.M. Fisher (190).
 Missing from photo: VW Bro. D. McFadyen (95); VW Bro. J. Thompson (105); and VW Bro. G. Gale (7).

Newly Elected & Appointed Officers and Board & Committee Members

See Proceedings for full listing of Officers and Membership of Boards and Committees.

Grand Master

MW Bro. Gordon V. Macaulay (174/197/1980)

Deputy Grand Master

RW Bro. Basile Costouros (14/196/1980)

District Deputy Grand Masters

- | | |
|---------------------------------|------------------|
| RW Bro. Gary R. James (9) | Alpha |
| RW Bro. Ronald A. Parks (82) | Palliser |
| RW Bro. Melvin Lazarenko (68) | Yellowhead |
| RW Bro. Russel M. Fisher (190) | Central |
| RW Bro. Derek D. Tizzard (44) | Battle River |
| RW Bro. Eric Meinig (54) | Calgary-Highwood |
| RW Bro. Garry W. Hamilton (74) | Chinookarch |
| RW Bro. George D. Blakley (33) | Three Rivers |
| RW Bro. Henk Gerow (96) | Lakeland |
| RW Bro. Douglas N. Troock (92) | Northern Lights |
| RW Bro. Bennie Everton (106) | Mighty Peace |
| RW Bro. Donald B. Russell (123) | Dinosaur |
| RW Bro. Pai Lin Li (59) | Phoenix |
| RW Bro. Earl Culham (77) | Athabasca |
| RW Bro. John (Jack) Lewis (15) | Beaverhills |

Elected Officers

- | | |
|-------------------------------|---------------------|
| RW Bro. Hugh Young (124) | Senior Grand Warden |
| RW Bro. James W. Roberts (12) | Junior Grand Warden |
| RW Bro. Rex Dawson (114) | Grand Treasurer |

Appointed Officers

- | | |
|------------------------------------|--------------------------|
| RW Bro. Gerald T. Webber [48/197] | Grand Secretary |
| VW Bro. Graham R. Gale (7) | Grand Registrar |
| VW Bro. David J.H. Cook (124) | Grand Chaplain |
| VW Bro. Lloyd G. Sherburne (185) | Senior Grand Deacon |
| VW Bro. Gary H. Timmons (180) | Junior Grand Deacon |
| VW Bro. Gerry MacKenzie (174) | Grand Dir. of Ceremonies |
| RW Bro. Fred Jefferson (181) | Grand Organist |
| VW Bro. John H. Austin (25) | Grand Pursuivant |
| VW Bro. Donald O. Hands (153) | Grand Steward |
| VW Bro. W. Douglas Watson (55) | Grand Steward |
| VW Bro. Don McFadyen (95) | Grand Steward |
| VW Bro. Alfred J. Rutz (93) | Grand Steward |
| VW Bro. John Jay (63) | Grand Steward |
| VW Bro. John Thompson (105) | Grand Steward |
| VW Bro. Paul K. Hodges (41/174) | Grand Historian |
| VW Bro. Kenneth R. Turner (59/197) | Grand Tyler |
| Bro. David Hongisto (19/173) | Grand Piper-South |
| RW Bro. Roderick G. Small (168) | Grand Piper-North |

Board of General Purposes

Elected Members of the Board

- | | |
|-----------------------------|---------------------|
| RW Bro. D. Turvey [188] | Term 2 expires 1997 |
| RW Bro. T. Campbell [81] | Term 2 expires 1997 |
| RW Bro. H.J. Robinson [101] | Term 1 expires 1997 |
| RW Bro. R. Ponech [11] | Term 1 expires 1997 |
| RW Bro. G.R. Kampjes [168] | Term 1 expires 1997 |
| RW Bro. G.H. Astle [106] | Term 1 expires 1997 |
| RW Bro. L. Jeater [1] | Term 1 expires 1997 |
| VW Bro. K.E. Wigmore [10] | Term 1 expires 1997 |

Appointed Members of the Board

- | |
|--------------------------|
| W. Bro. L. Vaughan [67] |
| RW Bro. J.A. Jones [91] |
| RW Bro. R. Paulley [184] |
| VW Bro. J. Raskin [7] |

Executive Committee

[Sub-Committee of the Board of General Purposes]

The Grand Master, the Deputy Grand Master, the President and Vice President of the Board of General Purposes, the Grand Treasurer, the Immediate Past Grand Master, the Chairman of the Finance Committee by virtue of office.

