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The Quarterly Newsletter of The Glenlyon Lodge no. 346 S.C.

The Almoner



Bro. Rev. Canon Dr. C. Vivian Cohen delivers the 7th Annual Whitsun A. McDonald Masonic Lecture

Special points of interest:

- 7th Annual Whitsun McDonald Lecture
- Inaugural visit to Lodge Ft. Nassau
- Chairman's Message
- Masonic Health Corner
- The RWM of the Lodge



BRO. WHITSUN ALBERT MCDONALD
C.D., J.P., Hon D.S.G.W., P.D.S.G.W.,
Hon G. Jeweler, P.M

Since 2005, the Brethren of The Glenlyon Lodge have sought to honour annually the sterling service to Freemasonry by Bro. Whitsun Albert McDonald P.M. As this year marks his seventy first year as a Freemason, the Lodge is indeed privileged to have as the guest lecturer Bro. Reverend Can-

on Dr. C. Vivian Cohen P.M. of Lodge Elgin no. 1562 S.C. who has had a long and distinguished career as priest and educator. Formerly the headmaster of one of Jamaica's most venerable school of learning, he is also well known as the former rector of St. Margaret's Anglican Church, the Saint James Parish Church and as the Chaplain, Force Education and Welfare Officer, of the Jamaica Defense Force where he attained the rank of Major. He is also well known as an orator and lecturer who came to some prominence for his defense of the virtues of Freemasonry in a series of letters and fora in one of the more popular local daily



Bro. Rev Dr. C. Vivian Cohen P.M.
District Grand Chaplain

newspapers. He has served Freemasonry in a variety of capacities and is currently serving as the District Grand Chaplain. We thank Bro. Rev. Cohen for being the 7th Whitsun A. McDonald Lecturer.

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The Chairman's Message - Communications Committee



Bro. Wayne Robertson
Chairman—Communication Committee

The Communications Committee of The Glenlyon Lodge No. 346 S.C. is extremely proud and elated to share its flagship publication, The Almoner. E-copies of this newsletter will be available on a quarterly ba-

sis to all Lodges (Scottish, English and Irish) - locally, regionally and internationally. The Almoner is a strategic tool used by The Glenlyon Lodge (TGL) to achieve the following objectives:



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The Chairman's Message - Communications Committee

- To promote the activities of TGL through structured and timely communication to stakeholders;
 - To augment the awareness of the brethren of other Lodges regarding the work of TGL;
 - To chronicle the activities of the Lodge to ensure the preservation of its rich legacy;
 - To promote the businesses of brethren of TGL through the use of advertising slots;
 - To create and maintain a revenue stream through the publication of advertisements.
- We place a high premium on communicating with our internal and external stakeholders, as it is effective and efficient communication that will enable The Glenlyon Lodge to achieve the following seven (7) strategic imperatives articulated in its Five-Year Development Plan,

redounding to sustainable development and growth:

- Lodge Administration
- Membership Development
- Community Involvement/Charity
- Family Involvement
- Masonic Education and Mentorship
- Use of Technology
- Public Education

A special thanks to the members of the Communications Committee and other brethren for their

diligence, commitment and support to the process. During this Administrative Year, and beyond, your fulsome support and active participation will continue to be solicited, as we strive to "Reach, Engage and Build."

Bro. Wayne Robertson
Chairman
The Glenlyon Lodge
Communications
Committee

Glenlyon visits Lodge Ft. Nassau

*"The Three Main
Tenets of
Freemasonry are
Brotherly Love, Relief
(Charity) and Truth"*



The Glenlyon Lodge marked another important milestone with its inaugural visit to Lodge Fort Nassau no. 1818 S.C. during the period of April 4 – 8, 2013. The deputation was led by the R.W.M. Bro Charles A. O'Connor and included Bro Howard Ennis P.M., Bro Robert Woodstock P.M. and Bro Howard Barrett. The Brethren enjoyed the hospitality of the Brethren of Lodge Ft Nassau through a series of formal and informal events., culminating with their attendance at the Installation Ceremony of the new Master of Lodge Ft. Nassau . The Brethren undertook the visit in order to cement the relationship between

the two Lodges which is expected to be formalized through a memorandum of understanding. We congratulate the RWM and his team on a successful visit, and we look forward to deepening this new relationship. A special thanks to Bro Howard Barrett for his diligent work in the planning and coordinating of the official visit. It was through his efforts and that of the Brethren who undertook this visit that this relationship is now possible. Well Done Brethren!!!!



