M.W. Prince Hall Grand Lodge of Virginia, F&AM, Inc.

THE BEEHIVE

APRIL 2007
ISSUE TWO

The Official Publication of the Most Worshipful Prince Hall Grand Lodge of Virginia, Free and Accepted Masons, Incorporated

Most Worshipful Grand Master,
Curtis S. Vaughan, Jr. #67

"Leading by Example"

Grand Master Curtis S. Vaughan, Jr. #67 welcomes 92 year old Worshipful Master James Perry #153 at the School of Instruction in Petersburg, VA on February 17, 2007

Words of Wisdom from the East

Curtis S. Vaughan
(4/4/1933-3/28/2007)
Worshipful Grand Tiler

To everything, there is a season. Likewise, so it is with life; a time to live, and a time to pass on. I am indeed humbled by the kind acts and expressions of sympathy shown to my family and me regarding the recent loss of my father, Worshipful Grand Tiler, Curtis S. Vaughan #67, on March 28th. Although, our sense of bereavement is still with us, we gathered strength through the comfort of your many visits, flowers, cards, letters, calls, and gifts. As I viewed the crowd during the wake, and as I viewed the crowd during the *Homegoing Service,* I felt humbled that so many brothers (and sisters) would take time to honor my father and me, by demonstrating a final tribute of affection by their presence. Your support has typified what it truly means to be men and Masons. You have my esteemed and profound gratitude and thanks. I would ask that you continue to pray for the Vaughan family, and we will do likewise for you. As such, we shall all be enclosed in one endless circle of prayer, as we continue our travels along life's journey.

Curtis S. Vaughan, Jr. #67
Most Worshipful Grand Master

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Past Master Receives Community Recognition and Honors

By Curtis Gunn, DDGM, 3RD Masonic District

Portsmouth – At a Police Community Relations Advisory Committee (P.C.R.) of the United Civic League of the Cavalier Manor Community 25th Annual Awards and Recognition Banquet held on Friday, March 16, 2007, Past Master Willie "not the singer" Nelson of Morning Star Lodge #3 was honored. Many community leaders and city officials, including city council members, sheriff and police department representatives, attended the affair.

The P.C.R.'s motto is "Community and Police Working Together for a Safe Society" and has chosen the theme "Christ First…So Crime Won't Last". The P. C. R. selected Past Master Nelson as the recipient of their prestigious President's Award. Nelson was especially recognized for the countless hours of devotion to duty and dedicated service he has provided to the Portsmouth Cavalier Manor community for over 22 years. PM Nelson weekly performs his volunteer rotational neighborhood watch patrols and checks on senior community members. He was also recognized as being instrumental in creating the P.C.R. and providing training to others who volunteer their time to this endeavor in helping to maintain safety within the local community.

Commonwealth Lodge No. 81 Honors Late Past Master

From L to R: Mrs. Hill, WM Ken Ragland, Mr. Hill, Frank Thornton, Chief Henry Stanley and Major Mike Batten pose with portrait of late PM Jerry "Tuffy" Hill, Jr.

On March 17, 2007, Commonwealth Lodge No. 81 honored the late Past Master Jerry "Tuffy" Hill, Jr., a former retired Henrico County Police Officer, during its Annual Past Masters, Widows and Wives Banquet. The ceremony was held in Richmond, VA and was attended by over 150 people, including the late PM Jerry Hill's parents from Philadelphia, PA, dignitaries, government officials, family, and friends. The keynote speaker for the ceremony was the Honorable Frank B. Thornton, Henrico County Board of Supervisors.

WM Kenneth Ragland # 81 presented Mr. & Mrs. Hill with a plaque in honor of the late PM Jerry Hill, Jr, who passed away last year, one day after becoming a Past Master. During the heartfelt presentation, a painted portrait of PM Hill was unveiled to a standing ovation. Presentations were also made by PM Charles A. Jones, Sr. #81, DDGM Raymond E. Reed, Sr. #81, PM Fred Jones #81, and Henrico County Chief of Police, Henry Staley, Jr. To conclude the evening, RWSGD Roger Brown #327 gave greetings from the Grand Master and recited a touching poem that typified PM Jerry Hill, Jr's life.

