



FORUM



A Fabulous Festival Fun Day!



FORUM

The Suffolk Freemasons Magazine



Welcome to Forum,

Thank you to all those who have sent in articles over the past six months, it is much appreciated. Remember this is your magazine and is generally comprised of information from yourselves so if you do have anything of interest happening in your lodge or chapter, simply get in touch, my contact details are below.

In this issue you will read about a book written by Peter Thorogood which he has researched to celebrate the 150th Anniversary of Stour Valley Lodge entitled 'The Lodge on the Stour', I was lucky enough to get an advance look and is well worth a read, the early photographs of many well known senior masons will bring a smile to your face, make sure you see a copy.

We have the story of how Stradbroke Lodge raised in excess of £34,000 by running guided tours around Blundeston Prison, it is an amazing article showing just what a lodge can do when it sets its mind to it.

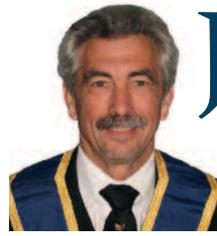
You have all seen details of the CHAPS Prostate Days which are being held all over the province and we have further details for you plus the story of one Mason's experience following his positive test, it is well worth reading for a full insight.

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Jottings

from The Provincial Grand Secretary

Well, what a fantastic day the annual Provincial Grand Lodge meeting turned out to be! The venue, as always looked superb and the support from the membership was excellent. From the many letters and emails I have received it seems that our guests from across the other Provinces clearly enjoyed their day with us as well. As always superbly choreographed by our Provincial DC David Barker the whole event was a great example of Masonic ceremony but with humility and humour in equal measure. I know that the day is one of the PGM's favourite occasions in the year as it provides him with the opportunity to personally thank all those who make our Province work so well. I hope those of you who were there also enjoyed the day and thank you for turning out in such huge numbers. If you weren't able to be there, well 31st May is next year's meeting, try and be there, it's going to be quite an occasion.

The sun continues to shine and it certainly did on the Festival Fun Day. As you can read elsewhere in Forum hundreds of people turned out, Masons and non Masons to enjoy and explore the forty or so varied stalls on show. From classic cars to pulling a pint and a coconut shy there was much to see and have a go at. Not ideal conditions for the Tug of War sadly with too much heat and too little grip. Still it was only a friendly competition wasn't it! Until the teams picked up the rope; then it didn't matter whether you won or lost; as long as you didn't lose! Congratulations to Mac Speake and his team of organisers who put on a superb show for us and the general public.

The annual Charity Clay Shoot was again a superb day with many people from our Province and from as far away as Lancashire enjoying a challenging shoot in a friendly competitive atmosphere. Abbey Lodge won the inter lodge competition for the second year running and over £1500 was raised for EACH and the 2019 Festival.

You will have heard through your lodge secretary of the planned coach trips to Grand Lodge Quarterly Communications on 12th September in support of our cycling team. Their marathon contribution to the Festival is almost at an end and will culminate with their last ride to Great Queen Street that day. Please come and support them on their last ride, enjoy the splendours of a Grand Lodge meeting and join the rulers and executive in a curry lunch afterwards.

If you haven't already, you will soon receive the new copy of the Provincial Year Book. Aside from all the details of individual Lodges, Chapters and Side Orders there is a huge amount of useful and interesting information included so please take the time to thumb through it. I guarantee you will make a daily advancement.

Forthcoming events include the MacMillan Coffee Morning at Ashlar House on 6th October, the Craft Fair at Tucklands on 2nd November, the Light Blues 'Question Time' at Soane Street on 20th November, the Members' Pathway roll out at several venues around the Province (dates to be confirmed), the Centenary Meeting of Suffolk Installed Masters Lodge next year and the National Clay Shoot at High Lodge on 22nd June 2019. So there is much going on in the Province and much to look forward to.

As usual my sincere thanks to all those who assist in making the Province work. The Assistant Secretary Ralph Robertson, Communications Officer and Forum editor Kelvin Avis and the secretariat team of Geoff Spencer, Trevor Tinley, David Cuthbert and Bob Philips. Between them they have a wealth of Masonic knowledge and are happy to help with most things, don't be frightened to ask.

Roger Nash, Provincial Grand Secretary, July 2018

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Waveney Lodge supports EACH Nook Appeal



DC David Langton, Jane Capie, WM Bob Clack, Tim Jenkins of EACH Hospice, Treasurer Mark Morris

On 15th May, Waveney Lodge No. 929, who meet at The Centenary Rooms in Bungay, presented to Tim Jenkins of EACH Hospice a cheque for £822 for the Nook Appeal. This was raised from Waveney's recent Ladies Evening held at Great Yarmouth. Tim gave an informative talk about EACH and the Nook, their new hospice in a fantastic five-acre woodland setting five miles south of Norwich in Framingham Earl. The new hospice will be nearer the centre of the county, much closer to local services, hospitals and road networks. It also means the majority of families and staff will travel shorter distances to receive and deliver care. Once built it will transform local care to meet the changing needs of children and help meet the increasing demand for services. It is scheduled to open in March next year.

During the year Waveney Lodge of Instruction has also donated £1,000 to local organisations split equally between Emmaus, 1st Bungay Sea Scouts, Bungay District Girl Guides and Broom & Ditchingham Play Group.

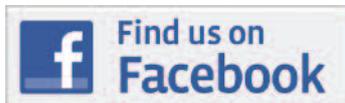
Mark Morris

Find us on Facebook!

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Provincial Grand Lodge of Suffolk now has an official Facebook page which is totally open to public viewing and run by your Communications Team. It will give

you up to date information on what is happening around the Province as well as having topical posts from United Grand Lodge, the Masonic Charitable Foundation, Supreme Grand Charity and many others. Being an 'open page' not only do we invite you to follow and enjoy its content but also your family, friends and colleagues. If you have anything to you want to share with everyone via the page, simply get in touch.



Kelvin Avis



DID YOU KNOW?

Did you know that English athlete and Olympic champion Harold Abrahams was a Freemason? His 1924 gold in the 100 metres sprint was later depicted in the 1981 movie Chariots of Fire.

From the Provincial Grand Master

So Brethren, yet another masonic season has passed in our wonderful Province, and what a year it has been. The 300th anniversary of Grand Lodge fully and joyfully celebrated, not just across England but together with our brethren around the globe, and what a birthday party it was! Grand Lodge itself ensured that the Craft could enjoy such a momentous event with faultless organisation mirrored by Provinces and Lodges across the country. Many from our Province travelled up the Royal Albert Hall to witness that superbly choreographed presentation so professionally enacted by Sir Derek Jacobi and others, followed by an excellent dinner.

To add to our birthday our own annual meeting back at Holbrook was not only the best attended ever but thanks to the tireless work of our Provincial DC and team, the Provincial Secretariat, our Grand Stewards and so many others proved to our happy visitors that Suffolk can organise a party with the best of them and, as usual, can also provide a day of glorious sunshine. With so many dining the caterers and bar staff must also be congratulated for their sterling service.

We now boast 68 Lodges, all apparently in fine fettle, and a record membership. In Britain our Craft is enjoying a resurgence. There are many a reason for this. The Sky TV documentary portrayed the brotherhood in a positive way, as a foundation for good in a fractured society. Our 300th anniversary proved to all that we can also enjoy ourselves and the absolutely negative and badly researched article in the Guardian proved in our favour when Dr. David Staples from Grand Lodge publicly demanded retraction. The result? A massive increase in potential candidates!

Next year sees the culmination of our own Festival when we can hopefully celebrate the support the province has given to Grand Charity. The hard work and dedication of our PG Charity Steward and his team has been immense, but the commitment and work of the individual Officers and brethren of our Lodges has also provided the means for not only our fraternity but also many non-masonic good causes in our Province to so benefit. This again has portrayed the Craft as a selfless and beneficial part of our community and the largest charitable organisation in the County.

There is still much to be done.

Complacency has often been the undoing of the Brotherhood we love so much. We are all ambassadors of the Craft, an organisation that can only be of benefit in a society so often negatively reported in the media. So many other fraternities have, in recent years, just faded away. Brethren, that is not for us! Our masonic Province happily thrives and we now have the firmest of foundations on which, not just to build, but thanks to you all, to both grow and influence as never before. Congratulations, for without that proven commitment we would not be such a successful, and above all, happy Province.

R.W.Bro. Ian Yeldham
Provincial Grand Master



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Sudbury Freemason's recollection of his time in the RAF

As Suffolk celebrated the 100th anniversary of the RAF one former serviceman has been reliving his 33 years of an "absolutely brilliant" life in the service. Stuart Andrews remembers how on its 50th birthday he was in a Shackleton which crashed in Northern Ireland and he and four colleagues walked away from the stricken craft. On April 1 this year the RAF marked its centenary with special events, activities and other initiatives running from the beginning of the month to the end of November 2018. The centrepiece of RAF100 took place on July 10 with a centenary service in Westminster Abbey, followed by a parade in The Mall and a flypast over Buckingham Palace.



One of the many events will be the Centenary Baton Relay which will see a specially designed baton visit 100 sites associated with the RAF in 100 days. The relay began its journey at the Royal Courts of Justice on April 1 and ended 100 days later on Horseguards Parade.

Stuart, 75, who lives in Bulmer Road, in Sudbury, with his wife Patricia, joined up in February 1963 as an air signaller and served in Singapore on Shackleton aircraft. He then got posted to RAF Ballykelly, in County Londonderry, five years later, when his aircraft

came into land but skidded across a wet runway ending up in the boggy grass. "It was raining so hard that the aircraft just skidded off the side of the runway and aquaplaned into the boggy ground," he said. "But we all managed to get out ok."

From there he was stationed back in the UK on an air electronics course before heading off to Singapore then to RAF Marham where he worked on Victor tankers for nine years, onto RAF Brize Norton flying Andovers, to RAF Benson in Oxfordshire, RAF Gutersloh on the West/East German border, RAF Wyton, near St Ives, in Huntingdon, before he finished his career at Brize Norton as an electronics warfare officer coming out of the service in April 1998.



"When I left the service they said what are you going to do and I said 'absolutely nothing'. But we got a narrowboat and travelled the inland waterways," he said. They moved into his parents bungalow in September 1998 and Stuart, who reached the rank of Flt Lt, marked the 100th anniversary with friends at a Freemasons meeting in Watton, Norfolk. "But I had an absolutely brilliant time in the RAF. I made two good decisions: to join up and then to leave it and I have flown in all the aircraft that I wanted to fly and I just had a ball."

Article courtesy the East Anglian Daily Times



FORUM

Have you got an idea for an article?

Have you something or someone you would like us to feature?

Have you researched your lodge or masonic hall history?

Editor: WBro. Kelvin Avis Tel 07771 644716 kelvinavis@me.com

National survey reveals top marks for Cornwallis Court

RMBS Home Cornwallis Court in Bury St Edmunds has received top marks in a nationwide survey of care home residents. The results showed that 100% of residents polled said that they were satisfied with the overall standard of care in their Home.

Amongst the findings, 100% of residents polled said that staff treat them with kindness, dignity and respect and that the Home is a safe and secure place to live. All residents polled said that they can have visitors when they want to. RMBS Care Co. is committed to providing the highest quality of care and encourages the support of family and friends during later life. Their involvement can have a huge positive impact on a person's health and wellbeing and it helps residents to stay connected.

The Your Care Rating survey is the UK's largest survey of care home residents. Now in its sixth year, it aims to give care home residents a voice by giving their views through an independent survey. It helps care providers to see which areas they are performing well in and also where they can improve the quality of care. A total of 16,784 residents in 820 homes across the country took part.

Jan Gibbs, Home Manager, said: We have been taking part in the Your Care Rating surveys for several years now and the results provide our Home with invaluable feedback. Care for older people is changing and becoming more and more complex, so it's important for us to look for different ways of working with our residents and their loved ones. Their insight helps us to provide the best possible service, so we can tailor our support to meet residents' individual needs.

To see full details of how the care home performed, visit the Your Care Rating website at www.yourcarerating.org

Order of Merit for Bill Elsey

W Bro Bill Elsey was Treasurer of Royal Clarence Lodge for many years. He was also very active in Royal Arch where he held the rank of Assistant Grand Sojourner. He was awarded The Order of Merit at the time of the Provincial Lodge meeting at Holbrook in 2017 but due to ill health had not been able to receive it. Bill is now 88 years old and was a bank manager during his working life. He lives in Cambridge along with his wife Jeanne who is 94. Pictured is Bill receiving his Order of Merit from John Rice.



