



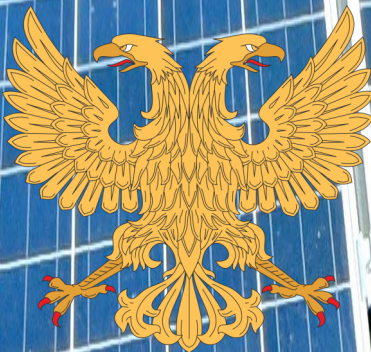
The Scottish Rite Clarion

CLARION

*Ancient Accepted Scottish Rite, PHA—Orient of Illinois
Volume 8 Issue No. 1—June 2017*



Proclamation for 100th Anniversary Session



Double Headed Eagle



History Maker



Illinois Elevations



PROCLAMATION

TO THE SOVEREIGN GRAND INSPECTORS GENERAL, GRAND INSPECTORS GENERAL, PAST AND PRESENT COMMANDERS-IN-CHIEF, ELECTED OFFICERS, SUBLIME PRINCES, STATE GRAND LOYAL LADY RULER, PAST STATE GRAND LOYAL LADY RULERS, AND LADIES OF THE GOLDEN CIRCLE, ALL OF THE ORIENT OF ILLINOIS, NORTHERN JURISDICTION, U.S.A., INC.:

PURSUANT TO THE CONSTITUTION AND GENERAL REGULATIONS OF THE UNITED SUPREME COUNCIL, ANCIENT ACCEPTED SCOTTISH RITE OF FREEMASONRY, PRINCE HALL AFFILIATION, NORTHERN JURISDICTION, U.S.A., INC., ARTICLE XXIX, SECTION—202 REQUIRES ALL COUNCILS OF DELIBERATION TO CONVENE ANNUALLY.

THE 100TH ANNIVERSARY OF THE COUNCIL OF DELIBERATION FOR THE ORIENT OF ILLINOIS (PHA) WILL CONVENE ON FRIDAY, SATURDAY AND SUNDAY, OCTOBER 13TH, 14TH AND 15TH, 2017. OPENING SESSION WILL COMMENCE AT 8:00AM CST ON SATURDAY, OCTOBER 14TH, 2017 AT THE ABRAHAM LINCOLN.DOUBLE TREE HOTEL LOCATED 700 EAST ADAMS STREET, SPRINGFIELD, ILLINOIS. FOR HOTEL RESERVATION CALL (217) 544-8800 NO LATER THAN SEPTEMBER 21, 2017. MENTION THE ILLINOIS COUNCIL OF DELIBERATION (PHA). ROOM RATES ARE \$99.00.

EARLY REGISTRATION FEE IS \$90.00. ON SITE REGISTRATION FEE IS \$100.00. EXTRA BANQUET TICKETS ARE \$45.00 EACH.

THIS PROCLAMATION IS TO BE READ AT EACH MONTHLY MEETING UNTIL WHICH TIME THE SESSION COMMENCES.

GIVEN UNDER MY HAND AND SEAL ON THIS 1ST DAY OF JULY IN THE YEAR OF OUR LORD 2017.

MELVIN FRIERSON, 33^o
Melvin Frierson
 DEPUTY FOR THE ORIENT OF ILLINOIS (PHA)

Attest:
 James A. Mitchell, 33^o
 Secretary for the Orient of Illinois (PHA)



From the Desk of the Deputy for the Orient of Illinois

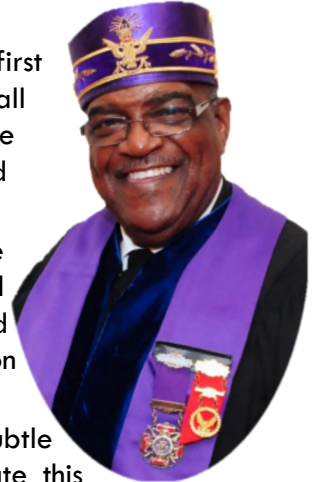
SOVEREIGN GRAND INSPECTOR GENERAL MELVIN FRIERSON, 33^o

I write this article with humility, pride and thankfulness all at the same time. For the first time ever in my remembrance we entered and exited the United Supreme Council with all Consistories and functioning Assemblies in 100% good standing and with the loss of one (1) Grand Inspector General due to nonpayment of dues. I am truly humble and grateful to God and proud of you for a job well done.

