



The Nova Scotia FREEMASON

THE OFFICIAL BULLETIN OF THE GRAND LODGE OF NOVA SCOTIA



MALE LONELINESS

• Can Freemasonry be part of the solution?

Masonry improves our health

Thank You Brother Imber!

The silent strength of edification

Boots of the fallen

Angels in the architecture

A new website and public brand for Nova Scotia Freemasonry

Don't fall for scams Brethren!

The Nova Scotia Freemason

The Official Magazine of the Grand Lodge of A.F. & A.M. of Nova Scotia

Editor Wayne Savory

Graphics Tom Wieclawski

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Image Design by Bro Tom Wiclawski, Virgin Lodge No. 3, Halifax



From the Editor - Taking up the Torch

It is with enthusiasm and humility that I present this, the first issue of *The Nova Scotia Freemason* under my editorship. Stepping into this role, I can't help but feel the weight of the legacy left by Most Worshipful

Brother Barry Imber, our magazine founder and editor emeritus. His dedication over the past 20+ years has built this magazine into something truly special, and I am acutely aware of the responsibility that comes with following in his footsteps.

As we move forward together, my goal is to maintain the high standards set by Brother Imber while also honouring the tradition of this publication. This magazine isn't just a collection of articles; it's a reflection of our shared values and our journey as Freemasons in Nova Scotia. I'm looking forward to celebrating our past, embracing the present, and exploring the future with all of you, and I sincerely hope to do justice to the foundation that has been so carefully laid before me.

With that said, lets go...

The Nova Scotia Freemason began before widespread social media and online news, when bi-monthly issues and mailed lodge correspondence were the norm. Today, information is shared instantly through email, the Grand Lodge website, and Facebook page, in pace with the needs of our more technology centric younger members and our increasingly more online older members. My plan is to harmonize our available media by providing more of the "daily news" on the web and social media, while this magazine will focus on more detailed and thoughtful content about broader Masonic matters. For example, this issue will examine the rising concern of loneliness among North American men and how Freemasonry may form part of the solution.

To enable this kind of content, we'll move from bi-monthly to quarterly issues starting in 2025,

with issues in March, June, September, and December.

This quarterly format will allow us time to dive deeper into Masonic themes, offering more analysis, opinion pieces, and discussions about the future of the fraternity. By dedicating space to these topics, we hope to foster richer dialogue, encouraging reflection and a deeper connection to our shared values and goals. This approach will hopefully position the magazine and our online channels as a managed continuum of valued resources for practical information and meaningful insights into the future.

Don't worry. We won't lose our fun. The magazine will continue to cover local events and activities, keeping members connected and informed. Highlighting lodge activities, community involvement, and personal achievements will always keep our Masonic community together and engaged.

Additionally, the magazine will continue to feature educational pieces on Masonic principles and history, exploring symbolic interpretations, rituals, and the lives of notable Masons. By blending current news with educational content, I hope to maintain the continued aim to satisfy both immediate informational needs and the broader intellectual curiosity of our readers.

Not having the 20+ years of editorial experience that Brother Barry brought, I would be thrilled if this publication became a true community project. I encourage all of you to share your ideas, opinions, and articles of interest. Your contributions will help shape this magazine into something that truly reflects our collective voice.

Please send your thoughts and submissions to editor@thenovascotiafreemason.ca.

As this issue is our last before the holidays, let me leave with my best wishes to you and your families for a healthy and happy holiday season and new year.

Wayne Savory
Managing Editor



The Grand Master's Message

I first want to thank Barry Imber for his years of dedication to the *The Nova Scotia Freemason* as the managing director and editor. I recently received some returns from the family of a member that had passed away and in the box were original prints from *The Nova Scotia Freemason* from the 90's and I saw that Barry was the Editor back then. Thank you so much for all that you have done over the years, it has been greatly appreciated.

Secondly, as this is the December issue of the magazine I want to wish all the members a very Merry Christmas and Holiday Season and best wishes for the New Year to your lodges and families. May you enjoy this festive season with families, friends and brethren.

For those that don't know, I worked as a Halifax Regional Police officer for over 30 years before retiring. As you can well imagine, it is a profession that sees the worst of the worst in experiences in society and accidents. We always had brother and sister officers to lean on for support and mutual experiences dealing with the stress for this mentally and physically tasking exposure.

After I retired, the most common question was "do I miss it?". The job of being a police officer. Not the job, but the members to some degree. In my case, the hole that was created from retiring was already filled with the relationships, camaraderie and brothers in the Lodges. Masonry is not the cure for all things of course, but the brothers are usually the first ones I turn to when I need to talk about things or when I need help with a project or situation. A busy lodge that has projects and programs going on that I can participate in or help with are essential, not only to the lodge's growth, but to the brother mason's as well.

This time of year, can really increase the feelings of loneliness that people have. Across the country, we have record numbers of people dealing with stress and mental ill health.

Make sure that your lodges are doing things to keep the members involved. The "in the trenches" atmosphere where they can participate and help and take their minds away from their issues. When dealing with the depression, perhaps the better approach is to put your coat on, lock your door, go across town, and help someone. Keep your Brothers in mind this season and be ready to reach out to help or encourage them.

I have been involved in the Masonic Foundation of Nova Scotia and see much of the charitable support provided. While I do not know every recipient or the specifics of every Benevolent project, I do know that we are reaching out and helping so many brothers and sisters in need across our province. What a wonderful thing to be able to be a part of.

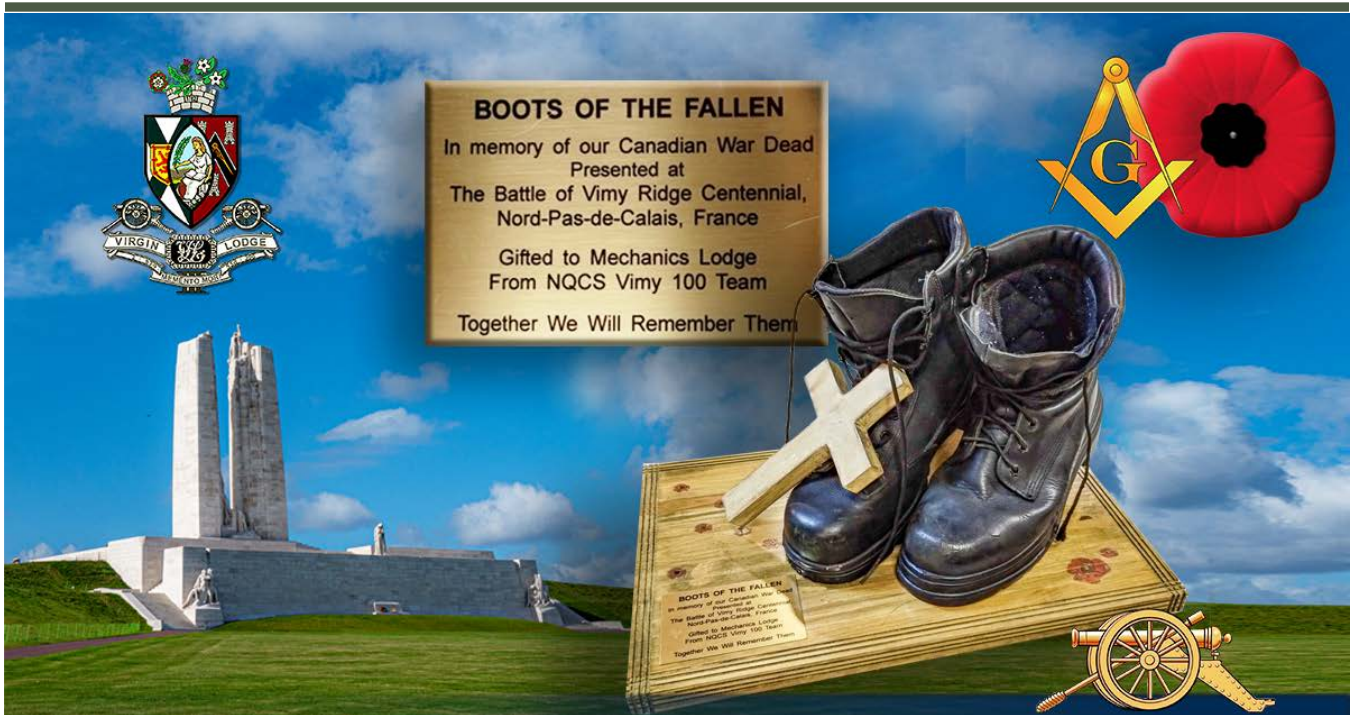
An organization that can reach out and help financially or physically when things arise, including mental health issues that need someone to step in and get the proper agencies to pop by and assist.

Brethren, be proud of your membership and involvement in NS Masonry. Your continued membership does a lot more then you may know or realize.

May the Supreme Architect of the Universe look over you and yours this Holiday Season.

Andrew Beeler
Grand Master





Boots Of The Fallen

Virgin Lodge No. 3 was entrusted with a special memento commemorating Canada’s heroism and sacrifice at the battle of Vimy Ridge in France during World War I.

