



FROM THE WORSHIPFUL MASTER

You may have seen my letter to the editor in the recent Freemason magazine, in which I point out that technology is nothing new to the craft. In fact you could say that even the earliest operative masons were about developing and protecting specialist knowledge relating to Technology. Our membership grew at the same time as the most amazing developments in space age technology.

Last year I attended a "Strategic Human Resources Management" course where one of the key teachings was that for long term sustainable success any organisation must recruit and retain the right people. There were a few other things, but if you wanted one key take away point then that was it. The evidence was overwhelming. It occurred to me that with 300 years of Freemasonry at hand, our obsession with recruitment has been of paramount importance across that timeframe.

I also think that across the craft we have lost our way somewhat with this practice. Having been a recruiter in my early career I know recruitment to be both an art and science. The old boys have a few tricks too. In speaking with Vic Fabian, a man used to seeing hundreds walk onto a flight in any one sitting, he is well versed with rapidly assessing people, as is our erstwhile Murray Morrissey following a career of policing. But actively seeking out good people is another skill altogether. Stu Mill has done a great job in guiding aspirants through the process, but it falls to each of us to ask ourselves who amongst our friends and acquaintances would both benefit and bring a lot to the craft? This is never ending if we are to prosper into the future.

As for retaining talent, junior lodge is one of the ways we can foster retention, and last month's Junior Lodge working was an outstanding success. All involved should be rightly satisfied with what was excellent ritual delivered seamlessly.



Camaraderie night this year will see New Zealand's "TV Doctor", Dr Frances Pitsilis making a special presentation on the application of stem cell therapy in New Zealand. This is one of those "You saw it here first moments". Although in use overseas it is only just starting to be used here in New Zealand.

This year's Camaraderie night will provide an insight to the leading edge of a significant medical innovation that I believe has the potential to dramatically change health outcomes for people globally, and at much reduced costs of treatment.

Camaraderie night is a great night to bring family and friends, especially aspiring candidates.

See you there!

Matthew Rea-Rankin

FROM THE EDITOR

April 2014 sees both change and progression for Belmont Albion No 45. As you will have noted from last months edition of the Newsletter Vic Fabian has stood down as editor after sitting in the chair for 15 years and managing the introduction of technology not envisaged when he took on the role. Then on April 8th Belmont Albion will 'come of age' with the 21st Masters installation.

Masonic lodge newsletters are read by brothers whose experience of Freemasonry varies between the newly initiated Entered Apprentice and the elder Master Mason who may have been a member of the Craft for more than 50 years. Similarly their life experience can range from a brother in his early twenties to one who is in his late eighties or beyond therefore the content of the Newsletter must be balanced to meet this wide range of experience and differing life styles. This balance can only be achieved by contributions

from across the spectrum of readership. This is your magazine for your interest so please send contributions, thoughts, suggestions and opinions for inclusion. The newsletter is read far beyond the shores of Belmont Albion and this request is directed at ALL readers. On a following page you will find a letter from the Skipper of the Spirit of New Zealand with whom many brethren and their families sailed, only a short piece but welcome. Contributions no matter how short will always be gratefully received.

As there are a number of 'new faces' in the Lodge Room, initiates and joining members, it is intended to profile a senior member of the Lodge month by month but as we will have an accepted medical authority speaking at the Camaraderie Night on May 13th Dr Pitsilis will be profiled this month.

Editor ba45.editor@gmail.com

Dr. Frances Pitsilis

MB BS (Mon) Dip Obst, Dip Occup Med, FRNZCGP



At the Camaraderie Meeting on the May 13th we will be addressed by New Zealand's leading practitioner of stem cell therapy Dr Frances Pitsilis.

Dr. Pitsilis is described as a highly experienced, trained and multi-talented medical doctor who is also an excellent communicator presenting on radio and television for several years. In 2012 she was featured in TV1's series of programmes 'Is modern medicine killing you?'. In these programmes she helped patients with chronic illnesses recover by using traditional and natural therapies and as recently as October 2013 was featured in Next magazine and also that month was interviewed for Viva, the New Zealand Herald's life style magazine. In this interview she listed her 'Top Tips for Vitality' one of them being:

"There's nothing like giving, charitable work, random acts of kindness and watching out for your fellow man."

Does the Craft spring to mind?