As we journey through this our 100th year of existence, 100 years of continuing service to humanity in the state of Illinois and other parts of the globe, give yourselves a well deserved pat on the back. Thank God for what He has done, what He is doing and what he is going to do for this organization called the Illinois Council of Deliberation AASR of FM PHA.

It is our plan with your assistance and involvement to highlight this 100th year in a subtle way, nothing grandiose or fabulous, just some modes of recognition to commemorate this historic event. Even the smallest of recognition requires us to generate funds to provide you with some perpetual gifts and memorabilia reflecting and symbolizing this mementos occasion in our history.

I am therefore pleading with each of you to support our two major fundraisers, a raffle which also serves as a fundraiser for your individual Consistory and Assembly and a shirt sale depicting our 100th year.



From the Desk of the Secretary

SOVEREIGN GRAND INSPECTOR GENERAL JAMES A. MITCHELL, 33^o

"A well prepared man never trembles."

Congratulations to our newly elected Grand Inspectors General of Illinois (PHA).

The Illinois Council of Deliberation (PHA)'s 100th Annual Session will be held in the historical city and state of Springfield, Illinois on October 13-15, 2017. Please make plans to attend.

Continue to support the activities and efforts of the Illinois Council of Deliberation (PHA). The Orient of Illinois (PHA) is well and organizationally strong; due to the leadership of our Deputy, Melvin Frierson, 33^o. *The Deputy is encouraging you to get articles of worth to the "Clarion's" editor.*



From the Desk of the Editor

GRAND INSPECTOR GENERAL DARYL L. ANDREWS, 33^o

In order to continue the trend and, possibly, increase the publication schedule, it is recommended that **each Commander-In-Chief of each Consistory appoint a reporter** to convey articles and photos of events to this office on a quarterly basis to ensure that the works done in each Valley are captured in this publication. This will help us to meet the goals outlined by the Deputy for the Orient of Illinois and let our light shine to all subscribers to this publication. **Please send the names of the Consistory Reporter to Clarion@AndrewsPress.com.**



Next Edition Cutoff: November 11, 2017

Sovereign Grand Commander Sands - Official History Maker

The election of Sovereign Grand Inspector General Basil L. Sands to the Office of Sovereign Grand Commander of the United Supreme Council at its 45th Triennial Session made him become the first non-American to hold the highest office in Prince Hall Scottish Rite Freemasonry.

With nearly 60 years in Freemasonry, Sovereign Grand Commander Sands has been active in multiple Masonic branches. He has been a member of Royal Eagle Lodge No.1 since 1959. An Honorary Past Grand Master of Prince Hall Grand Lodge of the Commonwealth of the Bahamas, he was an integral part in the establishment of a Consistory in the Bahamas. He served as the first secretary of James E. Morley Consistory No.73 in 1962. By his efforts and service, he was crowned a Grand Inspector General in 1968. He was elevated to "Active" status as a Sovereign Grand Inspector General and appointed Deputy of the Orient of the Bahamas in 1979. He served as Deputy for the Orient through 2004 until he was elected to the Office of Grand Minister of State for the United Supreme Council in 2004. In 2006, he was elected to Lieutenant Grand Commander and Chief Executive Officer of the Rite, and, subsequently, elected to Sovereign Grand Commander in 2016.

Congratulations to Sovereign Grand Commander Sands!!!



**Sovereign Grand Inspector General
Basil L. Sands, 33°
19th Sovereign Grand Commander
United Supreme Council, Northern Jurisdiction
Prince Hall Affiliation**



**SGIG Charles M. Carter Sr., 33°
Past Emeriti USC-NJ, PHA**

REST IN PEACE

The Orient of Illinois has lost Masonic giants during the course of the Masonic Year. It is with heartfelt condolences that we mourn the loss of all fraters here and beyond and humbly request that peace be unto their ashes.

LAMP IN THE WEST

By Ella Higginson

Venus has lit her silver lamp low in the purple west casting a soft and mellow light upon the sea's full breast in one clear path as if to guide some pale, wayfaring guest.