The Canadian victory at Vimy was a defining moment for Canada when, the country emerged from under the shadow of Britain, feeling capable of greatness due to their actions at this epic battleground. Canadian troops earned a reputation as formidable and effective because of their stunning success. But it was a victory at a terrible cost, with more than 10,000 killed and wounded. The battle raged between April 9, 1917 – April 12, 1917

In 2016 and early 2017, a group of students from Queens County planned to travel to the ceremony marking the 100th anniversary of the Battle of Vimy Ridge at the Canadian National Vimy Memorial in France on April 9, 2017. Mechanics Lodge No. 78 of Caledonia, Nova Scotia helped by contributing funds to make the student’s plan successful. The students from Queen’s County and other parts of Canada and France laid four rows of boots, representing the four divisions of the Canadian Corps that fought for the first time as one formation at Vimy Ridge over a century ago. They returned with a pair of combat boots that provided a powerful symbol of remembrance during the celebration.

Upon their return, the students presented the boots to Mechanics Lodge. For the next six years, they were a persuasive emblem during the annual memorial celebration, first at Mechanics Lodge, and then at Virgin Lodge in Halifax.

In 2021 Mechanics Lodge went into darkness, closing its welcoming doors for the last time. MW Bro John Cody, the Grand Master of Masons in Nova Scotia at the time of the hundredth anniversary of the battle took place, was a guest at the ceremony of surrendering the warrant. He was given this memento for safekeeping until it can be displayed at the Halifax Masonic Temple, as a token of our remembrance and testimony to Masonic contributions and charity. This year as every year, it is again a sad remembrance of the cost of freedom.

Lest We Forget!

Summary of the presentations made by M.W. Bro J. Cody and Rt. W. Bro D. Evans at the Remembrance ceremonies at our lodge. Published on: Oct 23, 2023

Image Courtesy of virginlodge.ca



**Freemasons of
Nova Scotia**



Holiday Season Food Drive In Support of Feed Nova Scotia

November 15th – December 13th, 2024

Join us this holiday season to spread cheer and support our communities. The Grand Lodge of Nova Scotia is hosting its annual Holiday Season Food Drive, and we need your help!

Make a Difference This Holiday Season! We invite you to bring non-perishable food items to support families in need across Nova Scotia. Together, we can bring hope and joy to many this holiday season.

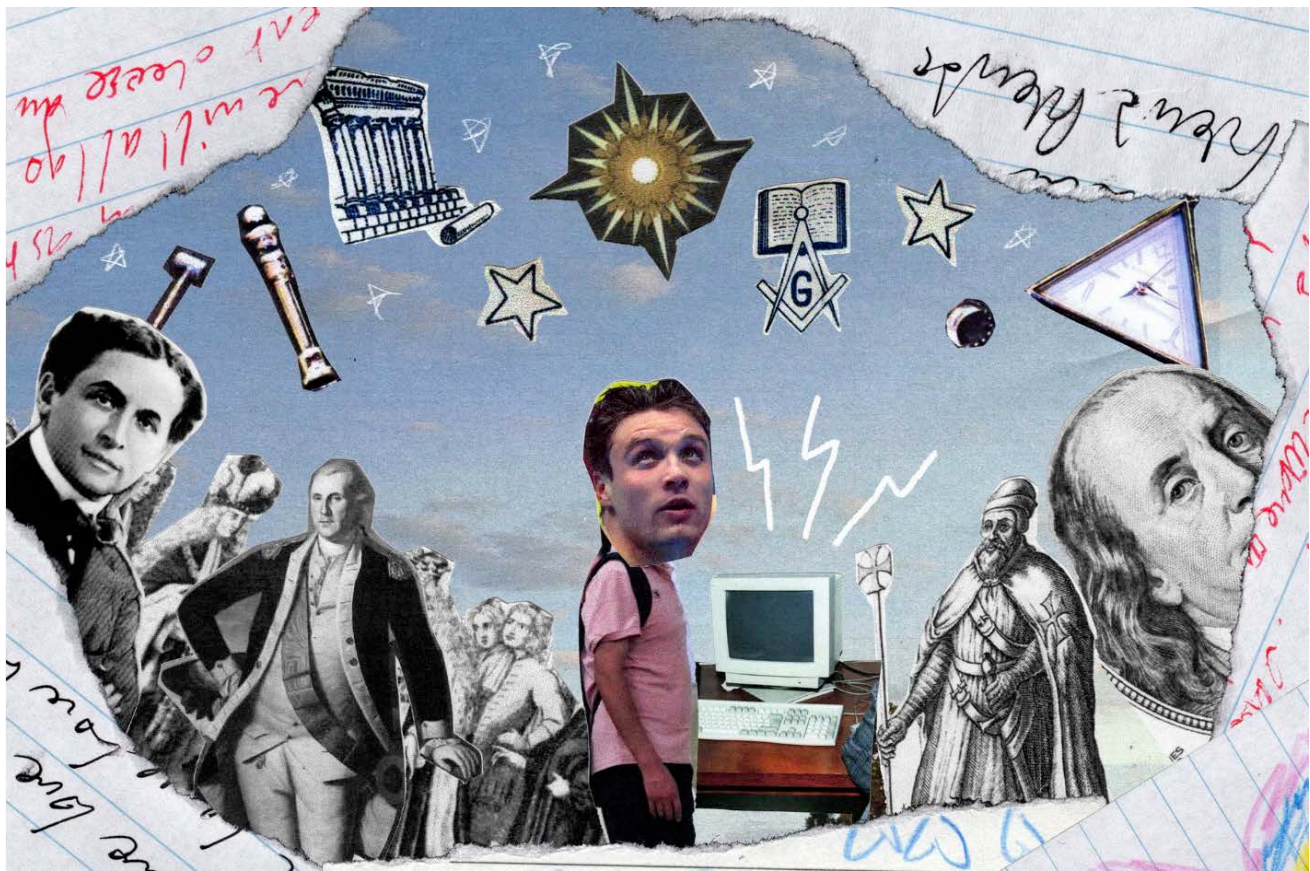
Most Needed Items:

- soups and stews
- peanut butter
- cereal
- canned vegetables and fruits
- canned meat, fish, and beans
- rice
- pasta and pasta sauce
- fresh or frozen vegetables
- fresh or frozen meats
- baby food and formula
- meal replacement drinks
- canned and powdered milk

Why Your Contribution Matters: Your generous donations will help feed families struggling during the holiday season. Every item you contribute can make a significant difference in someone's life.

How to Donate: Drop off your non-perishable food items at your local lodge between November 15 - December 17th. For more information, contact your lodge Secretary, your DDGM, or RWB Frank Gammell at deputygrandmaster@nsmasons.ca. Cash donations may also be made through your lodge or directly to Feed Nova Scotia at www.feednovascotia.ca.

Thank you all for your support! Wishing you and your families a Happy Holiday Season and a Happy New Year!



Male Loneliness: Can Freemasonry be part of the solution?

Masonic lodges are often referred to as “safe spaces” by brothers—oases of support and male camaraderie in a modern desert of political division and the noxious temptations of the manosphere. It’s a phones-down, eyes-up escape from the mundane into the symbolic, one which, as one Mason described it, inculcates a deep respect and love for the human condition.

This insightful observation comes from Allegra Rosenberg, who penned the article ["What if the Solution to Men’s Loneliness Is ... Freemasonry?"](#) in SLATE, an online magazine covering current affairs, politics, and culture in the United States. It’s remarkable how a young female journalist can recognize the benefits of our Fraternity that many of our Brethren may overlook.

As Movember concludes, our attention on men’s health resurfaces. Originally aimed at raising

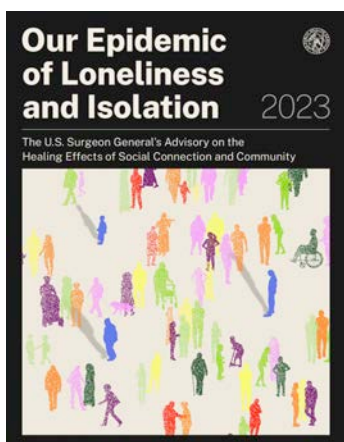
awareness for prostate cancer, Movember has now expanded to encompass other aspects of men’s health, including mental health. In Canada today, we witness a troubling rise in poor mental health among Millennials and Gen Z. COVID-19 exacerbated isolation for young men in their early twenties, as quarantine measures ended face-to-face interactions and led to the closure of organizations. Additionally, new Canadian men who have immigrated in the last decade often find themselves distanced from friends and family, spending countless evenings alone or on electronic media seeking connections lost upon moving to Canada.

This is where we, as Freemasons, can step in. As the world’s largest fraternal organization, we have a responsibility to combat the tide of men’s loneliness in our province. Nova Scotia’s changing

MALE LONELINESS - CAN FREEMASONRY BE PART OF THE SOLUTION?

demographics necessitate that we, as an organization promoting equality among men, reach out to new Canadians and introduce them to our Fraternity.

Programs like Friend to Friend and other public awareness initiatives are crucial. The Friend to Friend program, initially inspired by the Grand Lodge in Ontario, needs continuous updates to remain relevant. Younger men are more interested in personal stories than in easily accessible information. They want to know why a Brother with a 50-year jewel found the Fraternity rewarding enough to make a lifelong commitment.



