



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

THE BEEHIVE



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Lodge of Virginia, Free and Accepted Masons, Incorporated*

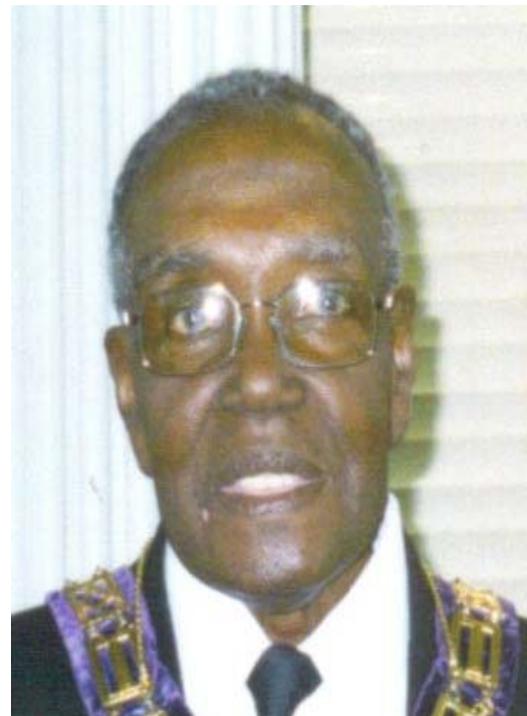


Most Worshipful Grand Master,
Curtis S. Vaughan, Jr. #67

"Leading by Example"



Past Grand Master Kenneth Hill



Past Grand Master Willie E. Massenburg

THEY WILL BE MISSED.....

On May 8, 2008 and May 28, 2008, Past Grand Masters Kenneth Hill and Willie E. Massenburg sadly passed away. Both Past Grand Masters served the jurisdiction of Virginia honorably, and were stalwart Masons throughout their Masonic careers. PGM Hill's funeral was held in Chase City, VA on Monday, May 12, 2008, while PGM Massenburg's funeral followed on Monday, June 2, 2008 in Roanoke, VA. Both funerals were well attended by brothers of the craft. Please keep the Hill and Massenburg families in your thoughts and prayers.

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Third Masonic District Master Masons Serving Honorably On Active Duty

By DDGM Curtis. L. Gunn #3



The Third Masonic District Lodges have several members serving honorably and proudly on Active Duty. Some are stateside, while others are elsewhere in the world either fighting for democracy, human rights, freedoms as citizens of the United States or other countries of the world. We are certainly proud of them and their devotion to duty.

Pictured are Chief Hospital Corpsman Deron Coleman and Petty Officer First Class Tony Cooper. Brother Coleman has been in the US Navy for 17 years and just returned from a 4 month deployment on the USNS COMFORT, a hospital ship where he was the Maintenance Chief for the helicopter detachment, which provided medical support for third world countries in South America. Coleman is currently stationed on the USS ENTERPRISE. His wife is also in the Navy, serving as a First Class Hospital Corpsman and is currently deployed to the Middle East supporting the Global War on Terrorism.

Brothers Deron Coleman (L) and Tony Cooper (R) are newly raised Master Masons of Morning Star #3. Both are currently serving on active duty in the U.S. Navy

Petty Officer First Class Tony Cooper is a Master-At-Arms, stationed at Naval Base Little Creek and is currently assigned to Base Security. He is the Lead Petty Officer for the evening shift, a qualified Small Arms Instructor, and Anti-Terrorism Force Protection Trainer.

Sgt. Henry Swinton #298 Receives Purple Heart



Sergeant Henry Swinton (Pride of Fairfax #298), U.S. Army receives Purple Heart from an unidentified officer while bed side from injuries sustained in the war

Sgt. Henry Swinton, U.S. Army, (Pride of Fairfax Lodge #298) was recently awarded the Purple Heart for injuries sustained while supporting Operation Enduring Freedom. Sgt. Swinton was serving as a Combat Medic in the Green Zone of Iraq, when his squad was hit by heavy mortar and small arms fire. Sgt. Swinton sustained shrapnel wounds to his back and leg. After surgery, Sgt. Swinton was flown to Ft. Gordon, Georgia to be near his family during his convalescence. He is expected to fully recover and continue his career with the U.S. Army.

Sgt Swinton was initiated, passed, and raised at Pride of Fairfax County Lodge #298, 31st Masonic District where PM Cliff Johnson is the District Deputy Grand Master.