Appointed Members of the Executive Committee

- | |
|---------------------------|
| RW Bro. R.W. Roberts, JGW |
|---------------------------|

Attendance at Grand Lodge

Grand Lodge was harmonious and the elections of Officers and Board and Committee members resulted in excellent new Brothers being identified. The motions allowed by Jurisprudence were discussed and voted upon with concern for the Craft. The unfortunate thing is that many Lodges did not attend this principal meeting of the year. For each Lodge absent, that means that at least three ballots are lost and that is enough to change the balloting results considerably. The voting, while only having one vote per attendee could still be influenced by these lodges.

Why there was no representation of most of these Lodges is not understood. There were those who were trapped in the forest fires that were raging at the time — now that is a really good excuse.

Lodge members should discuss the attendance of "their" representatives at Grand Lodge so that they can maximize the opportunity of each member of the Craft to have a say in "their" affairs. Grand Lodge only consists of the members of the Craft doing what is thought best for the Craft — no more — no less. Every Lodge counts.

According to the registration sheets, the following Lodges showed no representation of any sort at Grand Lodge in 1995: Alberta Lodge, North Star Lodge, Spitzie Lodge, Mizpah Lodge, Chinook Lodge, Robert Burns Cresset Lodge, Hanna Lodge, Excelsior Lodge, Lamont Lodge, Hand Hill Lodge, Edgerton Lodge, York Lodge, Kitscoty Lodge, Jasper Park Lodge, Hinton Lodge, Drayton Valley Lodge, Fort McMurray Lodge.

The final report of the credentials committee showed that there were 847 members in attendance representing 108 Lodges. Thirty-six lodges were not represented by any of the three principal officers. The members attending were: 102 WMs, 95 SWs, 87 JW, 368 PMs, 186 MMs with elected or appointed office, and 9 MMs. In addition there were 16 visitors.

Motions Carried at Grand Lodge

All motions presented to Grand Lodge to amend the Constitution were either ruled out of order or defeated in the vote. There are, therefore, no changes in the Constitution.

Amendments to the Regulations, which were passed, are summarised below. Check the *Proceedings* for full wording.

- R1.7.15.5 The *Bulletin* shall be provided for each member of the Craft in Alberta and the cost shall be incorporated in the per capita fee.
- R3.3.4.9 The Secretary (or Secretary-Treasurer) shall mail a copy of the *Grand Lodge Bulletin* to each member of the Lodge with the summons for each Regular meeting subject to the receipt of the *Bulletins* by the Lodge Secretary (Secretary-Treasurer).
- R1.4.3.1 and R1.4.3.2 The per capita fee calculation is changed as of January 1, 1996.
- R1.4.3.4 Clarifies the time of informing Lodges of fee changes and when they become effective.
- R1.4.6.2 Relates to transferring excess funds across accounts.
- R1.4.6.3; 1.4.7.1; 1.4.7.2 are all rescinded. This means that the \$5.00 Special Assessments for the Capital Reserve Fund has been terminated.
- R1.4.6.6 The income generated by the General Capital Reserve Fund must be reinvested in the Capital Reserve Fund.
- R1.4.6.7 Housekeeping.
- R3.6.1 Restricts Lodge meetings to days other than Sundays.
- R3.6.7 Emergency meetings, except for funerals, shall not be held on Sundays.
- R1.2.9 Balloting at Grand Lodge shall extend only to 6:00 PM on the Friday night (and not 10:00 PM).

