



A message from the Grand Chaplain

VWBro Ron Kuban

Resurrection, Reincarnation and Rejuvenation The Story of Spring

The last gasps of winter and the early rays of spring, have long induced in humans a sense of magic, anticipation and excitement. In fact, since pre-historic times, humans have established many celebrations that occur around the vernal (or spring) equinox, which marks the day that is equally divided between daylight and darkness. Over time, these celebrations and their respective rituals were adopted by numerous religions resulting in diverse holidays and celebrations: Easter, Passover, Ramadan, Nowruz (Persian), Holi (India), Vaisakhi (Sikh), Songkran Water Festival (Thailand), and many more.

Conceived to reflect nature's transformation, these special events speak to many common concepts, key of which are resurrection, reincarnation and rejuvenation. The fact that these concepts are so universal or prevalent across most religions, is reflective of their common origin and descriptive of the human spirit.

The belief in the resurrection of the dead or from the dead may be found in Greek mythology and numerous religions including Christianity, Judaism, Islam, Zoroastrianism, Hinduism, and Buddhism to name but a few. Its long history may be traced to pagan time and the Canaanite legend of the death and resurrection of the God Baal. This was followed by many other but similar legends.

For example, historical artifacts from Egypt's 5th dynasty (2494-2345 BCE) recount the death and resurrection of Osiris the Hyksos God. Osiris was believed to be the lord of death and rebirth, and was also the god of fertility, agriculture and afterlife. Note that even then, a connection was made between fertility and agriculture on the one hand, and death and the afterlife on the other!

Nature's transformation at the start of each spring helped pre-historic humans frame the notion of resurrection. Plants that were dormant or seemingly 'dead' during the winter period suddenly started to stir, sprout and come alive. These humans understood death, but craved their gods to live on through physical resurrection, hence the many legends of deities coming back to life. Over time, physical resurrection transformed into human spiritual resurrection, and the notion of the rebirth of the soul took root to become nearly universal. Today, our desire to return from the dead and live for an eternity is couched in different terms, such as our wish to leave a legacy and be remembered by future generations.

Reincarnation is somewhat similar to resurrection. It is a philosophical or religious concept where a living entity experiences a biological death and starts a new life in a different body, shape, style or form. It refers to rebirth, which is a central theme to many Indian religions such as Jainism, Sikhism, Hinduism, Buddhism, Spiritualism, and some sects of orthodox Judaism.

We may not recognize it, but each one of us has reincarnated time and again throughout life. As proof, consider our inherent and ongoing effort to learn, discover, invent, and adapt. It is part of the growth, which humans have been experiencing since the beginning of time, and continue to do so in many subtle ways. It results in a part of us – like an idea, a belief, or a practice – being discarded and replaced by another. We are thus remade – emotionally, spiritually, intellectually, and sometimes even physically – never to return to our old self. As such, reincarnation is both inevitable and necessary. It allows humans to evolve, grow and mature. The same may be said about the notion of rejuvenation.

Early humans recognized that their daily toil required a period of rest and physical rejuvenation. In time, they integrated a cycle of work and rest into their religious rituals and established the Sabbath as a day of physical rest and spiritual rejuvenation. Being agrarian and close to nature, they also recognized that nature's resurrection in spring was enabled by its dormant or rest period during the winter season. They understood that

the land, like its people, needed a break from its toil. Hence, the Old Testament dictate in Exodus 23:12 for people to leave their land fallow for a year after working it for six.

And thus, we return to the celebrations during this time of the year. Their themes of resurrection, reincarnation and rejuvenation highlight for us the often-missed truth that we are all connected to each other, and to our common ancestors, in an invisible web of beliefs and rituals. The seasonal celebrations provide us some key lessons. The concept of resurrection informs us that amidst all calamities there is the hope of

a return to life and a better time. Reincarnation reminds us that change is part of growth and that if we are to truly grow, we must shed a part of us to allow another more-desirable part to replace it. As Mahatma Gandhi said: "Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn." Finally, the concept of rejuvenation teaches us the value of ensuring periodic rest, recuperation and reflection amidst our hectic life of toil.