Master Sergeant Tanya Raynor, USMC, retires after 21 years of Service



Sergeant Tonya R. Raynor (OES #239)

Grace Chapter No. 239, in Triangle Virginia is proud to announce the retirement of Master Sergeant Tonya R. Raynor, U.S. Marine Corps, on July 28, 2008. She will retire from the Marine Corps after serving over 21 years of honorable and faithful service. She currently serves as the Administrative Chief for two separate commands; Training and Education Command and Training Command, Marine Corps Base, Quantico, Virginia.

Sister Raynor was initiated into the Order of the Eastern Star of Virginia, P.H.A. on 12 April, 2008 under the leadership of Worthy Matron, Vondell Z. Harrison."

FROM THE GRAND SECRETARY



RWGS. Isaac S. Hughes #314

Greetings Brethren,

THANK YOU VERY MUCH!

As we prepare for our 133rd Annual Communication to be held in Newport News, Virginia this September; we want to thank all Lodges, especially the Officers, DDGMs & Assistants, for their outstanding support and corporation with the Office of the Grand Secretary. If you recall, during the 132nd Annual Communication, we approved the Grand Secretary's Annual Report. That report recommended the establishment of "measures of effectives" for several processes under the responsibilities of the Grand Secretary. The approved measures of effectives are:

-- Poor	50% or less
-- Fair	51% - 79%
-- Good	80% - 89%
-- Excellent	90% or greater

For the past two quarters (Jan-Feb-Mar and Apr-May-Jun 2008) we have applied the above measures of effectives to the process of Lodges paying their assessments to the Grand Lodge. We are pleased with the progress and want to share results with you. However, we can and must do better.

January, February, March, 2008

Of all our lodges (161), 138 paid their assessments in full during this quarter, leaving them with a zero balance or a positive balance. **This results in a measure of effectives of 86% which is GOOD.** Our goal is 90% or greater.

Of all our lodges, 23 of them owed the Grand Lodges \$6,967.88. Our goal is to not exceed \$5,000.00 owed to the Grand Lodge. **This results in a measure of effectives of 72% which is FAIR.**

April, May, June, 2008

Of all our lodges (161), 134 paid their assessments in full during this quarter, leaving them with a zero balance or a positive balance. **This results in a measure of effectives of 83% which is GOOD.** Our goal is 90% or greater.

Of all our lodges, 26 of them owed the Grand Lodges \$9,967.88. Our goal is to not exceed \$5,000.00 owed to the Grand Lodge. **This results in a measure of effectives of 50% which is POOR.**

The goal for all of us is to reach and maintain the EXCELLENT measure of effectives. Thank you.

Ike Hughes

UPCOMING EVENTS

Divine Sunday

Place: Statewide
Date: Aug. 31, 2008

Sec./Tres. School

Place: Newport News
Date: Sept. 17, 2008

Prince Hall Day

Place: Newport News
Date: Sept. 17, 2008

Grand Session

Place: Newport News
Date: Sept. 18-20, 2008

2008 Prince Hall Mason Annual Golf Tournament
Winners

The 6th Annual Prince Hall Memorial Summer Golf Tournament was held at Kiskiack Golf Club in Williamsburg, Virginia and hosted by RWDGM Larry D. Christian, PM's John Amos, Leonard Hawkins, Michael Brown, and Ed Lattimore. Over 60 golfers and brothers participated in this golf outing, which promoted camaraderie and friendly competition. The top three winning teams were:

1st Place PGM Billie Thompson #46, DDGM Curtis Gunn #3, ADDGM Ike Curry #79, and Mr. Herb Butler with a score of 60

2nd Place Ed Lattimore, Bob and Brian Williams, and James Bland with a score of 61

3rd Place Leroy Savage, Freddie Bartlett, Bobby Sabatino and Michael Christian with a tie score of 61

The highlight of the event consisted of a \$500.00 scholarship being awarded to Mr. Le'Trell Davis. He is scheduled to attend Old Dominion University in the fall.

Grand Master Curtis Vaughan Receives Meritorious Service Medal



CPT Aaron Allen (P.M. #106) (l) congratulates MWGM Curtis Vaughan #67

CW2 Vaughan (MWGM #67) receives congratulations from CPT Aaron Allen (P.M. #106) on his receipt of the Meritorious Service Medal (MSM) and his retirement from the military after completing more than 20 years of service in the U.S. Army and U.S. Coast Guard Reserves.

