Volume VI Issue I March 2015



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

#### **The Almoner**



# THE GLENLYON LODGE NO. 346 S.C. HONOURS BRETHREN SERVING FOR TWENTY FIVE YEARS

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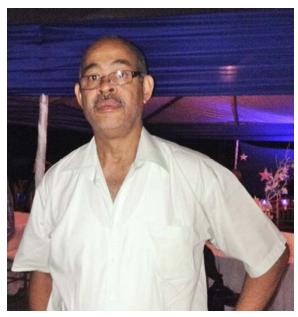
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## Chairman's Message Brother Howard Barrett P.M.





Brother Howard L. Barrett P.M. Chairman, Communications Committee

We at The Glenlyon Lodge No, 346 S.C. is pleased to produce yet another in our quarterly Issue of The Almoner Newsletter. This Issue will primarily highlight the recognition and honour bestowed on members of the Lodge who have given 25 years long and faithful service to Freemasonry in general and this The Glenlyon Lodge No. 346 S.C. in particular. It has been the custom of the Lodge from its early years to honour such Brethren that it is now fully ingrained as a traditions of the Lodge and the ceremony whenever held is scheduled to be conducted at the meeting which hosts



the annual elections of the Lodge.

This Lodge is forever blessed and has been fortunate to have received on a regular basis within its ranks, men of quality who, due to their diligence and patience; courtesy and affability; strength of character and knowledge, have added to the growth and development of The Glenlyon Lodge No. 346 S.C. It is on their shoulders as well as those before them, men endowed with the principles of a belief in God, Morality and Truth, that has allowed Freemasonry in general and this Lodge in particular to grow and thrive regardless of the nature of the society around them.

This Issue recognizes those Brethren, namely Brother Bruce Taylor P.M., Brother Samuel Stewart P.M., Brother Albert Robertson P.M., Brother Gregory Khan P.M. and Brother Christopher Robinson P.M. who have been recognized and honoured for their tremendous work in the continued development of this Lodge and of Freemasonry in Jamaica. While some of our distinguished Brethren may have recently ascended to "The Grand Lodge Above", their inspiration to the Brethren of this Lodge and the knowledge that they have imparted to those who have succeeded them still wields tremendous influence. We are continuously reminded of their exceptional work in the Craft by the token they have left behind which continue to inscribe on the hearts and minds of our members. It is this trait that we find common in these honourable Brethren, the willingness and courage to not only expand their knowledge of the craft, but a willingness to mentor, guide and instruct their Brethren where necessary. Whether intentional or not, these Brethren have been exceptional tutors and mentors to their Brothers and we as a Lodge are richer for it.

As the Lodge approaches a significant landmark in its glorious history and being the oldest Lodge of the Scottish Constitution in Jamaica, it behooves us to remember the sterling contribution of those who have given and/or continue to give so much to the Craft. Their examples provided us with a blueprint as to how to be a good Mason and Brother. Let us therefore use their examples of faithfulness, fidelity and perseverance to further grow and develop The Glenlyon Lodge No. 346 S.C. and extend to all, the bond of true love and fellowship. Let us demonstrate their examples.

Howard L. Barrett P.M.



# **Bro. Bruce Everett Taylor P.M.**Citation of the Occasion of his 25th Anniversary as a

Freemason 8th of October, 2014



**Brother Bruce Everett Taylor P.M.** 

Brother Bruce Taylor first saw the light of Freemasonry at the hand of his father, the late Brother Jacob Taylor, a revered, courteous and urbane Past Master, who had the pleasure of Initiating him on the 11th June 1986 in The Glenlyon Lodge No 346 SC. One of several Lewis' in the Lodge, Brother Bruce quickly demonstrated, through his skill and assiduity, that this title was not improperly bestowed on him. He made his father proud to call him "Brother" as he diligently took the regular steps to Fellow of Craft on the 12th November 1986, and to Master Mason on the 8th April 1987 and advanced to the Mark Degree on the 11th May 1988.

Brother Taylor has held many offices in the Lodge, passed through both Wardens' chairs, and was Installed in the Chair of King Solomon on 11th December 1996. He was one of the best Secretaries of the Lodge, noted for his punctuality, accuracy and zeal for the Craft. As a Past Master he has always

been willing to fill in as an Office Bearer when others have been absent and, more recently, has adopted the position as permanent acting Senior Warden. Brother Taylor has also served on a number of sub committees of the General Committee including Charity, Fundraising and the Retention Committee.

