

# THE WAYFARER MN RIVER VALLEY LODGE #6 "PUBLISHED UNDER THE AUTHORITY OF THE MOST WORSHIPFUL GRAND LODGE A.F. & A.M. OF MINNESOTA"

Volume 25, Issue 02

#### **Lodge Officers:**

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Secretary – WB Steven Scheffert (402) 960-3629 sec@mn-rivervalley.org

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#### **Lodge Location:**

4821 West 124<sup>th</sup> Street Savage, MN 55378

#### **Stated Meeting Date and Time:**

1<sup>st</sup> Tuesday of the Month at 7:00 P.M.

March/April 2023

# From the East <u>Men's Health</u>

As I was deciding on a topic for this edition of the Wayfarer, I wrote down a list of possible topics that I thought might be of some interest to as many Brethren as possible. I usually start with four or five general topics and see what stands out. Many of them are the usual suspects; analogies connected to sports, weather, current events, MRVL #6, Masonic initiatives among others. And of course, Men's Health issues. This has been written about many times. I may be wrong but I'd be willing to bet that every Master or Warden has brought up Health and urged each of us to be aware of our physical and mental well-being. Encourage us to see our physician regularly and spend more time talking to people that care about and know us well enough to recognize if we are a little "off". In that sense, this column will be no different than those that came before. Other's articles about health are better written, more insightful, or better researched but we keep bringing it up because, it's that important.

So, let's narrow this discussion down a bit and talk about Mental Health because, let's face it, our own Mental Health is something that very, very few of us want to talk about or even think about. We just DON'T and WON'T talk much about it. According to Chris Mason, a Board member with NAMI, "It has to do with men just culturally being kind of taught and brought up to hold things in.....Culturally, there is a lot of pressure on men to be unwavering and to provide.... that often creates high levels of stress and anxiety." Add to that, our genetic predisposition to avoid mental health issues and we have a messy brew of thoughts and feelings that can lead us down a road to dissatisfaction and possibly much more serious issues.

#### From the East, Continued

I read a study a while ago regarding how men and women deal differently with their feelings. I don't remember the authority who said, Women seem to have a built-in ability to gather in social groups where they receive acceptance and validation. Men don't. We tend to rely on ourselves for self-validation. Acceptance or rejection is dealt with in a vacuum. We often live in a self-imposed isolation that eat away at us and that can lead to serious mental health issues often manifesting themselves in physical problems. We, as Freemasons and specifically as members of Minnesota River Valley Lodge #6, are part of a social group that transcends social and cultural boundaries. We are already part of something bigger than ourselves and part of something that can give us that social interaction that professionals say is vital to our overall health. I hope that as you look at this article you can fairly determine that it doesn't apply to you or to any of our brothers. But, if it does, please seek help.

If you need, ask your health care professional or visit <u>NIMH's Help for Mental Illness</u> web page. **If you or someone you know is in crisis, get help immediately**. You can call 911 or text 988 Suicide & Crisis Lifeline at 988. And remember Brethren. Every member of this lodge wants only the best for you. We are here to listen, to talk and to act. You only need to reach out and we will help however we able.

Some health warning signs are: Anger, irritability, or appetite Noticeable changes in mood, energy level or appetite Misuse of alcohol or drugs Suicidal thoughts Obsessive thinking or compulsive behavior

Sleep-disorders Increased worry or stress Sadness or hopelessness Engaging in high-risk activities Difficulty concentrating, restlessness

Master Gerry Robison (612) 865-8684 <u>master@mn-rivervalley.org</u>



### Masonic Milestone Master Mason Anniversary Dates

MN River Valley Lodge #6 would like to recognize all the Masonic Milestone Master Mason Anniversary dates that are taking place during January and February 2023.

| Mervyn Becker   | 50 Years | 03/05/1973 |
|-----------------|----------|------------|
| Alan Carpenter  | 50 Years | 03/12/1973 |
| Douglas Larson  | 50 Years | 04/25/1973 |
| James Rieck     | 25 Years | 03/20/1998 |
| Scott Ludes     | 15 Years | 03/22/2008 |
| Jason Bergerson | 15 Years | 03/28/2008 |
| Doug Rhodes     | 15 Years | 03/28/2008 |



#### **Lexophiles for Thought!**

A backward poet writes inverse. A chicken crossing the road: poultry in motion.

### **OES Report**

Renaissance Chapter #313 was dark and did not meet in January. We did have a meeting on February 16th. The chapter discussed a fund raiser in July and doing a basket for Grand Chapter in May.