COMMUNITY SERVICE DAY



DDGM Curtis Holland installing threshold support

By DDGM Curtis Holland #256

On June 2008 Prince Hall Masons of the jurisdiction of Virginia continued to spread the cement of charity and brotherly love. Under the great leadership of our MWGM Curtis S. Vaughan Jr., whose theme is "Leading by Example" Prince Hall Masons volunteered their time and expertise to help construct sixteen homes in the Huntersville section of northern Suffolk. These homes will change the lives of sixteen families. Although many volunteered, our Masonic chain was broken and some could not attend. However, the Grand Master of the Universe made it possible for seven brothers, in addition to members from the Ladies of the Circle of Perfection (LOCOP) to participate in this Habitat for Humanity Event.

Those brethren who participated were: Henry Olds #288, Willie Westbrook #288, Woodrow Wilson #288, Nathaniel Henry #268, John Pitchford #256, DDGM Curtis Gunn #3, DDGM Alton Miles #196, and DDGM Curtis Holland #256. They were assigned to different project managers, who welcomed them and assigned each with a different task during the project. It was a great experience for all of the brethren who participated. We anticipate a greater experience next year and would like to thank Grand Master Curtis Vaughan for his vision of carrying out the meaning of true Masonry.

Veterans Administration Hospital Visitations



RWGD Charles A. Jones, Sr., RWDGM Larry D. Christian, and Co-Chairman PM George Ellis at Richmond's V.A. Hospital

By RWGD Charles A. Jones, Sr. #81

On April 23, 2008, the Most Worshipful Prince Hall Grand Lodge of Virginia, Free and Accepted Masons, Incorporated, under the direction and leadership of Most Worshipful Grand Master, Curtis S. Vaughan, Jr. #67, conducted the 2nd Annual Veterans Administration Hospital Visitations. During the day, brothers from the jurisdiction of Virginia, District of Columbia, and Maryland visited four V.A. Hospitals, throughout the State of Virginia and the District of Columbia to honor and lift the spirits of our veterans. Prince Hall Masons, in great numbers visited the V.A. Medical Center in Hampton, Virginia; the V.A. Medical Center in Salem, Virginia; Hunter Holmes-McGuire V.A. Medical Center in Richmond, Virginia; and the Washington, D. C. V.A. Center Home in the District of Columbia. Cookouts, consisting of an extensive menu were conducted during the visitations.

Grand Master Curtis Vaughan's Testimonial Banquet a Success!



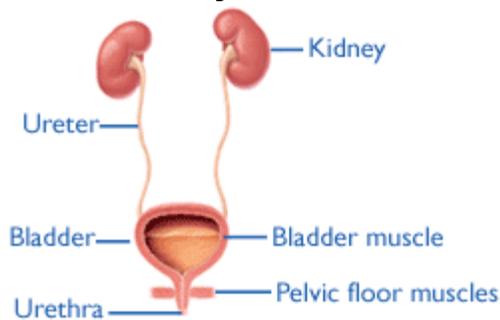
Grand Master Curtis Vaughan #67 addresses the audience at his Testimonial Banquet

On Saturday, June 7, 2008, The Testimonial Banquet honoring Most Worshipful Grand Master Curtis S. Vaughan, Jr. #67 was held in Norfolk, VA at the Murray Center. The Toastmaster for the event was RWGS Isaac S. Hughes, and inspiring music was rendered by Asst. Grand Musician Nathaniel Boyd. During the banquet, many of those in attendance (family, friends, co-workers, and brothers) echoed words of sincere appreciation and presented tokens of their esteem to Grand Master Vaughan. During the echoes, Sister Valerie K. Vaughan (wife of the Grand Master) recited a touching poem, "I Chose You." To highlight the evening, Grand Master Curtis Vaughan, Jr. thanked everyone for their support during his administration. He also shared with the large audience, many of his positive Masonic experiences throughout the years.

HEALTH COMMITTEE

By Harold Jones III, MD (PM #114)

Male Urinary Incontinence



Urinary incontinence is the leakage of urine from the bladder. At different ages individuals have different risks for developing urinary incontinence, but incontinence is not a normal consequence of the aging process. There are four main types of urinary incontinence. The types include:

- functional incontinence, which is the inability to reach the restroom due to physical restraints such as arthritis, paralysis secondary to a stroke, restroom door is lock, crowded, etc.
- overflow incontinence, which is the constant dribbling of urine usually associated with urinating frequently and in small amounts, may be related to obstruction
- stress incontinence, which is the involuntary loss of urine while performing some action, such as lifting, coughing, laughing, etc. that put pressure to the lower abdomen on the bladder
- urge incontinence, which is the involuntary loss of urine following an overwhelming urge to urinate that cannot be stopped (gotta go, gotta go).