Guatemala Volcano Victims Receive £25,000

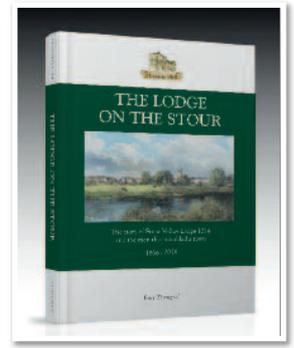
The Masonic Charitable Foundation has donated £25,000 to Plan International UK to help support 30,000 people whose lives have been devastated by the eruption of the Fuego volcano in Guatemala. Over 1.7 million people have been affected by the crisis, with at least 12,277 people having been evacuated from their homes. At least 100 people have lost their lives and the number is expected to rise as hundreds remain missing in the ash and rubble. The extreme conditions have left thousands of people without access to safe shelter, food, drinking water or sanitation facilities.

David Innes, Chief Executive of the Masonic Charitable Foundation said: "The Fuego volcano eruption has devastated the lives of many thousands of people, with, as usual, children bearing the brunt of the suffering. I am very pleased that the Masonic Charitable Foundation was able to move so quickly and provide funds for Plan International UK's vital work at the heart of the disaster zone."

mcf.org.uk

Stour Valley Lodge 1224 150th Anniversary

The 31st of July has seen the 150th anniversary celebrations of Sudbury's Stour Valley Lodge, founded in 1868. To celebrate this historic birthday the Lodge has published a 200 page fully illustrated account of its past, written in a light hearted manner by the Provincial Orator Peter Thorogood. It is a tale of the brethren, both saints and the occasional sinner, who moulded a town and so influenced Suffolk freemasonry. From that greatest luminary and churchman, Charles Martyn to today's Provincial Grand Master RW Brother Ian Yeldham the Craft has been well served by the lodge. Unique in giving to the Province not only our PGM but also VW Bro. John Rice, until recently our Deputy PGM, but also our Past Assistant PGM, John Yeldham.



Among the many humorous accounts are those of the Master who sold all of Lavenham Council's aggregate before absconding with the proceeds, and a few years later the Past Master who also disappeared with all the assets of the local savings bank, of which he was the manager. However, although this is a "warts and all" narrative it is, above all the tale of those great, modest and dedicated brethren who were to found and develop a lodge of which Suffolk must be justly proud. Mother Lodge of Priory 4618, Babergh 8122, and grandmother lodge of Gainsborough 9332 and Countryside 9830, and great grandmother lodge of Sportsman's 9931. Also founding two Chapters and other appended degrees, some achievement! And of course the purchase and care of one of the finest and historic Masonic centres in the region. Stour Valley has good reason to commemorate, and above all celebrate, all it has achieved and we wish the Lodge well for the next 150 years.

Copies of 'The Lodge on the Stour' are available from the Secretary Mike Helliar at mike.helliar@btinternet.com priced at just £20



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The Suffolk Branch of the Masonic Fishing Charity



May saw the first event of the year for the Suffolk branch of the Masonic Fishing charity which was kindly sponsored by Dick Beechener from Brett Valley Lodge 9479 as part of his year in office. It was held at the Hintlesham fly fishing lakes and a school that takes primary school children from across Suffolk, Norfolk and Essex took advantage of the opportunity along with another disabled young adult. The children had a variety of special needs and one wheelchair user.



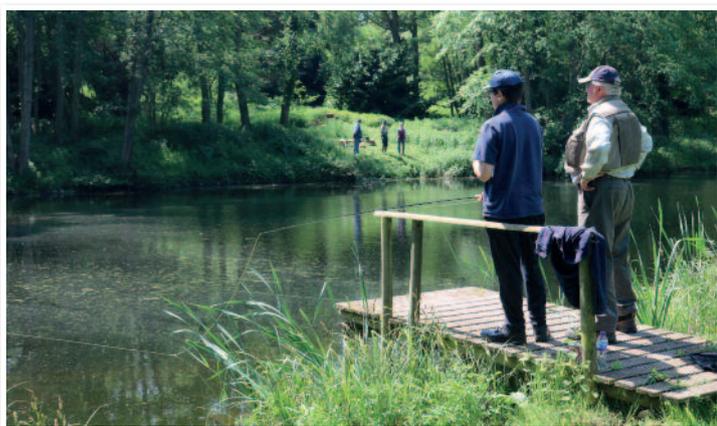
The tents and facilities were erected and soon after the casters and helpers arrived for a breakfast cooked by Lynn Fosker and Brian Dundon from Court Knoll Lodge, plenty of tea was served and the weather was looking perfect for a good days fishing. Suffolk masons made up many of the helpers casting for the day with some from across the border in Essex coming to spend the day and to help.



On arrival the children were quickly checked in and each was given a caster for the day. The casters are there to advise and teach the children how to cast and hopefully land a few fish. This is a skilled role as many of the children have learning and behavioural difficulties which makes concentrating difficult.

Pretty much as soon as the fly hit the water fish were being landed and it did not stop all day. In total over 50 trout were caught including brown and rainbow trout with no one catching one of the elusive blue trout. Shouts of "I have got another one" was heard

from all around the lake and everyone had a great day. We had many visitors to look after on the day including many members of Brett Valley. Malcom Slaughter from the MTSFC also visited and



commented what a great event we had put on once again. At 1pm a great BBQ lunch was served, closely followed by the awards ceremony which was undertaken by Dick Beechener representing Brett Valley Lodge and Neville Warnes representing the Province of Suffolk. It was a moving event and all the children had fun and this gives us the chance to see the difference we make and the positive and therapeutic effect of fishing. All children received medals and awards along with a masonic goody bag.

The children as always enjoyed themselves, with some who normally would not take part really getting involved, it is amazing what fishing can do to these youngsters. Two comments we had on the day included "it was one of my best ever days" and "thank you my son has just come home and cannot stop talking about the fishing, he had the best day". What often shocks the participants is the lengths we go to with tents, food, awards and the fishing and how well organised it is. It often leaves them speechless. We have had good support from Suffolk masons helping with the casting and if anyone would like to offer help please do get in touch, the casters get an awful lot of satisfaction when helping the children and it really reinforces the masonic values.

We have also invested in a new gazebo this year and each event costs



around £500 to fund. We would welcome any lodge to sponsor an event as Brett Valley have done and help a local school. We can run these events all over Suffolk and it would cost your lodge £500 and enable you to present the awards, help at the event and advertise this in your local community.

For more information or if you would like to help please contact jon@sportsafeuk.com

The Library and Museum of Freemasonry

The Museum contains an extensive collection of objects with Masonic decoration including pottery and porcelain, glassware, silver, furniture and clocks, jewels and regalia. Items belonging to famous and Royal Freemasons including Winston Churchill and Edward VII are on display together with examples from the Museum's extensive collection of prints and engravings, photographs and ephemera.

The collection explores the different ranks, offices and branches of freemasonry. It explains some of the symbolism used, the charities set up, masonic dining habits as well as freemasonry abroad and during wartime. There is also a large collection of items relating to non-Masonic fraternal societies such as the Oddfellows and the Sons of the Phoenix.

Monday to Friday: When the Grand Temple is not in use there are up to 5 tours per day at 11am, 12noon, 2pm, 3pm and 4pm.

Saturday: When the Grand Temple is not in use there are 2 tours – at 10:30am and 2pm.

There is no charge. There is no need to book a place unless you are part of a large group.

Each tour starts in the Library and Museum. Visitors are asked to note that photographic ID may be required to be shown before the tour commences.

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www.freemasonry.london.museum



Stradbroke Lodge break open Blundeston Prison

It started off as a casual conversation between Stephen and Victor and ended up as the largest fund raising event in the known history of the Lodge.

Stephen is Stephen George, Managing Director of Lowestoft building firm Badger Building. Victor is Victor Burton, local farmer and Charity Steward of Stradbroke Lodge No. 3291. Stephen and Victor were on a shoot together and the conversation came round to Stephen's latest bit of news that he had just bought a prison. The Prison was Her Majesty's Prison Blundeston, just North of Lowestoft and had been declared obsolete and closed two years previously. Stephen explained to Victor that a lot of the local villagers who had lived with the prison on their doorstep would like to have a look round.



Victor brought this information back to the Lodge Festival Committee who were trying to think of ways to raise funds towards their Festival target and so the idea of organising guided tours of the prison was born. Victor went back to Stephen with the proposal, who was very positive about it as it would be a good use for the site whilst his firm drew up plans. He also knew a few of the ex-Prison Officers who may be persuaded to act as tour guides.

A meeting at the prison was arranged for one evening, so Stephen, ourselves and a retired Prison Officer all had a wander round whilst discussing the idea. The Prison Officer suggested that we tell the story of the 'Prisoner Journey' that a newly arrived prisoner would take from first arriving at the prison to being settled into his cell, plus some of the daily routine of prison life. The first time those big gates clanged shut behind us and a look at the cell blocks convinced us all that a life of crime was not the way to go.

We decided that groups of no more than 20, led by a Prison Officer and followed by a Lodge 'sweeper' would make up each tour, whose duty was to make sure that nobody got lost. A date was set for the first weekend, tours leaving every half hour and lasting about an hour to an hour and half. The weekend proved a resounding success and there were a lot of disappointed people who couldn't get on a tour. I had contacted the local BBC radio station and did a live interview from inside the prison. We raised over £1,200 that weekend, a nice dent in our Festival target and we were very pleased with ourselves.

Discussion with Stephen raised his promise to the people of Blundeston that they would be given a chance to look round so the tour sizes were increased to twenty five and prices increased. Posters again circulated and bookings poured in. Photographers' tours were organised for weekday evenings without a tour guide for those who just wanted pictures of the architecture. By the end of September the total raised was over £14,000, our Festival target was in sight.

As we started to get towards the end of Summer and the prospect of sunset getting earlier, there being no power for artificial lighting, we were discussing what to do next and the idea was proposed to have one big, last open weekend in October before the clocks went back. No tours, just open the gates, take visitors money and let them wander. Through contacts at the BBC a television news man, Laurence Cawley came for a look round with his camera and recorded a few pieces, one of which featured on a Saturday morning radio slot and a big piece on the BBC's Web site. Trees were cut back; car parking sites identified, cleared and marked; a route was marked out on the ground which would be copied onto the maps of the prison which would be given out; Information points would explain the activity in various parts of the prison and all hands would be available to act as mobile information points. Lodge and family members turned up en masse to act as stewards. The visitors arrived in their thousands. One couple drove up from the West Country on the Saturday to have a look round, stayed locally overnight and came round again on Sunday before driving home again. Takings for the weekend exceeded £20,000. Our wildest dreams could not have imagined an amount such as this.

Although we had tried to restrict access to certain parts of the prison, the visitors had found a way round or through. The main point of interest was cell A116, Reggie Kray's first cell at Blundeston so the whole prison had to be swept at the days end to ensure that all had gone home.

One of the conditions that Stephen imposed on any group who raised money from the prison was that 10% of the proceeds should go towards Parkinson's disease research and the local support group, so that disposed of £3,400. As a thank you to the Prison Officers who volunteered their time towards acting as tour guides we asked them to nominate three charities to which we could make a donation on their behalf. £2,000 went to each of: Soldiers, Sailors and Air Force Association (SSAFA); East Anglian Children's Hospice (EACH); and Prostrate Cancer UK. Another £500 went to the Cancer Sufferers Support group at the local hospital for supporting one of our members who had lost his wife to cancer. Almost £10,000 already distributed.



To celebrate reaching our Festival Target I invited the Provincial Grand Master, R.W.Bro. Ian Yeldham to attend our meeting to receive a cheque. He brought with him his Deputy Provincial Grand Master, W.Bro. John Rice and His Assistant Provincial Grand Master, W.Bro. Keith Huxley. The visit was organised by the Provincial Director of Ceremonies, W. Bro. David Barker. Also in attendance were a Past DPGM, a Past APMG, a Grand Officer, the Junior Provincial Grand Warden and both Provincial Junior Grand Deacons, two Provincial Stewards and the Provincial Rep., the salutes seemed to go on forever. With a bit of advertising that all three Provincial rulers would be attending, a rare honour for the Lodge, 70 Brethren filled the temple to witness a Third Degree ceremony and to enjoy the festive board.

At the end of it all it was a very satisfying experience. Being offered the chance to borrow the keys to a prison, Committee members who manned the phone, answered the e-mails, took the bookings, collected the money and organised the rosters. The wives who went into overdrive baking cakes and running the tea counter. The Lodge members pulling together, giving up Summer weekends to make the tour days run smoothly to raise a large amount of money for charity showed what Freemasonry is all about. Our reward - the amount of money raised for charity by taking an opportunity that only occurs very rarely and having the faith in the members to run with it and make it the success it was.

And finally, our very grateful thanks to Stephen George for allowing us to use his prison and for all the very positive help and assistance that he provided.

Total receipts for the whole summer of tours exceeded £34,000, not bad as an outcome of a casual conversation.