The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community
[Click to read this report](#)

Lodges should adopt this approach to attract new members.

Over the next few months, observe which men you interact with outside your social group. This could be your Doctor, Minister, Tim Hortons server, or the young plumber who installed your water heater. They may be unaware of the support and camaraderie

Freemasonry offers. For those unfamiliar, the manosphere is a collection of online spaces promoting toxic masculinity and opposition to feminism. Should we let these negative influences shape our society instead of promoting Brotherly Love, Relief, and Truth? We need to reach out to men today, as the manosphere fuels hate groups and influences even older generations.

Host a Friend-to-Friend event and invite these men. You may help guide a lonely man to a supportive community. Another effective initiative is the Lodge Open House, which introduces your Lodge to the community and shows that we are good men. While not a recruitment tool per se, it

can attract men interested in the Fraternity. Invite new community members, like the car salesperson from Bangladesh, where Freemasonry is exclusive and invitation-only. Show them that Freemasonry in Nova Scotia is inclusive and diverse.

Loneliness and isolation also affect our Brethren, especially as they age. According to the Alzheimer's Association, the percentage of male caregivers for family members with Alzheimer's or dementia has more than doubled, and men now represent up to 45% of all family caregivers. These men often lack a support group. Lodge friendships can help, but as Brothers age, they lose close friends. How can we support these Brethren at both the Lodge and Grand Lodge levels?

The Cornerstone Project is part of our Masonic revitalization efforts, setting standards to strengthen Lodges and reengage Brethren. One standard is to recognize Masons at Lodge meetings or special events, like dinners. These events can provide much-needed social interaction and support for aging Brothers.

Another standard is to assist shut-ins or widows/widowers with tasks like lawn mowing, house painting, shopping, and driving to appointments. Helping with these tasks can provide positive interactions for both the helpers and those helped.

Organize a "Rusty Masons Event" to reacquaint inactive members with our Ritual in a relaxed atmosphere. Many Brethren avoid Lodge due to fear of embarrassment from forgetting Ritual details. These events can help them feel comfortable returning.

Lodge programs like weekly or monthly lunches or breakfasts can keep older Brothers active and engaged. Such gatherings are especially important for those who avoid night meetings due to health concerns. Remember, activities outside the Lodge are as important as those within. By using our tools to combat male loneliness, we can make a significant impact today.

James Logan
Grand Lecturer



From the Deputy Grand Master

As he passes the torch to his successor, heartfelt thanks are extended to *The Nova Scotia Freemason* retiring editor MW Bro Barry Imber for his many years in providing our Jurisdiction with an avenue to share knowledge, insights and activities.

THANK YOU! THANK YOU!

The shorter days of autumn not only affect our vegetation by causing many plants to move to a state of dormancy but similarly have an affect on us. As the weather cools and our outside activities diminish many begin to feel the doldrums of winter.

As a result our social activities are frequently replaced by an increase in “screen time”, which unfortunately quite often compounds the feelings of isolation and loneliness.

The adage for cure was often stated as “get out and do something”. Easier said than done for many. Where do I go, what do I do?

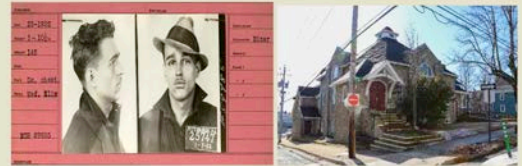
Ahhh!! Freemasonry to the rescue as it provides an opportunity for men to get together where all are considered equal regardless of social status, while promoting faith, hope and charity in the pursuit of making oneself a better man.

Our meetings focus on Masonic rituals while at the same time strengthening our fraternal bonds by sharing the warmth of each other’s company – we are often known to share a laugh or two, but it is all in good fun and a good time is had by all.

Happy holidays everyone!

*Fraternally,
Frank Gammell
Deputy Grand Master*

1925 ST. VALENTINES DAY MASSACRE AND ROAST BEEF DINNER!



ON JANUARY 17, 1925 “BIGGY” MINESTRONI WAS “RETIRED” (BY A 0.303). NOVA SCOTIA IS NOW WITHOUT A “BOSS”

ON SUNDAY FEBRUARY 9, 1925 A MEMORIAL SERVICE WILL BE HELD AT “THE SANCTUARY” (100 OCHTERLONEY STREET DARTMOUTH). THIS WILL BE FOLLOWED BY A ‘FAMILY’ MEETING TO DETERMINE WHO WILL RISE AS THE NEW “CAPO DI TUTTI CAPI”

\$50 PER PERSON FOR THIS MURDER MYSTERY DINNER. IT IS 1925 – PLEASE DRESS ACCORDINGLY. MEET & GREET STARTS AT 5:00 PM...MEMORIAL SERVICE STARTS AT 6:00 PM SHARP! THIS EVENT IS WHEELCHAIR ACCESSIBLE.

CASH BAR. ADULTS ONLY PLEASE.

80 TICKETS ON SALE NOW FROM (CONSIGLIERE) SYLVAIN ROUILLARD OF CORNWALLIS LODGE. CONTACT OUR CONSIGLIERE AT (902) 209-1431 OR BY EMAIL ROUILLARD_SJR@GMAIL.COM

NOTE – ALL TICKET SALES ARE FINAL

Next in the series following the October smash hit Harry Houdini Murder Mystery



Grand Lodge
Communications
Committee



Volunteer Skills Needed:

- Graphic Design (Adobe, Canva etc.)
- Search Engine Optimisation (SEO)
- Inbound Marketing
- Internal Communications Strategy
- Brand Strategy & Management
- Public Relations
- Digital Marketing Campaigns
- Google Workspace
- Social Media Engagement

Email W. B. Giles Crouch at:
communications@nsmasons.ca

A Public Brand Refresh for Grand Lodge

By now, many of you have seen the new website (and will see more in this issue) and the update to the Facebook cover image, plus the change in email addresses and the availability of dedicated emails for each Lodge that chooses one and for Grand Lodge office, Line Officers and DDGMs. This is all part of a brand refresh.

So why?

Our old website wasn't ranking high on Google and other search engines. It also wasn't very mobile device friendly (phones & tablets). In other words, our presence in the digital world wasn't reaching the general public or, most importantly, potential new members.

To address this, we needed to refresh our outward facing brand presence in Nova Scotia with language that meets prospective members and the public where they are. When a man is interested in joining Freemasonry, he is likely to be on his phone and searching for "freemasons" or "masons" in Nova Scotia. Today, most inquiries, be it shopping or searching for a place, begin in search engines and now with AI, "answer engines".



Designed to be found online and to answer the key questions of potential new members and the general public.

Additionally, we know, through research, that many men under 45 today feel lonelier than ever, what has been called a loneliness epidemic. Masonry offers them a chance not just to become

better men, but to find friendship and belonging, core values of our Craft.

We are also seeing a significant influx of immigrants from all over the world. Cultural diversity is vital to making Freemasonry grow and become better, but also offering new immigrant men an opportunity to build their lives in our communities in a positive way.

Thus the brand refresh with the new website acting as the hub of our public outreach, followed by our social media with Facebook and Instagram. Outward facing brand communications will be led by the term "Freemasons of Nova Scotia", which has worked well in several American States and Canadian provinces such as Ontario.

We will be tracking website analytics and social media to assess over the coming months the impact of the brand refresh. The website and social media will evolve over time as well.

This refresh should, we believe, help to build a stronger connection with the public and attract potential new members to the Craft.

*Giles Crouch
Chair, Grand Lodge Communications Committee*





From the Senior Grand Warden

First I want to thank MW Bro Imber for his wonderful work with *The Nova Scotia Freemason Magazine*.

Well done Brother!

Recruitment has been a severely beaten subject with little results over the years. There are many among us that who strive to bring in new members but many others are unsure of what they can and cannot do regarding this subject. It is true, we cannot openly recruit but we can explain to non-masons what Masonry means to us and how we have benefited from being a Mason.

We all know of young men that are joiners and active within their communities. We all have sons, sons in law, neighbours, friends and acquaintances to whom we can talk about Masonry. These conversations should be structured to coral that person into asking "Well how can I become a Mason?". Then we can get down to specifics and explain the process.

Remember, if at first you don't succeed, do not be afraid to try again and again and again.

More to follow in subsequent issues. If you would like to further discuss this matter feel free to contact me at any time, but until then, I wish you and your families the happiest of holidays and new year.