Far out, far out the restless bar starts from a troubled sleep where roaring through the narrow straights the meeting waters leap but still that shining pathway leads across the lonely deep.

When I sail out those narrow straights where unknown dangers be and cross the troubled moaning bar beyond the mysterious sea, dear God, wilt thou not set a lamp low in the west for me?

New Sovereign Grand Inspectors General from Illinois

ELECTED AT THE 2017 ANNUAL SESSION OF THE UNITED SUPREME COUNCIL AASR NJ PHA



Congratulations to the new Sovereign Grand Inspectors General (Emeriti) from the Orient of Illinois who were elected at the 2017 United Supreme Council Session:



**Sovereign Grand Inspector General
R.C. Brown, 33°
Western Consistory #28**



**Sovereign Grand Inspector General
Donnie Merritt, 33°
North Shore Consistory #91**



**Sovereign Grand Inspector General
Clarence Trotter, 33°
Menelik Consistory #49**

New Grand Inspectors General from Illinois

PHOTO BY GRAND INSPECTOR GENERAL DWAYNE A. SMITH, 33°





SGLLR Pauline James Brown

LOYAL LADY SHARON ANN RAWLS, CHICAGO ASSEMBLY #4 OGC



It is my belief that our history should not be a mystery to us; therefore it is an honor to present someone I know and someone you should know, 2016-2017 SGLLR Pauline James Brown.

State Grand Loyal Lady Ruler Brown is a member of "Chicago Assembly #4", Order of the Golden Circle. The wife of GIG John Brown, she is an intricate entity in the foundation of the Scottish Rite Towers Building in Philadelphia, Pennsylvania. She was educated with Certifications in Financial Management; Occupancy Specialist; Management Maintenance; Fair Housing; National Center for Housing Management; and State of Illinois Real Estate Broker from

Roosevelt and DePaul Universities. She prepared the application and acquired the largest grant awarded from HUD Region III office in Philadelphia, Pennsylvania for 10.5 million dollars. The project groundbreaking was November 2, 1995 and was completed November 8, 1996. She worked with the architect and the management company to determine floor plans; room layout; furniture plans; staffing plans and rent-ups. She met with the architect and the general contractor regularly to ensure that budgets and schedules were consistent with the estimates, resulting in the completion of the Scottish Rite Tower Building 45 days ahead of schedule.

SGLLR Brown was the "only" female involved in this project. Having a clear understanding of the fraternal needs of the Supreme Council, she prepared the package for their 501c(3) to which they were granted.

Her resume includes her work as Administrative Secretary Dept.

Head at IIT Research Institute, Contract Proposal Writer for the Dept. of Defense and other Federal and State Agencies, Legal Secretary at the University of Chicago Law School, Administrative Assistant to the Deputy of Municipal Prosecution Division for the City of Chicago. She also served as the only "African American" Court reporter for Cook County Courts and Administrative Secretary at the University of Illinois Dental School in the Dept. of Periodontics.

Finally, SGLLR Pauline James Brown continued to use her skills and knowledge to obtain Haven Towers 501c(3) grant from HUD Chicago Office to develop the 1st Senior Housing Complex on the Southside of Chicago in 1999 in the 8th Ward, using the same management and architect skills that she previously used in Philadelphia. SGLLR Pauline James Brown is the only female ever listed in the history of the United Supreme Council. She is definitely someone you should know.



Sherwood Edwards—Worldwide Who's Who

SUBMITTED BY SOVEREIGN GRAND INSPECTOR GENERAL MELVIN FRIERSON, 33°

Grand Inspector General Sherwood Edwards has been a respected educator at the College of DuPage for more than 30 years. A Professor of Sociology, he has received multiple awards for his leadership and service. In 2012 he received the Professional of the Year by the Worldwide Who's Who organization and is now a permanent fixture in the publications of the organization.

*Stay tuned to the next edition for a full review on Grand Inspector General Edwards who is definitely **SOMEONE YOU SHOULD KNOW.***

What are You Doing with that Ring?