Graham Horton
Secretary Stradbroke Lodge No. 3291



The Suffolk Show 2018



Once again the Province had a stand at the Suffolk Show which was supported by six willing men from a number of Lodges. This being our second year, it was a little more refined than the 2017 outing with some new promotional material and the inclusion of Teddies For Loving Care (TLC), admirably organised and run by David Wilson from Colneis Lodge. The location remained the same; somewhat secondary but cheap! Our display material, built upon from last year, once again included collateral depicting "ordinary men" involved in a hobby that was both charitable and fun. Some of our banners and pop-up displays portrayed Members wearing their regalia whilst others depicted us occupied in our regular hobbies and pastimes, whilst still other illustrated the various charitable activities we are involved in.

Our brief was much the same as last year - to educate the public in what we Freemasons do and, potentially, recruit suitable Candidates for the Craft. The number of attendees to our stand was notably down from 2017, quite why we do not know. The inclusion of TLC was undoubtedly a great move and should the stand be re-run next year we will make even better use of this as a draw. As an aside, we also raised over £125 for that charity.

The number of serious enquiries into Freemasonry from potential candidates was also lower than last year but they will be assiduously followed up by the Provincial Membership Officer. Once again, those that took part enjoyed the day and the opportunity to 'spread the word'. My thanks go to: Melvyn Eke, Steve Hyland, David Wilson, Jamie Read, Paul Goodridge-Hobson and Paul Rudland.

Paul Taylor

Open Garden and Afternoon Tea

An Open garden with Afternoon tea was held at the home of the Worshipful Master of Lodge of Virtue and Silence No 332 on the 1st July. The event was supported by 85 people, half of whom were from the Lodges of Virtue and Silence, Brett Valley and Court Knoll. As could be



expected, the weather was very hot which needed five large marquees to be erected to keep the sun off the members who happily tucked into the food, consisting of tea taken with a combination of finger sandwiches, scones with jam and cream, followed by cakes.

Excellent entertainment was provided by the Hadleigh Ukelele Group (HUG), and Ron Turland on his keyboard accompanied by superb singing from his wife Berra. The Worshipful Master was very pleased by the success of the afternoon and the amount of £1050 raised by the event which will go towards Masonic Charities. Thanks are due to all those people who helped in setting up and clearing up afterwards.

David Byers

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The Tyler's Toast

Many of you will have heard the conventional Tyler's Toast preceded by a verse starting "Brethren of the Mystic Tie, the night is waning fast". However, how many of you know that it is the final verse of a poem believed to have been written about 140 years ago by a Mason in India. The full poem was recited by the Tyler of the Lodge whilst moving round the tables, shaking hands with the Brethren, finally ending with the Worshipful Master.

*Are your glasses charged in the West and South
the Worshipful Master cries;*

*They're charged in the West, they're charged in the South,
are the Wardens prompt replies;*

*Then to our final toast tonight your glasses fairly drain
"Happy to meet, sorry to part, happy to meet again!"*

*The Masons social brotherhood around the festive board,
Reveal a wealth more precious far than selfish miser's hoard,
They freely share the priceless stores that generous hearts contain
"Happy to meet, sorry to part, happy to meet again!"*

*We work like Masons free and true, and when our task is done,
A merry song and cheering glass are not unduly won;
And only at our farewell pledge is pleasure touched with pain
"Happy to meet, sorry to part, happy to meet again!"*

*Amidst our mirth we drink "To all poor masons o'er the world"
On every shore our flag of love is gloriously unfurled,
We prize each brother, fair or dark, who bears no moral stain
"Happy to meet, sorry to part, happy to meet again!"*

*The Mason feels the noble truth that Robbie Burns has told
That rank is but the guinea's stamp, the man himself's the gold,
With us the rich and poor unite and equal right's maintain
Happy to meet, sorry to part, happy to meet again!"*

*Dear Brethren of the Mystic Tie, the night is waning fast
Our duty done, our feast o'er, this song must be our last
"Goodnight", "Goodnight", once more repeat the farewell strain
"Happy to meet, sorry to part, happy to meet again!"*



I was approaching the Fun Day, held on 22nd July with dread remembering the appalling weather that the Stowmarket Lodges experienced for their Fun Day a couple of years ago which was spoilt by a complete deluge.

However we were blessed by the weather, the day started with the Fun Run in which there were a good number setting off in very hot conditions with ages ranging from 3 to 76. The distance was 0.73 miles around the park and all finishers received a medal with a tube of smarties for the youngsters. Then followed the Tug of War which was fantastic, there was intense competition between the Lodges with Brett Valley just defeating Sportsman's Lodge in a hotly contested final.

There were a great number of stalls and stands from Lodges and Charities all running various activities which appealed to a wide age group. A live band played for us throughout the day, accompanied elsewhere by a lovely restored fairground organ all adding to the wonderful atmosphere.

I must express my gratitude to the committee who have worked extremely hard giving up their Sunday mornings for meetings over the last six months, to the sponsors of: the PA system, the hire of the field, printing, the loan of 2-way radios and the tug of war equipment. To all those who set up Saturday and early Sunday morning and those who helped clear up afterwards. But most of all to everyone who came and supported the event, the total amount raised at the time of writing is not known but sale of parking tickets alone came to £2,000.

There is something very special about setting oneself a target or goal and achieving it. For me this applies to delivering the ritual, to my training and completing a marathon, but this Fun Day will stand out for me as one of the most pleasurable events I have ever organised. There were no mishaps with St. John Ambulance, who were very grateful to the Mark Benevolent Fund for the provision of new replacement ambulances, only having to deal with wasp stings.

The Fun Day was supported by a stand from Cornwallis Court /RMBI which pleasingly received a lot of interest with the home management and care team in attendance to answer questions. Ours is one of the last festivals for the old charity organisation but I hope the Fun Day has been of benefit to the RMBI.

Mac Speake



Festival FUN DAY

Simple idea 'Currys' favour with the Suffolk Light Blues

During the weekend of 26-28th April in excess of 120 Suffolk Masons, their partners and guests came together at a variety of locations around the Province for a co-ordinated Curry Weekend promoted by the Suffolk Light Blues.



There were a total of five events at different locations in Hadleigh, Stowmarket, Bury, Leiston and Lowestoft. Whilst numbers differed from place to place what was clearly evident was the obvious bonhomie at every venue. A combination of excellent company, fantastic food and a small libation or two saw to that. All who attended left fully satisfied and with great big smiles.

The largest contingent met at the Red Rose Restaurant in Lowestoft where there were too many derrières for the number of seats and so extras chairs were drafted in from the Masonic Hall to solve the problem. All in all the event was hailed a success and similar evenings with perhaps a different choice of cuisine will be coming to a town near you soon.



This type of event is designed for all Masons to bring their families and friends together in an informal and relaxed atmosphere so that they too can get to know each other in order to help make attendance at future events that little bit

easier. After all it is never nice walking in to a room full of strangers, so by getting to know each other at simple functions like these we hope that our guests will be encouraged to come along again.

If any brother has an idea for a future Light Blue sponsored event then please get in touch either via the facebook group, direct message or email, and don't forget, Suffolk Light Blues exists for us all as light blues and so all your ideas will be considered.

Ollie Fordham

50 Year Certificate for Jeffrey Vertigen

John Rice attended the April Meeting of Adair Lodge to present W Bro Jeffrey Vertigen with a Certificate to celebrate his 50th Anniversary in the Craft - and it so happened to be on the very day he was initiated on 5th April 1968. He was then passed and raised at the following two meetings, because on his own admission the Lodge had no other Candidates at that time!

But he is a Lewis, as his father Horace was also a member of Adair and was very well known as the Lodge DC for many years. There was no question that he, and not the Master, ruled the Lodge. Now Jeffrey has followed in his father's footsteps and after two spells as Assistant Director of Ceremonies, became Director of Ceremonies in Adair Lodge in 2006 and is still in that Office today.

He was also Worshipful Master of Adair in 1978 and again in 1993 - so a stalwart of the Lodge in many ways and in recognition of his services to the Lodge over so many years he was promoted to PPSGW in 2017.



John Studd



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A night of 'Sweet Memories'

A night of 'Sweet Memories' and a Fish and Chip Supper took place at The Masonic Hall, Lowestoft on behalf of Magi Lodge 9747. It raised a fantastic sum of £570 for Festival 2019. There was a fun quiz all about sweets of the 50's and 60's followed by a short talk about the various manufacturers and the 'old fashioned' sweets. Tasters were also available and brought back many childhood memories.



John Thomson, Dot Dobson and Robert Parker with a selection of some of the taster sweets

The evening was organised by Dot Dobson and the talk was given by Robert Parker, caterer at the hall. John Thomson of Magi Lodge conducted the raffle and the night was hailed as a 'sweet' success. This was a new venture in quizzes and was thoroughly enjoyed by all who took part. The winners were presented with bags of "retro" sweets of that era.

Thankyou Jack

The Rotary Lodge of Suffolk presented Jack Earwaker with a specially commissioned gavel to commemorate the service he has given to the Lodge. A plaque on the presentation box outlines his masonic history. Ross Lunney, the Lodge Mentor made the presentation together with a very moving tribute. Jack was initiated into St. Luke's Lodge No. 225 in 1963. He became Worshipful Master of St. Luke's in 1975 and he was also Secretary for a number of years. In 1983 he was made Acting Provincial Grand Superintendent of Works and in 1991 he was promoted to Acting Provincial Junior Grand Warden. He became Past Provincial Senior Grand Warden in 2011. He is a founding member of the Rotary Lodge of Suffolk No. 9306 and became Master in 1998. He has also been Chaplain and Almoner. He was honoured to receive the Suffolk Provincial Order of Merit for both Craft and Royal Arch in 2018.



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Following the Travel Gavel

Unfortunately not much 'Travelling' to report as Colneis are still in possession of the Gavel which they claimed way back in October 2017. Your Lodge can claim it at their meetings held on first thursdays from November right through to April. Simply get in touch with their Secretary and book yourselves in, his details are in your Yearbook.



Caduceus are pleased to help Lilley-Anne

In November 2017 Caduceus were made aware by one of our lodge members of a pressing need for assistance to purchase a purpose built pushchair for a little girl of three years old who had recently undergone surgery to remove a large Brainstem Tumour. Her name is Lilley-Anne and her mother told me that after suffering various symptoms for 2 years she was given an MRI scan on 14th September. This revealed that a large Tumour on her brain was crushing her spinal cord.

On the 15th September Lilley Anne had most of the tumour removed at Gt Ormond Street Hospital, unfortunately due to the position of the tumour on the brain stem it was not possible to completely remove it. Following the operation Lilley-Anne was left paralysed down the left side of her body and is unable to function like a normal little girl. She became unable to breath normally and after 4 weeks in intensive care had a Trachyostomy operation to assist her breathing and enable some recovery to take place.

After 3 months, Lilley-Anne was transferred to her local hospital to continue her recovery and then to a specialist rehab unit for brain injured children, after another month at the rehab unit, she is now able to walk a little but is very unsteady, hopefully this condition will improve. However Lilley-Anne needs a constant supply of oxygen to assist her breathing, this means that if she needs to use a pushchair so her family can get her out and about she needs a portable oxygen cylinder with her at all times. To facilitate this her mum identified that a special push chair was available which has the facility to carry the oxygen along with other medical equipment. However this is not available on the NHS and the cost was close to £1000, the family would have found difficulty in raising the money in time so as our lodge Charity Steward I raised this at our committee and the lodge agreed to our recommendation to cover the cost of the special push chair from our Relief Chest Fund.

This has now been purchased and presented to the family and we are pleased to report they are finding it very useful in helping the family get Lilley-Anne out and about and helping her rehab, the family are very grateful to the Freemasons who have made this possible.

Allistair Renton



A Car Boot Sale find...

I recently stumbled across a document at a car boot sale. It was a plain blue pamphlet embossed with the royal crest in gold. Inside the cover piece is titled "The official order of procedure for the installation of HRH the Duke of Kent as Grand Master" ...Not our current Grand Master but his father before him. The event was held at an especial lodge at Olympia in London. The date was 19th July 1939, just a few short months before the outbreak of WW2. This little booklet paints an incredible picture.



The procession began with the entry of the Deputy Grand Director of ceremonies, closely followed by the Grand Tyler, Ten Grand Stewards, Four Assistant Grand Pursuivants, and then the Grand Pursuivant! Next came the Assistant Grand Standard Bearers and Sword Bearers. There were ten Grand Directors of Ceremonies, the Grand Superintendents of Works and so on. Then came the Chaplains, Treasurers, Inspectors and Registrars: The Past and Present District Grand Masters from across the country, Wardens and Deacons. All of whom acted as escort for the Pro Grand Master.