*Sincerely and Fraternally,
Gerald Settle
Senior Grand Warden*

Grand Lodge of Ancient Free & Accepted Masons of Nova Scotia 2025 Ritual Competition



2025 Ritual Competition

2 Categories Individual & Team

Area competitions 22 Feb 2025

Final Competition 5 April 2025

Area and Final Locations to be determined

Competition Rituals

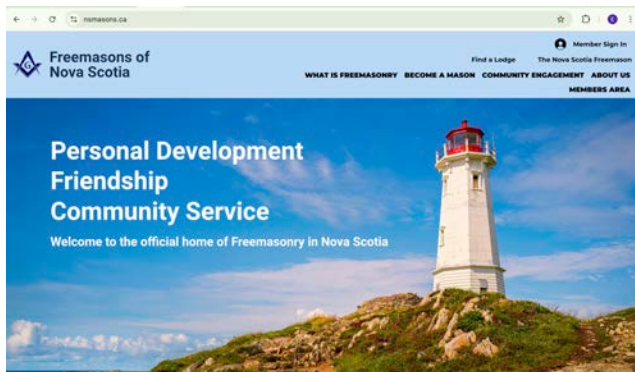
Area Individual will give the Charge to the Entered Apprentice

Area Team Entered Apprentice ritual from Inner door to end of Obligation

Final Individual will give the Charge to the Master Mason

Final Team Master Mason ritual from Inner door to end of Obligation

Grand Lodge Launches Updated Website



The general public homepage at nsmasons.ca

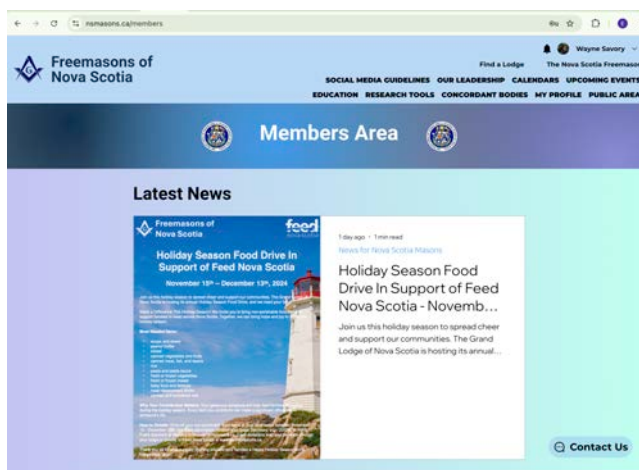
In late October, Grand Lodge launched its redesigned website with the objective of enhancing communication both within our membership and with the general public. This update aligns with our strategic goals to boost membership, enhance public perception of Freemasonry, reinforce our mission of personal development, and to actively engage and educate our members.

Central to the new website is a commitment to plain-spoken communication with the public. The site minimises Masonic jargon, using clear, contemporary language to avoid confusion. Context and historical background for Masonic terms and symbols are provided, aimed at clearing up misconceptions and promoting better understanding and appreciation of our craft, our mission and our time honoured traditions.

The website is designed for familiar access across desktops, tablets, and smartphones, catering to both the next generations and an increasingly tech familiar older population. Public relations and membership growth are key priorities, with content designed to inform and engage the public. By highlighting the charitable work and community involvement of Masons, as well as our core mission of personal improvement and fraternal benefits of membership, the website aims to present Freemasonry as a positive force for men and the communities in which we live.

The secure member area offers exclusive content and resources, such as the latest news, upcoming events, educational and research materials, and event calendars, to help members stay informed and engaged. Combined with The Grand Lodge Facebook page, this area serves as a comprehensive online hub for our Masonic jurisdiction.

Visit our new website at www.nsmasons.ca. If you are a Master Mason and not yet registered, log in using your email address and click “Forgot Password” to set up your account. If you have a new email address or are new to Nova Scotia or out of province, sign up as a new user.



The members area homepage at nsmasons.ca/members

This is our starting point with several planned additions to our content in the pipeline. Help us to keep the website relevant to your needs by contributing your comments and ideas to webmaster@nsmasons.ca.

nsmasons.ca

The Online Home of Freemasonry in Nova Scotia



From the Junior Grand Warden

The holiday season, while often a time of joy and celebration, can also be a source of stress and anxiety. As Masons, we are well-equipped to navigate these challenges by applying the principles of our fraternity.

Here are some Masonic approaches to coping with holiday stress:

BROTHERLY LOVE

Reach Out: Connect with your Masonic brothers. Share your feelings and seek support.

Volunteer: Giving back to the community can be a powerful way to alleviate stress and find purpose.

Practice Empathy: Understand the pressures others may be facing and offer compassion.

RELIEF

Set Realistic Expectations: Avoid overcommitting yourself. Prioritize your tasks and delegate when possible.

Practice Self-Care: Make time for relaxation and rejuvenation. This might include meditation, yoga, or simply spending time in nature.

Financial Planning: Create a budget and stick to it to avoid unnecessary financial stress.

TRUTH

Be Honest with Yourself: Acknowledge your feelings and limitations.

Communicate Openly: Have honest conversations with loved ones about your needs and expectations.

Practice Mindfulness: Focus on the present moment and avoid dwelling on the past or future.

ADDITIONAL TIPS

Manage intemperance and excess: Be kind and act in moderation. Be considerate of others

Limit Alcohol Consumption: Excessive alcohol can exacerbate stress and anxiety.

Maintain a Healthy Diet: Nourish your body with healthy foods.

Get Enough Sleep: Consider the 24" common gauge. Aim for 7-8 hours of quality sleep each night

Show Gratitude: Focus on the positive aspects of your life and others.



Remember, the holidays are meant to be a time of joy and peace. By applying Masonic principles and practicing self-care, you can navigate the stresses of the season with grace and serenity.

I'd like to take a minute to thank Most Worshipful Barry Imber for his invaluable editorial assistance. His keen eye and insightful suggestions have significantly made the NSFM the quality that it is today.

Warmest wishes for a wonderful holiday season to all from my family to all of you, my other family.

*Ken Simmons
Junior Grand Warden*

Male Loneliness: Masonry Improves Our Health

Presented by Dr. C.W. Cole of the Grand Lodge of New Brunswick to the 132 in attendance at the annual Interprovincial Lodge Day held in Halifax this September 28, 2024

“In a culture devoid of moral education, generations are growing up in a morally inarticulate, self-referential world.”

I’m here to tell you that Freemasonry changes that ... if we pay attention.

What does the outside world look like?

The general mood of sadness is increasing.

- Over the past 25 years, the percentage of people who say they don’t have close friends has increased x4 (fourfold).
- The share of Americans ages 25 to 54 who weren’t married or living with a romantic partner went up to 38 percent,
- A record-high 25 percent of 40-year-olds have never married.
- More than half of all Americans say that no one knows them well.
- The percentage of high-school students who report “persistent feelings of sadness or hopelessness” shot up to 44 percent in 2021.
- The Center for Disease Control in the U.S. reports that suicide rates have increased in the last 24 years by more than 30 percent.
- Sadness is increasing

Meanness is commonplace.

- Rude and even cruel behaviour is an everyday experience for many.
- Extremism in certain quarters is rewarded; while moderation is viewed with skepticism and being “in the middle” is thought to mean you can’t tell “right” from “wrong”.
- Political conversation can sometimes borrow the rhetoric of war. Extreme views held by a part of society puts a stress on those who try to see both sides. Crowd

mentality is easily spread by social media, where steady, independent reasoning is easily drowned out.

- Hate crimes recently reported in the media have risen to their highest level in 12 years
- Unchecked hostility is seen in places we once thought safe from violence. Nurses report increasing abuse from patients; it used to be observed in patients who were “not themselves” for some reason; not fully recovered from anesthesia, for example. That is understandable, but abuse from patients who are just being themselves is more prevalent than was previously known and is causing many nurses to leave the profession; other professions that serve the public are not immune

Generosity of Spirit is in decline.

- Social trust is low – interest in institutions like Churches, Boy Scouts, and Girl Guides has fallen off to the point where every potential leader must have a search made of their past for evidence of crime; pedophilia is suspected and fear of it is pervasive, to the point that it is difficult to start up a Boy Scout Troop these days.
- In 2000, two-thirds of American households gave to charity; 18 years later fewer than half did.

I want to pause here for a moment to say I’m not talking about mental illness in this talk, I am talking about mental health. People can feel lonely, depressed, anxious, and angry at the world without being mentally ill. Of course, those same feelings can be found in the mentally ill but remember that a normal person

MASONRY IMPROVES OUR HEALTH

can say why; the mentally ill don't have to have a reason to feel the way they do, that is the definition of mental illness.

Hallucinations, or having irrational thoughts or beliefs; depression that has no apparent cause; which is inconsolable, is mental illness. They need professional help.

The statistics quoted a moment ago characterize a decline in health, which includes MENTAL health, they show a decline in happiness and an increase in despondency, gloom, and discontent.

COVID-19 had a profound effect on those already suffering. Many passed the pandemic by staying home – some are still there.

Confinement and Isolation: two things that contribute to poor health in general and mental health in particular. – There is strong evidence that outdoors activity improves cognitive functioning, enhances the immune system, and reduces stress as well as blood pressure.

Isolation contributes to many unhealthy habits – drinking to name the most obvious. Studies have found that about 40% of Americans have a meaningful interaction with another human being only once a month. Confinement and isolation are red flags we should recognize and take appropriate actions.

Let me return now to the crux of my talk, that Masonry holds a key to better health – if we practice what we preach.

One distinguished writer says, the most important story about why we have become sad and alienated and rude, is very simple: “We inhabit a society in which people are no longer trained in how to treat others with kindness and consideration. Our society has become one in which people feel licensed to give their selfishness free rein.

