



# NEWS AND VIEWS FOR OUR SCOTTISH RITE BROTHERS

# SCOTTISH RITE PROGRESS

Scottish Rite of Freemasonry, Valley of Washington, Orient of the District of Columbia

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November-December 2008

202-232-8155  
dcsr.org

## SGIG's MESSAGE . . .

I urge you to carefully peruse this publication as it contains some outstanding upcoming events of which you may want to attend. Check your calendar and see page 3. However, I would also like to highlight a week long event not found or mentioned in this issue — **American Education Week**. The theme for 2008 is: *Great Public Schools: A Basic Right and Our Responsibility*. This week (November 16 – 21) calls upon America to provide all students with quality public schools so that they can grow, prosper, and achieve in the 21<sup>st</sup> century. The Scottish Rite has long been a supporter of the American Public School and an advocate of this noble theme. I would like you to strongly consider contacting your local school to visit and participate in this event. The schools welcome your presence. Monday, November 17<sup>th</sup> is Open House, but the entire week has designated scheduled visitation activities.



Leonard Proden, 33<sup>rd</sup>

Our Valley is actively enlisting the help of our members in helping/volunteering at our Scottish Rite. We have a number of areas for you to participate and based upon your time and interests, please consider assisting in any of the following areas: Stage Crew, Sound Crew, Camp Guard, Funeral Team, Sick & Visitation Committee, Cast Member, Robing Room, Registration Committee, Music Committee, Education-Scholarship Committee, Membership Committee, Photographer, and the Knights of St. Andrew. If you would like to participate in any way, give us a call.

As this is the last *Progress* issue for 2008, let me take this opportunity on behalf of our Scottish Rite staff to wish each of you a Happy Thanksgiving, a Happy Hanukkah, a Merry Christmas and a prosperous New Year.

See you at the Reunion—be sure to wear your cap.

Thank you for being a Scottish Rite Mason and continuing to spread the light of Masonic Brotherhood.



## Commemorative Stone Laying Ceremony November 22, 2008

Following the 9 A.M. Grand Lodge Special Communication on November 22, 2008 in the Scottish Rite Lodge Room, the Grand Master and Officers of the Grand Lodge of the District of Columbia will conduct a commemorative stone laying ceremony for our Scottish Rite Speech Language Center.



**Time: 10:00 A.M. Place: Scottish Rite Parking Lot**  
**Brunch to follow in downstairs refectory**  
**Scottish Rite members and family are encouraged to attend.**  
**RSVP: secretary@dcsr.org or Jeff Holt at 202-232-8155**  
**no later than November 17, 2008.**

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## 2008 FALL REUNION NOVEMBER 14 & 15, 2008 - SCHEDULE

### FRIDAY, NOVEMBER 14, 2008

- 4:00 - 5:15 PM - Registration [Class Candidates Report]
- 5:15 - 5:45 PM - Class Conveners: Posting of Colors; Indoctrination: Introduction of the SGIG of the Supreme Council
- 5:45 - 6:45 PM - Conferral of 4<sup>o</sup>
- 6:45 - 7:45 PM - DINNER
- 7:45 - 8:00 PM - Communication of 5<sup>o</sup> - 13<sup>o</sup>
- 8:00 - 9:00 PM - Conferral of 14<sup>o</sup>
- 9:00 - 9:15 PM - Communication of 15<sup>o</sup> - 17<sup>o</sup>
- 9:15 PM - Recess to Saturday

### SATURDAY, NOVEMBER 15, 2008

- 8:00 - 9:00 AM - Light Breakfast
- 9:00 - 10:30 AM - Conferral of 18<sup>o</sup>
- 10:30 - 10:45 AM - Break
- 10:45 - 11:15 AM - Communication of 19<sup>o</sup> - 26<sup>o</sup>, 28<sup>o</sup>, 29<sup>o</sup>
- 11:15 - 12:15 PM - Conferral of 27<sup>o</sup>
- 12:15 - 1:30 PM - LUNCH & BREAK
- 1:30 - 2:45 PM - Conferral of 30<sup>o</sup>
- 2:45 - 3:15 PM - Communication of 31<sup>o</sup> & Class Photo Break
- 3:15 - 5:00 PM - Conferral of 32<sup>o</sup>
- 5:00 - 5:30 PM - RECEPTION - All Welcome
- 5:45 - 7:00 PM - New Member Dinner and Festivities