RWDGM Christian Visits 14th & 16th Masonic Districts

RWDGM Larry Christian #253 and the brothers of the 14th and 16th Masonic District

Right Worshipful Deputy Grand Master Larry Christian #253 visited the 14th & 16th Masonic District Association Meeting held in Keysville, Va. on March 4, 2007. Accompanying him was ADDGM William Reed #124 of the 7th Masonic District. RWDGM Larry Christian #253 gave an inspiring and supportive message of adopting the Most Worshipful Grand Master's theme of "Leading by Example."

He explained to all the brethren present the importance of attending this year's Grand Lodge Session, and encouraged them to stay throughout the entire session. Also present were DDGM Harvey Eggleston, ADDGM Charles Marshall from the 15th Masonic District, ADDGM Eddie Waugh from the 23rd Masonic District and the brethren from their respective districts.

FROM THE GRAND SECRETARY

Grand Sec. Isaac S. Hughes #314

Greetings:

In connection with the 132nd Annual Communication of the MOST WORSHIPFUL PRINCE HALL GRAND LODGE OF VIRGINIA, FREE AND ACCEPTED MASONS, INCORPORATED, the following information is being included in this issue of the BEEHIVE for your attention and action:

PLACE OF COMMUNICATION. NORFOLK SHERATON WATERSIDE HOTEL 777 WATERSIDE DRIVE
NORFOLK, VIRGINIA
(888) 627-8042 or (757) 622-6664

DATE ..... SEPTEMBER 13th – 15th, 2007

WORSHIPFUL MASTERS & SECRETARIES: It is very important that each of the 20 enclosures sent to you during the week of April 6, 2007, be read and action taken, as required, in a timely manner. Please note the due dates. Please complete all required forms, sign and place seal of the lodge in appropriate location.

PLEASE NOTE LODGE SECRETARIES: COMPLETE, SIGN AND PLACE LODGE SEAL ON CERTIFICATE OF CREDENCE AND RETURN WHITE COPY TO GRAND SECRETARY'S OFFICE BY AUGUST 1, 2007. YOUR LODGE REPRESENTATIVE (S) MUST PRESENT THE CERTIFICATE OF CREDENCE (YELLOW & PINK COPIES) TO THE CREDENTIALS COMMITTEE UPON ARRIVAL AT 132ND COMMUNICATION IN ORDER TO VOTE.

ADVANCED & ONSITE REGISTRATION: The advance registration is $80.00 (a copy of the registration form is included in this issue of the Beehive) and on site registration is $95.00. The due date for advance registration is 10 August 2007.

GOSPEL CONCERT: The Gospel Concert will be held on Thursday evening, 13 September 2007, at 8:00p.m. Seating will be by ticket only. One ticket is included with registration; extra tickets (maximum of 5) are $10.00 each and must be ordered with each registration.

ANNUAL BANQUET: The Annual Banquet will be held on Friday evening, 14 September 2007, at 6:00p.m. Seating will be by ticket only. One ticket is included with registration; extra tickets (maximum of 5) are $35.00 each and must be ordered with each registration.

SPECIAL SPORTING EVENT: A special sporting event will be held on Tuesday morning, 11 September 2007, at 8:00a.m. This special fun event is for your enjoyment and fellowship. Bring your bowling balls and golf clubs.

BREAKFAST WITH THE GRAND MASTER: A special breakfast (cost ~ $15.00) will be held on Saturday morning, 15 September 2007, at 7:30a.m. This special event is an opportunity for our Grand Master to share some thoughts with the Prince Hall Masonic family. All are encouraged to attend.

TREASURERS & SECRETARIES SCHOOL: The Annual Treasurer & Secretary school will be held on Wednesday morning, 12 September 2007, at 10:00a.m. This school will provide important information and answer your questions. All are invited to attend, especially lodge treasurers and secretaries.

HOTEL RESERVATIONS -- IMPORTANT!!!!! In order to be assured of room accommodations when you arrive for the 132nd COMMUNICATION, it is necessary that you make reservations now with the Norfolk Sheraton Waterside Hotel, 888-627-8042 or (757) 622-6664. The rate is $95.00. All reservations must be guaranteed by credit card. The cut-of-date for accepting reservations is 11 August 2007.

COPIES OF THE ANNUAL COMMUNICATION REGISTRATION FORM CAN BE OBTAINED FROM YOUR LODGE SECRETARY OR ON THE GRAND LODGE WEBSITE: www.mwphgl-va.org

IF YOU HAVE QUESTIONS, PLEASE GET IN-TOUCH WITH THE GRAND SECRETARY'S OFFICE. THANKS.