Finally, whatever holiday you celebrate at this time of year, may it find you healthy and hopeful for the future.

Editorial

Brethren, welcome to the April edition of the Alberta Freemason. This period of social distancing has I am sure taken a toll on all of us. Gill and I are on day 14 and I don't see things changing for the time being. I have spent my time working from home using a secure VPN and updating my personal library into a real program (I have maintained it using an excel worksheet since 2012). Part of the program allows me to add a picture and the slow task of finding, taking a picture of each book and then placing it in its proper place on the shelf is ongoing. As I slowly work my way through I am building a list of books that I want to read again. This is in addition to the recently purchased 20 volumes of "British Masonic Miscellany" waiting to be read, will there ever be enough time?

I strongly urge you to read both the February 28th letter from the Grand Master and the February 27th letter from the Officers of Grand lodge, there is some clear direction and really good suggestions for lodges during this period of isolation.

My studies in March have brought home to me the following interpretation of the virtues by Bro John T. Thorp:

I. Temperance- moderation in all things; in eating; in drinking; in peaking, in silence; in devotion to work or in the pursuit of pleasure; moderation

too in some of our virtues, for I can imagine a man so just that he forgets to be generous, while on the other had, I can picture myself a man so generous, that he gives everything away, and leaves himself with nothing wherewith to pay his just debts. Temperance in all things.

II. Fortitude-It is set down in a very old book that "Man is borne into trouble, as the sparks fly upwards." If this be true, and I think all of us here who have lived long enough to go grey, will confirm the statement, that what an excellent thing it is to be endowed with an ample fund of Fortitude; it will strengthen and invigorate our courage and endurance und all the frown of fortune, and amid all the troubles and trials of a storm-tossed life.

III. Prudence-This virtue is very much at a discount just now. Many among us cast prudence to the winds, and advise others to do likewise, and yet it is a most estimable and useful virtue. What is prudence? To be prudent is to be cautious, discreet, circumspect, carefully to consider the consequences of any action upon ourselves and others, before we act; to look well before we leap. Taking a large and comprehensive view of this virtue, I feel sure that by its exercise we should escape many pitfalls, and many of the troubles and disappointments of life might be lessened, of not entirely avoided.

Provided to Freemasons of Alberta and the Northwest Territories west of the 4th Meridian who are members of

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Published each month except July and August by



The Grand Lodge of Alberta, A.F. & A.M.

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The Alberta Freemason

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Submissions and photos for publication from all Brethren are welcome.

Deadline for copy is the 15th day of the month prior to the month of issue.

The Editor reserves the right to accept, reject and re-write material submitted for publication.

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IV. And what shall we say of Justice? Do we not gauge our estimate of our fellows by the just ness, the fairness and the uprightness with which they treat us and others in the concerns of daily life?

This was written before 1923 and as with much that we have in these old tomes, the absolute understanding of our art is something that we should take seriously.

During this time when our masonic activity has been curtailed by world events, take the time to read, inwardly digest, perhaps call a brother to discuss what you have found. It will further cement not only your masonic advancement but also your relationship with your brother.

Keep well and stay safe brethren,

Steve, Editor AFM

editor@freemasons.ab.ca

Alberta Education Cybersecurity for Freemasons

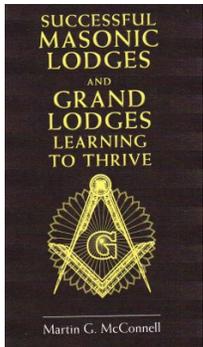
WBro Matt – Perfection #9

Recently while attending some grand event, I was chatting with a brother who expressed a sincere desire to find out what he could do to protect himself from so called 'Cybersecurity' threats. We discussed the topic, and the outcome was that I would follow-up at some point in the future with something resembling an official response. I got busy and this fell by the wayside, later that year it came us as a possible education topic, and I was tasked to provide a presentation on the subject. Well, degrees and events happened, and the education never got presented. In any case, here we are, and it seemed like perhaps it might make a good article for the Alberta Freemason, finally.