From left to right; Bro. Howard Ennis, Bro. Charles O'Connor
Bro. Charles Johnson RWDGM of District Grand Lodge of the
Bahamas , Bro. Robert Woodstock and Bro. Howard Barrett



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Glenlyon Lodge no. 346 S.C. - History Revisited

The Entry Money £ payable on Signing the Petition.

TO THE
RIGHT WORSHIPFUL MASTER, WORSHIPFUL WARDENS & BRETHREN
OF
THE LODGE "GLENLYON", JAMAICA.
Holding of the Grand Lodge of Scotland, No. 346.

The Petition of *Whitsun Albert McDonald* Name, Address,
92, Retirement Crescent, C. Roads, Civil Service and
Designation.

HUMBLY SHEWETH,
THAT your Petitioner, being free born, and of the full age of 18 years, is desirous
of being initiated into the Mysteries of FREE MASONRY, and as he is only prompted to
solicit that privilege by the favourable opinion he entertains of the Order, a general desire
of knowledge, and a sincere wish to be more extensively useful to Society, he trusts the
Brethren of this Lodge will be pleased to admit him a Member thereof.

And your Petitioner will ever pray.

Wh A. McDonald
8th July - 1942
"Glenlyon Jamaica",

Eodem die We two of the Members of the Lodge
"Glenlyon," Jamaica, No. 346, recommend the above Petitioner
as a proper Candidate for Initiation, and bind ourselves
conjointly and severally to pay his Entry-Money, being £
to Treasurer of said Lodge "Glenlyon",
Jamaica, No. 346

W. H. H. H.
W. H. H. H.

The attached document is a scan of the original petition of Whitsun Albert McDonald to the Right Worshipful Master, Wardens and Brethren of The Glenlyon Lodge no. 346 S.C., humbly soliciting to be admitted to the mysteries and secrets of ancient Freemasonry. You will note that the petition is dated, the 8th of July, 1942; Seventy one years ago and before most of the current members of The Glenlyon Lodge were born. We are indeed privileged to rub shoulders and "sit in Lodge" with a personality such as Whitsun Albert McDonald and it is an experience to be honoured and cherished, over the years. "Bro

Whitty" as he is affectionately known, has proven to be a reservoir of Masonic information and is an inspiration and personification of Brotherly Love, Relief and Truth. Let us try to emulate the worthy Brother not only by years of service to the craft, but also in the building of a strong, vibrant, and harmonious Lodge.

The phrase So mote it be is used by Masons as a response at the end of a prayer. It comes from an Old English phrase that simply means "so may it be," and has been used in Masonic documents since its earliest beginnings. Masons use it as a affirmation of a prayer as a response to amen, a word of similar meaning

The R.W.M. of The Lodge (Part II) By Bro. Lloyd A. Cundy P.M., H.D.S.G.W.



Bro. Lloyd A. Cundy P.M., H.D.S.G.W.

4. Mental Ability

Strength and Skill of mind form mental ability. It is distinguished from genius in being more the product of cultivation and development, than of nature. Genius, like beauty is a natural gift more than a develop-

ment, although like the diamond, it may owe much to art. It is also rare like diamond, and comes not directly into the ordinary service of life. Ability is different. It is not uncommon and can be acquired. It can be developed just as strength and skill of body.

The Master should not only have mental ability to understand the Craft of Masonry, he should also have the ability of giving expression to his thoughts and ideas in suitable and correct language. Nothing tends more to lower the dignity

The R.W.M. of The Lodge (Part II)

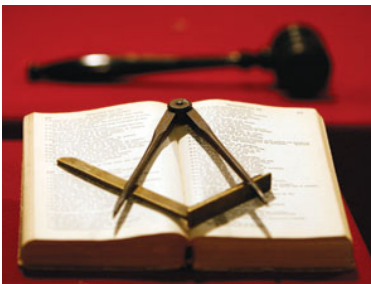
By Bro. Lloyd A. Cundy P.M., H.D.S.G.W.