Once the PGM was in the chair there then followed Deputations from recognised jurisdictions from across the globe. From Tasmania to Peru, from the Philippines to Mexico and from Finland to Arkansas they came. Notably, there were no deputations from Germany, Italy, or Russia where the craft had been outlawed and suppressed and Masons were persecuted in a similar manner to other groups and minorities. The next to arrive was His Majesty the King with his own Grand Escort.

Then, Once the King had been placed onto the throne, it was he who called upon the Duke of Kent with his escort who were the last to arrive and the ceremony of installation took place.

It must have been a stunning event.



Earlier I mentioned the presence of the Provincial Grand Masters from across England. Among them was George Edward John Mowbray Rous, Third Earl of Stradbroke. He, at the time held the office of PGM for Suffolk. Stradbroke was Initiated at the Lodge of Prudence No 388 at Halesworth and then, after going through the chair he was appointed PGM in 1902, holding the office for 45 years until his death in 1947. An extraordinary man: As well as his duties in the craft he served as a aide de camp to both Edward VII and

George V. He played an important role in the Territorial Army holding the rank of Colonel. Rous went on to distinguish himself during WWI on both the Western and Middle Eastern fronts for which he was decorated with the CBE

After the war he served as Parliamentary Secretary at the Ministry of Agriculture and fisheries. He is best remembered as Governor of Victoria. A position he held for 6 years where he was actively involved with the boy scout movement where he inaugurated the Stradbroke cup, a kind of Scouting Decathlon contest still keenly fought for today. There is also a prestigious horse race held each year in Brisbane which bears his name. Incidentally, he also held the office of PGM of Victoria between 1920 and 1926.

I don't know if any of us will ever scale to such lofty heights in society but as I researched his life for this brief history lesson I discovered a man to whom we should admire for his willingness to live his life in accordance with masonic line and rule and to have been useful to Mankind and an ornament to the Society to which we are all Brothers.

Rob Bamberger



The Provincial Orator W/Bro Peter Thorogood
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All are welcome to attend

The History of Tracing Boards by Jim Jenkins

How many of us study or question the layout of our lodge rooms, how many of us understand why we have our Lodge furniture? In this article I would like to take you through the history of the Tracing Board, as to how it arrived in the form that we know it today, albeit in a multiplicity of designs, the general concept of modern day Tracing Boards is the same, but how did they get there?

The Tracing Board, or Trestle Board, or Lodge Board has a prominent place in each Lodge each individual in its particular design, but each displaying the degree in operation. Their purpose in the Lodge is to illustrate the symbols and lessons of the particular degree and to be used as teaching aids to explain the degree to candidates, much as originally the Tracing Board was used by the architect or master builder to sketch out his designs and instruct the craftsmen in the execution of the work.

'Speculative freemasons build not of stone, but with character. We erect not Cathedrals, but the 'House not made with hands'. Our trestle-board, 'spiritual, moral and masonic' as the ritual has it, is as important in character building as the plans and designs laid down by the Master on the trestle-board by which the operative workman builds his temporal building.'

Let us then consider the history of the Tracing Board - many years ago, before there were firm records of Masonic activity, pre the 1700's, Masonic meetings were held in secret. These meetings were held in the open in secluded places or in barns or outbuildings, there were no Lodge meeting rooms or official meeting places. The meeting places had to be moved around to maintain their secrecy and to avoid intrusion from the uninitiated. Lodge furniture as we know it today did not exist but the shape, size and content of the Lodge was marked out on the ground, this involved marking in the dirt or dust with a stick. The shape of the Lodge would be drawn and the brethren would stand within the outline during the course of the meeting, the Lodge being not the room but the space in which ritual was conducted, the various Lodge symbols, Square, Compasses, Globe, Letter G, etc. being also drawn on the ground, should the meeting be disturbed by an unwelcome intruder the brethren would erase the Lodge by shuffling their feet and there would be no physical evidence of the existence of the Lodge.

This custom was known as 'drawing the Lodge' and was undertaken by the Tyler as part of his duty of guarding the Lodge, this is probably the origin of the Tyler's task of setting out the Lodge furniture today. This is also the origin in some areas of calling the Tracing Board the Lodge Board, as it is representative of drawing the Lodge. A further reference to calling the Tracing Board the Lodge Board comes from the 1790's and is still practiced today at consecration ceremonies, when the Lodge Board is placed in the center of the Temple, covered in white satin and the consecrating elements are poured over it.

As time progressed and Freemasonry became more open, Lodges met in more permanent places, notably rooms within pubs or alehouses, halls or hotels and the custom was to draw the Lodge on the floor of the room with chalk or charcoal, indeed many Lodges took their name from that of the inn in which they met. This was still the job of the Tyler but could still be quite quickly erased should the lodge be disturbed and at the end of the meeting, as the Lodge room was not permanent and all furnishings had to be removable.

As stated in the ancient ritual - *'Nothing further remains to be done, according to ancient custom, except to disarrange our emblems'* a firm reference to erasing the Lodge and altered in today's closing to *'Nothing now remains, according to ancient custom, but to lock up our secrets in a safe repository'*. At this time it was common for Lodge furniture to include a mop and bucket for the purpose of washing the floor after the meeting thus removing the markings, this was usually the job of the Entered Apprentice. A later variation of drawing the lodge in chalk or charcoal was the use of tapes which were nailed or tacked to the floor setting out the Lodge, this did not widely catch on and was ridiculed by some as an 'indignity of the mop and pail'. In the 1730's there was a practice of painting the Lodge markings on cloths or skins which could be rolled-up and stored. This led to a change in Lodge ritual that whereas previously brethren had stood within the floor markings of the Lodge, due to the expense and workmanship in providing floorcloths, brethren would stand outside the cloth and look on.

At this time further concerns were expressed over secrecy as floorcloths began to be permanently displayed, one particular instance concerned the Lodge St Andrew who were ordered not to use a floorcloth again as the new cloth that they had ordered was seen hanging publicly in a painters shop.

One of the most famous floorcloths is the Kirkwall Scroll, this belongs to the Lodge Kirkwall Kilwinning No 38 in Orkney. The scroll is claimed to date from the mid 15th century, although this date is contentious, and is made of sailcloth in three pieces sewn together, it measures eighteen feet six inches by five feet six inches, it contains over 100 masonic symbols and details that appear to be a map, it is preserved by the Lodge and can only be viewed by appointment.

As floorcloths were not very hard wearing it became the custom to hang them in frames or drape them over trestles, from the old Scotch word 'trest' meaning supporting frame— hence the term Trestle Board. Many Lodge summons's are called Trestle Boards as they are the sheet on which the Master of the Lodge sets out the business of the meeting for the instruction of the brethren. Around the end of the 18th or early 19th century cloths were substituted with painted wooden boards and these became known as Tracing Boards, as we know them today. Through the 1800's a number of designers of Tracing Boards emerged of which John Cole, John Harris, Josiah Bowring and Arthur Thiselton are prominent, although each design was unique the basic layout and contents were the same. With the union of the two Grand Lodges in 1813 and the standardisation of ritual came a move to standardise Tracing Board design. In 1845 a number of designers, including John Harris, were invited to submit their designs which were judged by the Emulation Lodge of Improvement, John Harris's designs were chosen.

So by the end of the 19th century individual boards began to decline and cheaper ready made boards started to appear, which brings us to the Tracing Board as we know it today. As we know each degree contains a lecture on its symbolism which is illustrated on the Tracing Board and the degree being worked is represented by the Tracing Board being displayed – so the next time you enter a lodge take a good look at the Tracing Board and not only marvel at its symbolism but perhaps ponder on its history and its evolution.



The Kirkwall Scroll

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Phoenix Lodge donates £500 to enable Scout to attend Jamboree



Conner Yarrow a Scout representing The Shackleton Explorers of Elmswell has been chosen to attend the World Jamboree in West Virginia USA on the 21st July 2019. What an honour for a 15 year old, although he has to raise £4500 to achieve his ambition of going. Through the efforts of family and friends he is now well on his way to that target. The money donated from Phoenix Lodge was presented to him at Elmswell Public Library and was gratefully received. We wish him well in this venture and look forward to his report back next year.

Colin Barber

Simone's incredible adventure

The challenge, dubbed 'Lift for Lifelites', involved Simone Enefer-Doy visiting nearly 50 famous landmarks in England and Wales in a variety of weird and wonderful modes of transport in 14 days, all with the help of Freemasons across the country. It was an eventful 14 days: she sat in a Spitfire, went on the fastest zipwire in the world, rode in a DeLorean (no time travelling was involved), stood on the podium at Silverstone, took a speedboat down the river Thames, and waited very patiently while a flat tyre had to be replaced on a four seater plane which was due to take her to Jersey.



Simone paid a whistlestop visit to Suffolk and was entertained to lunch at Ashlar House by PGM Ian and PGA Terry. She understood that because Suffolk is in the last year of its RMBI Festival, any donation to Lifelites is "on hold" but she told us a lot about the work of Lifelites in our Province and has agreed to be a guest speaker at The Annual Lodge Almoners' Conference at Bury St Edmunds, Ashlar House, on October 14th. After an enjoyable lunch she was chauffeured by the PGM to Cambridgeshire Province to conclude her tour of East Anglia. "

The challenge has raised a staggering £103,867.41 - and counting! Simone wants to say a huge thank you to everyone who supported the challenge, whether that was by driving Simone, donating money or providing any other support along the way. She commented "The money raised will help us continue to donate assistive technology to life-limited and disabled children in hospices across the British Isles. This life changing technology helps children to play, be creative, control something for themselves and communicate, for as long as it is possible"

www.lifelites.org

Walk for Parkinson's



At the second very successful Walk for Parkinson's held again at Glemham Hall on Sunday 10th June, EComp Mike Manly presented a cheque for £250 from Provincial Grand Chapter to Becky Redbond, the Parkinson's Regional Fundraiser responsible for organising the event. 17 members from 10 Lodges volunteered as Marshalls to help direct the walkers on either the 1.5, 3.5 or 5.5 mile walks. Many thanks to Stephen and Andrew Bayfield for their invaluable knowledge of the Glemham Hall Estate and assistance in taking the Marshalls to their various points on the routes. Many thanks to the many members and their families from all over the Province who walked around the beautiful grounds set in 300 acres of parkland to help raise money to find a cure for this progressive neurological disease. Last year the final amount raised was £17,000 and it is hoped that this year's walk will surpass this amount.

Mike Manly

Mental Health and the MCF

A topic of conversation once kept under lock and key, 'mental health and wellbeing' has quickly become an important subject that society is keen to keep in the spotlight. Unfortunately, research has shown that two thirds of us experience a mental health problem during our lifetimes and, at the Masonic Charitable Foundation (MCF), we think that's two thirds too many. Poor mental health can manifest itself in a variety of different ways; anger, anxiety, depression, loneliness or stress are all common examples you may think of when describing mental-ill health. But did you know that panic attacks, phobias, eating disorders and sleep problems can also be signs that someone is struggling with their mental health? Whatever the issue, learning to cope and understand the importance of emotions can be a challenge, but talking to someone can often be the first step towards recovery. At the MCF, we encourage people from all walks of life to access the support they need to lead happier, healthy lives. Since April 2016, we've provided £400,564 in funding to local and national charities and projects providing invaluable support and services to battling with their mental health. Most recently, our £75,000 grant to the Ashley Foundation in West Lancashire will part-fund a Homeless Mental Health Empowerment Officer to provide support and information to residents with mental health conditions. The MCF also supports Freemasons and their family members who may be facing a tough period in their lives or are struggling to cope emotionally. The Counselling Careline has been set up to provide confidential support free of charge, and can be accessed by calling the MCF on 0800 35 60 90. All callers are offered face-to-face counselling should they wish, and last year over 530 Freemasons or their family members accessed the Careline. So whether you're struggling with your own mental health, know someone who is, or would like to add your voice to the wider conversation, simply access the Careline for support, refer it to a friend or make a change in your Lodge or workplace to help ease others' stress.

Access the MCF's Counselling Careline on 0800 035 60 90 or email help@mcf.org.uk



FORUM

The Suffolk Freemasons Magazine

Editor: WBro. Kelvin Avis

Telephone 07771 644716 kelvin@keithavis.co.uk

We are very pleased to receive all your reports, particularly if accompanied by a photo or two, on what you have been up to, what you are organising, your thoughts, letters and indeed anything you feel might be of interest.

Have you got an idea for an article?

Have you something or someone you would like us to feature?

Have you researched your lodge or masonic hall history?

Why not get in touch and share it with us all?

Prostate Testing Days in Suffolk

2017 saw the first 3 Prostate Testing days held in Suffolk by the combined effort of the Province and 'Chaps'. These sessions went very well and in response to the feedback further days were arranged for 2018. Prostate Cancer is a killer with over 11,000 men dying each year and many more thousands having to deal with life changing health issues due to this illness. There is a consistent theme running through these figures and that is one of late diagnoses. This one issue can easily be rectified and that is by a simple blood test that indicates if there may be a reason for further investigations to be carried out.