In the October 2019 issue of the Alberta Freemason, there were a number of statistics describing the membership of the Grand Lodge of Alberta. More than 57% of the respondents were born before 1977. Why is this important? It means, the bulk of the Freemasonry's membership in Alberta was born and grew ... Page 5

Successful Masonic Lodges and Grand Lodges Learning To Thrive

RWBro. Glenn McConnell has been a Freemason for over 50 years. He attended university in the United States, obtaining a BA and MA. He taught management, practiced executive management in international health care, and presented Masonic lodge officer training sessions. He has held several grand lodge offices and has been continually devoted to Masonic lodge and grand lodge development. His book - *Successful Masonic Lodges and Grand lodges: Learning To Thrive* - presents innovative ways of improving attendance, encouraging lodge growth, and enriching the lives of Freemasons everywhere.



★★★★★ 5.0 out of 5 stars R.C. Brousseau. Masonic Education!

Based upon the recommendation of a lodge brother, and our Grand Secretary, I decided to buy a copy of book for my lodge. I hope that the WM and his senior officers will find the book useful.

★★★★★ 5.0 out of 5 stars Amazon Customer What a great resource for Lodge Mentors.

★★★★★ 5.0 out of 5 stars Five Stars Amazon Customer Very educational reading



Successful Masonic Lodges and Grand Lodges, Learning to Thrive, is an important and thought-provoking volume. R.W. Bro. McConnell neatly identifies many of the challenges facing the Craft today and provides sensible and practical solutions. --- W. Bro. Tim Dedopulos, London, England. Author of *The Brotherhood, Inside the Secret World of the Freemasons*.

Available from Amazon.com \$19.95 US and Amazon.ca. Also in Kindle format.



The Grand Lodge of Alberta
ANCIENT, FREE AND ACCEPTED MASONS

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Mar. 28, 2020

Brethren;

In my communication to you on March 15, I informed you at that time, I would update you by April 6, 2020 on how things were going. As most of you know the Province and the Federal Government have both implemented more stringent quarantine measures.

With the more stringent quarantine measures also comes longer isolation times, with approximately 50% of our members in the high-risk demographic, we need to be especially careful in groups. So:

1. All Lodge meetings are cancelled until June 1, 2020.
 - a. Grand Lodge does encourage each lodge to phone and communicate with all their members during this time of isolation.
2. Virtual Tyled Lodge meetings are not allowed at this time. Grand Lodge will revisit this decision if the pandemic continues for an extended period.
 - a. Lodges are encouraged to hold virtual meetings for education, General Purpose, festive boards, or other purposes which the Lodge might think of. Tyled Lodges are not allowed.
3. For those lodges having elections and installations in the period April 1 thru June 1, 2020:
 - a. Nomination papers need to be filed with the Secretary by the appropriate day, as per the lodges' bylaws:
 - i. If there is only one nominee for a position, the candidate is acclaimed
 - ii. If there is one or more nominee for a position, elections will need to be held when lodge is opened for business.
 - iii. Dispensation to hold elections out of time is granted in the above instance, if necessary
 - b. Installations will need to be scheduled and performed once Lodges are open for business.
 - i. Dispensation is granted for installations out of time, if necessary.
4. Grand Lodge Communications is still being planned for Edmonton on June 11-13, 2020. If the State of emergency extends beyond May 1, 2020, Grand Lodge will be postponed until circumstances permit. More information will be sent in this case:
 - a. The Brethren will be given proper notification of where and when.
 - b. It takes at least 4-6 weeks to rebook a hotel with the capacity the Grand Lodge requires.
5. All nominees for Grand Lodge Positions JGW, BGP, and committees are reminded to have their essays/ bio into the Alberta Freemason by April 8, 2020.
6. Grand Lodge Office is still open and the Committees of the BGP are still meeting. All meetings are being held virtually.
7. If a brother is having problems financially, please remember Lodges should have a benevolence fund to help a brother. Grand Lodge does have a Benevolence Fund for help of a distressed brother. If you are in need please fill out the appropriate form, 180 or 180.2 and file it with the Master and Secretary of your Lodge. He will than forward it, confidentially, to Grand Lodge for consideration.