In a healthy society, a web of institutions – families, schools, religious groups, community organizations, and workplaces, help form people into kind and responsible citizens, the sort of people who “show up for one another.” We live in a society that's terrible at moral development. Moral formation must be learned; and it must be practiced in order to be “improved” or our basic

natures will tend to bring out selfishness, rudeness, and disrespect.

Listen to the words of Worshipful Bro. Benjamin Franklin who said, “Men I find to be a Sort of Beings very badly constructed, as they are generally more easily provok'd than reconcil'd, more dispos'd to do Mischief to each other than to make Reparation, and much more easily deciv'd than undeceiv'd.”....Things haven't changed.



February 28- March 1

93rd Annual Provincial Masonic Broom & Gavel

at the Mayflower Curling Club in Halifax

All funds raised during the Broom & Gavel will be used to support Feed Nova Scotia

Early bird registration (before December 31, 2024)
The cost for a team is \$220 and for a player is \$55

Registration (after January 1, 2025)
The cost for a team is \$260 and for a player is \$65

Register online

 <https://form.jotform.com/jamiebenoit/93rd-broom-gravel>

For more information contact
Tom Rogers
Phone 902-456-4895
email tomprogers1@gmail.com

Moral development – perhaps a stuffy term but no other word seems to fit. Freemasonry provides much of what is needed to mend and heal our bruised sense of happiness, if only members attended and practiced. Masons see moral lessons taught and practiced at every meeting. We hear them, but are we listening? How many times do we hear “to learn to subdue my passions and

MASONRY IMPROVES OUR HEALTH

improve myself in Masonry,” before we listen and understand – that this means learning and practicing the moral lessons – it means building character – something more important in a man than anything else, if truth be told, and character sweetens life for the individual as well as his society.

Experts say character building through acquisition of moral lessons boils down to these:

Learn to restrain selfishness and self-centredness.

Acquire Social and Ethical Skills.

Learn Respect for Others.

Find a pathway for a moral life.

Restrain selfishness: We say “learn to subdue my passions” – same thing; and the Seal on our Pillar Certificate says “Listen, Observe and Be Silent” – in other words, subdue a natural urge to give voice to your personal views and focus - consider what is being said. We cannot talk and listen at the same time. There’s plenty of talk. It’s difficult to see the other fellow let alone hear him if our self-centredness is not “subdued” so we can listen.

Masonically speaking, we all start from the humblest circumstances, in darkness, and we learn from the beginning that Masons don’t look at a brother mason or indeed any other man like the outside world does. Starting as that poor and penniless Entered Apprentice, we grow in masonry through teachings and lectures; degrees we receive, and those we watch being given - observing each time and learning...if we just listen. Money or position in the world is not what determines a man’s true character.

This point was well-illustrated by President Theodore Roosevelt when he attended his Lodge, where his gardener was the Worshipful Master. Masons learn that we are all on the same level of life, the gardener, and the President of the United States.

Bro. Robby Burns poem teaches the masonic lesson in just a few words:

What though on hamely fare we dine,
Wear hoddin grey, an’ a that;
Gie fools their silks, and knaves their wine;
A Man’s a Man for a’ that:
For a’ that, and a’ that,
Their tinsel show, an’ a’ that;
The honest man, tho’ e’er sae poor,

Is there a male loneliness epidemic? | CBC Spotlight



Click to watch

Is king o’ men for a’ that.

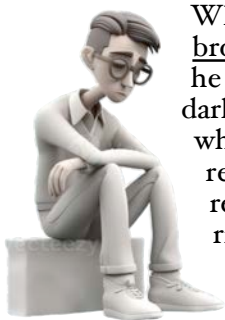
Social and ethical skills: Masonry teaches constantly the cardinal virtues of Temperance – in word and deed; Fortitude – Prudence – Justice. These cardinal virtues were recognized by the earliest civilizations as necessary for a well-governed life, and necessary for being a good citizen, neighbour, and member of society. They are not only masonic as much as Universal and quoted in classical texts. Each virtue could be the subject of a book of Masonic Education. The point is, Masons come to lodge to work to improve themselves.

First, we must hear the moral lesson, and more importantly, listen to the message. We learn most virtues through the repetition of many small habits and practices, in a community of common values, whose members aspire to earn one another’s respect. That’s what we are in our lodges, and we must carry these characteristics into the community and be an example. “How good and how pleasant it is for brethren to dwell together in harmony”; and a lot more fun.

MASONRY IMPROVES OUR HEALTH

Respect: Masonry teaches respect. We practice respect in lodge meetings, first by supporting one another by being there; we generally dress up to some degree and enter the lodge room properly clothed; we wear our apron, we look like we belong to something worth belonging to. Masons greet one another, even if its just a handshake, and “nice to see you, Brother”. We pay due respect to the officers appointed to govern our ceremonies and we participate in lodge business in respectful, if not always formal ways, and we do so with civility.

So much for the routine one-on-one, but not so fast, do we look at the brother while shaking his hand or do we glad-hand and move on to the next voter? Do we see him? Ask yourself, what does the other mason see? A welcoming greeting or just going through the motions. Is “How are you?” an empty phrase, not to be taken literally? Do you even care about the reply? Masonry asks, “What are you going through, brother?” - and care about the answer. The value of a friend is incalculable in terms of health; a friend gladdens the heart, it lightens our darkness, even helps lower blood pressure, and eases the troubled mind.



What we often neglect is the absent brother. Why is he not present? Is he in need? Is he alone? Is his darkness too great to share; is that why he isn't coming to lodge? The refrain we hear that we need to recruit new members has a hollow ring if we don't pay attention to the ones we already have.

Where is the brotherly love if a brother is absent and the lodge does not make every effort to learn Why? The seeds of depression and dejection are named “lonesome”, and it is no wonder such a brother may see us no better than avaricious money seekers when he only hears from his lodge when its time to pay his dues.

Senior brethren in my lodge may remember the letter preserved in our archive, from WB Hugh Goodwin, who lay dying in Blackett's Lake, N.S. With his response to a dunning letter for his past dues he enclosed a note of rebuke. His note expressed his sadness, and the loneliness only one who is facing imminent death alone can know;

and the anger that came, as he saw it, was rooted in our neglect. He taught us a painful lesson, that a sense of rejection, of being invisible, unheard, disrespected, registers as an injustice - because it is. We should have done better by him. How many others just suffer in their isolation, neglected? Neglect at any time is an injustice and shows disrespect; it evokes hopelessness, anger. Can any lodge become so engrossed with its other business that it neglects to pay regular attention to every brother?

Help people find a purpose in life: Freemasonry teaches fundamental truths about life - knowing full well that moral formation doesn't succeed in making people angels, it tries to make them better than they otherwise might be.

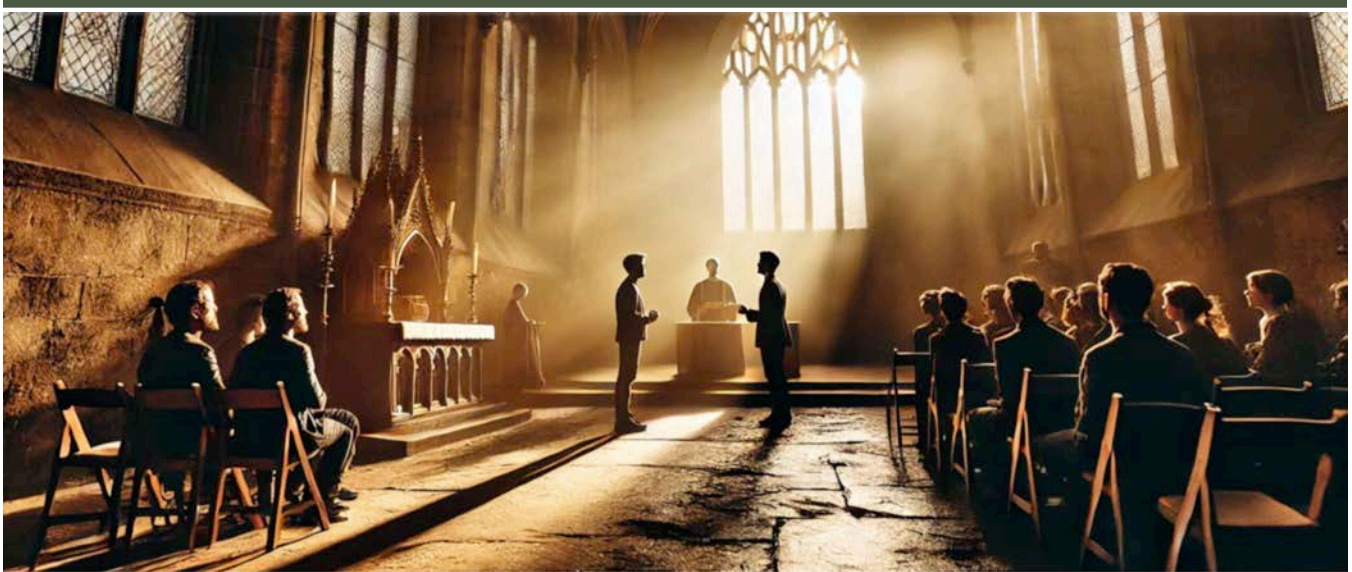
Masons are moral realists, whose code of conduct is built on core principles. Character is destiny and Character improves with practice. Improving your character helps to maintain your health.