On the 30th June a Prostate Testing Day was held at St. Johns Hall in Felixstowe. It was a resounding success with 102 tests being carried out – a record for the Provincial Test Days! A wide information programme was put into gear to make the male population of the town aware of the opportunity to have the test carried out. This proved very worthwhile as was seen by the number attending. There were also a few enquiries about our organisation and hopefully some new members are on the horizon. Thanks go to Dave Deal for giving me the opportunity to arrange the day and for looking after the team on the actual day. The Consultant, nurses and administration were, once again, impressed with the Province and its organisational skills. Two more days during 2018, Bungay and Ipswich have been arranged.

Early intervention is vital. It is important to have the test as in a lot of cases there are no apparent symptoms which would indicate a problem arising. The Provincial days have now tested 300+ Brethren, family, friends and the community at large. This figure is far too low and hopefully with the national press and various celebrities confirming the need for testing, the numbers will rise substantially as men are fed more statistics and information. We must cut the death rate, so make sure you get tested, be confident that you are safe and give comfort to your family and peace of mind to yourself. Simply make use of the forthcoming Testing Days at Bungay on 6th October and Ipswich on 17th November.

Trevor Tinley

Why do we men find it so hard to talk about prostate cancer and PSA testing?

Is it because we are ashamed or embarrassed to admit to a problem? Are we scared of the "C" word? Or do we not suffer any of the symptoms of the disease and, therefore, think "OK let sleeping dogs lie". A dear masonic friend of mine once told me he would not have the PSA test as he did not want "anyone fiddling with his bits"!

I had no symptoms whatsoever, although I had been thinking for some time that I should have the test; just to be safe. So when I heard the Province had arranged for CHAPS to come and run some clinics in 2017, I decided that would be a perfect opportunity.

I duly turned up at Ipswich for my appointment and what a social affair it turned out to be. My ten minute appointment turned into an hour and a half social over tea and coffee. It was the first time I had ever discussed prostate cancer with a group of like-minded people. I expressed the view that either result would be a good outcome for me; great if I was clear and good if they found something because hopefully it was early enough to do something about it.

My letter duly arrived from the charity advising me to have a further test within a couple of months, as the reading was higher than the recommended limit. This I did and again the reading was still slightly higher than expected. The doctor assured me that he was quite happy with the reading but offered to refer me to the hospital for further checks, just to be sure. The specialist reaffirmed the view of the doctor saying he was 95% certain there was not a problem, as the reading was well within the limit for the size of my prostate. He asked if I would like him to take a biopsy to be 100% certain, which I readily agreed to.

I am not sure how I felt when the consultant gave me the results of the biopsy and told me that I had early stage prostate cancer; surprised, dejected but not that worried or scared. Not one for soul searching "why me", I saw it as a problem that needed to be dealt with. "You have three choices" the consultant advised. Option A was what he called active surveillance, and he then produced a chart showing that I had a 90 per cent chance of dying from something other than prostate cancer during the next 15 years. Option B would mean commencing hormone therapy to shrink the tumour, followed by a seven-week course of radiotherapy. While Option C was to have an operation to remove the whole prostate with the cancer.

Option A sounded pretty good initially but the thought of knowing something would still be growing inside me sounded stressful. Option B seemed a really long term uncomfortable experience with possible side effects. Option C seemed the most logical and effective treatment.

There have been many criticisms of the NHS. However from the morning I saw the specialist, I was whipped up in a whirlwind of activities. Within ten days I had an MRI scan, a full body bone scan, a meeting with my McMillan support nurse, a meeting with the radiotherapy team in Ipswich and a meeting with the robotic surgical team in Addenbrookes.

Having decided on robotic surgery, I attended Addenbrookes hospital two weeks later and was introduced to the Da Vinci robot, which was presented to Addenbrookes hospital by the Masonic Benevolent fund in 2006. A twenty four hour stay in hospital saw me fit enough to go home and get on with the healing process. My wife was my rock for the first two weeks attending to my every need, some not that pleasant. With good care and a constant attention to the exercises they said I had to do, I was soon back to fitness.

The pathology results confirmed that it was early stage cancer and only within the prostate. Subsequent blood tests have been good and all looks well for the future.

Would I recommend that you have a regular PSA test? Based on my experience, undoubtedly. Yes, you can get a false positive reading, as there are many things that can affect the test. However do make an effort to do it. One new case of prostate cancer occurs every 3.2 minutes; one death occurs every 17.9 minutes. Would you prefer to be one of the first statistic or one of that final statistic?

Ron McLean, Felix Lodge No.2371



CHAPS
THE MEN'S HEALTH CHARITY

Prostate Check

Suffolk Provincial Grand Lodge and CHAPS have teamed up to provide a programme for all Suffolk Masons and the general male population to have a Prostate Check.

This is a simple blood test (PSA) that has achieved very good results in other programmes by highlighting a need to follow the result up with your GP (10% referral). 11,000 men die each year from Prostate Cancer and the latest information shows that PSA based screening can cut the death rate by 50%.

6th October

Bungay Masonic Rooms
Chaucer Street NR35 1OT

17th November

Ipswich Masonic Hall
Soane Street, Ipswich IP4 2BG

TIME 0900 hrs - 1400 hrs
Minimal charge of £20.00

No Need To Book - Just Walk In!

Barry and Nick escort the PGM of Buckinghamshire to a meeting...



On Saturday 5th May myself and Barry Whymark visited Buckinghamshire Motorcycle Lodge No. 9926. We tried to join them on their ride out from Beaconsfield to Chipping Norton, about 55 miles, but their 8 am start was too early for us. We had our own tour through the Cotswolds and on the way happily finding the Aylesbury Ducati dealer complete with mobile café in the car park.

On arrival at Chipping Norton we were greeted in great style by a mixed throng of bikes and bikers. It would spoil your delight of visiting by sharing too many facets of how they have brought motorcycling symbolism into Masonry, which was apparently toned down as they were not in their home temple. It was a superb ceremony of Passing executed by the Master, who we later learned, is the Buckinghamshire Provincial DC and amongst the gathering was also John Clark their PGM, the DPGM and incoming Provincial Junior and Senior Wardens.

On being introduced to the PGM he asked if we would like to join him later at a Promotion in the Field, which he explained involved going to Beaconsfield and gatecrashing a lodge meeting in progress to bestow Provincial honours on two unsuspecting but deserving brothers. So after the festive board we joined six others to ride the 55 miles to Beaconsfield led by PGM John on his Kawasaki Z750. After thinking it through and aided by a rehearsal the deed was done with around 20 of the Motorcycle Lodge attendees forming the Provincial escort comprising a wide range of ranks and still in our motorcycle gear supplemented by Masonic Aprons. Suffice to say that the members of Eton Lodge that we gatecrashed were surprised and delighted that two of their number received honours in such style, one of them a first appointment for services to the Province.

Now all we had to do was ride the 100 miles home which given the glorious weather even the M25 was not a chore. We were back to Sudbury by 7pm after covering 300 miles, visiting two Lodges and having a really great day. If you get the chance visit the Buckinghamshire Motorcycle Lodge, you can be assured of a warm welcome.

Nick Moulton



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Provincial Grand Lodge June 2018

Royal Hospital School, Holbrook

So to our Annual General Meeting, or should it be party? The venue, Holbrook's Royal Hospital School must be the envy of many Provinces, who find through lack of a suitable place, having to travel to London to avail themselves of Grand Lodge. A truly sunlit Suffolk day, overlooking the estuary in a beautifully restored building and with over 562 brethren attending, could a masonic gathering ever be bettered? The ceremony itself, full of optimism for the future and our Province now boasting the greatest membership and number of Lodges in our long history. The many Appointments and Promotions so proudly accepted by the Brethren, the appointment of a new Deputy Provincial Grand Master, W.Bro. David Clarke, so well deserved after serving as our Provincial Secretary for so many years. Tributes were made to his predecessor, VWBro. John Rice, whose masonic career has probably only been surpassed by our PGM. Enjoy your retirement John, you have made so many friends in the Province. The recent passing of our Past Provincial Grand Master RWBro. Bob Tile could have brought sadness but we knew, did we not, that Bob would be looking down from the Grand Lodge above with pride knowing the foundations he had laid ensured our future for decades to come. Our small but perfect choir again came into their own, and that truly Suffolk rendition of "To be a Farmer's Boy" inspired our guests and brought the odd tear to the eye of us Suffolk lads.

The great dining hall, with a superb repast, happily served with both speed and efficiency. The speeches short, the wine flowed and our Provincial Grand Master brought the happiest of days to a close. So could such an annual meeting ever be surpassed? Doubtful maybe, but I for one look forward to next year when we will celebrate the culmination of our 2019 Festival.

W.Bro. Peter Thorogood, Provincial Grand Orator



Trevor Tinley *Senior Warden*

I was born in Ipswich, went to school in Ipswich and married an Ipswich girl, Karen, 36yrs ago. We have 4 children and 11 grandchildren. At school I participated in various sports and was lucky enough to be chosen to represent the County in four of those. On leaving school I joined what was to be the last Fire Cadet Scheme run by the then Suffolk and Ipswich Fire Service and I spent 2 years firming up some of my national qualifications plus learning the specific skill set needed to be a fire-fighter. My sporting instinct followed me and I was selected to play for the Service as well as enjoying a good standard of local league football.

I was accepted into the whole time service after completing the course to a satisfactory level and passing my final examinations. During my career which spanned 33 years, I had a number of promotions when moving from one discipline to another: operations; fire safety; command and control; staff planning and review and completed my service as the Operational Commander for the Service in the Rank of Assistant Chief Officer. This last role was particularly interesting because I was tasked with providing the communities of Suffolk with a Fire Service that complied with the attendance times to each incident. These were part of the Home Office requirements for performance indicators, as well as being part of the Chief Officers Board which was responsible to the County Council for the budget and to the Service itself with regard to its 1, 3 and 5 year plans.

On retiring I had a few years as a part-time lecturer giving some encouragement and useful advice to those students who thought they would like to make one of the services their career. Now fully retired I divide my time between family, freemasonry, being the chair of a local Conservative Club, holidays and golf, not necessarily in that order!

My Masonic life started after a then Senior Fire Officer ask me to consider joining St. Lukes Lodge No 225, which I did but I was unable to participate fully due to my work commitments and it was not until I had left the Service that I started to attend regularly and move through the system to the Chair. This was achieved in 2006. I then became the Lodge Secretary for 6 years and during that time I was appointed a Provincial Senior Deacon. I am a member of St. Lukes Chapter and a number of other Degrees which keeps me in touch with many Masons throughout the County and East Anglia.

For the past 6 years I have been part of the volunteer 'Provincial Office Team' working out of Soane Street in Ipswich, an interesting activity which I really enjoy.

I was very pleased, proud and honoured when asked to be the Provincial Senior Grand Warden for the coming year, I hope to meet many of you during my term in office and to share in the fellowship that this Province is renowned for.

Paul Taylor *Junior Warden*

I am an Ipswich born lad starting life in Newbury Road on the east side of town. My school years started well, attending the local primary school which was a short walk from my home (remember when children actually walked to school?). I remained in the 'top group' throughout my primary school but the split of my parents in my last year possibly contributed to me failing that marvellous social divider, the 11 plus. Schooling continued at Copleston Secondary Modern School for Boys, which, led by a Freemason, Mr Ken Armstrong, provided me with if not a brilliant academic outcome, a real sense of self-discipline.

My working life started in Henley's car sales department on Felixstowe Road. My first day was spent learning how to open the bonnets of all the used cars on the lot without fumbling for the release catch. Not so easy I can assure you! My employment as a second-hand car salesman was short lived; as crashing two of their cars in two months was too big a price for them to pay to keep me on the payroll.

Over the next 20 years I met my wife Caroline, had two wonderful children of whom I am immensely proud, started my own estate agency business, made and lost a fortune and joined the Round Table where I made some lifelong friends.

More recently, following the property crash in 2008/9, I started a new business. This thankfully came at the right time in my life for its success has provided a level of financial security that had, for many years, eluded me.

As my time in Round Table was coming to an end I wanted something to replace it. I knew of Freemasonry but very little about it. Some of my friends had joined and it was through them that at the start of the millennium I joined The Round Table Lodge of Suffolk. I was immediately struck by the friendship and sense of belonging; and I loved it. Eager to progress I worked hard at ritual and attended everything I could to learn more. My efforts led me to the Chair in 2008 almost exactly eight years after joining. In the meantime I had become a joining member of The Lodge of Perfect Friendship, where I also went through the Chair. I more recently became a joining member of Rotary Lodge of Suffolk and hope in due time to take a more active role within that Lodge. I also belong to a number of side degrees and hold Provincial Grand Steward Rank in the Royal Arch.