On the fifth Thursday in March, we will have another special event. A fun night is planned with a dinner and special activity to take place. At our meeting in March, we will have elections for officers for the upcoming year.

Submitted by: Brad Smith



### From the West

Brothers, as February is upon us, I started to reflect on love. I hope you all remembered flowers and chocolates for that special someone, but I was reflecting more on Masonic brotherly love. Masonic Brotherly love is a foundational principle of Freemasonry that emphasizes the importance of treating all members of the fraternity with kindness, respect, and compassion. Here are some examples of what I mean:

- 1. Supporting a Brother in need: Masons are known for providing aid and support to their fellow members and their families in times of need. This could include providing financial assistance, emotional support, or practical help such as running errands or providing transportation.
- 2. Building Lasting Friendships: Our fraternal bond also involves building meaningful relationships with other members of the fraternity. By participating in lodge activities, attending meetings and events, and engaging in fellowship, Masons can create bonds that last a lifetime.
- 3. Demonstrating Tolerance and Understanding: Freemasonry brotherly love involves demonstrating tolerance and understanding toward other members, regardless of our differences in race, religion, or cultural background.
- 4. Giving Back to the Community: Finally, Masonic brotherly love also extends beyond the boundaries of the fraternity. I encourage MN #6 to continue to engage in charitable activities and community service projects, demonstrating our commitment to making our community a better place and helping those in need, regardless of their affiliation with our fraternity.

So, brothers, I hope your sweethearts are well taken care of this month and I hope that we are generous with our love for our craft, each other and our community through the whole year.

Brother Joe Andrus Senior Warden <u>sw@mn-rivervalley.org</u>



### Perpetual Masonic Life Memberships

Have you ever thought about a Perpetual Life Membership with your Lodge? Life memberships can offer a Brother a one-time or multiyear payment(s) to be made to the Grand Lodge of Minnesota (not your current Lodge) based upon an age factor number that they provide times the current dues rate of your Lodge. Then each year when your Lodge dues cards come out, you will receive your dues card from your Lodge Secretary and no future payment would be required, regardless of what the dues for the year are. The prepaid dues are only good for the Lodge that you apply for, so if you belong to multiple Lodges and want to have a Life Membership with each one, then you would need to submit an application for each Lodge and pay the respective amount.

If you are interested in this option, feel free utilize the <u>Pre-Paid Dues (Life Membership) Brochure</u> (click the link) that is provided by the Grand Lodge. If you interested in this option and are not able to access the brochure, then contact your Lodge Secretary for a copy of it.

Steven Scheffert sec@mn-rivervalley.org 402-960-3629

#### The Wayfarer

The next due date for The Wayfarer is Friday, April 21<sup>st</sup>, 2023. All articles for the May/June 2023 issue are due by 5:00 p.m. on that day. Any articles that are received after the due date will be held over for the July/August 2023 issue of The Wayfarer.

Thank You,

WB James Wallin – wayfarer@mn-rivervalley.org



### From the South

Brethren, greetings from the South. This February marks my sixth winter in Minnesota. I like to joke "what kind of idiot moves to Minnesota in February" and point at myself with both thumbs. When I moved here, I did not have a lot going on. I was in a new area, looking for a job and not a lot of friends.

But then I was able to get some contract work doing project management and start rebuilding my life. I saw an article in the local paper about the Savage Masonic center and thought "I haven't been to a Lodge in a few years...maybe I should look into this." And then promptly did nothing. The time was not yet ripe.

During that time, I made some friends, got more consistent work. Was able to get a car. Things were going well. But there was this thing in the back of my mind and I couldn't figure out what it was. But it was nagging me.

I reached out to my old Lodges to make sure my dues were caught up. Got to touch base with some folks I knew and some new folks who had moved into seats whom I had never met. But they knew my name from the rolls. Once that was sorted, I reached out to Minnesota River Valley.

In a weird way it was like the first time I reached out to a Lodge for membership. I had no idea how it was going to go. "Yeah, trust me. I'm a Master Mason. I've got the dues cards to prove it!" Sure, buddy. Don Moy reached out to me as the Master of the Lodge. He put me in touch with Paul Bergevin. There was going to be a Table Lodge in Richter's Woods. Was I interested? You bet I was. I had only attended one Table Lodge and that was a few years prior when I was in Philadelphia.