Brethren, these are trying times for all of us. Stress can cause numerous medical problems, so if you can please try to relax. We are all in the same boat. It's much easier if we're all rowing in the same direction.

Please contact other members of your lodge or members from other lodges and make sure everyone is being looked out for. Please don't forget to check on the widows. That's what family's do for each other.

Ken Cheel

Ken Cheel
Grand Master



March 27, 2020

Brethren:

We are now into our third week of the Public Health Emergency in Alberta and it looks like restrictions regarding social distancing will remain in place much longer than anticipated. It is likely we will see stricter rules imposed, as evident in many European countries, regarding the way we live our daily lives and those restrictions may not ease any time soon.

We strongly recommend every lodge in the jurisdiction perform a "Roll Call" of their members to identify those who may be at risk and need assistance as well as those who may be available to provide that assistance. Lodges should put in place phoning committees to contact members every few days, as individual situations can change quickly. Consider having some brethren available to take calls from distressed brothers. Lastly, keep our brethren informed of how they can reach out for help.

We are living through unprecedented times with the COVID-19 virus, in which none of us know for how long, nor how bad the situation will get. Lodges should look at all ways to stay in contact with the brethren. Any general purpose meetings, educational presentations and virtual social gatherings are encouraged through the use of video conferencing software. You may need to check with the expert computer brethren in your lodge or the Grand Lodge jurisdiction in how to accomplish this task.

We encourage all lodges to share their strategies and plans to keep the fraternal fires burning bright through their DDGM's. We will then collate and pass this information on to the other districts and lodges. Our DDGM's are encouraged to work hard with their district lodges to put these strategies in place.

Finally, remember not just your brethren and their families are in need but our neighbours and communities as a whole are struggling. Masons profess to be the Pillars of Society, Now is the time to prove it!

"Stay Safe, Stay Healthy and Stay Connected".

The Officers of Grand Lodge

From page 3 .. up in a generation that existed before the World Wide Web. Now being blessed with this many experienced masons is a bit of a double-edged sword, while the craft is comprised of a wealth of experience and knowledge, it also means the bulk of our membership is perhaps not as 'techsavvy' as some of our newer members. "With great power, comes great responsibility"

- Stan Lee (Some Spiderman comic - maybe Ben Parker depending on who you ask)

For many of us, 'techsavvy' is par for the course and just a part of our everyday lives. The World Wide Web is ubiquitous and has been for most of our lives. We, therefore, take many behaviors and actions for granted.

It is sometimes hard to understand how other groups of people might find these same behaviors and actions as common sense, or even intimidating.

Why should you listen to me? You shouldn't really—actually it would be better if you went out and did your own research and learned all of this on your own—however in the interests of transparency. I have been involved, in one form or another, with Cybersecurity and related fields daily for the last 20 years. I have co-founded and currently run a successful Cybersecurity startup here in Calgary, that does business with many customers right here in a Canada, as well as right across the world.

So, without further ado, some easy things you can do

to protect yourself from becoming a victim in the world of Cybersecurity:

- Choose a password that means something to you and you only; use strong passwords with eight characters or more that use a combination of numbers, letters, and symbols.
- Keep your mobile devices in your possession at all times and always be aware of your surroundings.
- If you use social networking sites such as Facebook, be sure to limit the amount of personal information you post online and use privacy settings to avoid sharing information widely.
- Most businesses or organizations don't ask for your personal information over email. Beware of any requests to update or confirm your personal information.
- Avoid opening attachments, clicking on links, or responding to email messages from unknown senders or companies that ask for your personal information.
- Install and regularly update the security programs on your computer, such as antivirus, and anti-spyware. These programs can help to protect the information on your computer and can easily be purchased from software companies on the web or at your local office supply store.
- Beware of free gifts or prizes. If something is too good to be true, then it probably is.
- It is important to add only people you know on social media sites and programs like Skype; adding strangers could expose you and your personal information to scammers.