Through those Lodges I have filled many roles including Secretary and DC. My appointment as PJGD in 2015 was a great honour but to be appointed PJGW just three years later was both unexpected and wonderfully amazing.

As with everything I do, I will give the job my all and hope to meet many of you in what for me is undoubtedly going to be a busy year.



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Andy & Nick's Cycling Progress

Further to Nick's update in January of this year I'm delighted to say that we have exceeded our target of £15,000 and are just £10 short of £18,000!! This really is a testament to the amazing support and generosity that we have received on our journey. Back in January we still had ten Lodges to visit, we are down to just two more to go to complete what we originally set out to do, a visit to Mildenhall Lodge on the 21st July followed by the last cycle of our challenge to Sportsman's Lodge of Suffolk on September 8th in Hadleigh where we hope to have a few visitors to see us complete our final mile!

It's been an interesting few months and quite intense with 10 cycling visits and 363 miles, which included an additional two as I had to catch up and cycle to visit Doric Lodge in Woodbridge once again, as our previous cycle in December was cancelled due to snow and ice making conditions too dangerous and to Provincial Grand Lodge at Holbrook in June which was an addition that we didn't want to miss. We have also visited the two Southwold lodges within 4 days of each other, cycled once again from one end of the Province to the other to visit St Mary's Lodge in Yarmouth and paid our last cycling visit to the Lowestoft Masonic centre to visit East Point Millenium Lodge. After a pretty wet start and torrential rain in March for a visit up to Rotary Lodge in Framlingham the weather had at least improved by the second visit to Southwold and we managed to dig out the road bikes, making for much easier progress.



In April we cycled to visit Round Table Lodge of Suffolk, for their installation meeting when Nick was installed into the chair, I'll bet not many Master Elect cycle 23 miles to their installation meeting....!

So, after 363 miles, two overnight stays for daytime meetings, a couple of punctures and lots of pedalling the end is firmly in sight. However not content with the 68 Suffolk Lodges we have decided to add in two more. One due to a challenge thrown down by the Provincial Grand Master of Cambridge RWBro Bill Dastur who quite rightly pointed out that we wouldn't have visited all the Lodges in Suffolk with a Lodge within the Province of Cambridgeshire meeting in Newmarket...Suffolk! Also with the encouragement of our own PGM (and rumour has it he will be joining us) we will be cycling up to Grand Lodge in London on September 12th. At the moment, there are approximately 6 of us doing this but if there is a Brother out there that wants to join us we have room for a couple more.

It's certainly been what we intended it to be, a challenge, in more ways than one, juggling work and personal commitments to sometimes take a whole day off. Then trying to fit in with when different Lodges meet and of course we cannot control what the weather will do on the day! But it has all been so worthwhile with such great and friendly support wherever we have visited. The strength and camaraderie that exists within Suffolk Freemasonry and Suffolk's stunning countryside have made it a very memorable experience. To have received the financial support from all the Lodges and Brethren and to have raised the sum of money we have to date is amazing, nearly £18,000!!

Lastly, a continuing thanks to all those that turn out to support us and get us and our bikes back home after the meetings. Without your help this challenge would be impossible.

	Total	Completed	To Go
Miles Covered	2185	2139	46
Lodges	68	66	2

Progress and details of all the visits can be viewed on the website at <http://www.festival2019.co.uk/andy-on-ye-r-bike/>

Fun in the sun....



St. Margaret's Lodge held a Car Fun Run and Treasure Hunt, in aid of charitable causes, on the 24th June 2018 and organised by Gerry Foulger and Mitch Mackay. A good number of Masons together with their families and friends enjoyed a pleasant day driving their cars through the lovely Norfolk and Suffolk countryside, unravelling a number of puzzles and clues to establish their route. The day started at the Lowestoft Masonic Centre with coffee, tea and bacon rolls and after a pleasant drive and plenty of fun trying to solve the clues in the wonderful summer sun and some stopping for lunch by the riverside they arrived back at the Masonic Centre, Lowestoft where the winners and runners up collected their prizes.

Gerry Foulger

Two Lodges - One Ceremony



Brett Valley Lodge are in the very fortunate position of having a number of ceremonies to conduct but in the unfortunate position of having to keep candidates waiting for much longer than is really ideal. However, by chance during a very successful visit by Orwell Lodge to Hadleigh a gap in their programme was mentioned "At our next meeting we are conducting a Second Degree demonstration". The idea was immediately raised by Peter Beal, a member of both lodges, that Orwell conduct a Ceremony of Passing on Brett Valley's behalf, so after discussion and confirmation from Province the date was set.

So on 19th April some 24 Brett Valley brethren and their guests arrived at Soane Street to what turned out to be a most enjoyable and memorable occasion for both lodges and a night new Fellowcraft Alan Russell will not forget. Orwell WM Keith Gaunt conducted the ceremony and Brett Valley's David Bird and Jason McLoy delivered the Explanation of the Tracing Board and Working Tools. A lively festive board followed and with new friendships made, both lodges agreed that we must do it again soon.

Date for your Diary!

Question Time



20th November at Soane Street, Ipswich

Come along and enjoy topical debate as The Rulers and Grand Superintendent answer YOUR questions

Cost £10 - Bar will be open - Buffet provided - All Welcome!

FULL DETAILS WILL FOLLOW IN DUE COURSE



Festival 2019

...together we can do it



I have said on a number of occasions recently that Festival 2019 is 'on the last lap.' The Oxford English Dictionary describes 'the last lap,' amongst other things, as a 'final circuit of a race track.' Well we haven't been in any 'Race,' in the usual sense of the word,... except against Time. After all, does it really seem all but four and a half years ago, when we launched the Festival and presented the newly approved Jewel, so many of which are now seen around our Province.

Unfortunately, the Race Against Time is an ongoing one, and for those Lodges which hope to achieve a target before the end of the Festival, I can do no better than remind you that the Finish line for donations is around the end of March next year. We do not have an exact day as yet, but it will be of that order.

The other Race against time is that of organising the Festival Final Event, which you should already be aware, will take place on Friday May 31st 2019 at the Royal Hospital School at Holbrook. I hope that you already have it in your diaries, because, as announced by the RWPGM at this year's Provincial Meeting, the two Events will be on the same day in 2019. I have already assembled a small team to help organise the Final Event itself, but simultaneously, the PGL part of the meeting will be organised by the usual team, but now under the auspices of the new Provincial Grand Secretary, W.Bro Roger Nash, with whom we will be working very closely, together with the Rulers and other members of the Executive.

We hope to make this an event to remember, as, for many members, it will be the first Festival Finale ever attended, and we are keen to make sure that everyone wants to come to the next one. The process will be slightly different to the usual PGL meeting, because Ladies, and other non-Masonic Guests will be able to attend, the Festival part. Further we hope to have ticket sales available much sooner than the normal time for the PGL Meeting, and of course, we are hoping to be able to host special Guests from Grand Lodge.

It isn't the right time for me to divulge any more at this stage, but please bear in mind that we will need a considerable number of Stewards, in addition to those members of Provincial Grand Stewards Lodge, as there will be a significant amount of work to be fulfilled and similarly to those who work so hard to make the PGL meetings a magnificent display of detailed organisation, it is hard work and very often inconvenient at the time, but brings with it an enormous sense of achievement and of being a Member of a Team, who can sit back afterwards and be proud to say 'I played a part in that'.

Leading up to the Final Event is The Big Draw, with significant cash and other prizes. Naturally we hope that Members will buy tickets, but that isn't the main idea, rather we are hoping that Members will go out and sell tickets to everyone else, which will mean that it isn't another drain on our own pockets, but still allows an individual to be able to accord the benefit of most of the ticket sale price to a Lodge or Chapter. There are a large number of books of tickets already out there with you, and we could easily make a significant contribution to our Festival total through this method, which is another initiative again supported wholeheartedly by the Grand Superintendent and Members of Holy Royal Arch. The Draw will take place at the 2019 Chapter Convocation, so please make every effort to be there,... your name may be drawn out of the hat!

The Fun Day on 22nd July was a fantastic success and I hope that our members and their families had a most enjoyable day, which in itself would be an acknowledgement to the effort already expended by the Team, but in particular, I would like to thank Mac Speake, who accepted my request to spearhead the management of this fairly significant event. There is so much hard work involved in organising a day such as this with significant effort required by numerous Members attending meetings and Stewarding over a couple of days or more.

Mac assembled a group of Freemasons to help organise the day and also encouraged Lodges and Charities to be present. It really goes without saying that everyone involved has given up their time and put in a supreme Freemasonry effort. I hope that every Lodge or Charity which attended was able to raise suitable financial rewards for their causes, and that the Tug of War teams didn't over exert themselves to any personal detriment. Hopefully everyone had a 'Fun Day,' and I am delighted to publicly thank every member and anyone from their families or friends who pitched in.

I hope that some of our newer Members are receiving advice in respect of what a Festival is all about. There are always a number of them running at the same time, and we can see some excellent fund raising ideas promoted throughout the Country, but amongst the best of them sits our own 'On Yer Bike.' Another item which has kept Festival 2019 prevalent in the eyes of our members and Lodges. I am most grateful to W.Bro Andy Gentle, whose idea it was, and to his incredibly motivated team of Cyclists (which now includes the RWPGM) and supporters who have been with him every inch of the way. This team just keeps breaking its own financial target, but has never sat back and said 'that's it,' rather, Andy just sets another one.. now on number 4, and if number 5 looms into existence at some stage, I would never be surprised. All this in conjunction with managing the sale of our merchandise. I cannot thank you all enough.

Why do we need a Festival? Well, because 34% of the MCF's annual income is raised in this way.

And examples of how it is spent,

- 7322 grants last year, totalling £9.2 million, to Freemasons and their families.
- 75 people went on MCF Holidays with masonic volunteers.
- 245 local hospices received funding
- 1000 residents receiving residential, nursing or dementia care at RMBI homes.

These are just a few examples, need I say more?

September or October opening for those Lodges which have a Summer break, isn't far away, and very shortly after that the end of donations included within our Grand total and the Final Event itself will be upon us. Time will fly, please let us run this last Festival lap with significant enthusiasm, as it will soon be over, and we can turn our thoughts to other opportunities which demand our attention.

Meantime, my thanks again to you all.

Neville Warnes, Provincial Grand Charity Steward.

Festival 2019 500 Club

As we enter the final 12 months of the Festival the 500 club is still going strong with 662 members. Thank you to all the members with standing orders which automatically renewed, unfortunately getting commitment and payment was an onerous task this year which meant the first draws were delayed, however



we are now up to date and so far this year over £3500 has been given away in prizes with 4 lodges and 16 individuals receiving between £285 and £75 return for their £20 ticket. The 500 club has now raised just under £25,000 towards the provincial festival target so we remain on track to exceed £30,000. The monthly draw results are available on the Festival 2019 website (www.festival2019.co.uk/500-club-draws) and if you are a lucky winner you will be notified by email directly after the draw. Should you wish to take part simply send me an email kf@hadleighcastings.com and we will send out an entry form by return.

Good luck and remember, you've got to be in it to win it!

Brian's 'Old Phone Appeal' helps the East Anglian Air Ambulance



The final number of old phones collected was 1,150 and this realised a fantastic total of £2,969. A big thank you to all Freemasons, friends relatives and neighbours who over the last three years have donated the phones. I have a number of letters from the East Anglian Air Ambulance, which updated me with the amount of money they were able to get for the phones and also to thank everyone for the help I received. I shall still take any phones which come available but the appeal is now officially over.

Brian Locksmith



Peter Pryke was very pleased to present new Master Master Brother Alan Pledger with his Suffolk Light Blues Badge at Corinthian Lodge following their April meeting in Ipswich

John's visit to Brant Lodge No. 663, Burlington, Ontario

During my four years of being a Mason, my mother lodge being Royal St Edmunds 1008, I have thoroughly enjoyed all our meetings and also enjoy visiting other lodges.



John pictured second from the left, front row

I have been to various lodges in both Suffolk and

Norfolk and find the slight variations both interesting and fascinating. Why do they do it that way? Is ours or theirs the "right" way? Probably questions to which there isn't a correct answer. Our daughter and her family moved to Ontario three years ago and it seemed a good idea to find out how things work over there whilst paying a visit.

I was made very welcome by all concerned especially as I was their first visitor from the U.K. Nearly everybody asked what brought me to their part of the world. Having taken a seat, the lodge was opened in the 1st and then moved on quite quickly to a brother being raised to his 3rd. Much to my surprise, so far it was very much like 1008. They were obviously doing things properly. What did surprise me though, was that the candidate recited his Obligation without being prompted at all! Other than that there were only minor differences throughout the whole evening. Apart from the ceremony there were other points that I did find interesting. The Tracing Boards were all displayed as large paintings on the walls of the Temple, not covered up at all as ours are.