It was a great time. There is a certain camaraderie amongst Masons which is difficult to describe. An almost immediate acceptance and understanding which you do not get with others. I had a great time and started attending meetings. Formally applied and was accepted. The vote was weird. I knew and understood I could be rejected. That's how it goes. Instead, I was brought in and felt like I had a new home. I wound up demitting from my old Lodges. I tried connecting with them during the early days of the pandemic and realized that time had moved on there as well and I didn't have the connections I used to.

I cannot tell you how happy I am to be not only associated with Minnesota River Valley Lodge but to have had the members trust me enough to vote me in as Junior Warden.

I hope to represent you well and see you all in Lodge this year. It should be a great year and we have some great new folks who are primed to keep things going well. We need seasoned (note I didn't say "old") members to help them in their development. We are in this together.



### 170th Annual Communication Resolutions - Grand Lodge of MN

Brethren,

I wish to pass along a link to the Grand Lodge Resolutions that will be coming up a the 170<sup>th</sup> Annual Communication on April 14<sup>th</sup> and 15<sup>th</sup>. I strongly encourage you to read through the resolutions to understand what is being proposed as there are some very significant resolutions.

https://mnfreemasons.org/ancom23-resolutions/

As our voting delegates for the Lodge are the 3 Principal Officers (Master and the two Wardens), please reach out to them if you have questions, comments or concerns regarding the pending resolutions.

- 1. Master W. Brother Gerry Robison – <u>master@mn-rivervalley.org</u>
- 2. Senior Warden Brother Joe Andrus – <u>sw@mn-rivervalley.org</u>
- 3. Junior Warden Brother Jay Moran – <u>jw@mn-rivervalley.org</u>

As we have in years past, this information will also be discussed at upcoming Steering and Stated Meetings. You may also be receiving additional communications from Grand Lodge as well regarding this topic.

Fraternally, Steve Scheffert Secretary



### **Famous Masons**

General of the Army – Brother Douglas MacArthur Born January 26, 1880 – Little Rock, Arkansas Died: April 5, 1964 – Washington D.C., U.S. Manila-Mt. Lebanon Lodge No. 1, Manila, Philippines



While stationed in the Philippines, Brother MacArthur was made a Mason "at sight" by the Grand Master of the Philippines. An incredibly high honor reserved for exceptional cases. He was raised to the Sublime Degree of Master Mason on January 14<sup>th</sup> of 1936 and received the 32<sup>nd</sup> degree of the of the Ancient and Accepted Scottish Rite by March 28<sup>th</sup> of the same year. Despite his

numerous duties, MacArthur managed to maintain an active

> Masonic career. Cheers, WB JW

### 170<sup>th</sup> Annual Communication of the Grand Lodge of Minnesota

It is time to make your plans for attending the 170<sup>th</sup> Grand Lodge Annual Communication of the Grand Lodge of Minnesota. This year's festivities will again be held at The Park Event Center in Waite Park, Minnesota. Grand Master Tony R. Krall urges all Minnesota Lodges to send their full quota of delegates to the 2023 meeting. While the Master and Wardens are voting delegates, all Master Masons in good standing are welcome to attend any of the events. Lodge officers and members are encouraged to bring their spouse / partner for a weekend of Masonic fun and fellowship.

Please visit the Grand Lodge's annual communications website for registering and additional information.

https://mnfreemasons.org/ancom23/









\*(Dinner cost is \$2D; Kids und<mark>er 12 din</mark>ner cost is \$1<mark>5.</mark> First Line Signer and Lady's Dinner free.)

Initiation cost \$250 which includes 2023 dues, initiation fees, Fez, Candidate and Lady's Dinner