For the urinary system to do its job, muscles and nerves must work together to hold the urine in the bladder and release it at the right time. Any medical condition or injury that damages the nerves can lead to problems in urination. Individuals with diabetes, stroke, spinal cord injury, etc. may have bladder emptying problems. In men, an enlarged prostate may cause blockage by squeezing the tube leaving the bladder called the urethra. The process involves a decreased flow of urine, leakage or dribbling; there may also be more frequent episodes of urination especially at nights. Medications such as fluid pills or diuretics, pain relievers such as opioid analgesics, blood pressure pills such as calcium channel blockers, antipsychotics for the mentally ill, etc. are well known for causing incontinence.

Treatment modalities may range from behavioral modification, special exercise regimes, medications, and surgical interventions. Behavioral modification include limiting fluid intake especially one to hours before bed and special events and planning scheduled trips to the restroom throughout the day. The exercises are called Kegel exercises. The exercises tighten the pelvic floor muscles which in turn control the bladder. The medications work by controlling the spasm to the bladder, a reduction in size of the prostate, and blocking nerve signals to the bladder.

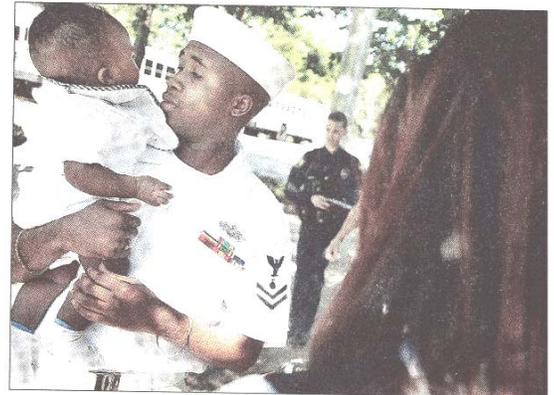
You need to discuss such findings with your primary care physician. Your physician after performing a detail exam may initially try one or two treatment modalities. If there is no improvement, your clinician will refer you to an urologist or a bladder specialist for further evaluation.

Any questions: Harold Jones III, MD
Berea Lodge #114
hjonesiii@msn.com
(804) 693-5425

Masonic Brothers Currently Serving in the Armed Forces



Brother Marshall A. Banks, Excelsior Lodge # 87, during his tour as the Command Sergeant Major of 159th Aviation Battalion in Iraq.



Petty Officer 2nd Class Wesley Boyd Jr. #106 (pictured holding infant) was honored by the City of VA Beach for his bravery as a result of actions to secure the safety of a woman and an infant during a shooting at an apartment complex in VA Beach. He also aided the apartment manager, who had been shot and wounded.



Corporal Gary Armstrong (SD #106)



CW2 David Sledge (PM #106) is currently deployed at sea in support of OEF.



CPT Aaron V. Allen (PM #106) pictured graduating from Airborne School as the Honor Graduate.



CTTC David Nolan (JD #106)

**Beehive Publication
Committee**

All correspondence can
be sent to:

7412 Griffin Ave.
Richmond, VA 23227

PHONE:
(804) 878-1830

E-MAIL:
kworld81@hotmail.com

*Copies of this newsletter can
be obtained at:*

<http://www.mwphgl-va.org>

MESSAGE FROM THE BEEHIVE EDITOR



Greetings Brethren,

The Publication Committee took great pleasure in developing this edition of the Beehive to honor our dedicated brothers and sisters, who bravely serve in our Armed Forces. As they fight for the freedoms we so often take for granted, it's only befitting for all of us to salute their profound patriotism. Additionally, as this administration draws to a close, the Publication Committee would like to thank the entire body for their support, input and feedback. Collectively, we can make significant progress toward enhancing this sacred fraternity if our hearts and minds are in the right place! Sincerely, it has been my pleasure as the Editor of the Beehive to serve you this year. In closing, the Publication Committee looks forward to seeing and greeting you at our 133rd Annual Communication.

May peace and brotherly love prevail.

Fraternally yours,

PM Kenneth L. Ragland #81
Editor
Beehive Publication Committee

**MWPH GRAND LODGE OF
VA**
P.O. Box 14646
Richmond, VA 23221