If you are not a Mason then you cannot go into or look into the Temple. I asked the reason for this and then it made sense. Brant Lodge goes back to 1949 but they have only had their building on Main Street for about 30 years. Prior to that they met at various brothers houses. Initiates were picked up in town by car by two brethren and blindfolded. They were then driven to wherever the meeting was to be held and until they were taken into the room that was being used as the Temple they wouldn't know where they were, thereby removing any likelihood of them recognizing people or locations. They just kept up the tradition of the Temple being private. I was also told, and obviously saw it, they don't wear white gloves at any point.

They didn't have a Festive Board as such. The building has a dining area and small kitchen and it is up to the stewards to bring along food that can be quickly heated in the oven. I had a very good lasagne with garlic bread and a bottle of Molson beer. There is no set charge but there is a donation box to allow supplies to be bought for the following month. Having said my thanks I left the lodge about 10.15 as I was being collected by my son in law. We decided to go to the pub and ten minutes later we were joined by the master and several other brethren - then the small world syndrome kicked in. My son in law and the Master work for the same bank and they had seen each others names at various times at work.

Finally, what I thought was a very good idea - every Sunday from 9am to 11am the lodge is open to members, as well as people who might be interested in joining, to go along for a chat and to enjoy bagels and coffee. Plus on the first Sunday of every month it is also open to members and their families of any age for bacon, pancakes, maple syrup and all that good stuff. Again for a donation and prepared by the stewards. Would that work over here?

John Tricker



Ritual Observations

1. Charge after Initiation
2. 2nd Degree Tracing Board
3. Traditional History

I was at a meeting some months ago and for some reason the Charge after Initiation was not given to the newly initiated Brother in spite of the fact that there were Brethren present who could have performed it with no notice and time was not pressing. I thought this rather unusual and therefore

investigated as to the regularity of this omission.

I examined several different rituals and could only find one that mentioned that it was mandatory for it to be performed. This led me to ask questions concerning this matter, together with the explanation of the 2nd Degree Tracing Board and the Traditional History. I discovered that the Traditional History must be performed at every 3rd Degree, but there was no information concerning the Charge or Tracing Board.

I eventually met up with Very Worshipful Brother Graham Redmond, the Deputy Grand Secretary, to whom I posed this question. His reply was that, in his personal opinion, the Charge should always be performed. He had only seen it omitted on one occasion and that was when the candidate was extremely late due to transport problems.

The 2nd Degree Tracing Board can be omitted but the newly passed Brother must hear a rendition in Lodge before he proceeds to the 3rd Degree. This could be in another Lodge.

I have already mentioned the importance of the Traditional History as it contains the signs of that degree.

(The above has been approved by the PGM for use in all Suffolk Lodges)

Mac Speake

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The Widows Sons

The Widows Sons was founded in America in 1999 and arrived in the UK in 2004 in Nottingham. Since this time the Widows Sons has grown and spread with Chapters across the UK, Ireland and now also Europe.

There are currently 13 UK Chapters including the Anglia Chapter based in Suffolk, bordered by the Norfolk Chapter to the North and the Essex (Iceni) Chapter to the south, Iceni Chapter also have their own Lodge (Cobourne Lodge) which meets on Saturdays and as well as Masonic business also has a ride out prior to the meeting, usually for a large breakfast.

The Association tries to actively encourage ride outs and motorcycle related charity events such as Easter egg runs and Toy runs, we also take part in the Distinguished Gentlemen's ride (in either Bury St Edmunds or Cambridge) which raises money for mens health problems, last year the Association raised over £53,000 for good causes.

The Association is not specific to any type or manufacturer of motorcycles with members riding everything from trail bikes through sports and sports touring machines to custom and vintage machines. Membership is open to any Mason with an interest in Motorcycling and partners and family are actively encouraged to come on ride outs.



In the last year 43 new Masons have been made from individuals who have discovered Masonry through the Widows Sons. The Association hold a national rally annually which this year will be hosted by the Irish Chapter at a location just outside Belfast and several members have just returned from the Grootlichten Rally hosted by Masonic Bikers in Holland.

For further information please contact Peter Wood
prdwood.lodge@gmail.com

Round Table Lodge of Suffolk - Donation of £500 to Cycling Challenge

A notable visit for the Cycling Duo of Andy and Nick occurred on 24th April when the 'Dangerous Brothers' got on their bikes and cycled to Nicks very own Installation Meeting at Round Table Lodge of Suffolk in Ipswich. A very well attended meeting enjoyed an excellent ceremony and a very lively festive board where a



cheque for £500 was presented to the pair by Rodger Oatley on behalf of the lodge towards their Cycling Challenge.

What is the role of your Provincial Representative? Forum Magazine asked Group 8 Rep. Trevor White for an explanation...

All the Lodges are divided into Groups, of which there are nine. Each Group has a Provincial Representative. These Reps are detailed in the Provincial yearbook, together with which Lodges they represent.

All the Reps are appointed by the Provincial Grand Master, and usually serve for a period of about 5 to 6 years. It is often a Past Warden who is appointed to this position, but not always.

He is not an official Officer of the Province, such as the Treasurer, Almoner etc. and therefore doesn't appear in the list of Provincial Officers. He does not take part in the Provincial processions, although a recent change is that he is included in the escort duties when a ruler visits one of his Lodges.

All the Representatives are invited to join the Philip Jervis Kay Lodge No 9300, which is the 'Executive' Lodge of the Province. This Lodge meets regularly and has business meetings to discuss and organise the management of the Provincial activities. When a Representative retires from his role he is often granted Honorary membership of the PJK Lodge, but would no longer attend the Business meetings. A Past Ruler, who is also likely to be a Past Master of the PJK Lodge retains his full membership of the Lodge.

The role of the Representative is to be a link or contact point, to the Province, for all the Lodges within his group. Often the needs of individual Lodges can range from enquiries on ritual, best practice, internal difficulties or just a sympathetic hearing and discussion. This communication often takes place informally and is a valuable option, especially for Lodge secretaries, which can save them making official enquiries which may not be needed or required.

The Representative will be a regular visitor to his Lodges and will over a period of time gain a comprehensive understanding of them. Any Brother is free to speak with or contact his Lodge Representative for any guidance or general Masonic information.

One of the key duties of the Provincial representative is to make recommendations to the Provincial Grand Master, for the Annual Provincial Appointments and Promotions. These appointments recognise the various contributions made by the Brethren to the Lodge and the Province. All recommendations are vigorously reviewed by the Provincial Executive team prior to the Annual Meeting when the brethren receive their honours.

Trevor White



*Mike Dobson Group 4, Bob Lee Group 2, Nigel Gregory Group 3,
 Brian Simpson Group 6, Kelvin Larcombe Group 7
 Bill Bowman Group 1, Jack Clarke Goup 9, Trevor White Group 8,
 Jamie Gwatkin Group 5*

Annual Golf Day at Hintlesham

St. Lukes Lodge No 225 held their annual golf day at Hintlesham Golf Club on the 30th May 2018.

This was the 19th year the event has been organised and 17 teams (68 golfers) had a great day of golf and refreshments. The weather was surprisingly good considering the

heavy downpour that occurred the previous night and the course was in very good condition. The warm, dry weather made for some high scoring and the winning team this year came from Cambridge.

The very friendly atmosphere on the golf course was continued in the Club house and with so many players returning annually for the event it was a very convivial 3-4 hours where drink flowed and food was consumed. The usual draw took place with a number of sponsors being thanked. All proceeds went to the 2019 Festival. The picture shows the WM presenting the cup to the Winning team. Next year will be a special event - our 20th year - details will follow but make sure you keep the last Wednesday in May free!



Trevor Tinley

100 Years for St. Mary's



A historic milestone was celebrated at the Masonic Royal Assembly Rooms, Great Yarmouth, when on Wednesday 31st January 2018 St. Mary's Lodge 3828 celebrated its Centenary. Under the gavel of the newly Installed Master, W.Bro. Christopher Carter, who was Installed on the 25th February 2018, one hundred and twenty Brethren gathered for the meeting, which was honoured by the presence of the Provincial Grand Master.

Other dignitaries in attendance included, the Assistant Provincial Grand Master, W.Bro. Keith W. Huxley, the Past Assistant Provincial Grand Master W.Bro. John Yeldham and the Provincial Grand Master for the Province of Norfolk, R.W.Bro. Stephen N. Allen. All were well attended by the Provincial Grand Director of Ceremonies, W.Bro. David Barker.

It is worthy to note that St. Mary's Lodge 3828 is one of two Suffolk Lodges that meet in the Norfolk centre at Great Yarmouth; The other being St. Andrews's Lodge 1631. St. Andrews Lodge 1631, the sponsoring Lodge and Friendship Lodge 100 (Norfolk) were the two Lodges that were instrumental in the formation of St. Mary's Lodge, with almost two thirds of the thirty-six founders coming from Friendship Lodge. The attendance of both Provincial Grand Masters at the meeting clearly demonstrated the excellent relationship that exists between both Provinces and the close and lasting friendship of all the Suffolk and Norfolk Brethren.

As for the proceedings, well the meeting started with the introduction of the Lodge Banner which was held aloft by the newest member of the Lodge Bro. John Brock, who was accompanied by the longest serving member of the Lodge, Bro. Nick Pownall. Next there was the re-dedication of the Lodge Banner by the officiating priests, W.Bro. Revd. Michael Rumbelow and W.Bro. Revd. Peter Burman. A dedication prayer was read, and the Lodge Banner was blessed.

This was followed by an Oration, by W.Bro. Revd. Michael Rumbelow who gave a stimulating and artfully compiled oration, the theme of which drew its inspiration from a 'Light hearted look at our Fraternity and what may lie ahead.' Finally, he expressed thanksgiving for the past hundred years and exhorted all the Brethren to re-dedicate their efforts for the next centenary

W.Bro. Revd. Peter Burman then presented a short history of St. Mary's Lodge, detailing the first recorded documentation about the prospect of the formation of the Lodge, as recorded in the minutes of a General Purposes Committee Meeting of St. Andrew's Lodge on 30th October 1917.

The subsequent Consecration was on the 18th January 1918. He provided details of the history of the Lodge to the present day. Particularly interesting was the detail provided of the early activities of the Lodge, which took place around the end of the First World War 1914 -18, and the subsequent austerity and recovery that followed.

Thereafter the formal proceedings concluded with a Blessing for the Lodge and a prayer delivered by W.Bro. Revd. Peter Burman.

The surprise of the evening was the presentation of a hand crafted wooden box and a set of three gavels, suitably inscribed with St. Mary's Lodge name, which were generously presented to the Lodge by the maker, Bro. Gary Pickering.

The various charitable collections on the evening amounted to £1,424.15 which was donated to the Suffolk Provincial Festival 2019.

Ron Hanton



DID YOU KNOW?

Stonemasons used their tools to shape and finish stone. Freemasons use ceremonies and symbols to shape and finish the man - morally, intellectually and spiritually.



Suffolk Installed Masters Lodge No. 3913

Consecrated 13th March 1919
Patron: Masonic Samaritan Fund

We will be celebrating our Centenary in 2019 and special meetings and events will be organised for that occasion. So now could be the right time for past Worshipful Masters to join the Lodge that is especially for you.

- Membership of the Lodge is exclusive to Masters and Past Masters of any Lodge who are subscribing members of and in Lodges within the Suffolk Province.
- The Lodge meets just three times during the year, with our meetings in May and September held during the day. To these meetings we welcome partners for whom a special programme is arranged whilst the Lodge attends to its business, after which we meet to enjoy the festive board together.

All membership enquires to:

Peter Sutters, Membership Secretary 07876 493813
petersutters@hotmail.com

As Masters Lodges do not pay GL or PGL fees
the Annual Subscription is just £25.00

National Masonic Clay Shooting Championships come to Suffolk in 2019!



When Roger Nash and Ruffy Ruffles first planned a modest clay shoot the main objective was undoubtedly to raise monies for a new Hospice for EACH and other Masonic Charities. As time went on, and the PGM christened the two instigators as "R&R Promotions", there could well have been a growing desire to have 'raising the profile of Suffolk Masonry' as another objective. Certainly during the eleven years that an Annual Charity Shoot has been held that objective has been given more prominence together with the always present need to raise charitable monies and distribute these to worthy causes.

Come right up to date and 2018 was no exception but the members of the growing committee team were conscious of the additional need to practice for 2019 when SMaCSS will be responsible for delivering the 2019 Masonic National Clay Shooting Championships. A lot of water has gone down the river and under the bridge and a lot of lead has been thrown at the clays since the start in 2008 as Masons and those who are not Masons come together on the Masonic Bridge of 'being happy and spreading happiness'.