SOVEREIGN GRAND INSPECTOR GENERAL HOMER WALTON, 33^o

We have often been reminded that the ring is a symbol of constancy and fidelity and thus employed in the Masonic Fraternity as a representation thereof. So what does that ring mean to you? Are you acting in a manner that is commensurate with that which it represents? Do you inject your fidelity into your respective Consistories? What are you doing to ensure that the Order has continuity of success?

To wear this ring, you had to exhibit a character that is exemplary beyond that of the average Mason. That ring should identify you as one who can be looked to as a person to provide assistance and guidance to every Brother who observes you as well as to those members of the public who may not know you as a Mason, but should know you as a stalwart of your community, ready and able to lend a hand to anyone who may need it. But first and foremost, you should be an

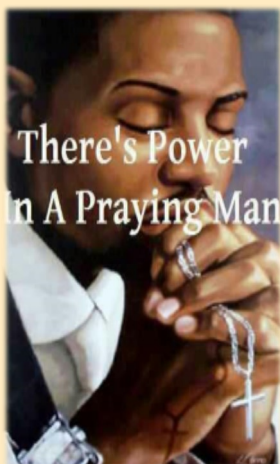
example to the Sublime Princes who aspire to attain the honor that you have been blessed with. And that example should be a shining beacon of light that shines as brightly to all as that golden symbol on your finger.

We must endeavor to ever present ourselves as a man who has a purpose; a desire to achieve and excel in all that he ascribes to. We must show our peers and companions that we have a desire to effect change in the world and be ready to ensure that this change can occur. And it can occur if you work at it. Our society today is at a point where our youth have very little to look up to. As Masons, we must elevate ourselves to a position that the youth have a reason to look up to us. We must be able to show them that there is more to this life than just a good time. To do this, we must set examples that coincide with the principles that are the embodiment of the symbol upon our



hand – constancy. That we believe that we attribute our lives to that same design – a well rounded embodiment of a belief in the trinity symbolized by the triangle surrounding the number 33 – that of the Father, the Son, and the Holy Spirit

So, in closing, I again ask of you – What are you doing with that ring? Does it mean as much to you as it should? Or are you just perpetrating a belief that you are capable of upholding the values that it stands for? Let us all ask this of ourselves, take due notice, govern and be governed accordingly.



Divine Inspirations

SUBLIME PRINCE TARA F.G. DERAMUS, 32^o

POWER IN A PRAYING MAN

When you think you have less, you find that you really have a lot of the best. When you know you can't go any further, you feel the wind behind you and all the others. When you feel like giving up, God says "no" just stay prayed up.



OFFICE OF THE
DEPUTY FOR THE ORIENT OF ILLINOIS
MELVIN FRIERSON, 33°
1819 NORTH 42ND STREET
EAST ST. LOUIS, ILLINOIS 62204

REGISTRATION

Advance registration for the 100th Illinois Council of Deliberation's Annual Session is \$90.00 for ALL REGISTRANTS. The deadline for advance registration is October 9, 2017. Onsite registration is \$100.00. The registration includes a banquet ticket. Extra banquet tickets are \$45.00.

ADVANCE REGISTRATION SHOULD BE MAILED TO:

SGIG Leroy Barnes, 33°
18105 S. Sligo Way
Country Club Hill, Illinois 60478

(PLEASE PRINT CLEARLY)

NAME: _____ TITLE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

CONSISTORY OR ASSEMBLY (CIRCLE ONE) NAME: _____ NO.: _____

(CHECK ONE OF THE FOLLOWING BELOW:)

BEEF _____ CHICKEN _____ VEGGIE _____

Please indicate on your registration form your choice of chicken or beef for your banquet meal. If you register on Saturday, October 14, 2017, the only available choice for your meal will be beef.