We are not so much in the public eye as we might, most public moralists are self-righteous prigs or hypocrites. Masonry on the other hand is generally humble, and our fraternity is one that ideally makes brethren feel included, seen, and respected. If we're not doing that, we are failing each other. “Listen, observe and remain silent” is a fine motto. As masonic character matures - then it should become “Listen, Observe, and act accordingly.”

We do charitable work, and are proud of it, but it must come second to the care we owe one another.

Masonry holds a singular place in teaching and practising the time-honoured virtues that make a better, Healthier world, but we must not forget, our principal duty is to one another. Failing our brethren just greases the slide into darkness, while nurturing them is an example to the world, and a magnet to worthy men to come knocking on our door.

Note: Statistical material has been lifted from David Brooks in his article “How America Got Mean” in The Atlantic, September 2023



The Silent Strength of Edification

Introduction Freemasonry's strength lies in the bonds formed through rituals and mutual support. One powerful way to strengthen these bonds is edification, which goes beyond praise to intentionally acknowledge contributions and virtues. This practice uplifts individuals and reflects the values of the person offering praise.

This article explores edification within Freemasonry, emphasizing its importance in maintaining lodge harmony and strength. Drawing on extensive experience, we'll provide insights on integrating this practice into Masonic life, ensuring each brother's growth and contribution.

Understanding Edification Edification means building up others by recognizing their contributions, celebrating achievements, and offering encouragement. Derived from the Latin "aedificare," it involves constructing a foundation of respect and mutual support. Edification uplifts individuals, making them feel valued, and reflects positively on the person giving praise, demonstrating humility and self-awareness. It embodies the virtues of brotherly love, relief, and truth central to Freemasonry.

Edification in Freemasonry Within a Masonic lodge, edification holds unique significance. It's a tradition that reinforces values like brotherly love and mutual support. Publicly recognizing a brother's positive actions fosters a sense of belonging and pride, motivating continued contributions. Edification builds a stronger, more unified lodge by reinforcing shared values and mutual support.

Impact on the Lodge Edification transforms the lodge atmosphere, fostering positivity and respect. Recognition enhances morale and motivates members to participate actively. It fosters accountability, encouraging members to embody Masonic virtues. Edification also helps resolve conflicts constructively, maintaining unity and cohesion. It creates a culture where every member feels valued and motivated to contribute.

Personal Growth Through Edification Edification benefits those who practice it, fostering humility, empathy, and integrity. Recognizing others' contributions shifts focus from personal achievements to collective progress, deepening connections and fulfillment. Practicing edification enhances one's integrity,

showing commitment to brotherhood and service. This sense of purpose drives continued growth within the craft.

Practical Tips for Edifying in Freemasonry Edification requires intentional practice and above all, sincerity. Here are ways to incorporate it into your Masonic journey, making it a natural and impactful part of lodge interactions.

1. **Be Observant and Attentive:** Notice the efforts and contributions of your brothers. Recognize these moments during meetings or events, and acknowledge their efforts casually.
2. **Offer Specific Praise:** Be specific about what a brother did and why it matters. For example, “Brother John, your dedication to organizing the charity event was outstanding.”
3. **Public Acknowledgment:** Recognize your brothers in public settings, like lodge meetings or events. Public recognition amplifies the impact and sets a positive example.
4. **Practice Humility in Edification:** Focus on the other person’s contributions, not yourself. For example, “Brother Michael’s insights were instrumental in our project’s success.”
5. **Make Edification a Habit:** Incorporate edification into your routine. Aim to edify at least one brother in each lodge meeting to foster a culture of recognition.
6. **Encourage Reciprocal Edification:** Promote a culture where everyone recognizes and uplifts each other. Suggest an “edification moment” during meetings for members to acknowledge contributions.

Community Breakfast




Second Saturday of the Month

*excludes July & August

Location: Valley Lodge No. 90 A.F. & A.M.
110 Mill Street Berwick
7:30 am – 10:30 am

Menu: Eggs (fried or scrambled)
Bacon and Sausage
Pancakes
Toast
Tea, Coffee, and Juice



Adults: \$12.00
Children: \$6.00

Conclusion: Edification is a powerful practice that strengthens bonds within the lodge and contributes to personal growth. It enhances morale, unity, and harmony, ensuring a vibrant community. By uplifting each other, Masons honour their values and inspire others.

Final Reflection: Reflecting on years in Freemasonry, the importance of recognizing efforts stands out. Witnessing and participating in acts of edification strengthens bonds and enriches experiences. Remember, kind words and sincere gratitude build a strong brotherhood.

Source: Summarized from themasonicjourney.com/the-silent-strength-of-edification-a-masons-reflection-on-brotherhood-and-recognition, September 1, 2024.

Angels In The Architecture

An original paper researched and presented to Keith Lodge No. 17 in Halifax on November 14, 2024, by Brother Greg MacLean on the occasion of three Entered Apprentices completing their Q&As and Obligation. A newly raised Master Mason himself, we can all benefit from Bro. MacLean's message.

Brothers, the following appears evident to me: an obligation makes a man into a Mason, Masons make a room into a Lodge, Lodges make a jurisdiction into a Grand Lodge, and Grand Lodges make Masonry. For each Mason then, memorizing our obligation isn't just a means to get welcomed into a lodge, it's an equal stake in the collective obligations of every brother, it is the lodge. To explore that thought, I'd like to reflect on a verse written by Paul Simon:

*A man walks down the street
It's a street in a strange world
Maybe it's the third world
Maybe it's his first time around
He doesn't speak the language
He holds no currency
He is a foreign man
He is surrounded by the sound, the sound
Cattle in the marketplace
Scatterlings and orphanages
He looks around, around
He sees angels in the architecture
Spinning in infinity
He says, "Amen!" and "Hallelujah!"*

The verse starts with a man who has been thrown into the unknown. He has a handful of serious problems, some of which are comparable to those faced by the initiate; for instance he finds himself with no money in a foreign land. You get the sense that among the crowd he is completely alone and unsure what to do. What's worse, the scatterlings (who are vagrants) are proof that lots of people fall through the cracks in this society. When summed, his problems are a threat not only to his immediate well-being but to his identity. Maybe he will be cast aside by the locals, and doomed to go begging in the streets.

Then he sees the Angels in the Architecture, and he exclaims: "Amen and Hallelujah"! The extent of his relief almost seems over the top, but the message is an important one. There are many things that divide us and distance us from one-another as human beings; borders, languages, wealth, credentials, social status... and those are very difficult to bridge. However, when push comes to shove we can overcome all of these if we can just trust one-another's character. In the Angels they had carved into their Architecture, the "Strange World" had shown him that it isn't so strange after all.

Across many mythologies Angels appear at exactly the right moment in just the right place to give each person their due, and cannot be intimidated or tempted to deviate from their path. They offer aid to the weary and comfort to the downtrodden. They are avatars of the virtues of Justice, Fortitude, Temperance, Prudence, Faith, Hope, and Charity. By carving Angels into their Architecture, the society expressed their admiration of, and commitment to, these virtues. Their tongues may differ but their hearts speak the same language; faith and fidelity.

A man becomes a mason by carving out his obligation, but not into a building or onto a piece of paper. By committing to our memory these certain signs, tokens, words, and points, each Mason carves Angels into his Architecture that attest to his character and his values. Before I've even spoken to a Mason, I know a great deal about him simply by knowing myself. In any nation, in any tongue, in the dark as in the light, a mason can always find a Brother ready to say "Rise, Follow Me, and Fear No Danger."

*Brother Greg MacLean
Master Mason
Keith Lodge No. 17*



Don't Fall for Scams, Brethren!

Your Guide to Staying Technology Safe

By Bro Cristian Amicelli Rivero, Network & Security professional and member of Virgin Lodge No. 3

In our digital age, scams involving technology are an increasing threat. Scammers use deceitful tactics to gain your money or steal personal information. Recently, there's been a surge of email scams targeting our membership in this jurisdiction, but email is not the only threat we face. It's crucial to be vigilant and know how to protect yourself.

Here's a brief guide to recognizing common scams and what to do if you encounter them.

✉ Suspicious Texts or Emails

- An email claims you've won a prize, but you must pay a fee to claim it. A message warns that your bank account will be locked unless you confirm your details or pay.
- You receive a text claiming to be revenue Canada or UPS for an international shipment that needs your information or payment

- What to do? Do not click on any links. Block the sender. Contact the supposed sender directly to verify the claim. They probably never solicit funds via email or text. Ignore the message.

📺 Online Scams

- You see an ad for a TV at a price far below the market value on an unfamiliar website. They ask you to pay by bank transfer.
- What to do? Only buy from trusted websites. If an offer seems too good to be true, it probably is.

☎ Fake Phone Calls

- You receive a call from someone pretending to be your family or a friend in trouble. You don't recognize their number, but they say their phone is new and they urgently need money for

bail or emergency and ask you to send money immediately.