Isaac S. Hughes
Right Worshipful Grand Secretary

Prince Hall Annual Golf Tournament

Reminder that full payment of $70.00 per person or $280.00 per team is due by May 12, 2007:

Mail registration forms & checks to: RWDGM Larry D. Christian
241 Reflection Drive
Williamsburg, VA 23188
Registration forms can be printed from the web site: www.mwphgl-va.org

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UPCOMING EVENTS

Divine Service
Place: Statewide
Date: April 29, 2007

Veterans Hosp. Visitation
Place: Statewide
Date: April 30, 2007

School of Instruction
Place: Staunton, VA
Date: May 5, 2007

School of Instruction
Place: Alexandria, VA
Date: May 26, 2007

Founders Day
Place: Petersburg, VA
Date: May 20, 2007

Whit Sunday
Place: Statewide
Date: May 27, 2007

St. John the Baptist Day
Place: Statewide
Date: June 10, 2007

Annual Golf Tournament
Place: Williamsburg, VA
Date: June 22, 2007

MOST WORSHIPFUL PRINCE HALL GRAND LODGE OF VIRGINIA, F&AM, INC.

MOST WORSHIPFUL GRAND MASTER
CURTIS S. VAUGHAN, JR.
"LEADING BY EXAMPLE"

DDGM & ADDGM WORKSHOP #2

MAY 12, 2007

9:00 A.M. TO 3:00 P.M.
BLUESTONE HARMONY CENTER
Bluestone Rd, Keysville, VA 23947
(Directions Attached)

Please bring the following:
[] Holy Bible
[] Handbook-2 (2 Dec 06)
[] Constitution & Work Manual
[] Positive Attitude

RWDGM LARRY D. CHRISTIAN
(757) 220-7097(W) or (757) 566-2066(H)

SCHOOLS OF INSTRUCTION

W.G. Assistant Marshall Julius Moultrie # 32 poses for photo at the Richmond S.O.I.

The Schools of Instruction Produce Great Numbers!

On January 13, 2007, the first School of Instruction was held in Tidewater. The school was well attended and served as an introduction of the new administration. The brothers in attendance appeared to be quite impressed with the Committee on Work's agenda and the direction of the Grand Lodge.

On February 3, 2007, the school was held in Richmond, VA. So many brothers were in attendance; additional chairs were brought out just to accommodate the large numbers. During the school, MWGM Vaughan presented new DDGM Charles E. Jones of the 23rd Masonic District with his collar and apron.

On February 17, 2007, the school was held in Petersburg, VA. Once again, large numbers of brothers attended. During the school, 92 year old Worshipful Master James Perry #153, was acknowledged by the Grand Master and introduced to all those in attendance. He also received a standing ovation based on his many years of faithful service.

On March 3, 2007, the school was held in Keysville, VA. The school was well-attended and provided good ritualistic and administrative information.

Organized May 8, 1951

Denver, Colorado

THE SUPREME COUNCIL

Order of the Knights of Pythagoras

Sponsored by Prince Hall Masons

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GILBERT "GIL" TYLER
Supreme Master Knight

"YOUNG MEN.....SHARING THE VISION"
For The Future Of Prince Hall Masons

MELVIN L. SMITH, Jr.
Supreme Knight Recorder

By MWPGM Gilbert "Gil." Tyler #27

State Director Kevin Hodges, along with the State Board of Regents and other Sir Knights from across the State of Virginia, are finalizing plans for the 2007 Summer Encampment to be held during the week of July 26 thru July 29, 2007.

State Director Hodges is planning a broad array of activities, to include a formal Ritualistic Opening Ceremony, swimming, basketball games, as well as track and field events. Additionally, a talent and oratorical competition are being planned. The Summer Encampment will culminate with an Encampment Banquet. A fun time is planned for all participants at the Historical Black Campus of Virginia State University in Petersburg, VA.