Masonic Medal Of Merit



Left, Bro. Gordon Anderson; right, Bro. Dick Zuar.

There were two recipients selected from the nominees for the Masonic Medal of Merit in 1995. These outstanding Masons have contributed so much to the Craft and their communities and were acknowledged for their efforts by the Grand Master and all those attending the Grand Lodge Communication at Red Deer. They are the alpha and omega of good works!

Brother Gordon Anderson was initiated October 9, 1951 and was made a Master Mason January 22, 1952. He was employed by the Medicine Hat Fire Department for 35 years and worked for that Department up to the time of his retirement. He served with the Calgary Highlanders from 1939 to 1945. He has held several Lodge offices and at sixty years of age took organ lessons and became the Lodge Organist.

While Bro. Anderson has never held one of the higher chairs, he was always ready, willing and able to do what was requested of him by the various Masters of Medicine Hat Lodge. He has an outstanding record of welcoming visitors and making them feel at home. He willingly participates in all Lodge activities, whether degree work or social. His efforts on behalf of his Lodge are always of the highest calibre and he is considered to be a cornerstone of Medicine Hat Lodge. He has provided a silent, powerful example to his younger Brethren as one who represents the very essence of the General Charge.

He is a past TPGM of the Scottish Rite, Lodge of Perfection, a member of the Chinook Chapter, Rose Croix, Southern Alberta Consistory and the Royal Order of Scotland. He is a very active member and supporter of the local Shrine Club.

Bro. Anderson has contributed to the life of his community by providing support to the Royal Canadian Legion, as a canvasser for the Canadian Cancer Society and Meals on Wheels. He regularly volunteers for the Medicine Hat Regional Hospital Auxiliary, working a regular shift on the information desk and volunteering where needed. He visits all hospitalized Brethren each morning delivering the *Calgary Sun* and we suspect much sunshine and cheer along with it. His quiet unassuming disposition, intense interest, enthusiasm and service to the Craft and his community has earned him the highest respect among his Brother Masons. Those Masons who have been privileged to know Bro. Anderson have indeed found the true meaning of "Freemasonry in Action" and have greatly benefited from knowing a very special Brother.

Bro. Francis (Dick) Zuar was initiated September 27, 1985 and was made a Master Mason November 22, 1985. He was employed as Mechanic (Ogden Shops) and worked for Canadian Pacific Railway up to the time of his retirement. He has served in several of the officers' positions for his beloved Lodge and is always willing to step in to assist and support the officers of King George Lodge, Calgary. In 1988 he became a charter member of Loyalty Lodge and has served as Lodge Historian.

While Bro. Zuar has never held one of the higher chairs, he was always ready, willing and able to do what was requested of him by the various Masters of King George Lodge. He has an outstanding record of visiting the sick, supporting the Committees of the Lodge in their work and participating in the ritual work of the Lodge where able. Bro. Zuar exhibits the very essence of the tenets of Freemasonry through his friendly, mannerly and courteous giving of himself to his fellow man. His efforts on behalf of his Lodge are always of the highest calibre and he is considered to be a cornerstone of King George Lodge. He has also provided a great example to the younger Brethren as a living example of the Mason described in the General Charge.

Bro. Zuar is a conscientious and dedicated supporter of the International Order of Job's Daughters. He has served his Bethel in many capacities and has been appointed to the Grand Guardian Council where he continues to give of his many talents.

Bro. Zuar has contributed to the life of his community, by steadfastly providing support to the Heart and Stroke Society and being a valued counsel to those suffering this affliction. As his personal project he refurbishes and rebuilds bicycles for many needy youngsters in Calgary. He has been instrumental in organizing the visits of MS children to the shooting sites of movies around Calgary.

