



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

# THE BEEHIVE



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



Most Worshipful Grand Master,  
Larry D. Christian # 253

*"Letting Our Light Shine"*



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Right Worshipful Junior Grand Warden Roger C. Brown #327 (on right) receives the Grand Master's Cup from Most Worshipful Grand Master Larry D. Christian #253 during the Grand Lodge Awards Banquet at the 134<sup>th</sup> Annual Communication. For more Annual Communication photos, see page 3. (Photo courtesy of PM Joe Williams #23)

# GRAND MASTER'S MESSAGE



MWGM Larry Christian #253

## **“This Little Light of Mine”**

It illuminates in the dark as well as the light, for every-where we go and in everything we do, this should be our theme song. The scriptures say, “let your light so shine before men, that they may see your good works and glorify your Father which is in heaven.” My title is Most Worshipful Grand Master, the conservator of Freemasonry (it is the highest office in Ancient Craft Masonry), the respect and understanding of sovereignty as well as Law, Customs and Traditions are reposed in the brother who wields the Gavel of Authority and the Hat of Wisdom. The powers, duties and prerogatives enumerated in the Landmarks and Constitution adopted and copied since time immemorial serve as a guide to good governance.

As I am the Conservator of Masonry in this Jurisdiction, I am both protector and defender of all things Masonic, against outside influences and from issues within that might harm the good order and practice. I am obligated to abide by and uphold the Law, enforce the rules and regulations and provide good wholesome instruction to the Craft.

As members of Prince Hall Masonry, each one of us has sworn not to bring disgrace upon himself, his family or Masonry. If the solemn oath is broken it will affect not one, but all Prince Hall Masons. Therefore, I am requesting that all Master Masons become Sir Knights. *“No man stands so straight as when he stoops to help a boy.”* I am happy to report that the Eastern Stars are doing great things under the leadership of Grand Worthy Matron Cecelia R. Irby. It has truly been a pleasure working with her.

I would like to thank the members who serve in our Armed Forces for they provide the blanket of protection so that we may enjoy the freedoms we have.

***“Brothers let no motive therefore, make you swerve from your duty, violate your vows, or betray your trust, but be true and faithful, and imitate the examples of that celebrated artist whom we represent.”***

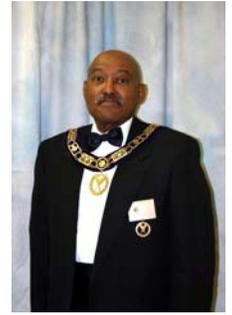
As the Most Worshipful Grand Master, I ask that you “Stay on the Wall” and let your light shine that men may see your good works and glorify God in Heaven.

Larry D. Christian  
Most Worshipful Grand Master

# 134<sup>th</sup> ANNUAL COMMUNICATION IN PICTURES



## FROM THE GRAND SECRETARY



Happy New Year Brothers,

Below is an overview of the MWPHGL of VA Internal College. We believe that you will find these courses extremely beneficial toward your Masonic and personal development.

RWGS Isaac Hughes #314



### M.W.P.H.G.L. OF VIRGINIA INTERNAL COLLEGE (MVIC)

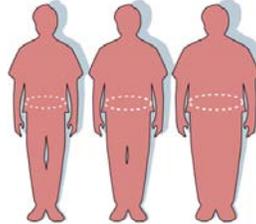
#### MVIC - AIM

- Provide Prince Hall Masons with educational opportunities, training options and life skills that will enable them to meet the demands facing Masons today and tomorrow. Education is for life—it is an investment that cannot be lost, spent or taken away. A good Masonic education prepares Masons to build on their abilities and sets them up for lifelong learning, so that they can further enhance their opportunities.
- Prince Hall Masons also need to have a vision of the future they want, and be equipped to make it a reality. They need to be able to understand the pathways that are open to them, identify their own strengths, and make choices that will lead to a fulfilling and challenging Masonic experiences.

**The first course (Superior Team Development & Performance) of this college will be thought in your area within the very near future. The location and date will be posted on our web site. All Master Masons are encouraged to take advantage of these opportunities.**

# HEALTH COMMITTEE

## Overweight vs. Obesity



WM Harold Jones III, MD Berea #114

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given “height”. Current data indicates that 1 in 4 adults in the United States are obese. Growing numbers of people recognize being overweight/obese is associated with health problems such as heart disease, stroke, and diabetes.