PRESENTED AS A MASONIC LECTURE AT THE GLENLYON LODGE REGULAR MEETING NOVEMBER 8, 2006



The Jewel of the Right Worshipful Master

-By the effort to express our thoughts and clothe them in the form of words or actions or matter, we not only benefit others, but also, and even more so, benefit ourselves. Thus, the giving of knowledge does not impoverish, it



A Square and Compass on the Bible with the RWM's Mallet

of the Chair and lessens the Master's authority than stumbling uncouth utterances. It often offends the feelings and convictions of the listeners, as well as their sense of good taste, and sensibilities, even when kindly meant.

It is therefore of importance, that a Master should possess the mental ability to speak freely as well as to think clearly, and to that end, the aspirant or newly installed Master should study and practice the art of expressing his thoughts in words fitted to the occasion.

While the Master ought to be thus able, he should, in any debate, speak as seldom and as briefly as possible. This is a point that ought to receive the careful consideration of every Master, particularly those who think they have the "gift of gab." In this, as in most things, it is the quality and not the quantity that tells; for clear expression lies more in the selection than the volume of words, and that art can only be obtained by study and practice.

Through the endeavour to

formulate our thoughts in words, we obtain a clearer view of them. When the architect tries to build and shape his ideas, he realizes their imperfections as well as their beauty. The conceptions of the artist are developed and perfected on the canvas.

By the effort to express our thoughts and clothe them in the form of words or actions or matter, we not only benefit others, but also, and even more so, benefit ourselves. Thus, the giving of knowledge does not impoverish, it enriches the giver. The true Master who makes a careful study of the Symbols and Ceremonies of Masonry, and tries to give expression to the truths he finds therein, will find his ideas of them all the clearer, his mental ability all the stronger, and will realize in his experience that "it is more blessed to give than to receive."

LODGE BUSINESS AND WORK.

It is useful for the Master clearly to distinguish between Lodge Business and Work. Business refers to matters of Minutes, Records, Reports, Finance,

Laws and Bye-Laws, everything connected with the Lodge as a machine--- its upkeep, preservation and efficiency. Work refers to the various Ceremonies, Instructions, Lectures; all that matter for the building and enlightenment of its members in Masonry. The former appertains to the organization of the Lodge, the latter to the teaching of Masonry.

The business of the Lodge is to keep itself fit and efficient so as to enable it to work well in building up its members in the principles of the truth of the Craft.

After all, the chief aim of the Lodge is the making of masons and the furtherance of Masonry. The true mason is a builder; building morally the Eternal Temple, by cutting and carving himself as a living stone for the structure, working with his brethren and helping them in the labours of the Lodge, so that through the Lodge may radiate an influence on human society. In this sense the Lodge is the workshop or machine, organized and fitted to make masons.

Lloyd A. Cundy P.M.

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The Masonic Health Corner

Why Men are reluctant to go to the Doctor.



**Bro Frank Villiers M.D.
P.M., P.D.J.G.W.**

A long, healthy and enjoyable life is dependent on many factors. Some of these such as heredity, race and climate we have no control over. Others such as creed, diet, exercise, smoking, drinking, sexual practices and regular visits to the doctor we have absolute control.

Women by nature and socialization make more regular visits to the doctor more than men to undergo examinations, screening tests for various medical conditions and preventative

health advice. Consequently, it is not surprising that they have longer life expectancy. Men however, are reluctant to see the doctor for several reasons;

- Historical
- Socialisation
- Potential humiliation and perceived indignity
- Impatience
- Financial cost; and
- The state of Public Health Services

Historical

Most men first meet the doctor as babies, usually for them in a somewhat violent and painful manner, being slapped to initiate breathing. This pain and fear of men and women in white, goes through several immunisations.

Socialisation

Men were brought up to be tough and to internalize their emotions and physical pain and only to complain when it becomes unbearable.

Potential Humiliation/ Perceived Indignity:

For most men it is not easy to discuss physical failings even to other men who may be their medical professional. While this mindset is rooted on how boys and men are socialized, the net result is that men in general are embarrassed to even discuss minor physical failings or

symptoms, thinking that it is unmanly and humiliating to do so.

This is especially so when discussing issues related to sexual problems or inadequacies, emotional feelings, mental health problems, stress and depression.

Impatience

Men generally have an intense dislike for the undertaking of any action that prevents them from making money or facilitating a carefree and enjoyable lifestyle. Men in general have no patience for any activities that will expose them to pain and fear about their physical and mental wellbeing.