King Cyrus Grand Chapter of Holy Royal Arch Masons

By Right Excellent Grand Secretary Michael Hodges

Greetings from King Cyrus Grand Chapter Holy Royal Arch Masons (PHA) of Virginia:

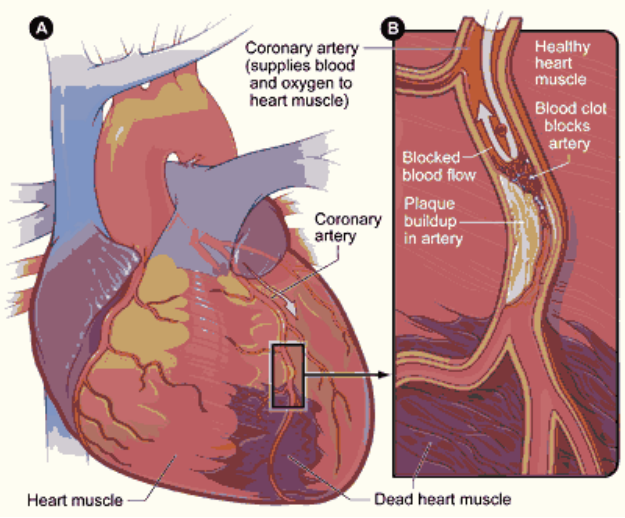
In the last issue we introduced ourselves, now we would like to take this opportunity to provide you with a little information about the Head of King Cyrus Grand Chapter. Our Most Excellent Grand High Priest is Gidwood W. Sutton Jr. He is a member and Past Excellent High Priest of Cohesion Chapter #14, Past Master of Willow Grove #198, he is currently the Chairman of the Deacon Board of his church, he is married with 2 children, educated in the Chesapeake School System, and retired from Kraft Foods Inc. His love of God and his desire to lead King Cyrus Grand Chapter has helped him to be elevated to the position of Most Excellent Grand High Priest - his theme for the next 2 years is "Royal Arch Masonry - Love it or Leave it." Upcoming events for Royal Arch Masonry in 2007 are as follows: June 16, 2007 - Annual Red & White Ball, held in the Hampton Convention Center, Hampton VA, - October 19 –21, 2007 - Annual Grand Convocation, Sheraton Waterside, Norfolk VA.

Once again, the Most Excellent Grand High Priest Gidwood W. Sutton, Jr., would like to extend warm invitations to all Prince Hall Masonic Bodies to our upcoming Red & White Ball and welcome all to come and visit with Companions at the Grand Convocation's Visitors Day on October 20, 2007.

HEALTH COMMITTEE

By WM Harold Jones, MD #114

So Tell Me, What is Your LDL Cholesterol?



Cardiovascular disease is the number one killer of Americans. It is responsible for more than 600,000 deaths annually. Preventive therapy is the main stream of reducing cardiovascular events such as heart attacks and strokes. In this article, we would like to educate each of you regarding cholesterol and its role in cardiovascular disease.

Objectives:

a) define cholesterol
b) recognize normal values of cholesterol
c) distinguish HDL vs. LDL cholesterol
d) understand modes of therapy

Cholesterol is a fat-like substance found in the cells of the body. The body uses cholesterol to produce hormones, vitamin D, and bile acids. The cholesterol is either produced by the liver or absorbed from the intestines from foods eaten. It only takes a small amount of cholesterol in the blood to meet the needs of the body. It is the excessive amount of cholesterol that causes problems. It is important to know elevated cholesterol levels affect both the young and the old.

We feel that it is necessary for you to be able to ask your primary care physician the numerical values of cholesterol and understand what the numbers are reflecting. Cholesterol is differentiated into a Total, High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL),Very Low Density Lipoprotein (VLDL). To be complete we should mention Triglyceride; all four values would be included in the lipid panel. The Total cholesterol value should be less than 200, the HDL in men should be greater than 40, the LDL should be less than 100. Routinely, the LDL is referred to as the “bad cholesterol”. LDL is responsible for the build up of fat or plaques in the arteries, which leads to blockage in the vessels to organs such as the heart, brain, kidneys, eyes, ect. The end result is heart attack, stroke, blindness, etc. The LDL is the major contributing factor to cardiovascular disease as eluded earlier. The HDL is referred to as the “good cholesterol” and its functions to bring the bad cholesterol to the liver to be metabolized or broken down and removed from the body.

The best mode of therapy for hyperlipidemia or elevated cholesterol is life style modification. This involves dietary changes, cessation of tobacco use, and increasing exercise. Individuals should exercise roughly five times a week for 20-30 minutes per session. Dietary changes should include decreasing saturated fats. Everyone should reduce or eliminate red meats and replace it with poultry and seafood in the form of fish-salmon, trout, whiting, and spot. Eat foods such as leafy green vegetables, beans, flaxseed, soy products, fresh fruit, and green tea. It is important when shopping to read the labels that outline the amount of cholesterol, saturated fat, and total calories in the product. Only a few minutes is required to become an expert in life style modification.