His quiet unassuming disposition, intense interest, enthusiasm and service to the Craft and his community have earned him the highest respect among his Brother Masons. Those Masons who have been privileged to know Bro. Zuar have seen in him the true meaning of "Freemasonry in Action" and have benefited from knowing a special Brother.

Masonic Foundation of Alberta

The Masonic Foundation of Alberta established by the Grand Lodge Communication in June of 1989 has been very active in pursuing its objectives: to assist the young people of this province to grow and develop so they can make a positive contribution to society.

During the past several months the Masonic Foundation has been very actively involved in allocating significant amounts of money to various charities through matching monies raised by a number of individual Lodges. The basic objective of the Foundation is to encourage and financially support Lodges with their various charities. This objective will be achieved as long as monies are available. With the number of charitable organizations now seeking funds, it becomes much more difficult to raise the funds required to support Lodges. Only through YOUR

generous donation can this component of the Foundation be met. A sincere thank you is extended to the Scottish Rite, Valley of Edmonton, for their very generous donation of \$10,000 to the Foundation.

One of the main sources of funds is the Bank of Montreal Masonic Foundation Affinity Card. By applying for and using this card, the Masonic Foundation is the ultimate benefactor. The card is particularly useful to those members who charge their expense account to their credit card and then claim the amount from their employer. Vast sums of money can be raised through this means. Watch for an important announcement sometime in the fall regarding new features of this card.

When planning a memorial or funeral service for a loved one have you considered honouring their memory by suggesting the Masonic Foundation as a charity for their donations? There are many charities that are recipients of funds in lieu of flowers at memorial and funeral services. Please consider the Masonic Foundation as a recipient, should the occasion arise. Donations can be mailed to Masonic Foundation of Alberta, PO Box 6532, Station D, Calgary, T2P 2E1

Remember, your Foundation will be only as strong as those who help to make it strong. Please consider the above and give generously to YOUR Foundation.

Grand Lodge Leadership Workshop

The first, long promised, Leadership Workshop, targeted at Officers from Senior Wardens down, is ready for delivery. Each workshop will take place over two Saturdays. The first Saturday will be October 14, 1995 and the second November 18 or 25, 1995. (This latter date to be confirmed). A repeat Workshop for the Masons of Northern Alberta will be held in Edmonton in early 1996.

The cost will be a total of \$20.00 for the two days and this will cover lunches, coffee breaks and handout materials. The program will consist of short presentations and extensive team work on the part of the participants. The leadership skills will be aimed at Masonic leadership but will naturally cover leadership in general. Dress will be casual. Following pre-registration, participants will be given a Lodge-related assignment for completion prior to the first meeting.

Registration should be made through the office of Grand Lodge with cheques made payable to the Grand Lodge of Alberta. Phoned applications can be made using credit cards for payment.

There will be limited places and acceptance will be on a first come, first served basis.

Start planning for when you will be Worshipful Master of your Lodge — NOW.

Dominion Lodge, Edmonton, to Celebrate 75 Years

November 4th will be the date of an Anniversary Banquet and Dance to be held in Freemasons' Hall, Edmonton. This is a preliminary notice only — please mark the date on your calendars. More information is to come.



The theme for the 1996 Masonic Spring Workshop is "Laughter is the Best Medicine." The theme speaker is John Dyer of Calgary. John has 30 years experience as a teacher, administrator, presenter and staff developer. Currently he is a Senior Associate with the Institute for Intelligent Behavior, Sacramento California and is working as a national trainer in programs supported by that Institute.

John does numerous presentations each year for both the public and the private sector. He is a popular keynote convention speaker and is known for his energetic, highly entertaining presentations. He has made presentations at many National Conventions.

Areas in which John specializes include: Regenerative Work Environments, High Performance Coaching; Power of Laughter and Play; Staff Cohesion and Collaborative Leadership; Workshop Design and Presentation Skills. More recently he has been involved with notions relating to: The Ecology of Adaptive Organizations; Learning in a Global Economy; Is Better Possible? — Strategic Learning for Organizational Survival.