(Invitation Only)

## JOSEPH F. BURROWS

Assistant Treasurer

We are saddened to report the sudden death of Joe Burrows on October 9<sup>th</sup> while attending a Shrine related function in Nashville, TN. Joe was born on April 8, 1938, in Washington, D.C. He attended Landon and Bethesda Chevy Chase High Schools. He owned and operated the National Hotel Supply Company (Meat & Provisions). Joe married Patricia Putz Burrows in 1958 and they have two sons, Keith F. Burrows and Donald P. Burrows, and four grandchildren.



Joe became a Mason on October 27, 2001 at the Grand Masters Class at the Scottish Rite. He was a member of Potomac Lodge No.5 in Washington, D.C. On May 17, 2002 he received his 32nd Degree from the Scottish Rite. At our Scottish Rite he was a member of 4th Degree Cast, presently served as the Assistant Director of the 18th Degree, a Trustee of the Scottish Rite Foundation, and Assistant Treasurer of our Scottish Rite. He was invested as a Knight Commander of the Court of Honor (KCCH) on September 15, 2007.

Joe was a very active member of Almas Shrine, having served in the appointed Divan, elected as a Trustee, was Commodore of the Almas Yacht Club, currently served as Colonel of the Units and 2nd Vice President of the Northwest Shrine Club.

We will miss his Tuesday evening post-meeting discussions in the refectory that always revolved around motorcycles, farming, corvettes, trucks, travels, the latest camera gear and Masonry.



John Vergalla, 33°

# Heads Up . . . BY JOHN VERGALLA

## OBESITY – EPIDEMIC IN THE ELDERLY?

SISSAY AWOKE, 32° KCCH, M.D., F.A.C.P., C.M.D.

*In this issue of the PROGRESS, we have a guest author, Sissay Awoke, 32° KCCH, Physician for the DC Scottish Rite, whose topic is "Obesity".*

Obesity in older Americans may be overlooked in a society that considers a trim body to be a matter of youthful beauty rather than health.

There is an epidemic of obesity in the American public and older Americans have not escaped this epidemic. A 2004 study estimates the prevalence of obesity in adults age 60 and older will increase from 32% in 2000 to more than 37% in 2010<sup>1</sup>.

Obesity in the elderly is associated with an increased risk of diabetes, cardiovascular diseases, hypertension, stroke, osteoarthritis, and some cancers.

Studies have shown associations between obesity and poorer health – related quality of life in the elderly, including worse physical functioning. Since physical function is closely related to the need for more intensive assistance, a majority of the elderly in the year 2010 may require long-term care, home health assistance, and personal equipment such lifts and scooters<sup>2</sup>. Such perpetual problems of obesity require research and life style changes to enhance safe body weight loss in the elderly.

### *Facts about obesity in the elderly:*

- One in four Americans older than 50 is considered obese.
- In the elderly, during aging, there is a change in body composition associated with a reduction in muscle mass and accumulation of intra-abdominal fat which predispose to obesity related medical problems.
- If the current rate of weight increases for ages 50 to 69 continues, it is predicted by 20/20 that the prevalence of Americans who have difficulty bathing, dressing, or walking across a room will increase by 18% to 22%.
- The vascular problems brought by obesity and related syndromes like hypertension and type 2 diabetes have been found to be risk factors for vascular and Alzheimer’s dementia.
- When it comes to exercise, according to the Centers for Disease Control and Prevention, Americans who are older than 65—

- 37% get the daily recommended level of exercise;
- 35% do not get enough exercise; and
- 28% do not get any exercise.

### What is the remedy?

#### • **Weight loss:**

10% to 20% loss of body weight can improve the health status of the individual and prevent the risk of diabetes, hypertension, cardiovascular diseases, and high cholesterol.

#### • **Exercise:**

The degree of exercise should be tailored to the individual’s physical condition and ability. Increased flexibility, strength, and endurance should be additional goals to exercise.

#### • **Behavioral Changes:**

Success in achieving and maintaining a decrease in weight requires a change in eating habits and life style. Behavioral modification methods should be used for life to be successful in weight loss programs.