In order to discuss obesity/overweight, one must be familiar with the body mass index or **BMI**. The BMI is a numerical value that estimates the body fat using the height and weight of an individual. The body mass index does not measure body fat directly. Other means of measuring body fat and fat distribution include skin fold thickness, waist circumference, waist to hip circumference ratio, ultrasound, etc.

An individual having a BMI between 25—29.9 is considered overweight. The same individual having a BMI 30 or higher is considered obese and BMI of 18.5 – 24.9 is considered normal. A BMI less than 18.5 is considered underweight.

Two years ago, we discussed elevated cholesterol and the metabolic syndrome. As a refresher, the metabolic syndrome entails obesity, diabetes mellitus, elevated cholesterol, hypertension, etc. The root cause of the metabolic syndrome includes improper nutrition and inadequate physical activity with subsequent increase in body weight. Complications of the metabolic syndrome may develop in less than fifteen years and these include heart attack, stroke, kidney disease, etc.

In combating obesity/overweight, the therapeutic objective is weight loss. Successful weight reduction requires more energy be used than what is consumed. The best way to tackle this is a proper diet. The average “American or Western” diet consists of red meat, processed meat, French fries, high fat dairy products, refined grains, sweets and desserts. A prudent diet should consist of vegetables, fruits, fish, poultry, and whole grains. A reduction in calories by 500 per day with portion controlled foods, a gradual increase in physical activity by 10—20 min/day until 300 min/week achieved and keeping a record of the food intake and activities should result in moderate weight reduction. Weight loss of 5—10% of the initial body weight will improve blood sugar control for the diabetic, reduced blood pressure for the hypertensive patient, and improve LDL and HDL values in the patient with elevated cholesterol.

For more information:

The President’s Council on Physical Fitness and Sports [www.fitness.gov](http://www.fitness.gov)

Shape Up America [www.shapeup.org](http://www.shapeup.org)

To determine BMI, view tables [www.cdc.gov/obesity/defining](http://www.cdc.gov/obesity/defining)

Harold Jones [hjonesiii@msn.com](mailto:hjonesiii@msn.com)

## 26<sup>th</sup> District March in Christmas Parade



On Saturday, Dec. 5, 2009, DDGM Edward T. Henderson #23 and members of the 26<sup>th</sup> Masonic District marched in the Ukrop's/SuperValu Christmas Parade held in the City of Richmond. Despite the inclement weather, the brothers of the 26<sup>th</sup> Masonic District represented the fraternity well and were greeted by thousands of spectators along the parade's course.

## Bro. William Bates #233 Receives Amtrak's Highest Safety Awards



Bro. William Bates #233 (on left) and Amtrak President and Chief Executive Officer Joseph Boardman.

Recently, Brother William Bates (Secretary of End East #233), a conductor and trainer with Amtrak received the prestigious 2009 Charles Luna Safety Achievement Award. The award is presented to the employee or group who demonstrates the highest degree of safety awareness. Brother Bates received this award based on being injury free for his entire 23 year Amtrak career. Not only has he been injury free, Brother Bates has never had an operating rules violation, this is a manifestation of his belief that safety is first and foremost.

According to Operations Superintendent, Mid-Atlantic Division Mike Sherlock, *"Willie has a lot of respect from the people with whom he works. Always preaching safety, Willie is a great mentor, often giving up working a premium job in order to work overnight on a training train.....when Willie talks to new hires, he stresses that while they're on the railroad, safety is paramount. He reminds them how dangerous the railroad is and how important it is for them to pay attention to each and every safety rule, so they can return home safely each night."*

**Join the Publication Committee in congratulating Brother William Bates #233!**

## Arlington #58 Bringing Christmas One Toy at a Time



*Story written and taken from Da Gwear.com*

Arlington VA— For folks struggling with holiday preparations in a difficult economic time, Arlington Lodge #58 must seem like a ray of light from Santa’s workshop.