For online activities it is important to remember the following:

Medical Advice:

- Be sure to find out who is providing the information, know where you're going online.
- Many pharmaceutical companies create websites with information to sell products.
- Look for sites ending in .edu (for education) or .gov (for government).

Banking:

- Avoid accessing your personal or bank accounts from a public computer or kiosk, such as the public library.
- Don't reveal personally identifiable information such as your bank account number, social security number or date of birth to unknown sources.
- When paying a bill online or making an online donation, be sure that you type the website URL into your browser instead of clicking on a link or cutting and pasting it from the email.

Shopping:

- Make sure the website address starts with "https", s stands for secure.
- Look for the padlock icon at the bottom of your browser, which indicates that the site uses encryption.
- Type new website URLs directly into the address bar instead of clicking on links or cutting and pasting from the email.

What does any of this have to do with freemasonry? Nothing in particular, but everything in general. We are all heading into another busy holiday season, we will likely all be doing some portion of our shopping online, and even if we aren't it is still a busy time for criminals targeting people for cybercrime. Proper 'Cyberhygiene' is something we don't pay much attention to, until we have to. Unfortunately, at that point it is likely too late, and you have already been targeted and compromised.

If you'd like more information on any of the above, there is a ton of information, including the above, at the Department of Homeland Security's "Stop. Think. Connect." campaign. You can access it at stopthinkconnect.org. I am also available, and happy to chat with anyone that may have any questions concerning the above. Please contact the editor and he can put you in touch with myself directly.

Ed. Matt sent this to me back in October 2019, looking at the upcoming holiday season. However, I feel with our current situation should I have put this in the November issue I would have been reprinting it now. Brethren, now more than ever the information above is relevant, we are all moving more to online processes to purchase. So thanks Bro Matt your advice is greatly appreciated.

Getting to Know your Masonic Foundation Representative.

The Masonic Foundation of Alberta has been part of Alberta's Masonic Landscape since 1991. It is well known in many Lodges and Districts, but surprisingly little is known about the Foundation and its working in other Lodges and Districts.

In the late 1980's a group of Alberta Freemasons, wanting to address an immediate need that was not able to be addressed by the existing Masonic Charities in Alberta, put together the bones of the current Foundation. The specific need at that time was to buy a handicap van for a needy brother. In addressing this important issue, the brethren involved foresaw the

need for a Masonic Charity in Alberta to address issues outside of the purview of the other Masonic Charities.

In 1991 the Masonic Foundation of Alberta was established by six Alberta Freemasons, three from Calgary and three from Edmonton.

The Foundation defined its mandate as the protection of children in need or at risk, and for the betterment of youth, who are so often without a voice; and to support Masonic Lodge efforts in their support of charities in their local area, especially as they relate to supporting minors in need or at risk.

In the years since it was established the Foundation, with the assistance of Alberta's Masonic Lodges, has supported approximately 120 Charities on behalf of Alberta's Freemasons. Yet surprisingly many freemasons are not familiar with the work of the Foundation, and what it is about. Many who come to the Foundation Board are in that situation. What they find is a group of dedicated freemasons from all over the Province who serve on the Board to assist those who are in desperate need, often requiring protection from physical or psychological harm.

Many of the Board members have been on the Board for many years. It is the norm, rather than the exception, that district representatives remain on the board for 4 years and up.

In recent years, the Foundation Board has promoted April as Masonic Foundation Month. We hope to raise awareness about the Foundation and to encourage Alberta Masons to support us in these important causes.

The measure of success of the Foundation is the amount of money it donates to charity. That is our sole objective. But clearly it cannot donate money it does not have, so donations to the Foundation are important to allow us to fulfil our mandate.