Melvin Frierson, 33°

Melvin Frierson

Deputy for the Orient of Illinois (PHA)

Attest:
James A. Mitchell, 33°
Secretary for the Orient of Illinois (PHA)



ILLINOIS COUNCIL OF DELIBERATION
 ANCIENT AND ACCEPTED SCOTTISH RITE OF FREEMASONRY
 PRINCE HALL AFFILIATION - NORTHERN JURISDICTION, U.S.A., INC

S.G.I.G Melvin Frierson, 33°
Deputy for the Orient of Illinois
1819 North 42nd Street
East St. Louis, Illinois 62240

(618) 271-9740
(Fax) (618) 271-6456
mfrierson34@aol.com

SUBJECT: 2017 SOUVENIR JOURNAL FOR THE 100TH ANNIVERSARY OF THE ILLINOIS COUNCIL OF DELIBERATION

TO: All Sovereign Grand Inspectors General, Grand Inspectors General, Sublime Princes, Grand Loyal Lady Ruler, Loyal Lady Rulers, Loyal Ladies, and Friends

The Illinois Council of Deliberation (PHA), Orient of Illinois, will host its 100th Annual Session in Springfield, Illinois, October 13-15, 2017. We are looking forward to this very special event and we want to properly document the occasion by publishing a Souvenir Journal. Thus, we are soliciting your support and participation by purchasing an AD.

We are also making a special plea to each Consistory, Assembly, and other Prince Hall Masonic Bodies to purchase an AD.

THE ABSOLUTE DEADLINE FOR ALL ADS: October 4, 2017

**Full Page with Photo \$57.00, Half Page with Photo \$35.00, or
 Quarter Page with Photo \$25.00
 Front, Back, and Inside Covers \$100.00**

Please enter my/our Subscription for a _____ page AD in the Souvenir Journal

Subscriber's Name/Title _____

Address _____

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Amount enclosed \$____. Please type or print copy for the AD on the reverse side or on a separate sheet. All photos must be good quality, glossy black & white or color. Please, no photos printed from home printers or cell phones. If you request a return of your photo, please include a self addressed stamp envelope. **Submit document(s) in "word" not in "PDF" form. We also encourage you to submit your advertisement via email to: jamitchell2011@att.net**

Please Make Checks or Money Order Payable To: Illinois Council of Deliberation (PHA)

MAIL TO: James A. Mitchell
 4800 S. Chicago Beach Drive
 Unit 609 S
 Chicago, Illinois 60615

Phone #: (773) 285-9932

Fraternally,
Melvin Frierson

James A. Mitchell

Damon P. Anderson

SGIG Melvin Frierson, 33°
Deputy for the Orient

SGIG James A. Mitchell, 33°
Secretary for the Orient

GIG Damon P. Anderson, 33°
Chairman, Souvenir Journal





The Scottish Rite Double Headed Eagle

SUBMITTED BY GRAND INSPECTOR GENERAL DARYL L. ANDREWS, 33^o—AUTHOR UNKNOWN

The symbol most widely recognized as Scottish Rite Masonry is the Double-Headed Eagle of Lagash. It is one of the oldest Royal Crests in the existence. This symbol has been in use at least a thousand years before the Hebrew Exodus from Egypt and more than 2,000 years before the building of King Solomon's Temple.

Records indicate that in the early days of modern Freemasonry the Double-Headed Eagle was first used around 1758 by a Masonic body in Paris. That Masonic body was known as "The Emperors of the East and West", and controlled the

advanced Degrees then in use. It is these degrees that became a precursor of the Ancient Accepted Scottish Rite.

Our Double-Headed Eagle features the white-ribboned motto, pendant from the hilt of the sword to the point, and displaying the Latin "SPES MEA IN DEO EST", which translates "My Hope Is In God". As a Scottish Rite Mason you will recognize this phrase from the lessons taught in the 31^o.

Generally, the symbolic meaning of this symbol in the Scottish Rite is that of duality contained in or resolving itself in unity. Among other things, it reminds us that as man we are composed of both body and

spirit, that he is both temporary and eternal; that both good and evil exist in the world and that we must perpetually espouse good while opposing evil. It also reminds us that knowledge comes both from study and insight; and that our obligations are both to ourselves and to others; that both faith and reason are necessary.