The District Grand Lodge of Jamaica recognized Brother Taylor's contribution to Freemasonry in general and The Glenlyon Lodge No. 346 S.C. in particular by appointing him to a number of offices rising to the post of District Junior Grand Warden. For his service on the District he was later awarded the distinction of Honorary District Senior Grand Warden.

In the Chapters, Brother Taylor has also served with distinction and risen to the Chairs of First Principal in the Glenlyon Royal Arch Chapter No. 62, Worshipful Commander Noah/Most Excellent Chief of The Glenlyon Lodge and Council No. 62 and Thrice Illustrious Master in The Glenlyon Cryptic Council No. 62.

A proud graduate of Jamaica College, Excelsior High School, and the University of Technology, Brother Taylor received a Bachelor of Business Administration degree in Management and Marketing. He joined Grace Kennedy in 1973, and has also worked for Novelty Trading Co. 2002, T. Geddes Grant 2007 and, more recently, Gabsean Ltd, a family run Janitorial Accessories distribution business.

As a musician, Brother Taylor has provided recorded music at regular meetings while as a member of the Fifty/50 Band and the Masonic Chorale, he has performed at fundraising events and other functions for the District Grand Lodge of Jamaica. He is now an accomplished professional photographer and has assisted the Lodge in recording special events.

It is therefore with great pride and pleasure that The Glenlyon Lodge No.346 S.C. now honours you, Brother Bruce Taylor, in recognition of twenty-five exemplary years of service to the Lodge.





#### **Bro. Samuel Emanuel Stewart P.M.**

#### Citation of the Occasion of his 25th Anniversary as a Freemason 8th of October, 2014



Brother Samuel E. Stewart J.P., C.D., P.M.

In recognition of your tireless efforts, unfading loyalty and devotion to the Fraternity and particularly The Glenlyon Lodge No. 346 S.C., we take this opportunity of tendering this citation as evidence of the high esteem in which you are held by all the members.

You were invited to become a member of The Glenlyon Lodge No. 346 S.C., and were initiated on the 13th of May, 1987. As a member, you served in various offices, but your service in the demanding positions of Secretary and Treasurer at different times was particularly inspiring. Your Minutes were drafted and presented in a timely manner, and your financial statements were always ready for audit in the prescribed time. It was therefore with acclamation that you were elected Right Worshipful Master of the Lodge in the ad-

ministrative year 1998/1999.

As Master of the Lodge, you exhibited great tolerance and were an effective mentor to the younger masons. You truly exemplified the spirit of our Fraternity which is to help the needy, succor the distressed and support everything that is fine and noble.

Your involvement in the Chapter Lodges is praiseworthy, namely, First Principal of the Glenlyon Royal Arch Chapter 62, Past Worshipful Commander Noah, Most Excellent Commander and President of the Glenlyon Lodge and Council, Chapter 62, Thrice Illustrious Master of the Glenlyon Cryptic Council and Past Wise Sovereign of the St Andrews Rose Croix Chapter.

A career civil servant, you have served the Government of Jamaica in several capacities: Permanent Secretary in the Ministry of Housing and Post Master General, to name a few. In addition you were appointed to serve on the boards of several public bodies including the Government Saving and Banks Clerks Co-operative Credit Union, the Jamaica Co-operative Credit Union League ltd, The National Housing Trust and the Caribbean Housing Finance Corporation.

You also served as President of the Jamaica Civil Service Association for many years. An entity whose goal and objectives are to secure better working conditions for civil servants is known to be very dear to you. For service to your country, you were made a Justice of the Peace for St Andrew, and received the award of Order of Distinction, Rank of Commander.

It is our expressed wish that you continue to give wise and kindly counsel to our Fraternity, and may the Great Architect of the Universe preserve and keep you in good health for many more years.





#### **Brother Albert George Leon Robertson P.M.**

Citation of the Occasion of his 25th Anniversary as a Freemason 8th of October, 2014



Brother Albert George Leon Robertson P.M.

Brother Albert George Leon Robertson, you being a very active and ardent Freemason, it is with a deep sense of gratitude that this Citation is presented to you in recognition for twenty-five years of service to The Glenlyon Lodge No 346 S.C.