(Continue on next page)

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When lifestyle changes are not enough in controlling hyperlipidemia, medical intervention is indicated. One of the main groups of medications used in lowering cholesterol are called “statins”. If you are using one of six “statins” on the market, look at the brand name, or Lipitor (Atorvastatin), Zocor (Simvastatin), Mevacor (Lovastatin), Pravachol (Pravastatin), Lescol (Fluvastatin), and Crestor (Rosuvastatin). The “statins” lower the cholesterol by reducing the amount produced by the liver. Another agent that is commonly used in Zetia (Ezetimibe). This medication works by reducing the amount of cholesterol absorbed from the intestinal tract. Finally, there is a combination drug called Vytorin (Zetia and Lipitor), which prevents the absorption from the gut and reduces production by the liver.

It is important to know that all medications may cause side effects, even Tylenol if too much is ingested. Your primary care physician should highlight certain side effects of the medication when prescribed. You should be aware of muscular discomfort such as soreness, pain, burning sensations, or weakness. You primary care physician should routinely do lab work within two to three weeks after initiating “statin” therapy due to the possibility of liver involvement. Normally, the patient tolerates the medications without complications.

It is also important to know to ALWAYS fast roughly ten to twelve hours before having labs done for cholesterol. Routinely, cholesterol is checked every three to four months. If your doctor is checking every month, it is time to find another doctor. One usually takes medication for cholesterol at night. This is because the body produces the majority of cholesterol during the evening hours.

There is a list of medications that were not discussed in this article. Feel free to e-mail me and I will try to answer any questions you may have. This is a brief overview of hypercholesterolemia. At your next doctor’s visit, make a point in asking what your values are pertaining to cholesterol. If your physician obtains only ”total cholesterol”, ask for a lipid panel that includes all of the values that have been discussed in this article.

Health Committee
Submitted by H. Jones MD, consultant M. Johnson, MD
Questions? hjonesiii@msn.com
For more information regarding cholesterol and heart disease, visit
http://www.nhlbi.nih.gov/health/public/h

The Virginia Beach Human Rights Commission Honors Prince Hall Masons of the 33rd Masonic District

By DDGM Ronald Carter, 33rd Masonic District

The Mayor of the City of Virginia Beach, Meyera E. Oberndorf with MWGM Curtis S. Vaughan, Jr., RWDGM Larry Christian, DDGM Ronald Carter, and members of the 33rd Masonic District at the Virginia Beach Human Rights Commission Ceremony

On February 15, 2007, the 33rd Masonic District received the *Daniel M. Stone Humanitarian Award*. This award is given in honor of citizens for meritorious service, cultural diversity, and human rights, which benefit the citizens of Virginia Beach. The Human Rights Commission serves as the advisory agency to the City Council. Their mission is to institute, conduct, and engage in educational and informational programs for the promotion of mutual understanding and respect among all citizens.

D.D.G.M. Ronald Carter, accompanied by the Most Worshipful Grand Master Curtis S. Vaughan, Jr., accepted the award on behalf of the 33rd Masonic District. Also present were the Grand Worthy Matron Velma Goffigan, the Right Worshipful Deputy Grand Master Larry Christian, and the A.D.D.G.M. Burton Staples. Over 90 members of the District and Order of the Eastern Stars and their family members were present. The Mayor of the City of Virginia Beach, Meyera E. Oberndorf, presented the award. This distinguished award recognizes the 33rd Masonic District’s support of the local community including adopt-a-school program, mentoring, Life- time membership in the NAACP, annual scholarship awards, and a host of other community service programs. The 33rd Masonic District is proud to receive this award and is actively seeking different ways to improve and serve the community.

MESSAGE FROM THE BEEHIVE EDITOR

Greetings Brethren,

First and foremost, I would like to take this opportunity to sincerely thank the members of the Publication Committee and all of the brothers throughout the jurisdiction who faithfully contribute vital information to this publication. As your Publication Committee continues to pursue avenues to enhance the quality of information disseminated to you, we solicit your input, comments and suggestions regarding the Beehive. We're also excited about the direction of our order; however, it will take a concerted effort from each of us to advance our fraternity further. In closing, the late former President Harry S. Truman, a 33rd Degree Mason once stated, "Organizations can accomplish great things provided they're not concerned with who gets the credit." *We can all make a difference!*

May peace and brotherly love prevail.

Fraternally yours,

WM Kenneth L. Ragland #81
Editor
Beehive Publication Committee

Beehive Publication Committee

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