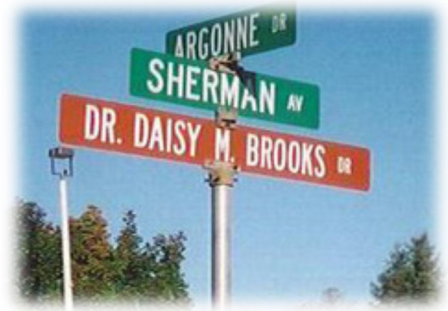
The various symbols of the Scottish Rite do not easily reveal their meanings to us; furthermore, there may be many meanings to any one symbol. Only after thought and reflection do they fulfill their function and begin to trigger ideas in the mind.

Around the Orient of Illinois

SOVEREIGN GRAND INSPECTOR GENERAL JAMES A. MITCHELL, 33°

North Shore Consistory #91

North Shore Consistory #91 is a frequent donor and supporter of Daisy's Resource and Development Center. The namesake of Daisy Brooks, wife of Grand Inspector General Waddell Brooks and recipient of the Medal of Freedom from President Barack Obama, the Center is an organization/facility that provides various social services to the North Shore community at large. North Shore held its renown fish fry fundraiser. In addition, they continue to help seniors and others in navigating their way through the bureaucracy of obtaining needed social services.



These efforts are only the tip of the iceberg for the North Shore as their labors during the winter months were tremendous. GIG Stephen A. Taylor, Commander In Chief, North Shore Consistory Number 91, Valley of Waukegan, appointed a committee at the November meeting and gave them directions to organize and discuss possibilities that the Consistory could support and provide help to families in the Communities in need during the Holiday Season.



The committee met and agreed to purchase Christmas Baskets. Considering the Consistory economic powers, the task would not be easy, and the team agreed to involve the latest class of Sublime Princes, 32°, named after SGIG Oliver Washington the class of 2016 and Rufus Mitchell Lodge No. 107 to work with the committee. The plan was brought to the attention of SGIG, Melvin Frierson, 33°, Deputy for the Orient of Illinois and he thought the efforts of the committee and their plan was laudable and offered monetary help from Illinois Council of Deliberation.

The Consistory, Rufus Mitchell Lodge and Illinois Council of Deliberation were able to purchase 50 Christmas Baskets that included all the necessary items, i.e., a 14-18 pound turkey, boxes of dressing, corn bread meal, and rice, cans of green beans, vegetables, carrots, cabbage and celery.

On Saturday, December 17, 2016, all 50 baskets were donated to families in need. The recipients were from the Communities of North Chicago, Waukegan, and Zion and they all expressed their appreciation to the Masons, for having such a program that provided assistance to families who needed help to provide a real traditional Christmas dinner for their family during the Holiday Season.

The committee worked diligently to ensure the directions of the Commander In Chief were implemented included:

- GIG Stephen A. Taylor, 33°, CIC
- GIG R. DeLacy Peters, 33°
- GIG Otis W. Cromartie, Sr., 33°
- GIG Jermaine Nesbitt, 33°
- GIG Donnie Merritt, 33°, COR, Class Facilitator
- GIG Timothy Gause, 33°, Recorder
- SP Larry Burnett, 32°, Committee Chair
- SP Charles Bailey, 32°

SGIG Oliver Washington Class of 2016

SP Arthur Strong, 32°, Chairman SP Andrew Kelley, 32°, Vice Chairman
 SP George S. Payne, 32° SP Crandle Collins, 32° SP Larry Green, 32°

Tyree Consistory #64

Tyree Consistory #64 has a robust Holiday Basket Program which has included the distribution of numerous baskets to seniors and needy families. These efforts during Christmas and their subsequent efforts during the winter in donating winter coats to high school students in the East St. Louis Communities provide evidence that the Consistory holds charity as their primary purpose. Their countless contributions take place throughout the year. They continue to uplift the community through their service.

Tri-Cities Consistory #82

Tri-Cities Consistory #82 held its popular Meal Bundle Raffle fundraiser. Each Bundle included chicken, slab ribs, and other food products. Vouchers are distributed to needy families to procure the meal bundle. Tri-Cities Consistory works in conjunction with the local M. L. King Center. The Center provides various social services to the community. Contributions and volunteering is the focus of Tri-Cities activities, albeit, a decline in its membership.