Brother 'Leon' as he is affectionately called was Initiated in The Glenlyon Lodge No. 346 S.C. on the 10th June 1987 Passed to the Fellow Craft Degree on 9th September 1987 and Raised to the Degree of Master Mason on 9th March 1988. Over these 25 years he has carried out the duties of his various offices faithfully and well. His fraternal and genial manner towards all Brethren, his courtesy and tact, his unfailing attention to detail and ready de-

votion to time have been actuated solely by his desire to advance the best interests of the lodge. These qualities have earned him the admiration and respect, the esteem and affection of all his Brethren and it was no surprise that the Brethren elected and had him Installed as the Right Worshipful Master of this Lodge on 10th December 1997

A Founding member of the Kingston College Lodge he was also Installed as its Worshipful Master for the Administrative year 2005 / 2006. An excellent ritualist he is that Brethren of the Kingston College Lodge thought he was more than human when he performed his ritual work.

Ardent in research, he is an advocate in the maintenance of our ancient landmarks and a spokesperson for the upkeep of our original ceremonials.

Brother Robertson has also extended his Masonic journey beyond that of the Craft when he joined the Glenlyon Royal Arch Chapter No 62 and rose through the various offices to the top position of First Principal. He also had a fulfilling sojourn with the District Grand Lodge of Jamaica where he served with great distinction.

A graduate of Kingston College and the University of Technology, Brother Leon qualified as an Associate of the Chartered Institute of Secretaries in April 1970 later to become the President of the Association of Chartered Secretaries and Administrators of Jamaica for the administrative years 1991 - 1993.

Having experienced a successful professional career with Coopers and Lybrand (Chartered Accountants) Brother Leon retired in 1998 as Principal Manager with responsibility for liquidations and receiverships.





#### **Brother Gregory Wayne Khan P.M.**

### Citation of the Occasion of his 25th Anniversary as a Freemason 8th of October, 2014



**Brother Gregory Wayne Khan P.M.** 

It is with pleasure and an acknowledgement of service rendered that we present this Citation in recognition of 25 years of unselfish devotion by Brother Gregory Khan to The Glenlyon Lodge, No. 346 S.C. from the years 1987 to 2012.

Initiated as a member of The Lodge on the 11th November, 1987, it is noteworthy to recall that your father, the late Aston Khan, P.M., was invited to preside at your initiation; the month of November being designated Past Masters' night on The Lodge's Masonic Calendar.

Brother Khan, your Masonic journey and service to the Craft were marked by unfading loyalty and devotion, and for this the Brethren of the The Glenlyon Lodge No. 346 S.C. are eternally grateful. Having served the Lodge in various offices, and under the direction of several Masters, you were elected Right Worshipful Master of the Lodge on the 12th December, 2006.

As Master of the Lodge, you provided guidance and support to all the members, and history will record that your very successful year was marked by great achievements which helped to further enhance The Lodge as one of the premier Scottish Lodges in the island.

Additionally, you led the production of the Lodge's first e-Newsletter, 'The Almoner', which primarily conveys news of The Glenlyon Lodge. No. 346 S.C. The newsletter continues to be produced annually. Elected and installed as First Principal of the Glenlyon Royal Arch Chapter 62 in 2004, you were instrumental in organizing a Christmas Carol service for the members and families of the Companions of the Glenlyon, Surrey and St. Andrew Royal Arch Chapters. This tradition remains an inspirational and familial event today.

Your service to the District Grand Lodge of Jamaica as Steward, Affiliate member of the True Craftsman Lodge of the Irish Constitution, member of The Glenlyon Lodge No. 346 S.C. and Council Chapter 62, and St. John Sovereign Chapter 10, speaks volumes of your love for Freemasonry.

In your private avocation as Managing Director of the Uniform Centre Limited for the past twenty four years, you have developed your company into an efficient organization providing uniforms to various entities; however, your help in providing materials and making aprons for our several degree ceremonies cannot go unnoticed and is a testament of your care and affection for your Lodge.

We the members of The Glenlyon Lodge No. 346 S.C. wish for you Brother Khan years of continued good health and happiness.





#### **Bro. Christopher Charles Robinson P.M.**

#### Citation of the Occasion of his 25th Anniversary as a Freemason 8th of October, 2014



Brother Christopher Charles Robinson P.M.

Brother Christopher Charles Robinson was Initiated into Freemasonry on July 12, 1989 in The Glenlyon Lodge No. 346 S. C. He was Passed on November 8th of the same year and Raised on April 11, 1990. After serving his mother lodge in various offices with great credit, he was installed as its Right Worshipful Master on December 8, 2004.