Expense

Men commonly believe that Doctors and by extension medical care is an expensive and invasive process and that their Doctor will force them to undertake expensive and in their view unnecessary diagnostic tests such as X - Rays, MRI's CT Scans, blood, urine and stool tests, in addition to the prescriptions for medication, surgeries, chemotherapy and radiation that may have to be ordered. All these modalities require repeat visits to the

Doctor and is always a source of anxiety over the potential expense involved.

Public Health Services

Public Health Services are largely geared towards providing services to women and children and this can be commonly seen in advertisements and handouts related to the public health services. Men are also more likely to exaggerate the negative qualities associated with Public Health Services especially the inadequate level of care and the perceived waste of resources especially if medical problems cannot be solved quickly and cost effectively.

In conclusion, men should not see visiting the Doctor as the last resort and a person to be avoided at all costs. This is because many illnesses give few or no symptoms as they are often in the early stages of development. Regular visits to the Doctor are very important in detecting life threatening illnesses early and therefore effecting the best chance of a cure thereby preserving a long and healthy life.



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What's Going on?

In the District Grand Lodge of Jamaica

Date	Event	Lodge
July 11, 2013	Regular Meeting	Lodge Caledonian 554 S.C.
July 11, 2013	Installation Meeting	Lodge Stony Hill 1820 S.C.
July 15, 2013	Initiation	Lodge Claren. Kil 1427 S.C.
July 16, 2013	Third Degree (Wolmer's)	Lodge Columbus 1660 S.C.
July 17, 2013	Past Masters Night (2nd Degree)	Lodge De La Vega 1744 S.C.
July 18, 2013	Regular Meeting	Lodge Middlesex 1628 S.C.
July 21, 2013	Family Funday	Lodge Caledonian 554 S.C.
July 22, 2013	Regular Meeting	Lodge St. John 623 S.C.
July 25, 2013	Regular Meeting	Lodge Seville 530 S.C.
July 27, 2013	Regular Meeting	Lodge Portmore 1834 S.C.
July 28, 2013	Family Funday	Lodge Seville 530 S.C.

In The Glenlyon Lodge no. 346 S.C.

Date	Event
August 14, 2013	Raising of Bro. Robert Barnes
September 11, 2013	Double Passing— Bro's K. Neale and J. Spencer
September 8 - 11, 2013	Official Visit to Lodge Ft Nassau - Mark Degree
October 9, 2013	Election of Office Bearers
November 13, 2013	Past Masters Night



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THE GLENLYON LODGE ADMINISTRATION 2012—2013

Bro. Charles O'Connor	R.W.M.
Bro. Christopher Robinson, P.M, Asst. D.G.T.	I.P.M.
Bro. Howard Ennis, P.M, P.D.S.G. Warden, Hon.G.J.	Dep.M.
Bro. Carl Domville, P.M, D.G.Steward	Sub.M.
Bro. Donovan G.Brown	W.S.W.
Bro. Howard Barrett	W.J.W.
Bro. Martin A. Williamson	Secretary
Bro. Neville Wallace	Treasurer
Bro. Craig F. Foreman	Almoner
Bro. A.G. Leon Robertson P.M., H.D.G Std B.	Dir. of Cer.
Bro. Michael Tucker	Chaplain
Bro. Neville Jackson	Senior Deacon.
Bro. Dean Holness	Junior Deacon
Bro. Heron Dale	Bible Bearer
Bro. Godfrey Perkins CD P.M.	Asst.Sec/Ast Tr
Bro. Robert Woodstock P.M., P. D.J.G.W.	Asst. Dir. of Cer.
Bro. Sheldon Beckford	Inner Guard
Bro. John A. Pickersgill, P.M.	Pres. of Stds
Bro. Richard B. Reese J.P. P.M., P.D.G.IG, P.D.G.Arch, H.D.G.J.D,	Steward
Bro. Hopeton Nembhard.	Steward
Bro. Collin Henry	Steward
Bro. Conrad Senior	Steward
Bro. Robert Fuller	Steward
Bro. Wayne Robertson	Steward
Bro. Wilson Look Kin	Tyler

Pictorial of Glenlyon Lodge Visit to Lodge Ft Nassau — April 2013



Bros' Ennis and Woodstock before LFN Installation Meeting



From left to right Bros' Robert Woodstock, Howard Ennis, Charles O'Connor and Howard Barrett



From left to right Bros' Robert Woodstock, Joseph Curry DDGM of the Bahamas, Howard Ennis and Samuel Rolle.



The Brethren "At Table" in The Bahamas