Western Consistory #28

Western Consistory #28's Christmas Basket Program continues to be the hallmark of its many charity programs. Christmas of 2016 over 1300 Christmas baskets were distributed among widows and orphans, community service agencies, and seniors. At Western Consistory's Man Amongst Men Annual Banquet, a Chicago Fire Department decorated Captain, Mr. Michael Hill, was honored. The banquet was well attended and profitable. The Eagle's Club of Western honored 33rd degree masons from the past five years with Certificates of Appreciation. The banquets, fundraisers, and social programs are just a few of Western's many projects.

Marquette-Joliet #104



Muhammad Ali, the greatest prizefighter of all time once said, "Service to others is the rent you pay for your room here on earth." As such, Marquette-Joliet Consistory #104 seeks to contribute a small token of compassion via its annual "Feed The Community Holiday Program". The project helps to give back to our local communities by presenting holiday food baskets to any person who wishes to receive one. The baskets contain (1) large turkey, various canned goods and other non-perishable items included in a traditional holiday meal...corn, stuffing, vegetables, cranberry sauce etc.

The 2016 edition of the "Feed The Community Holiday Program" was held in Joliet, IL on December 17th, a brisk Saturday morning from 9am – noon. Despite the cold conditions, over 100 baskets were distributed to thankful neighbors, benefactors and new friends alike.

In these trying times of political uncertainty and social program budget cuts, there is a definitive need for men to assist the less fortunate, to flex the benevolent muscles of our present narratives and to demonstrate the charitable theorems extolled in our various rituals. One such theme expounds that in order to live a fruitful life, it is our duty to perform unending acts of charity whereby our fellow man will benefit therefrom and our Creator will be well pleased. "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God." - Hebrews 13:16



Marquette-Joliet Presents Presence to the Present

SUBLIME PRINCE HANIF MORRIS, 32^o

Rampant drug use, mass incarceration, senseless killings and failing school systems are in headlines at every turn. Media outlets repeatedly paint grim prospects for the future of our youth. Even the current POTUS stated “You’re living in poverty, your schools are no good, you have no jobs, 58% of your youth is unemployed — what the hell do you have to lose?” More importantly, we live the consequences of dire circumstances on intrinsic, local and daily basis. Every single one of us feels the pain and yearns for effective solutions.

As simple as it may initially seem, the very presence of foundational manhood in our communities assists in correcting present circumstances...**Presence for the Present.** Due to sociological, political and economic triggers, a whole generation of men in our neighborhood gives the impression of *personae non gratae*. In the past where there were male role models active and present in the lives of youth now mutate into visits to prison and grave sites. Therein is a palpable and obvious need for “Stand-Up” men to model behaviors that specifically benefit youth and our societies in general. It stands to reason that if our children have positivity to gravitate towards, they will often to choose to do so. “Train up a child in the way he should go, And when he is old he will not depart from it.” - **Proverbs 22:6**

Marquette-Joliet Consistory #104 has contributed to the solution by first becoming certified mentors, then donating time and service to youths of local elementary schools. Over twenty M-J #104 Brothers successfully completed an accredited mentorship course in which they learned to safely and effectively serve as mentors to toddlers, adolescents and teenagers. Isaac Singleton and Fairmont elementary schools have been the recent benefactors of our initiatives to provide for our youth via behavior modeling, academic support and supply accommodations. Hopefully, the effort will inspire others to contribute in their own ways and help our youth reach their full potentials.

M-J #104’s mentorship initiative has its own motto: “Our Youth, Our Focus!” and as such, we aspire to change the world!



Some Signs and Symptoms of PTSD

GRAND INSPECTOR GENERAL
MAJOR LACY, 33^o

Authored by Catherine Roberts

According to mental health professionals, post-traumatic stress disorder (or PTSD) is a mental condition that results in a series of emotional and physical reactions in individuals who have either witnessed or experienced a traumatic event.

Events that cause the individual to fear for personal life and wellbeing—such as a car collision or other accident, a physical or sexual assault, long term abuse, torture, a natural disaster, living in a war zone, or life-altering experiences like the death of a loved one—can all spur the following PTSD symptoms...

1. Physical Pain

PTSD will often begin with a series of common physical ailments—such as headaches or migraines, dizziness, fatigue, chest pain, breathing difficulties, and stomach and digestive issues.