Here is a challenge for those, who like many, had no knowledge of the work of the foundation. Why not seek out your district representative and talk to him about the Foundation? They will be only too pleased to talk to you. If you are so moved, make a donation, thank you, but it is more important to find out about us, know that we are there, and know what we do.

There is information about the Foundation at <http://masonicfoundationofalberta.ca/>. We are planning to revise and update the website in the future, but there is some basic information there.

If you are unable to locate your District Representative, I or your DDGM will be pleased to assist.

Jay Byer
President

Masonic Foundation of Alberta

Advertising Rates for 2020 in the Alberta Freemason

All submissions for advertising should be sent to the editor by the 15th of the month prior to publication. All submissions should be made in Word format, pictures should be of at least 600dpi in JPEG, PNG or GIF format and be attached separately and emailed to editor@freemasons.ab.ca

Rates:	per issue
Full page	\$120.00 + GST
Half page (vertical)	\$60.00 + GST
Half page (horizontal)	\$60.00 + GST
Banner	\$45.00 + GST
Quarter page	\$30.00 + GST

The editor reserves the right to accept, reject and re-write material submitted for publication.

Once the advert has been accepted for publication you will be sent an invoice from the Grand Lodge Office, confirmation of payment is required prior to publication.

If you have any questions contact:

Steve Kennard
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Bro. Steve:

...I have another question/request, and that is for you to send me a copy of Alberta Freemason as an attachment rather than as an email with a website. The problem is that we have a bunch of emails from the Secretary cluttering email boxes to the point where people simply aren't checking them any more. I'd like to circulate our lodge summons, summonses of other area lodges, your newsletter and various minutiae in a single email with multiple attachments to avoid the clutter. There might be a more sophisticated approach to this problem but for now I'd like to try this to improve communication. If you can't do it or can suggest something better, I'd love to hear from you,

Ed' First, let me thank the contributor for contacting me. As far as the distribution of the AF, it has gone through a number of different methods from its inception:

- 1. Printed and mailed to the secretaries for their inclusion with the summons on a monthly basis.*
- 2. Uploaded to the GL website for the brethren or secretary to download and attach to emails.*
- 3. Now I send the AF to the members that has been provided to me or others who have signed up to receive it, in an email that is designed to be opened with a dynamic nature that allows the reader to check out an individual article or the whole issue.*

The change to the distribution of the AF was made to take pressure away from the secretary in downloading and attaching it to their monthly communication. The secretary of each lodge that I know about is sent the email. It is designed to be forwarded in its entirety to the brethren of the lodge so they are able to use the functionality of it.

I would therefore request that if you are either new to the role of secretary or are one of our more seasoned, please just forward the entire AF email to the brethren of your lodge. It is by far easier to do this, and I am sure you will find that the brethren who are receiving it twice will not rebuke you but will consider it the fulfillment of your role.

(reference the Addendum to the March edition)

This is an excellent message... well written and researched.

Thank you for this well grounded, well timed message.

Bro Greg Barton

Ed' Bro Greg, without doubt there will be more to come about this. Its really good to know that AF is being read.

Bro. Steve:

This is an outstanding piece of work. I have not finished the entire edition, but your intro (well versed Bro.) and the first 2 or 3 articles are outstandingly relevant. I thank you.

Kindest Fraternal Regards

Bro Ron

Ed' Bro Ron, thank you for your comments. The AF requires way more than me to bring it to you in this format and content, I receive this on behalf of the team.

Remember brethren, this is your space to comment on the content and forward trajectory of the AF.