During his term as Right Worshipful Master, he left an indelible mark in the minds of both young Masons and Past Masters alike. Additionally, Brother Robinson pioneered the very first lecture to our esteem and venerable Past Master, Brother Whitsun McDonald. Thanks to Brother Robinson, the Annual Whitsun McDonald Lecture is now the premier lecture on the Scottish Masonic calendar in Jamaica and we expect this to remain so for generations to come. In the Chapters Brother Robinson's Masonic career has been coloured by other notable achievements, one such is his service to The Glenlyon Royal Arch Chapter No. 62, where he served as First Principal 2008 - 2009.

Brother Robinson was again called to service at the highest level of The Glenlyon Lodge No. 346 S.C. when in 2011 he served for the 2nd time as Right Worshipful Master. In true form he again left his unique mark and administered a very busy schedule including the initiating of eight candidates into the Lodge for the year 2011-2012.

The District Grand Lodge of Jamaica recognized Brother Robinson's contribution to Freemasonry in general and The Glenlyon Lodge No. 346 S.C. in particular by appointing him Assistant Treasurer for the District.

Brother Christopher Charles Robinson's professional life has been equally impressive. He was recognised by the prestigious Who's Who Magazine for his achievements. A finance professional with over 25 years' experience in the financial services industry including serving as a financial analyst with the Office of the Superintendent of Insurance and Country Manager of CUNA Mutual Group in Jamaica. He also served as President of the Kiwanis Club of Kingston; President of the Life Insurance Companies Association of Jamaica and serves as a Board member of COK Sodality Cooperative Credit Union since 1998 – present.

"The great secret of true success, of true happiness is this: the man who ask for no return, the perfectly unselfish person, is the most successful."

Brethren, tonight we celebrate and recognise our revered and highly respected Brother Christopher Charles Robinson for 25 years of dedicated, loyal and selfless service to Freemasonry in general and The Glenlyon Lodge No. 346 S.C. in particular. May you continue to be an inspiration to all your brethren and fellowmen, and may the Great Architect of the Universe continue to bless you with good health.





#### The Glenlyon Lodge Launches Fist Fest 2015



Brethren, Family and Friends of The Glenlyon Lodge No. 346 S.C., once again we are launching a signature fundraising event to support the charitable activities of the Lodge. This year the Lodge will host "Fish Fest 2015" a gastronomic extravaganza featuring the all time local favorite healthy seafood that is a must on every Jamaican menu and is consumed by all. Patrons will be able to have their fish ready to order in whatever way this wish to have it. The event will take place at 1B Oxford Road (beside the ATL Autohaus), on Friday the 22nd of May, 2015 beginning at 11:00 am. Come enjoy the food during

the day and make it a healthy lunch and then start your weekend with the afterwork Jam until 11:00 pm. All proceeds of this event will be in aid of the Charities of the Lodge which will include;

- Funding for the development plan to upgrade the infrastructure at the Sandhurst Basic School; and
- Funding to support the mentoring programme for students at the Vauxhall High School.

Brethren, please bring out all your family and friends to support these charitable causes and come enjoy Good Food, Good Fellowship and Good Entertainment on a Friday night!!

"Come and Enjoy!!!"





#### **The Masonic Health Corner**

#### **Nuts and your Health**

By Brother Dr. Frank N. Villiers P.M.



Brother Dr. Frank H. Villiers M.D.

Diseases arise from a complex interaction of heredity, environment and lifestyle. Where these are favourable, health is achieved or maintained. With heredity and environment however, little or no choice is possible for most individuals. Lifestyle, however, offers lots of choices thereby allowing a longer and healthier life for individuals and those under their care.

Lifestyle choices that affect health include:

- Diet
- Exercise
- Sleep
- Smoking
- Drinking
- Place of abode

For many years mixed nuts have been a source of calories and nutrients for new plants as well as animals especially in the temperate climates. Research has shown that mixed nuts especially in the raw form are essential for a proper diet in human beings. One handful per day releases serotonin a neurotransmitter

in the brain making one feel better as it affects mood, energy balance, metabolism, and glucose levels. Other findings include:

- Reduction of death by 20%
- Reduction of blood pressure heart attacks & stroke by 25%
- Reduction of cancer by 11%
- Reduction of gallstones by 25%

As well as improvement in bones, teeth, growth developments, weight-loss and muscular degeneration. These are accomplished by providing health and essential unsaturated and monounsaturated fats involving linolene acid and linonlenic acid and vitamins including vitamins E, B1, B2, B3, B6, B12 essential minerals, potassium, magnesium, calcium, zinc, iron, copper, and selenium, amino acids fibre and protein and antioxidants. Nuts are most healthy in their raw unroasted form minus sugar and salt, MSG, and contaminants. Allergies, which often start in childhood, are observed with peanuts Brasil nuts, almonds, walnuts, cashews and pecans in some vulnerable individuals.