OSMAN SHRINE EVENT CENTER 2750 SIBLEY MEMORIAL HWY Eagan, MN. 55121

> RSVP by March 8, 2023 to Osman office at 651-452-5660

OSMAN

## CALENDAR of EVENTS MINNESOTA RIVER VALLEY LODGE #6

- 2/28 <u>MRVL #6 Steering Meeting</u> 6:00 dinner 7:00 PM Savage Masonic Center & Zoom
- 3/7 <u>MRVL #6 Stated Meeting</u> 6:00- 8:30 Masonic Center
- 3/8 <u>Masonic Board Meeting</u> 6:30 8:00 Masonic Center
- March TBD <u>MRVL #6 Bowling</u>
- 3/11 <u>Masonic Coffee</u> 7:30 9:00 AM Dunn Brothers Apple Valley
- 3/21 <u>Master Mason School of Instruction</u>– Savage Masonic Center (Lebanon & MN River Valley Lodges) –Dinner
  6pm; School: 7pm RSVP by Mar. 17th to WB Reed Endersbe reedendersbe@gmail.com
- 3/25 <u>Statewide membership seminar</u> is on 3/25 at the Scottish Rite (details on social media)
- 3/28 MRVL #6 Steering Meeting 6:00 dinner 7:00 PM Savage Masonic Center & Zoom
- 3/31 <u>Grand Master's Table Lodge</u> on 3/31 in St. Paul (Plato Blvd) - RSVP to Shawn Carrick
- 4/4 <u>MRVL #6 Stated Meeting</u> 6:00- 8:30 Masonic Center
- 4/8 <u>Masonic Coffee</u> 7:30-9:00 AM Dunn Brothers Apple Valley
- 4/12 <u>Masonic Board Meeting</u> 6:30-8:00 Masonic Center
- 4/13-4/15 <u>Grand Lodge Session</u> St. Cloud RSVP on Grandview.
- 4/25 <u>MRVL #6 Steering Meeting</u> 6:00 dinner 7:00 PM Savage Masonic Center & Zoom

#### 7th Annual Dave Vice Memorial Sporting Clays Shoot

Presented by Clays Camps 4 Kids TC to benefit Shriners Healthcare Camps and U of M Masonic Children's Hospital

| MN Hors     |
|-------------|
| 2920 East   |
| Prior Lake, |
| www.horse   |
|             |

MN Horse and Hunt Club 2920 East 220th St. Prior Lake, MN 55372 www.horseandhunt.com

Early registration by **April 15th.** Register on our website with PayPal, or for registration and sponsorship info email at viceeastbethel@msn.com

Early registration puts you in a drawing for an ATI 20 gauge O/U Shotgun!

| Shoot with Lunch: Early Bird Price (please bring your own shells) \$ | 65 |
|--|----|
| Shoot with Lunch (After April 15th. please bring your own shells) \$ | 75 |
| Lunch only \$  | 22 |
| Gun raffle tickets \$5 each or 5 for \$                              | 20 |

**Multiple Sponsorship levels** 

All sponsors will be entered into a drawing for multiple guns giveways. For every \$3250 in sponsorships, we will add another gun.

#### Special competition just for Masonic lodges, details on back!

Watch for info on Facebook: Clays for Camps and Kids Twin Cities Checks can be made out to  $\rm CC4KTC$ 

CC4KTC is a 501-C-3 Charitable Organization





#### **Masonic Lodge Competition**

Each lodge that wishes to compete will add another  $25 \ / \ team.$  The shoot will add another  $250 \ to \ the \ prize \ pot.$ 

The Lodge team that has the Highest bird count wins the whole prize pot, to donate to their charity. It must go to a charity, not the lodge itself. Plus they will receive a trophy for lodge bragging rights!

The lodge must declare its team at sign up time. Members may shoot with another squad but then post their scores on the Lodges score sheet. All shooters must be a current member of the Lodge they are signed up with. Unless a team is short and we have shooters who need to join a team.

5 shooters maximum per team. We will use the top 4 scores on the team for scoring. In case of a tie we will pick a station prior to starting as a tie breaker. Highest team total on that station breaks the tie.



### List of Upcoming Events for MN River Valley Lodge #6:

#### March 2023

- 7<sup>th</sup> 7:00 P.M. Stated Communications Meeting 6:00 P.M. Dinner
- 8<sup>th</sup> 6:30 P.M. MN Valley Masons, Inc Board of Directors Meeting.
- 11<sup>th</sup> 7:30 A.M. Masons Coffee at Dunn Brothers Coffee in Apple Valley.
- 17<sup>th</sup> St. Patrick's Day 🐣
- 21st 5:00 P.M. School of Instruction
- 28<sup>th</sup> 6:30 P.M. Steering Committee Meeting Light Supper Provided.



#### April 2023

- 4<sup>th</sup> 7:00 P.M. Stated Communications Meeting 6:00 P.M. Dinner
- 8<sup>th</sup> 7:30 A.M. Masons Coffee at Dunn Brothers Coffee in Apple Valley.6:30 P.M.
- $9^{th}-\text{Easter}$
- 12<sup>th</sup> MN Valley Masons, Inc Board of Directors Meeting.
- 14<sup>th</sup> & 15<sup>th</sup> 170<sup>th</sup> Communication of the Grand Lodge of Minnesota
- $21^{st}$  Articles Due for the Wayfarer.
- 25<sup>th</sup> 6:30 P.M. Steering Committee Meeting

Visit the Lodge Website and view the Lodge event calendar for the complete list of events for all Masonic Bodies that are utilizing the Savage Masonic Center.