Dr Pitsilis has a background of over 27 years in General Medicine. Early in her career, as a General Practitioner, she became interested in stress, realising that the

majority of illnesses were related to it. She had suffered 'burn out'(exhaustion and diminished interest in work) herself and decided to combine this learning with her medical experience which was supplemented by studying Occupational Medicine. She takes a holistic approach using natural complementary therapies and lifestyle intervention as part of her integrated programme for healing a patient.

Dr Pitsilis has spoken internationally on the topic of Integrated, Preventative and Regenerative medicine and other areas of natural therapy and has written many medical related articles covering Alzheimer's Disease, Tinnitus, Coping with Radiotherapy, Prostate Cancer and of interest to a few Freemasons, Midriff Weight Gain. Specialist training in nutrition and hormones has enabled her to understand these areas influence not only general health but also improve skin condition looking after a patient inside and outside.

She has a private practice locally, in Milford, where she works on chronic illness and appearance medicine. Her clinic being one of the first to offer stem cell therapy in New Zealand. Dr Frances lives with her husband Andrew Bignall whom she married in 1988 after emigrating from Australia, where she was born, to be with him.

To have the opportunity to hear such a skilled, erudite international presenter at our Camaraderie Evening is certainly an exciting opportunity not to be missed.

Doctor Pitsilis can be followed on:

www.facebook.com/pages/Dr-Frances-Pitsilis

www.linkedin.com/pub/frances-pitsilis and

Coast FM radio.



MASONIC MISCELLANY

MASONIC BIRTHDAYS

04/04/1960 - G.J. Mayn
09/04/1964 - F.D. Arnott
18/04/1974 - R.J. Wright
06/04/1981 - M. Rowley
14/04/2008 - S.D. Neely

World Travels

Sonny Pablo his wife Susan and daughter Shania are spending 4 weeks visiting family and friends in the Philippines.

During his stay Sonny plans to visit the Grand Lodge of the Philippines in Manila.

Brother Almoner

The role of the Masonic Almoner is one of concern for his fellow brothers wellbeing. To perform the role he should be a man of compassion and understanding who can offer support in times of distress whether this be through sickness, loneliness or in anyway immobilisation. He will also need tact, courtesy and humour This support is afforded not only to the brother but also his family and widow should a brother pass to the Grand Lodge above. Ideally he should be a senior Mason with a knowledge of the members of his lodge. The duties of the Almoner include:

- Making regular contact with Brethren and their widows at home or in hospital.
- Supporting families at the time of the death of brethren or of their spouse.
- To be aware of imminent difficulties that may be faced by a brother.
- To organise other Lodge members to help as needed.
- To organise and distribute Christmas gifts to widows and elderly brethren.
- To report to the Regular meeting all activity undertaken by the Almoner.

Wayne Jones.

Out and About with the Secretary

- Our Junior Lodge this year was headed up with Stu Mill in the Chair and Murray Morrissey as D.C. They conducted a double 2nd Degree for Floyd Apoderado, and Anthony Burman. What a great night it was! Firstly we had a record 33 B/A Members in the Lodge room. Then a top working of a Second Degree where I witnessed the "Future of our Lodge" work a Degree with accuracy, panache and pride. We salute you for your enthusiasm and dedication.
- What a great success our 5min Masonic Education Segments are. The content is always interesting and our congratulation go out to all the presenters who research their subjects so well and present them in such an interesting, manner a couple of our visitors have said, to me, that is why they enjoy B/A meetings as they always learn something Paul Copper will continue to organise and arrange these '5min Masonic Education Segments' at each Regular meeting (subject and speaker his Choice).
- Nelson Webster has again accepted the responsibility for sending out the Lodge News Letter to our Lodge Ladies and we thank him for his effort, in keeping our Lodge ladies in touch.
- Paul Copper has accepted the role as News Letter Editor with Support from Anthony Burman who will be the publisher.
- Stu Mill will continue as Membership Officer and we thank him for time he puts in to this role.
- Murray Morrissey will head up the Strategic Planning Committee (even with his expanded Grand Lodge Commitments), with his re-elected team of Mark Rowley, Keith Eaglesome, Dave Barr, and Paul Copper will join this team.
- 'The Brethren have spoken Report' was commissioned and tabled in 2005 and many of the recommendations from that survey were adopted to the betterment of the Lodge. That was nine years ago! In the current climate and with many new members we need to Re Survey our B/A Team on what they like and dislike with the objective of continuing to make the Belmont Albion Lodge No.45 a dynamic and happy Lodge and so be the place one wants to attend. With this in mind the Strategic Planning Committee will again produce a Members survey which will enable them to continue to develop further Initiatives on your behalf.