#### ➤ **Intuitive Eating:**

This is a new weight loss and control method. Eat only when you are really hungry and eat a small amount, just enough to curb your appetite; do not eat large meals. This method has been found to be effective in some patients who follow weight loss programs.

#### **Points to remember:**

- Reduced calorie intake – avoid high calorie foods such as fatty foods.
- Regular Exercise – according to your ability and physical condition.
- Behavior modification and maintenance program – take responsibility and be in charge to control yourself and avoid your bad eating habits, which caused your obesity. You know them!

**SCOTTISH RITE PROGRESS**  
The Scottish Rite of Freemasonry

**General Officers**

SGIG of the Supreme Council .....	Leonard Proden, 33°
General Secretary .....	John Vergalla, 33°
Treasurer .....	Paul D. Gleason, 33°
General Counsel .....	Kwame M. Acquaaah, 33°
Almoner .....	Thomas J. Yoder, 33°
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Assistant Director of Work .....	William T. Rule II, 32° KCCH
Assistant Director of Work .....	Gordon Lee Ferguson, 33°
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Associate Chaplain .....	Rev. Canon Daniel D. Darko, 32° KCCH
Associate Chaplain .....	Rev. Canon Michael M. Marrett, 32°
Physician .....	Sissay Awoke, 32° KCCH
Tyler .....	Samuel J. Anthony, 32° KCCH

**THE  
SCOTTISH RITE**  
*Proudly presents the Annual*

**EDUCATION - SCHOLARSHIP  
AWARDS PROGRAM**

**Honoring our Scholarship Recipients for 2008-2009**

**November 25, 2008**  
**7:15 PM**

**Catered Buffet at 6:15 PM**  
*Members Family, Friends are Welcome*

**RSVP: 202-232-8155 or secretary@dcsr.org**

## Americanism Program - A Huge Success

### NEVER A DOUBT – NO DISAPPOINTMENT !!

The 18<sup>th</sup> of October was a very special day for the Scottish Rite, the DC Board of Education, and our neighbors. It was our Annual Awards Ceremony for the Junior Reserve Officers' Training Corps. We enjoyed the company of some 350 attendees, including members of the Scottish Rite, faculty of the JROTC program, proud parents ... and of course ... our honorees, the cadets.

We were hosted by our Sovereign Grand Inspector General, Illus-

trious Len Proden. He began the evening with a welcoming gala feast and everyone enjoyed to the fullest. Many compliments were heard and appreciation was shown by vigorous applause at the beginning of the program.

Not surprising, the program began with Prayer, and Pledge to our great Flag. Introductions included Col Otis Elam, Director of Military Education in the District of Columbia, a special guest – the National President of National Sojourners, Col Joe Baker, and the Grand Master of Masons in DC, MW Bro. Akram Elias.



*Dr. Ivan Ware*

Our evening began with two wonderful presentations by the Tuskegee Airman, Inc. (TAI). Original TAI, Dr. Ivan Ware, spoke of his experiences and the rich history of these brave men of World War II. He cited the struggles they had in proving their skills, but dedication and diligence prevailed, and the rest, as they say, "... is history." The legacy of these brave men will live as a beacon for all to follow. Col Taro Jones spoke of the more modern times and encouraged all, especially our youthful honorees, to work hard to preserve our Freedom and recognition will follow. Both received a standing ovation.

Harken to the sound of the Fife and Drum !!! Your orders are here !!! In marched an ensemble of fife and drum to our listening pleasure. Several tunes were played for both entertainment and learning, for it seems that in addition to melodies, many sounds were indeed commands to the troops. It was very interesting to learn that these instruments were precursor to bugle calls, which have evolved today into radio direction. These specific tunes called us to work for the day, time to eat, time to retire, charge, retreat, and many other commands. We learned that "... march to the tune of the drum," meant more than just a cadence. Yankee Doodle also took on a different meaning for us, as they concluded their interesting presentation.