His personal philosophy is "Gargling in the morning is a good way to find out if your neck leaks!"

John Dyer presents the following information:

Economic shifts in the past ten years have resulted in extensive changes within organizations. Careers are being drastically affected. This becomes a major source of stress. The following is one person's comment about his situation: "I have reached the apex of the developmental mountain, and it is a molehill. This is tremendously freeing. I no longer have to worry about becoming the President of IBM — I imagine IBM can relax too. I seem to be travelling at a tremendous career speed, albeit in a circle. I continue to arrive at the place where I started. My career ladder turns out to be a 'Step Master.' I'm a man whose time has arrived — its just the rest of me that hasn't. I now find myself applying for a job I am terrified I might get. On the other hand, I'll be mortified if I don't make the short list. Perhaps it is truly time to explore a new universe. A Place where no-one has gone before. But then, what kind of jobs would be available in a place like that? I spent yesterday working on my body language with my chiropractor. I'm hoping it will improve my speaking gestures..." Our guess is that our colleague will do well. One research study indicates that other things being equal, personnel managers hire the applicant with the sense of humour. A sense of humour is frequently listed as a quality that organizations identify as

essential for leadership positions.

Dr. Kenneth Pelletier and a group from Stanford University Medical School, have been involved in corporate wellness and executive health programs for the past eleven years. They have learned that people who are survivors in times of upheaval have some common characteristics. These include: (1) a persistent positive state of mind, a continual sense of optimism, a sense of personal efficacy — that they are in control, they are not victims; (2) a sense of humour; (3) they participate in specific stress-reducing activities; and (4) collegial support in the workplace. Once again, it's obvious that humour DOES work!

Think about your response to this little quiz:

Although the brain is only 2% of the total body weight, it consumes 25% of the body's oxygen supply. What does this mean?

- If you feel short of breath, stop thinking?
- People without brains need 25% less oxygen?
- Our brains should be bigger!
- We should spend 75% of our time doing something that requires no thinking?

Sandy Queen, Director of Lifeworks Inc., Columbia, MD says "Lighten up! This is the only life you have!" Our sense of humour is one of our individual capacities for uniqueness. It becomes an essential ingredient for both motivation and self esteem. We laugh at our own weaknesses and the laughter becomes our strength. The importance of humour in establishing and maintaining effective organization, plus the personal benefits to our health and welfare will be presented and discussed at the 1996 Workshop. Book early — don't miss this one!

Quarry Lodge Alive, Well and Active

On the occasion of the visit of the Grand Master in February, a 50 year Jewel and a Life Membership was presented to RW Bro. Henry C. Drever. At the same meeting W. Bro. Walter Kelln received his Life Membership.

At the April Meeting the Medicine Hat Shrine Band Degree Team conferred the MM Degree on two candidates, Bros. Stan Knowles and Richard Dornan. The team did a great job, and it should be noted that, as with most degree teams, their members come from Lodges which practise "the other Rite", depending on what is being presented. This certainly adds to the challenge for the team members.

Widow's Pin With a Difference

Bro. Ross Dunwald, a member of Maple Leaf Lodge No. 9, Maple Creek, GRS, who resides in Medicine Hat, was asked by Bro. Hugh Giffard of J.W. Kitselas Lodge No. 123, Terrace, GRBC to present a Widow's Pin, which he sent, to his 92 year old mother who lives in Cypress Lodge in Medicine Hat. Bro. Giffard's mother who emigrated to Canada in 1963 was a very busy music teacher during her working years. Now she is a very alert and well groomed retired lady. She was the daughter, wife and mother of Masons — and that certainly deserves recognition which was given through the presentation of a Widow's Pin. The route may have been circuitous but the affection was most sincere.

Submitted by Bro. Ross Dunwald.