2. Nightmares or Flashbacks

It's very common for those with PTSD to suffer nightmares or flashbacks—a symptom known as re-experiencing—in which the patient suddenly and vividly re-lives the traumatic event in a repetitive manner. Re-experiencing can enter dreams or come on suddenly in waking images or sensations of physical and emotional pain and fear. It may cause both children and adult sufferers to have sleeping difficulties and anxiety leaving the safety of home.

3. Depression or Anxiety

Mental phobias, which professionals deem as irrational and persistent fear and avoidance of certain objects or situations can cause extreme anxiety in PTSD sufferers to the point where it causes paranoia and depression.

4. Withdrawal

Both adult and children PTSD patients with solid social lives and interests may suddenly lose interest in favorite hobbies, activities, and friends that they used to be very passionate about. Seeking out risky behavior can also be a form of escapism through drug or alcohol abuse, or thrill seeking.

5. Avoidance

Avoidance of physical or mental stimuli that reminds them of a past traumatic event can be typical of PTSD. For example, those involved in tragic car collisions may avoid driving and commuting in a car whatsoever. I could also cause particular avoidances of places or people or places that are reminiscent you of the traumatic experience.

6. Repression

Repression, or the intentional blockage of memories associated with a past event or experience is also a symptom of PTSD. The patient may destroy pictures or memorabilia of a time in their life or attempt to distracting themselves by throwing themselves into work.

7. Emotional Numbing

It's very common for those with PTSD to try to numb their feelings. After all, it's hard to suffer pain when you don't feel any emotion at all. Emotional numbing often leads to the gradual withdrawal and eventually the complete isolated from social circles.

8. Hyper-arousal

It's common for those with PTSD to suffer jitters so sever that it becomes impossible to relax due to the fear of threats. These individuals can be characterized as “on edge” and “jumpy” or easily frightened.

9. Irritability

This state of constant fear and paranoia can cause extreme PTSD-associated irritability, indecisiveness, and a total lack of concentration, sleeplessness, and difficulty maintaining personal relationships.

10. Guilt and Shame

Those PTSD patients who can't get past their negative experience may find it difficult to move forward and maintain a healthy life. They may blame themselves and constantly relive the event, wondering how they could have prevented it. Often immense shame and guilt will set in if they blame themselves for the tragedy.



Norman's Nook—From the Archives of William L. Norman

GRAND INSPECTORS GENERAL WILLIAM L. NORMAN 33° & DARYL L. ANDREWS, 33°

Many men are listed among the rolls of prominent Prince Hall Masons yet it is difficult to find photos of many of them either dressed in Masonic regalia or photographed in the midst of a Masonic service. This photograph from the archives of Grand Inspector General William L. Norman was taken on December 19, 1945 and will, hopefully, clarify the linkage of John Sengstacke to the Illinois Prince Hall Masonic ranks.



John Herman Henry Sengstacke (November 25, 1912 – May 28, 1997) was an African-American newspaper publisher and owner of the largest chain of black newspapers in the country. He was also a civil rights activist and worked for a strong black press, founding the National Newspaper Publishers Association in 1940, to unify and strengthen African-American owned papers. He served seven terms as president of the association, which by the early 21st century had 200 members.

He was the nephew of Robert Sengstacke Abbott who founded the Chicago Defender. Sengstacke ran the newspaper after his uncle's death in 1940. In addition to the Defender, he also published the Michigan Courier in Detroit, the Tri-City Defender in Memphis and acquired the Pittsburgh Courier in 1966. He also worked with multiple Presidents of the United States of America in desecrating the press corps. Under President Franklin D. Roosevelt, he accomplished the goal of having black reporters admitted to presidential press conferences. Under President Harry Truman, Sengstacke was appointed to a armed forces commission. This appointment served as a strong blow to desegregation in the military.

Brother Sengstacke was a member of Mt. Hebron Lodge #29 of Chicago. He is pictured with Right Worshipful Brother Rudolf Johnson, 32° (left) and Most Worshipful Brother Ashby B. Carter, 32° (right) above giving a charitable donation to the Grand Lodge on behalf of the National Newspaper Publishers Association.



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