April Book Review

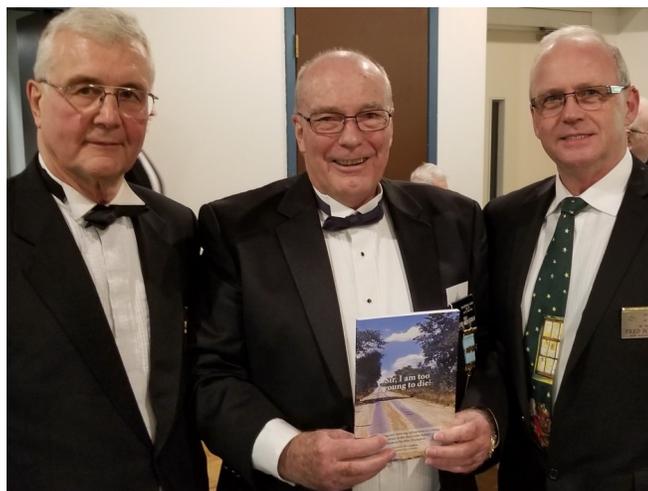
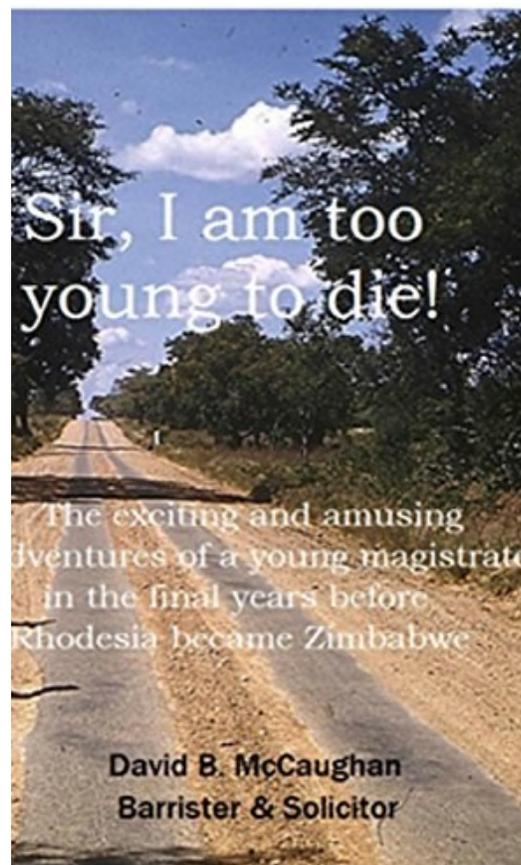
Sir, I am too young to die!

It's a good read, and you do a good deed!

Back in 2015, Bro David McCaughan, a member of Strathcona Lodge, authored and published a book entitled "Sir, I am too young to die!". It is an autobiographical account of his adventures as a magistrate (Judge) in Rhodesia, southern Africa, between 1967 and 1978. Those were tumultuous times as the country was at war with terrorist groups based in neighbouring countries. Applying and enforcing the law equally on all citizens was not only difficult but dangerous. He tells his stories with humour detailing his experience with the bureaucracy, politics and characters within the Rhodesian Department of Justice. What is fascinating is his insightful perspectives on dealing with the tribespeople, who in most cases, had little understanding of the workings of British-style justice. His observations of the lifestyles of the black majority and white minority reveal a society that was on the verge of brutal changes. That upheaval arrived with majority rule when the country became Zimbabwe. The country went from being a food exporter to one of the most desperately poor and corrupt countries in the world ruled by a despotic dictator for over 30 years. The rule of law and justice so dutifully maintained by magistrates like McCaughan would soon disappear and be but a memory of better times.

David McCaughan left Rhodesia in 1978 and settled in Edmonton, where he practiced law until retirement. **He has generously donated 100 of his books, with the proceeds to be given to the Alberta Masonic Higher Education Bursary Fund. The books are available from the Grand Lodge office for \$20. It's a good read, and you will be doing a good deed through your purchase.**

Submitted by Bro Will Verboven, Canada Lodge 165; secretary of the Alberta Masonic Higher Education Bursary Fund.



RWBro Tom Davis Bro David McCaughan RWBro Fred Bowker

Ed' The table below was forwarded to me yesterday and as far as I know is correct on the day of publication. I know we will have many brethren and their families who may well need to navigate through the mounds of paperwork and process.

Good luck brethren, keep your families well and stay safe.