Arlington Lodge #58 located among the Arlington community, launched their annual TOYS FOR TOTS holiday event. This event was scheduled to kick off on Saturday, December 19, 2009, but as Mother Nature didn’t cooperate, the lodge with the rest of Virginia was tormented by heavy snow forcing the cancellation of the event. This magical event was rescheduled on a Tuesday, with the Brothers from Arlington #58 gathered to bring joy and the Christmas spirit to the community by opening their doors. The room was filled by children’s laughter and smiles as each child came thru the doors of the Lodge. Bro. MacArthur helped with the event by dressing as Santa Claus to cap out the magical night. Arlington #58’s WM Gregory Curry led the charge by greeting all those who came through the door. While PM Warren D. Jones sharply kept track of all the children that were present at the event, so no one would go home without a gift. This event was a success due to all the cooperation and help by all of the Brothers of Arlington 58. This was truly a night to remember!

## Bethlehem Star #249 Made Big Impact During Operation Thanksgiving



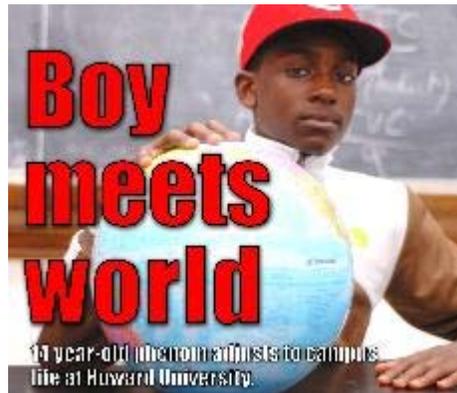
(L to R) Bro. William Bagby and PM James Bagby of Bethlehem Star #249

Bethlehem Star Lodge #249 of the 27<sup>th</sup> Masonic District demonstrated its unlimited giving in fulfilling its Operation Thanksgiving Affair on November 23, 2009. They gave out 205 food baskets and several monetary donations. The Lodge also met its goal by giving out more baskets than the previous year. The Middlesex County Board of Supervisors has recognized Bethlehem Lodge #249 for their continued charitable work in the community. Bethlehem Star Lodge #249 continues to “Let Their Light Shine”

## UPCOMING EVENTS

<b>School of Instruction</b> Place: Alexandria Date: Feb. 6, 2010	<b>School of Instruction</b> Place: Richmond Date: Feb. 13, 2010	<b>School of Instruction</b> Place: Petersburg Date: Feb. 20, 2010	<b>School of Instruction</b> Place: Victoria Date: Mar. 6, 2010	<b>GWM Irby’s Testimonial Banquet</b> Place: TBA Date: Apr. 17, 2010
<b>Veteran’s Admin. Visitation Day</b> Place: Statewide Date: Apr. 21, 2010	<b>MWGM Christian’s Testimonial Banquet</b> Place: Newport News Date: May 8, 2010	<b>MWPHGL-Founder’s Day</b> Place: Petersburg Date: May 16, 2010	<b>Whit Sunday</b> Place: Statewide Date: May 23, 2010	

## 14-year-old boy is a Junior at Howard University



PM (Dr.) Edwin Powell is a Past Master at Arlington 58. This article is about his son. PM Poewll is a Professor of Medicine at Howard University.

*Flynne M. Bailey/Contributing Writer for the District Chronicles*

It's Monday afternoon. For Ty Hobson Powell, it's time for his state and local government class. He's in the student uniform - T-shirt, baseball cap, jeans, and sneakers - when he walks out of his dorm and heads across campus to a lecture filled with students six years his senior. Powell, a political science major, is 14 years old, the youngest student at Howard University. Academic credits Powell earned at Montgomery College put him on schedule to finish Howard University with a Bachelor's degree in two years.

"I'm not a genius, I have simply capitalized on opportunities provided to me," said Powell. When he was three, Powell's parents enrolled him in a Chinese immersion program at his pre-school. "He's always had strong language skills," said Powell's father, Dr. Edwin Powell, a professor at Howard University's College of Medicine and alumnus of Howard. His son's ability to converse with adults at a young age gave his parents the indication he was "gifted and blessed."