100 Years Ago

Mr Spencer Walker having signed the usual declaration and being properly prepared presented himself for initiation into the Mysteries and Privileges of Freemasonry. He was announced and admitted and duly obligated in the 1st or EA Degree by the W.M. who also explained the reasons and mode of preparation.

W Bro. J Armstrong communicated the Secrets of the Degree. The Charge in the N. E., Corner was given by W Bro. E Barty, Bro. Allen, J.W. presented and explained the tools of the Degree and Bro. Coltman, S.W. gave the final Charge.

A SHORT HISTORY OF THE GLOVES



Historians believe that the first gloves worn by man were crude bags made from animal skin and worn by the cave dwellers of Northumberland in North East Britain around 5,000 years ago.

Similar garments to these were found in the pyramids and in 850 BC Homer spoke of Laertes wearing gloves, to protect his hands from brambles, whilst walking in his garden.

In the Middle Ages it was the custom to wear gloves whilst eating so protecting the hands from burning and staining from the food but by this time gloves had started to become a fashion item.

It is recorded that Henry 2nd was buried in his Coronation Robes and wearing bejewelled gloves. When the graves of King John and Edward 1st were opened they were likewise found to be wearing ornate gloves.

There is a record of a 13th century painted glass window in Chartes Cathedral depicting a number of stone masons at work all of whom are wearing gloves. The Chatelan of Villaines purchased gloves

for his operative masons 'to shield their hands from stone and lime' so the wearing of gloves by Operative Masons was for protection but why do Speculative Masons wear gloves?

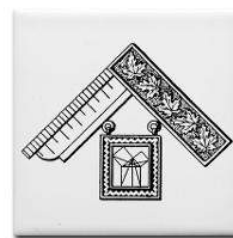
Clean hands have always been a sign of purity. In the ancient Mysteries the washing of hands was always an introductory ceremony before initiation. In his *Clavis Symbolica* Thomas Wemyss says 'hands are the symbols of human actions; pure hands are pure actions; unjust hands are deeds of injustice. Pontius Pilot washed his hands to suggest he had no complicity in the death of Christ and in literature Shakespears Lady Macbeth despairs over her perceived dirty hand.

It is recorded in the History of Staffordshire, published in 1686, that the Society of Freemasons presented their candidates with gloves for themselves and their wives. This practice is continued in some European countries today. So it becomes clear that as Speculative Masons we wear white gloves to show purity of life an idea handed down to us through the ancient and universal language of symbolism.

All Brethren irrespective of rank may wear white gloves (Rulings of the Board of General Purposes para 35) although there are points during our Ritual when they should be removed. By a candidate during Passing or Raising, when administering an obligation or communicating the Secrets of a Degree, by the Wardens when asking for the grip or token of a Degree to be demonstrated and when the candidate is Raised during the Third Degree. There are other times when the hands should be uncovered and these will be clarified by the D.C. during rehearsal.

source; *Tustain/Plot et. al.*

FROM A PAST MASTER



A Past Master wishes to Apologise
Apologies are usually given at the second rising.
Apologies are seriously important.
Many are the occasions when attending meetings may seriously interfere with a member's other responsibilities. Unbeknown to those at the meeting a members absence could entail an accident or some unplanned event. In the absence of an apology concern may be caused because we are liable to worry and take action to enquire as to what may have happened. A simple e-mail or phone call is all that is required.

Apologies come in different categories. A regular apology commonly heard is given in "other masonic business". Private reasons are understood when members have busy lives requiring them to balance

their time. I have discovered that new members require to be mentored for two or three years until an appreciation is learned of the importance to give an apology in advance particularly when another member may have to step in to fill his office, if that is required.

When accepting an office on 'the ladder' there is certain responsibility, be prepared to put aside some other responsibilities of lesser importance for the time being. However genuine absence will always occur and a member must not worry if that happens. If possible some explanation should be communicated to the Director of Ceremonies or WM.

Out Pipes. Humphrey

FUTURES COMMITTEE



Congratulations are due to Suki Amirapu and Allen De Guzman who were nominated by the Lodge and have been accepted and appointed to a new committee being established by the District Grand Master. The terms of reference of this group are shown below. It should be noted that the new group will replace the Masters and Wardens Meetings.

Futures Committee

The composition of this Committee comprises exclusively:

1. The two Wardens of each Lodge.
2. Two Brethren of any degree, other than the Master, IPM or Deputy Master who show desire to be:
 - i. Involved and Enthusiastic
 - ii. Have the support of their Lodge Brethren.
 - iii. Vocal enough to contribute actively to the discussions and determinations.