*Williamsburg Field Musik*

After a nice talk by Master Lucas Finnell, who was sponsored by the Scottish Rite in the People to People Program, where he went to Australia and New Zealand, we went to the real purpose of the evening ... recognizing our special cadets, who achieved so much. There were over forty cadets from fifteen schools in DC that were worthy of our praise. The highlight was the Scottish Rite Medal for achievement in academics and either Americanism or Leadership. The cadets wore their Royal Purple Medals with great pride, as the presentation was made by Bro. Proden and



*Lucas Finnell*

Col Elam. Bro. Proden also invited the National Sojourners to present their awards for academics and patriotism. He joined Bro. Joe Baker, also a past Grand Master, in making the presentations to these cadets. This very special evening, had to come to an end, but we were not hungry and we were very proud of our leaders of tomorrow. If you weren't there, come next year. You will be glad you did.

## Calendar of the Scottish Rite Center for November, December, January 2008

### NOVEMBER

- 4<sup>th</sup>** Mithras Lodge of Perfection
- 11<sup>th</sup>** **VETERANS' DAY** (*Office Closed*)  
*No Meeting Scheduled*

- 14<sup>th</sup>** **FALL REUNION**  
Registration 4:00-5:15 PM  
Recess to Saturday 9:15 PM
- 15<sup>th</sup>** **FALL REUNION**  
Class Reports; light breakfast 8:00 AM  
Reunion Concluded with Dinner and Festivities 6:00-7:30 PM

- 18<sup>th</sup>** Robert de Bruce Council of Kadosh 7:30 PM
- 22<sup>nd</sup>** **COMMEMORATIVE STONE LAYING** 10:00 AM
- 25<sup>th</sup>** **EDUCATION-SCHOLARSHIP AWARDS PROGRAM**  
Buffet Dinner - 6:00 PM Program - 7:00 PM
- 27-28<sup>th</sup>** **THANKSGIVING HOLIDAY** (*Office Closed*)

### DECEMBER

- 2<sup>nd</sup>** Mithras Lodge of Perfection 7:30 PM
- 9<sup>th</sup>** Evangelist Chapter of Rose Croix 7:30 PM
- 13<sup>th</sup>** **Grand Lodge of the District of Columbia**  
**Installation of 2009 Officers** 5:30 PM  
**Reception** 8:00 PM
- 24-26<sup>th</sup>** **CHRISTMAS HOLIDAY** (*Office closed*)

**WINTER RECESS - NO MEETINGS**  
December 10, 2008 - January 19, 2009

### JANUARY

- 19<sup>th</sup>** **MARTIN LUTHER KING DAY** (*Office closed*)
- 20<sup>th</sup>** **ROBERT BURNS 250<sup>th</sup> Anniversary**  
*Celebration of Scottish Contribution to American Culture*
- 27<sup>th</sup>** Mithras Lodge of Perfection  
Evangelist Chapter of Rose Croix 7:30 PM  
Robert de Bruce Council of Kadosh  
Albert Pike Consistory Elections

## Sick and Shut-In

The following sick and home bound brethren, and/or wives would welcome phone calls, e-mail or cards.

**M. Jack Hirose** is recuperating in Potomac Valley Nursing and Wellness Center at 1235 Potomac Valley Rd, Rockville MD, and would welcome visitors. The center can be reached for visits at (301) 762-0700

**Clarence Meiggs**, Call or send a get well card to: (301) 392-5821, mcbeas@starpower.net. 8750 Dream Court, La Plata, MD 20646-4408.

**III. Armen Garabedian**, is at home with inner ear and balance problems, 1309 Juniper St. NW, Washington, DC 20012-1440; or call him at (202) 882-7428.

**III. Charles H. Potter II**, is home bound and recovering - wish him well at 10207 Calumet Dr. Silver Spring, MD 20901-4601; potter\_charles@msn.com or call (301)-593-4155.

**III. Mitchell J. Diamond**, is at home recovering from a long illness, he is at 4201 Cathedral Ave NW #1001W, Washington, DC 20016-4980; or call him at (202) 686-9140 and wish him well.

We would like to thank our sick and shut-in chairman, **III. John R. Garrison, 33°** for his constant prayers and cheerful uplift to our home bound brethren and their wives. To report sick or shut-ins, call John at 301-864-4981 or the Scottish Rite office at 202-232-8155.