- What to do? Do not send money. Do not speak to them. Just hang up and call the person directly to confirm.

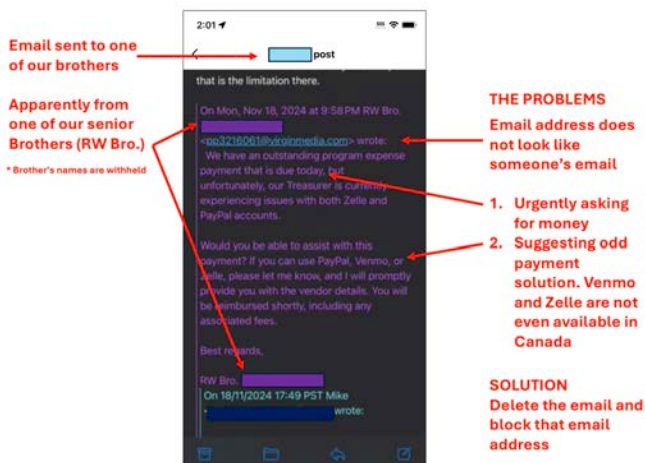
Door-to-Door Scams

Someone comes to your home claiming to be a utility technician and says they must check your meter. They then try to charge you for a supposed problem they "found."

What to do: Ask for official identification and call the company to verify their claims.

Warning Signs

- Promises of easy money or unexpected prizes.
- Pressure to make decisions quickly.
- Requests for personal or financial information.
- Messages that create fear or urgency such your account being locked, charges being brought against you by government, etc..



A recent email scam in Nova Scotia targeted one of our brethren. The perpetrator attempted to fraudulently obtain money by using the name of another brother in our jurisdiction. Stay vigilant and always verify the authenticity of such requests.

Tips to Protect Yourself

- Never share personal or banking information over the Phone or the Internet unless you personally know the source.

- Don't trust unsolicited emails or messages. Verify the source.
- Don't make hasty decisions. Talk to a trusted family member, friend or Brother.
- Block unknown numbers if you receive suspicious calls.
- Use strong passwords and change them regularly.

What to Do If You Suspect a Scam

- Do not engage with the scammer.
- Talk with someone you trust.
- Report the incident to law enforcement and the individuals or company's they are claiming to represent for verification.
- To your bank if financial information was shared.

Safe Password Managers

Using a password manager helps you create and store strong passwords securely. Recommended options include:

- Google Password Manager
- Apple iCloud Keychain
- LastPass: <https://www.lastpass.com>
- Bitwarden (free option) <https://bitwarden.com/go/start-free/>
- 1Password: <https://1password.com>
- Dashlane: <https://www.dashlane.com>

Remember

Staying alert is your best defence. It can protect you and your loved ones. Be vigilant to prevent scams, and if you need help, ask for help.



From the Grand Lecturer

MASONIC RULES OF ORDER NO.2

UNDERSTANDING MOTIONS AND RESOLUTIONS IN A LODGE

We will now explore motions and resolutions. A motion is a proposal for the lodge to take a specific action or express a particular view. When a brother obtains the floor, he says, "I move that," followed by the proposed action.

When a brother moves that a resolution be adopted, amended, referred to a committee, or that a vote of thanks be extended, it should be in writing. The Worshipful Master may require that any main motion, amendment, or instructions to a committee be written. Important motions are usually presented as resolutions, using the word "Resolved," followed by a comma and starting with a capital "T."

A resolution is always a main motion. If "Resolved" were replaced by "I move", the resolution would be a motion. The Phrase "I move the adoption of the following resolution" is used when submitting a resolution, which is typically required to be written and received by the lodge during a stated meeting.

A resolution may include a preamble with "Whereas" clauses, providing reasons for the resolution. The preamble is amended last since changes to the resolution might affect it. Each paragraph of the preamble ends with a comma or semicolon, except for the last paragraph, which ends with "therefore" or "therefore be it."

For example:

- Whereas, the lodge needs repairs to the organ; and
- Whereas, there are insufficient funds in the general account; and
- Whereas, the lodge has four GICs of \$5,000 each; therefore
- Resolved, that the lodge transfers \$5,000 from a GIC to the general account.

Some motions, like questions of privilege or objections to the consideration of a question, do not require a second. However, every other motion should be seconded. If a motion is not immediately seconded, the Worshipful Master may ask, "Is the motion seconded?"

Lastly, stating the question is the duty of the Worshipful Master, who must ask the lodge if they are ready for the question. Receiving lodge affirmation, he will then read the exact question before the lodge for consideration and action.

This ensures clarity during the voting process.

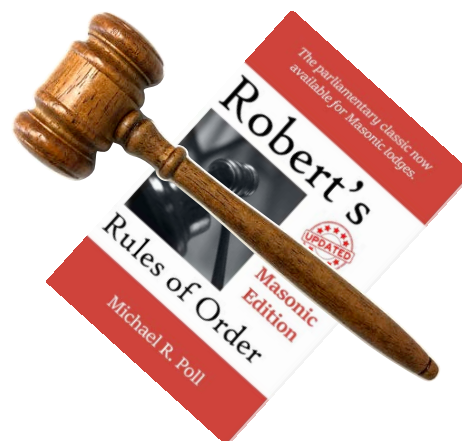
Understanding these procedures helps maintain order and clarity in lodge meetings, ensuring that all members are informed and engaged in the decision-making process.

Next issue we will investigate debate and motions.

References:

Poll, M. R. (2021). *I How Business is Conducted in a Lodge*. In *Roberts Rules of Order Masonic Edition (Sixth, pp. 7-9)*. Cornerstone Book Publishers.

James Logan
Grand Lecturer



[Click to buy](#)

Famous Canadian Freemasons



SIR ROBERT LAIRD BORDEN (26 JUNE 1854 – 10 JUNE 1937)

Born in Grand-Pré, Nova Scotia, Borden rose from humble beginnings to become a key figure in Canadian history. Initially a schoolteacher, he pursued a career in law and was called to the bar in 1878. His legal acumen and dedication soon made him one of Nova Scotia's foremost barristers.

Initiated into St. Andrew's Lodge No. 1 in Halifax in 1881, Borden transitioned to politics in 1896, entering the House of Commons as a member of the Conservative Party. By 1901, he had become the party leader, steering the Conservatives to a significant victory in the 1911 federal election. His opposition to the Liberal government's trade reciprocity treaty with the United States was a pivotal issue that garnered widespread support.

As Prime Minister from 1911 to 1920, Borden's leadership was especially notable during World War I. He was instrumental in organizing the Canadian Expeditionary Force to support the Allies and introduced the controversial Military Service Act of 1917, which mandated conscription. This decision, though divisive, underscored his

commitment to the war effort and had lasting impacts on Canadian society.

Beyond wartime measures, Borden's tenure was marked by significant domestic policies, including the introduction of the War Measures Act and new taxation systems to fund the war. He also played a crucial role in elevating Canada's status within the British Empire. At the Imperial War Conference in 1917 and the Paris Peace Conference in 1919, he successfully argued for Canada's independent seat, a move that contributed to Canada's autonomy and recognition as a nation.

After retiring from politics in 1920, Borden continued to influence public life, including his roles in academia and business. He served as Chancellor of Queen's University and held various corporate positions. Sir Robert Laird Borden passed away on June 10, 1937, in Ottawa. His legacy is remembered for his steadfast leadership during World War I and his efforts to strengthen Canada's national identity and autonomy.

Sources: Dictionary of Canadian Biography: BORDEN, Sir ROBERT LAIRD - Dictionary of Canadian Biography
The Canadian Encyclopedia: Sir Robert Borden - The Canadian Encyclopedia

Our Past Grand Masters



**Most Worshipful Brother
James Henry Winfield**

Grand Master 1922 – 1925

September 13, 1874 – June 1, 1963

Lodge: Virgin Lodge #3

M. W. Bro. James Henry Winfield was a member of Virgin Lodge No. 3, where he had served as Worshipful Master. In Grand Lodge he was Junior Grand Warden in 1912 and Deputy Grand Master in 1913. He was Grand Master for three years, 1922-1925. Connected with the Maritime Telegraph and Telephone Company, he brought to Freemasonry a trained mind and executive experience. He did much to put the financial affairs of Grand Lodge, Freemason' Hall, and the Nova Scotia Freemason' Home on a solid foundation. His ability, courage, foresight, and resourcefulness were invaluable to the Craft. Interested in Masonic history, he was appointed our first Grand Historian in 1916.



What is a Masonic Funeral?

A Masonic Funeral Service, whether held at the gravesite or another location, is a solemn event conducted with simplicity, dignity, and precision to honour the departed brother and offer sympathy to the bereaved family. It is a public appearance of Freemasons and should reflect well on the fraternity.

Request and Approval

- A Masonic funeral can only be held if requested by the deceased or a family member and must be approved by the Worshipful Master (WM) of the lodge.
- The WM should visit the family to offer sympathy and discuss the funeral request, making sure he has all necessary information before making a decision.