This committee will be the Active Body that will tasked with shaping the Masonic Future of this district that these participants want to participate in.

It is the intention that when a Brother accepts the position of Senior or Junior Warden, it is expected that he will willingly commit to participate in this Futures Committee.

The Goals:

- Maintain and refresh the cordial, inclusive and mutually supportive characteristics that bond the Nth Shore District.

- Encourage the bond of friendship and the Inter Lodge relationships
- Maintain and evolve the calendar of events both social and charitable.
- Explore and initiate new projects of Masonic involvement.
- Maintain and evolve the schedule of current charitable events.
- Set procedures in place to develop our capacity for purposeful and internal charitable endeavours.

It is envisaged that the committee will meet monthly with the Senior Warden rotating as chairman. The Junior Warden will deputise for any SW unable to attend. The chair will take ownership and organisational control in setting his agenda. The 'Minutes' will produced within 2 days, copied to the District GM and the Secretary of each lodge for distribution to brethren.

I ask that the EA, FC, or Master Mason member will have an allocation of time at Lodge regular meeting, to relay the decisions or intentions of this committee back to the Lodge brethren for comment or guidance.

This is the opportunity for younger Masons to pick up the baton of leadership and work together to seek worthwhile objectives that they will undertake during their time in the Chair. This way a succession plan will develop where responsibility to build the brand of Masonry will rest on those who will lead it into the future.

LETTER TO EDITOR

Received from Tim Ridge the Skipper of The Spirit of New Zealand following his reading last months Newsletter.

Many thanks for letting me read this Humphrey – it was a 'Grand' sailing!

I was interested to see that John Boak is no longer with us – he was as you probably know – a keen volunteer crew member on the Adventure and the 'Black One'. He was also a band member at the North Shore Concert Band, where my son plays second clarinet. Also his brother was an occasional Laser sailor many years ago at Lake Pupuke, where we used to see him when racing our Heron dinghy

Again thanks and best wishes

Tim Ridge



FREEMASONS AND MOTORCYCLING



Motorcycling has become a topic high on the list for discussion amongst Freemasons on the North Shore recently. A group of Masons and friends, coordinated by Glen Clark, North Harbours Junior Warden, have in recent months joined in organised rides supporting the Salvation Army, Westpac Rescue Helicopter and the Child Cancer Foundation. As well as this local activity a New Zealand wide ride is planned for 2015 by the New Zealand Chapter of The Widows Sons.

The Widows Sons is an International Masonic Motorcycle Association founded on February 18th 1998 at Shiller Park, Illinois North America. The sole founding purpose of the Widows Sons was to aid and assist widows and orphans of Master Masons. Two further purposes were added in 2001 these being 'to promote fellowship and unity among Masons who ride motorcycles' and 'to introduce Freemasonry to the world of motorcycles and motorcycling to the world of Freemasonry'. There are currently over twenty thousand members world wide.

In New Zealand on August 2010 a meeting of 15 interested Brothers took place at the Trout Hotel, Canvastown, Marlborough. Bro Peter MacDonald, Waitohi Lodge No. 111 was elected President and the New Zealand Chapter of the Widows Sons was formed. The first AGM was held in Murchison in

October 2010 where the rules for the New Zealand Grand Chapter were agreed and endorsed. The Charter of the New Zealand Grand Chapter was applied for and granted on 16th November 2011, under the auspices of the Widows Sons Masonic Riders Association of New Jersey with New Zealand being the 14th country to be granted a Charter.

On the ride The Widows Sons plan to visit Lodges across New Zealand with the aims of:

- raising the profile of the Masonic Order
- raising awareness of the New Zealand Chapter of the Widows Sons;
- raising money for charity.

The groups ride will be planned to enable them to visit as many Lodges as possible attending the Lodges Regular meetings.

If any Brother or friend with an interest in motorcycling would wish to join the North Shore group please contact the Editor and your details will be passed on. The next formal ride to be joined by group members will be the BRONZ Easter Egg ride from Mount Wellington via Clevedon to the Salvation Army Citadel at Papakura.

“If you leave us our money, our buildings and our brands, but take away our people, the Company will fail. But if you take away our money, our buildings, and our brands, but leave us our people, we can re-build the whole thing in a decade.”

R.R. Dupree, Procter & Gamble President 1930 - 1948



Next Issue

Deadline:
Email:

20 April 2014
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