## Friends of Fort Dupont Ice Arena Grant

The generous grant from the Scottish Rite of the District of Columbia will help fund two of the primary components of the Fort Dupont Ice Arena's Kids On Ice program – the Learn to Skate class and Schools Skate for Fitness

Learn to Skate has 300 students between a Saturday and a Sunday class. This class meets once a week for 12 consecutive weeks, with a 25 minute lesson followed by practice time. This class provides multiple character-building benefits. Through group skating classes, students learn respect, fairness, courtesy, personal responsibility, and the value of practice and perseverance. Skating also teaches self-reliance, self-confidence, responsibility and perseverance. And every participant benefits from a boost in self-esteem.

Schools Skate for Fitness provides skating instruction to DC Public School classes of up to forty students. The program follows the US Figure Skating (USFS) Basic Skills curriculum. The class period includes off-ice instruction, on-ice instruction, and supervised practice time. Instruction includes discussion of good nutrition and how healthy eating helps success in sports, along with discussion of math, science, geography and vocabulary lessons that are relevant to each particular class. Groups who attend regularly complete USFS Basic Skills components (Basic 1-4), demonstrating proficiency in each component through the USFS testing program, and receive a certificate of achievement at the end of the school year. High safety and social behavioral standards are maintained by introducing the rules at the beginning of the program and reinforcing the rules each week. The school teachers are encouraged to participate, but not required to teach the course.

This grant also funds a DC JROTC public outreach dashboard (which is located all year round inside the ice rink) with important statistics and other information about DC JROTC's successes.

For more information on Fort Dupont Ice Arena, go to [www.fdia.org](http://www.fdia.org)

## IN MEMORIAM

Robert P. Chandler, 32° KCCH .....	7/3/2008
Hobart N. Falen, 32° .....	9/2/2008
Edward S. Irons, 32° .....	10/8/2007
Elmer W. Smith, 32° .....	8/14/2008
William J. Oxley, 32° .....	9/18/2008
Kuaku R. Attipoe, 32° .....	3/1/2007
Frederick B. Warden, 32° .....	12/25/2007
Andrew G. Babest, 32° .....	9/24/2008
Joseph B. Shearer, Jr., 32° .....	6/29/2008
Joseph F. Burrows, 32° KCCH .....	10/9/2008
Charles W. Fotis, 32° .....	10/3/2008
William J. Bouvier, 32° .....	10/14/2008
Morton R. Shiff, 32° .....	10/16/2008
Leon Schwartz, 32° .....	10/19/2008
Marshall I. Harris, 32° .....	9/7/2008

## VETERANS DAY 2008



Each year, Veterans Day reminds us of the men and women who have served or continue to serve in our Armed Forces. Through their efforts, we are able to enjoy many freedoms outlined in our Constitution.

On Tuesday, November 11th, the Americanism Committee is proud to host a ceremony honoring these brave men and women at the Fort Dupont Ice Arena ([www.fdia.org](http://www.fdia.org)) from 11:15-11:45AM. There is no cost to attend this event. Fort Dupont Ice Arena is located at 3779 Ely Place, SE Washington, DC 20019 Phone: 202-584-5007

Our guest speakers will be Colonel Otis Elam, USA (Ret), of the DC JROTC, III. SGIG Len Proden, and Dr. Tommie Robinson of RiteCare®. The DC High Schools will be represented by a JROTC Color Guard. Information about the DC JROTC and the RiteCare® program will be readily available.

Prior to our ceremony, you are welcome to a free public skating lesson that begins at 10:00AM. We encourage all of our brethren, family, and friends to come to witness such an exciting event in our community.

### Samuel J. Anthony, 32° KCCH

Our Tiler, Samuel J. Anthony, will soon depart for Freetown, Sierra Leone. He and his lovely wife, Gloria, are retiring to their native country. Sam plans to lead a life of leisure and volunteer in his church and the local schools. Brother Sam is a recent retiree from the District of Columbia Public Schools and has spent 22 years working in various educational settings.

He is a Past Master of Joppa Lodge No. 35 and the current Secretary of Sojourner Kilwinning No. 1798. Sam joined our Scottish Rite in 1998 and received the rank and decoration of a Knight Commander of the Court of Honor in 2007.

We wish him well and will miss his happy smile and friendly greeting at our Tuesday meetings.



## Pay your dues with a credit card this year.

Scottish Rite has contracted with VISA, Master Card, American Express and PayPal to accept Credit Card payments. See our web page at [dcsr.org](http://dcsr.org) and click on Dues & Contributions.