Entitlement and Conduct

- Masonic funerals are generally for members in good standing, but exceptions can be made at the WM's discretion.
- The funeral service is conducted under the direction of the WM or another designated officer and involves specific rituals and dress codes, including black clothing, white aprons, and white gloves.

Graveside Service

- If the family requests it, a graveside Masonic service can be held after the clergy's interment ceremony.
- The ceremony includes specific rituals, such as the depositing of evergreen and giving Public Grand Honours, to honour the deceased brother.

For more information, consult the [Masonic Funeral Service Guidelines](#) available on the Grand Lodge website at nsmasons.ca



Brethren, we all know that Masons love to eat, especially during our evening gatherings. From festive boards to potlucks to summer BBQs and ladies' nights, food is an integral part of our lodge experience. Let's be honest though. We've had our fair dose of egg salad sandwiches leaving some room to up the game in our kitchens, right?

Among us are culinary professionals, talented amateur cooks (or their spouses), and many who are just eager to learn. Lets compile your favourite recipes for lodge

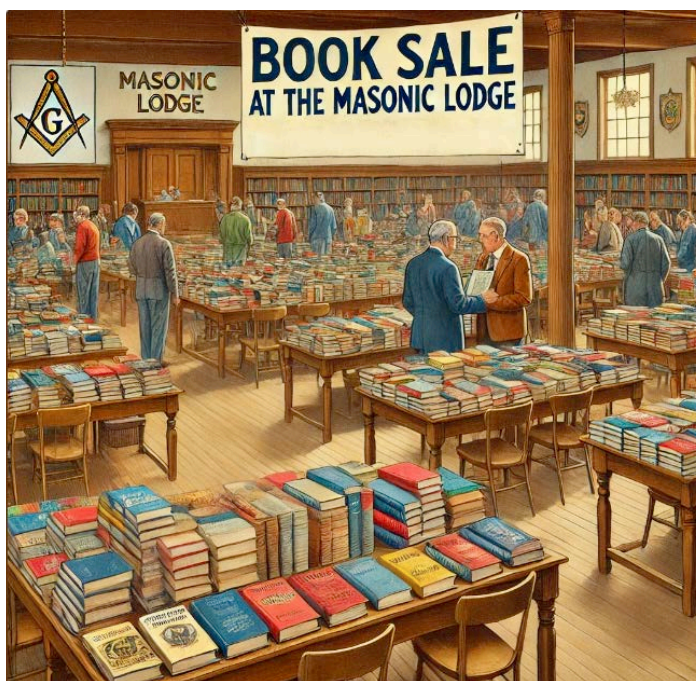
events and share them. Whether it's a light and nutritious dish for a late evening festive board, a cherished family dessert, or a hearty meal for a lodge BBQ, we want to hear from you. Your contributions will spice up our gatherings and showcase our fraternity's culinary talents.

How to Contribute:

- Send your favourite recipes, including ingredients and preparation steps.
- Light and nutritious options are highly encouraged.
- Make sure to include your name and lodge number
- Email your recipes to editor@thenovascotiafreemason.ca.

Your recipes will be featured in future issues of *The Nova Scotia Freemason* and the Grand Lodge website. Let's share our culinary secrets and make lodge events even more enjoyable.

Let's cook up something special together!



Looking for your next great read? **Come to the Masonic Lodge in Elmsdale** on the 1st Saturday of every month for our amazing Book Sale!

Over 80,000 books to choose from!

No book over \$1.00 – unbeatable prices!

Children receive a **FREE** book just for visiting!

All proceeds support the Masonic Lodge and the important Not-For-Profit work we do in the community. Don't miss this chance to grab some incredible reads and support a great cause!

Date: First Saturday of Every Month
Time: 8:00am - 2:00pm

Location: 170 Highway 214, Masonic Lodge, Elmsdale

See you there!

In and around the jurisdiction

A cold, wet drizzly day at the Grand Parade in Halifax as Andrew Beeler, the Most Worshipful the Grand Master of Masons in Nova Scotia, Illustrious Sir Aaron Verge, Potentate of Philae Shriners of NS and PEI, 1st Lady Jayme Verge and Brethren of the GLNS paid respects to our Veterans - We will Remember Them.

Ken Conrod
November 11 at 1:23pm



IN AND AROUND THE JURISDICTION

HARRY HOUDINI MURDER MYSTERY

As a master-craft magician and escape artist, Harry Houdini was once the most famous person on earth. Raised in St Cecile Lodge in New York in 1923, Houdini was also a proud Freemason. To mark our famous brother's passing almost 100 years ago, Cornwallis Lodge #95 held a Ladies Night Banquet on Saturday, October 5th, 2024 featuring a Harry Houdini Murder Mystery. The brainchild of our very own Brother John B, the evening featured ghostly seances, amazing special effects, and costumed Houdini-related murder mystery characters. The wildly popular event was a sell out.



ANNUAL INTERPROVINCIAL LODGE DAY

Saturday, September 28 was a memorable day as Equity Lodge No. 106 hosted the annual Interprovincial Lodge Day at Freemasons Hall in Halifax. A marvellous lunch was served followed by First Degree witnessed by a record 132 brethren from all three provinces. All were also treated to a soulful musical interlude performed by the Equity Lodge Equitones. This was the best example of fellowship. Masonry at it's very best.



KENTVILLE LODGE NO. 58 LADIES NIGHT DINNER

A good time was had by all at the Ladies Night Dinner hosted by Kentville Lodge No. 58 at the Wolfville Lions Club. Photo (L-R) DDGM Kings RWB Reginald Jodrie, Kings County Mayor Dave Corkum, Lady Sonya Beeler, MWGM Andrew Beeler, and PGM and Master of Kentville Lodge, MWB Alan Jarvis



IN AND AROUND THE JURISDICTION

A ROSE UPON THE ALTER PLAY ENACTED AT HILLCREST LODGE NO 93

"A Rose Upon the Altar." is a masonic play written in 1937 by Brother Carl H. Claudy in New York. The play is a story of love, faith, and charity in a stressful and tumultuous time in a 1939 Masonic lodge. Through humour, thought provoking situations, and humble reflection, the play emulates issues that many people face throughout their lives and its morals can be understood by all who attend.



RW Bro Mike Lutes presenting our Conductor, Mary Crouse with a beautiful bouquet of red roses together with a gift certificate for dinner for two. Standing in the background looking on is her husband Jonothon Crouse, our lighting provider. Foreground is a red rose placed upon the alter as payment of the first year's rent.



Community members and brothers from several lodges at the reception in the lower hall of Hillcrest Masonic Lodge after viewing the play "rose upon the alter".



L to R front row WM Bro Roy Lockyer, VW Bro Hiram J Carver, VW Bro Thomas Spinney, RW Bro George Broome RW Bro Brenton P. Wagner; Second row WBro Jeff Gates, Trevor Rogers, Corey Hynick, Lowell Levy, Freeman Stevens; Third row RW Bro Mike Lutes, RW Bro Keith Campbell and RW Bro Phil Langford.

IN AND AROUND THE JURISDICTION

GRAND LODGE OF NEWFOUNDLAND AND LABRADOR ANNUAL COMMUNICATION

There was a strong Nova Scotia delegation at the annual communication of the Grand Lodge of Newfoundland and Labrador in October. Our hosts even squeeched us in!!



IN AND AROUND THE JURISDICTION

On Monday, November 18, 2024, Brothers from four different lodges in the Cumberland District in the company of the DDGM RW Larry Ross came together to assist in the raising of five Brothers to the Sublime Degree of a Master Mason. Even with the added length of the ceremony, the evening never felt rushed nor drawn out, and was enjoyed by all.

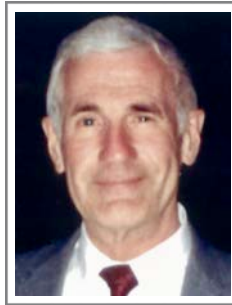
Congratulations to Bro. Huston (Widow's Son No. 48), Bro. Buell, Bro. Spicer (Laurie No. 70), Bro. Adams and Bro. Hayward (Wimburn No. 75) as you further your Masonic journey.



IN MEMORIAM



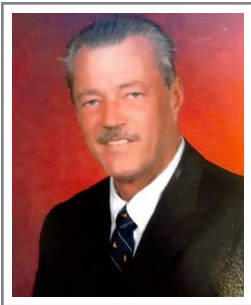
*VW Bro Stephen James
Keddy
Elm Lodge No 115*



*VW Bro Douglas Howard
Brown
Doric Lodge No 91
Albion Lodge No 5*



*Bro Kenneth Edward
McDermott
Eureka Lodge No 42*



*Bro Paul Joseph Lacroix
Keith Lodge No 17*



*RW Bro Thomas Harris
MacKenzie
New Calendonia Lodge No 11*



*VW Bro Mohammed (Mo)
Kassim Elkateb
Unity Lodge No 4*



*W Bro John Charles
Morrison
Norwood Lodge No 135*



*W Bro Bruce Eugene Turner
Norwood Lodge No 135*



*Bro Roy Cameron O'Hara
Hudson Lodge No 77*

Click photo to view obituary (where available)

May it be their portion to hear those words "Well done, thou good and faithful servant"

Happy Holidays Brethren!