True nuts are fruits composed of a hard shell and a seed which is generally edible. Many exceptions include peanuts – a legume and cashew - the seed of an accessory fruit. Common nuts include: peanuts, cashew, almonds, walnuts, Brasil nuts, macadamia nuts, hazel nuts, pecans, pistachios, which not only vary in sizes and appearance but also in nutrients Other highlights on nuts include:

- Almonds should be eaten with the skin which contains heart protective flavonoids.
- Brasil nuts ideal for low thyroid function, useful in preventing prostate cancer, improves immunity and wound healing.
- Cashews rich in magnesium, improves recall, and delays age related memory loss.
- Chestnuts increased fibre and C and B vitamins. Decreased gluten.
- Hazelnuts high in folate. Decreases homocyste-





#### **The Masonic Health Corner (cntd)**

**Nuts and your Health** 

ine which can lead to health disease

- Macadamia nuts increased fibre, increased magnesium, calcium and potassium
- Pecans high in plant sterols which decreases cholesterol. High in antioxidants lower plaque formation. High in Oleic acid like avocadoes and olive oil.
- Pistachios increased vitamin B6, keeps hormone balance and healthy problem-free menses. Only nut to contain reasonable levels of Lutein and Zeaxanthin an antioxidant that play an important role in protecting the eyes. Increase in fibre.
- Walnuts antioxidants important in cancer prevention.

Nuts which can be used in a weight loss program include – hazelnuts, almonds and chestnuts as they have low saturated fat content.

In conclusion a daily handful of mixed raw nuts not only makes an individual feel better out, are essential in achieving and maintaining a healthy lifestyle and are universally available, accessible locally tasty and require little or no preparation before consumption. Finally they are affordable.

#### What's Going on—Freemasonry in Jamaica

Date	Event	Lodge
May 4, 2015	Installation Meeting	Royal No. 207 E.C.
May 5, 2014	Regular Meeting	South Carolina No, 390 I.C.
May 6, 2015	Regular Meeting	Kingston No. 1933 E.C.
May 6, 2015	Installation Meeting	True Craftsman No. 921 I.C.
May 6, 2015	Regular Meeting	Elgin No. 1526 S.C.
May 7, 2015	Regular Meeting	Imperial Service No. 978 S.C.
May 7, 2015	Installation Meeting	Hamilton No. 1440 E.C.
May 8, 2015	Regular Meeting	Arawak No. 6902 E.C.
May 8, 2015	Regular Meeting	Mico No. 1583 S.C.
May 9, 2015	Installation Meeting	Barrington Miller No. 1829 S.C.
May 13, 2015	Regular Meeting	The Glenlyon Lodge No. 346 S.C.
May 14, 2015	Regular Meeting	Caledonian No, 554 S.C.
May 17, 2015	Regular Meeting	Clarendon Kilwin. No. 1427 S.C.
May 20, 2015	Regular Meeting	De La Vega No, 1744 S.C.

#### What's Going on—In The Glenlyon Lodge No. 346 S.C.

<b>Date</b>	Event
May 13, 2015	Regular Meeting - Passing of Bro Rudolph Jackson
May 22, 2015	Fish Fest 2015 (Fundraiser), 1B Oxford Road, Kingston 5
June 10, 2015	Mark Degree - Bro Ricardo Blackwood and Bro Marlon Kennedy
July 8, 2015	Regular Meeting—The Whitsun McDonald Lecture





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#### **A Little Bit of Masonic Humor**

Q: How many Masons does it take to screw in a light bulb? A: After much research, this tricky question can now be answered. It takes 20, as follows:

- Two to originally decide that the light isn't working.
- One to pass the problem on to either another committee, the Board of General Purposes or to the RWM
- Three to do a study on light in the Lodge room.
- Two to investigate the type of light bulbs that are used by other Scottish Lodges
- Three to argue about it.
- Five to plan the fund-raising dinner to raise enough money for the bulb.
- Two to complain "that's not the way we used to do it."
- One to borrow a ladder, donate the bulb and install it.
- One to order the brass memorial plate and have it inscribed.



#### THE GLENLYON LODGE No. 346 S.C.

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