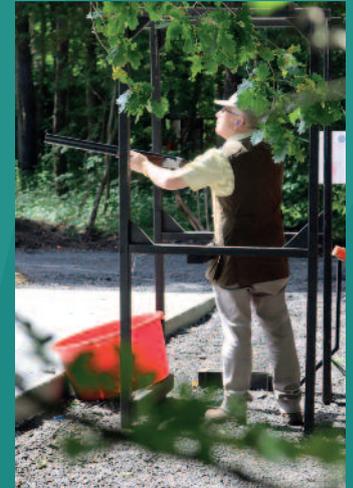
Phil Ramsey and Shane Brereton had joined the committee and many meetings and much hard work later by the team, which was now four, came up with a plan designed to meet all three of the objectives. Before the day a lot of work went on, innovative ideas were tested to be trialled and Phil produced some excellent documents including a new styled signing in register, a map of the High Lodge site, the team sheets and a programme for the day which was displayed to give shooters all the information they required. Gradually the tasks on the 'score card' of the action plan were ticked off, sponsorship was secured by Roger from cartridge manufacturers Hull, and the big day arrived. It was another day in a very long, hot dry summer spell which dawned bright and clear with a forecast of light winds. Light winds are important when clay shooting as they do not disturb the clays in flight, the clays do not wobble and the shooters do not



wobble as they worry about them doing so.

After a welcome by Ruffy, Roger delivered the all-important Safety Plan and the shooters left to find their first stands. Even that new development which involved teams starting at stands governed by their team number was considered to be a success with not too many people getting lost on the way. 77 entries had been received five days before the event. That number is lower than some we have had in the past. Interestingly 67.5% of those entries were from non-Masons, we welcomed five Lady Shooters and a certain number of usual past supporters were missing from the lists, a point to be considered carefully by the committee at the forthcoming debrief. Suffolk is in a Festival, there is much going on and there is a need to be mindful of this. However, there is no doubt that Masonic clay shooting in Suffolk is now on a safe, sound and solid footing.

The Deputy PGM David Clark and his Grandson Jacob came and supported the event which was greatly appreciated. The DPGM presented the prizes and thanked all those involved after a good, smooth running morning's shoot and the winners were non-Masons Sam Green and Tom Macgregor, both with an amazing score of 76. Amazing because we had never before had a tie and we had never before had a 'Straight' where every clay was shot and none were



missed! Both Sam and Tom were suitably congratulated and applauded. The raffle was, once again, very well supported by shooters bringing prizes and nearly £500.00 was raised.

The handsome sum of £1555 was raised on the day bringing, when added to the earlier years' sum of £22,000.00 odd, the total to £23,500. Equally satisfying is the fact that we were more than successful again in raising the profile of our organisation and the committee can now go to their debrief with confidence as they set about planning for 2019 and the National Masonic Championships.



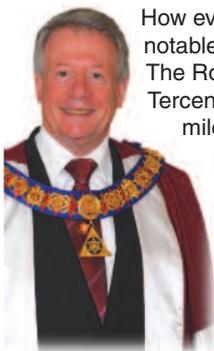
National Masonic Clay Shooting Championships
Saturday 22 June 2019

High Lodge
Haw Wood, Hinton Nr Darsham, Suffolk IP17 3QT

100 Bird Sporting over 15 stands

Open to everyone
Entry fee £55 including lunch
 Entry form available at
www.suffolkpgl.org.uk/clubs-and-societies/shooting
 and on Facebook 'Suffolk Masonic Clay Shooting Society'



How eventful the last year has been, we have had some notable events to remember with enjoyment and pride. The Royal Arch have supported the Craft in their Tercentenary Celebrations which has been an exciting milestone in the Masonic calendar.

Now we have a final push in supporting the Provincial Grand Master to achieve a magnificent total for the 2019 Festival, whilst not forgetting our support for local charities.

May I thank all those who attended our Provincial Convocation back at Gresham's again, an excellent day and I hope everyone enjoyed themselves, this message we can pass

on to the Brethren in our Craft Lodges who have yet to discover the Royal Arch and take that fourth step in Freemasonry. In every Lodge, the Royal Arch now has a Representative who will be happy to help Brethren make the right decisions as to their future Masonic path, which in my case was Craft, Mark and Royal Arch.

Companions I encourage you to visit another Chapter to enjoy the Companionship of others, while I have been visiting Chapters and indeed Lodges I am disappointed at the lack of visitors, I know cost is an important part of this scenario, but there are so many excellent ceremonies performed in Chapters and Lodges and it is such a pity that there are not more visitors to enjoy the performance and hard work that has gone into the efforts for the ceremony.

May I and the executive of the Royal Arch wish you and your family a happy "Summer break" and we look forward to your company from September onwards.

David Boswell, Grand Superintendent

Royal Arch Gala Ball & Dinner

On Saturday 24th February The Holy Royal Arch held a Gala Ball and Dinner at Greshams which has recently been refurbished and the star light effects certainly added to the occasion. Triple Cream provided the



entertainment with some excellent songs from the 60's. The Most Excellent Grand Superintendent, David Boswell and his wife Jenny were supported by 200 party goers. It wasn't a fund raiser, there were no raffles it was a just a night to relax, eat, dance, drink and enjoy good company. Like all events these don't just happen and thanks to Ralph Robertson for his hard work in putting this together.

SUFFOLK INSTALLED FIRST PRINCIPALS CHAPTER

Need An Idea For Your Next Lodge Meeting?

Why not invite members of Suffolk Installed First Principals Chapter to present

"Talking Heads"

A short playlet, of an encounter between two lodge members; one an experienced Past Master (and Royal Arch Companion) and the other a Master Mason curious to know more. It covers the history of the Order, explanations of the regalia, links to the Craft, why the Royal Arch is the climax and completion of pure Ancient Freemasonry, the time and financial commitments involved in being a member, how to discover more and how to find a Chapter to join.

For additional information or to make a booking contact:

John Kirk - scribiefp@btinternet.com



Sceptres receive some TLC!

The Suffolk Provincial Chapter Sceptres were presented to the Province in 1956 and since that date have been used at every provincial meeting since. However the sceptres and the storage case needed refurbishing in preparation for use at the consecration meeting of the new Chapter and, of course, future convocations.



So Nick Berry and Mike Richards took up this task on behalf of Suffolk Provincial Grand Stewards Chapter. The sceptres have now been cleaned and re-polished and the heads totally refurbished with gold leaf. The sixty year old case has also been cleaned and refurbished and then cut down to make it more manageable.

Mike Richards

Joint meeting at Framlingham



Royal York Chapter No 81 & Henniker Chapter No 555 held a joint meeting at Framlingham on 22nd January at which the Provincial Second Grand Principal, Ralph Robertson, made an Official Visit. At this meeting Brother Thomas William Coomber was exalted into The Holy Royal Arch Chapter of Royal York excellently assisted by officers of both Chapters. Chris Norman was MEZ and he was assisted by Mike Parry of Henniker as Haggai and John Downie as Joshua. The Office of P. S. was shared by David Bennett of Royal York and Alan Hazelwood of Henniker. Setting the scene was given by Raymond Pascoe and the Janitor John Horton gave the candidate the explanations of the exaltation.

Without any shadow of doubt this ceremony really was exceptional. I think the Sojourner's must have been to drama classes judging from the way they interacted with the MEZ, and the Lectures were equally first class. It was a delight to see them shared with several companions making them far more interesting to listen to. A great deal of preparation went into this combined meeting; the idea was suggested by David Lillis of Henniker Chapter, and Ralph of Royal York Chapter.

The Provincial Almoner/Mentor, Raymond Pascoe, had recently chaired a meeting of Henniker to discuss ways of improving the Kudos of the Chapter and among many ideas the Combined meeting hit the spot. Royal York had candidates waiting and Henniker did not but was very eager to be involved in an actual ceremony. The Festive Board was a rip roaring success with plenty of comments about the combined meeting setting the standard for future meetings and "Ray can we now get a Red Table Meeting going and invite those Brethren who want to know what the Royal Arch is all about?". Hmm ok, said I, let me and Dave Lillis get our heads together on this. So watch this space!

Ray Pascoe

Martyn Chapter answers call from SAS



At its convocation on 18th April, MEZ Paul Page proposed that the sum of £250 be donated to S.A.S. (Success After Stroke) a local charity which provides post stroke care and support to both victims and their families. Based in Great Cornard, it covers Suffolk, North Essex, Norwich and Cambridge. The Companions of Martyn Chapter readily supported this initiative. Also in attendance was The Grand Superintendent David Boswell, who immediately pledged a matching donation from the Province, bringing the total for this worthy local charity to £500.

The cheque was presented on 15th May at Martyn Chapter's Installation meeting. The picture shows E. Comp. Paul Page presenting the cheque to Ms Vivienne Bourne, Secretary of SAS, with The Provincial Third Grand Principle John Kirk (representing the Grand Superintendent) and Mr. Mark Kiddy, a member and recipient of care and support from SAS following a stroke.

Supreme Grand Chapter

On Thursday 26th April Royal Arch Masons from all over the UK made their way to Supreme Grand Chapter including around 45 Suffolk Companions. We must congratulate those who received appointments and promotions on the day, E. Comp. Ian Yeldham who was Promoted to Deputy Grand Sword Bearer – Active Rank, E. Comp. David Woodings, 1st Appointment to 2nd Assistant Grand Sojourner – Active Rank (Through Metropolitan GC), E. Comp. Nick Berry Promoted to Past Assistant Grand Sojourner and E. Comp. Roger Young, 1st Appointment to Past Grand Standard Bearer.

The atmosphere inside Great Queen Street Temple is something you just have to experience. Any companion can attend Supreme Grand Chapter and I do strongly recommend it because it just adds lustre to our Order and it enhances your view of the Royal Arch. When you sit in your seat and look up to the ceiling and experience the view you can't help but feel amazed at what you are seeing, it really is astounding. The ceremony is quite impressive and the Principals are just like us, normal companions, you come away feeling impressed by the way the ceremonies are carried out, the mere fact that their little deviations are just like ours and makes everything ok.

As is now traditional we joined The Grand Superintendent afterwards at the Punjab in Covent Garden, reputed to be the oldest North Indian Restaurant in the UK, where thirty five companions enjoyed the always tasty Indian cuisine accompanied by a celebration drink or two.

Why not come along and join us at a future Convocation of Supreme Grand Chapter which are held each year on the second Wednesday in November and on the day following the Annual Investiture of Grand Lodge and take the opportunity of visiting Freemasons Hall in the company of friends.



Triune Chapter donates to FIND

Chris Wilson of Triune Chapter No.114 presented a cheque for £600 to Maureen Reynel MBE the founder of the Ipswich based Charity Families in Need (FIND) which supports local people that are in crisis and despair and deprived of a minimum standard of living.

At the Triune Chapter meeting on 21st May Chris proposed that £300 raised during his year as MEZ be donated to Families in Need and the Grand Superintendent David Boswell, who was present at the meeting immediately said he would match that amount from Provincial Grand Charity funds to bring the total to £600.



Tercentenary Chapter of Suffolk No. 9276

The year of 2017 was, of course, celebrated throughout England as the 300th anniversary of the Grand Lodge of England. This was celebrated at three events throughout the Province, as well as the UGLE celebration at the Royal Albert Hall and the Battersea Evolution Dinner afterwards and culminating in the final event at Greshams in Ipswich at which the Deputy Grand Master, Jonathan Spence and his wife joined us. In charge of the Tercentenary celebrations was Brian Simpson who, after discussion with several Brethren, was asked to petition Supreme Grand Chapter and to act as Founding Scribe E of a new Royal Arch Chapter. It was thought that the 'special' year should be perpetuated in our memories by having the new Chapter consecrated with the name 'Tercentenary Chapter of Suffolk No. 9276' and, after much discussion with Gt. Queen Street, the name was approved and a Warrant was granted on November 8th 2017.

This is the first time that a Warrant has been granted to a new Chapter which is seen to be celebrating a Craft occasion and the Founders are very grateful to Supreme Grand Chapter for allowing us to take this name. The Chapter is jointly sponsored by the Round Table of Suffolk and the Rotary Lodge of Suffolk and takes the number of the Round Table Lodge No. 9276. It is going to take Exaltees from both those Lodges with the first being in September 2018. Although the Chapter has Woodbridge as its home, it will meet 3 times per year with the September and March meetings being at venues throughout the Province.

The Consecration of the Chapter took place at Ashlar House in Bury St. Edmunds on March 9th 2018 with around 150 in attendance. The Most Excellent Grand Superintendent, assisted by the 2nd and 3rd Prov. Grand Principals presided over the Consecration ceremony which was performed immaculately.



The Founding 1st Principal of the Chapter was E.Comp. Bob Parker, 2nd Principal was E.Comp. Kelvin Larcombe and 3rd Principal Melvyn Eke.

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