"We were having conversations that I would have had with an older child," said his mother, Liz Hobson Powell, a senior officer with the United States Public Health Service. "From about nine months, he was doing things that two-year-olds would do." After one year in the immersion program, Powell's parents enrolled him in Shepherd Elementary, a DC public school. It was there that Powell's principal identified his strengths through the school's admission assessment exam. Ty scored at about the 3rd grade entrance exam.

"When I was younger, teachers tried to diagnose me with a behavioral disability because I would always get in trouble for playing during class," he said. "But I was really just finished with my work and bored. "His parents had taught him that it was ok to play as long as he got his work done."And I've been playing ever since," he says with a smile.

Powell attended the Washington Latin Public Charter School, under then headmaster, T.R. Ahlstrom, during the 7th and 8th grades. There he was immersed in challenging courses in reading, writing, mathematics, science, critical thinking, and Western democracy. By the end of 8th grade, he had completed two and a half years worth of high school credits. By the beginning of 9th grade, he had completed high school requirements and some college courses.

Academically, he was ready to start college when he was 12. But his parents didn't think that was a good idea. "I really didn't want him to go to college that early," said Dr. Powel. So his parents sent him to 9th grade at The School Without Walls on the campus of George Washington University. "His story worked just like that of a special education student," said Dr. Powell.

After the School Without Walls, his parents enrolled him in Montgomery College where he completed his general college requirements and transferred to Howard University as a junior this fall. Tammy McCants, associate director of enrollment management and admission at Howard, said the university has no special requirements for considerably younger students or older students

*(See next page)*

*(Continued from page 8)*

"Ty met all the requirements as a transfer student. He's a very bright young man," said McCants, adding that the oldest student at Howard is 82-year-old Paris McIntyre in the School of Divinity.

"He knows his limitations." Dr. Powell said of his son's living on campus. "But he's allowed to do things like go to the movies on Fridays and hang out with friends."

One of Powell's friends on campus is Brandon Hill, a freshman physical therapy major. He met Ty through a friend in Drew Hall, where Ty lives.

"When I first met him I was fascinated. I was like 'this dude is 14!'" said Hill. "The night we met, we ended up going to the movies with some girls. He's cool, mature, and well rounded. He's just gifted."

Nenaji Jackson, Powell's state and local government professor and faculty advisor, said students in the class admire him and want to be around him.

Ty is extremely intelligent and very mature," Prof. Jackson said. "I don't have to make any special concessions for him; he doesn't require any special attention."

## Silver Leaf Lodge #177 Masons & the Young Scholastic Achievers



*Submitted by PM Raymond Willis Sr. #177*

The Silver Leaf Lodge #177 of the 27<sup>th</sup> Masonic District in Mathews County, Virginia was acknowledged in its local paper, the Gloucester-Mathews Gazette Journal for the launch of the Young Scholastic Achievers (YSA). YSA is a vital community and volunteer based after-school program imperatively focused on healthy and educational guidance for young people. Major objectives will be geared toward improving students' academic and literacy skills, along with instruction in music and art. Shown in the picture are Lodge Sec. Raymond Willis, J.D. Charles Forrest, Tiler James Thomas, Chaplain John Willis, WM Paul Davis, Treas. Randolph Johnson, S.W. Terry Hearn and Trustee Lemuel Thomas, Sr.

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

**MESSAGE FROM THE BEEHIVE EDITOR**



Happy New Year Prince Hall Masonic Family,

Once again, the Publication Committee is honored to serve you. This year we look forward to providing you with information that will educate and inspire you to demonstrate the honored values our Masonic forefathers lived daily. As we enter a New Year, we must seize the opportunity to rise to a greater sense of responsibility and commitment within our families, our devotion, our vocation, and Prince Hall Masonry! A New Year represents a new opportunity to address and change old problems and counter-productive behaviors. The Bible teaches us that, "you will know a tree by the fruit it bears." **What type of fruit are YOU bearing?**

In 2010, let us TRULY embrace the three tenants that separate Masons from the common man: *Friendship, Morality, and Brotherly Love!*

As always, may peace and brotherly love prevail from now, henceforth, and evermore!

Fraternally yours,

PM Kenneth L. Ragland #81  
Editor  
Beehive Publication Committee

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