

Samuel Gompers-Benjamin Franklin
Lodge No. 45 F.A.A.M

bulletin

Takoma Masonic Center
115 Carroll Street, N.W., Washington, D.C. 20012

Volume XCIX • Number 8
October 2024

Meets Second Tuesday of each month except July and August (no meeting),
and December, (second Sunday)

October Stated Communication October 8, 2024

Please join special guest Dr. Jean Marcelin (Grand Lodge Physician) at our October Stated Communication for CPR and AED awareness training. We will review how to recognize the possibility of a Cardiac event as well as common stroke symptoms. We will encourage all to practice Hands-Only CPR and utilize the Automated External Defibrillator (AED) on training manikins. We will welcome family to participate as we will be in Refreshment. This training can save lives. Watch the Grand Lodge CPR AED Video that we produced from this link: <https://vimeo.com/user83388819>

Takoma Masonic Center

115 Carroll Street NW

Washington, DC 20012

(2 Blocks from the Takoma Metro - Red Line)

6:30 PM - Dinner – (All are Welcome)

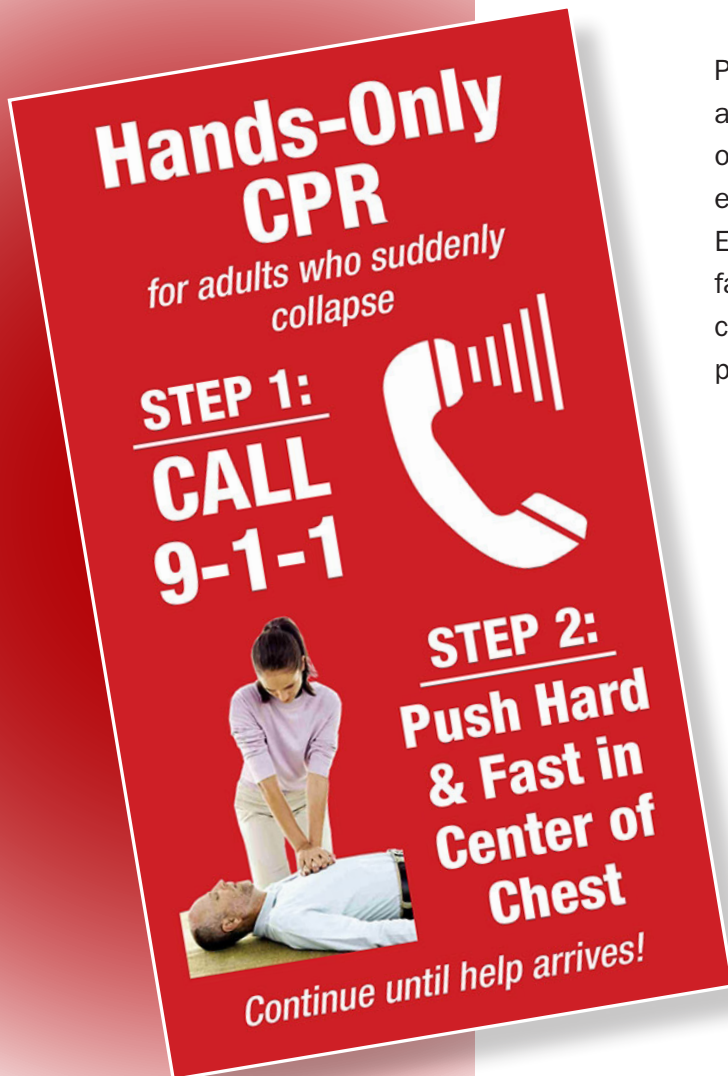
7:30 PM - Lodge - Opening on the EA Degree

Program: CPR AED Hands On Awareness Training

Attire: Tuxedo/Black Suit & tie for officers.

Suit/jacket/tie for members & Candidates

PLEASE RSVP to secretary@sgbf45.org to ensure a proper amount of food for dinner.



Compliments of
SAMUEL GOMPERS-BENJAMIN FRANKLIN
LODGE NO. 45, F.A.A.M.



Your father or uncle
may have been a Mason

Your grandfather probably was a Mason

To learn more about Masonry:
We meet the second Tuesday night
at Takoma Masonic Center

Raymond Horn, *Worshipful Master*, wm@sgbf45.org
Robert Greenwald, *Senior Warden*
Jerry Keilsohn, *Junior Warden*

2B1  ASK1



The Importance of Staying Healthy for an Aging Masonic Generation

As members of our Masonic fraternity grow older, the importance of maintaining good health becomes increasingly evident. Freemasonry, with its rich tradition of promoting brotherly love, relief, and truth, has long emphasized the well-being of both body and mind. For an aging generation of Masons, prioritizing physical, mental, and emotional health ensures not only a better quality of life but also the ability to continue contributing to the lodge and broader community. The experience and wisdom gained from the eldest of our fraternity cannot be replaced and we must engage these members with the lodge when possible.

Physical Health: The Foundation of Longevity

Aging is a natural process, but how we age depends largely on our habits. Regular physical activity, proper nutrition, and preventive healthcare are crucial in preserving vitality. Simple exercises such as walking, stretching, or light resistance training can help maintain mobility and reduce the risk of falls, which are a common concern as we age. For Masons, being physically capable allows continued participation in ceremonies, events, and charitable activities.

Eating a balanced diet, rich in fruits, vegetables, whole grains, and lean proteins, provides the nutrients necessary to support bone health, immune function, and energy levels. Staying hydrated and getting adequate sleep are also important. Regular check-ups with healthcare providers help catch potential issues early, keeping aging brethren in the best possible shape.

Mental and Emotional Wellness: Nurturing the Mind and Spirit

Freemasonry is built on intellectual and philosophical traditions, and mental wellness plays a key role in sustaining those values. Engaging in lodge discussions, studying Masonic history, or participating in charitable initiatives all stimulate the mind, helping to maintain cognitive sharpness. Lifelong learning, whether Masonic or otherwise, can ward off cognitive decline and dementia.

Emotional wellness is equally important. Aging can bring about significant changes—retirement, the loss of loved ones, or decreased independence—that can

challenge emotional resilience. Our lodges provide a sense of community and brotherhood, offering support during these transitions. The camaraderie found in the lodge, alongside shared rituals and teachings, fosters a strong sense of belonging, purpose, and emotional security.

Spiritual Health: Aligning with Masonic Values

Freemasonry, while not a religion, places strong emphasis on moral and spiritual development. For many older Masons, staying spiritually engaged is a way to find peace, balance, and purpose as they age. Practices such as meditation, prayer, or reflection on Masonic teachings help cultivate a sense of connection to something greater than oneself, promoting a holistic sense of well-being.

The Role of the Lodge in Supporting Health

Our lodge leadership must continue to take active roles in promoting the health and well-being of our aging members. Organizing health-focused events, such as wellness workshops, fitness programs, or mental health awareness days, encourages members to prioritize self-care. Additionally, fostering an environment where members feel comfortable discussing health concerns or seeking support from fellow brothers can strengthen the bond of brotherhood.

Conclusion: Health as a Masonic Responsibility

For the aging Masonic generation, staying healthy is not just about personal well-being; it is about fulfilling the Masonic duty of being active contributors to society and to one another. By taking care of our physical, mental, emotional, and spiritual health, we ensure that we can continue living out the values of Freemasonry, leaving a lasting legacy for future generations to follow.

In essence, health is not a solitary pursuit but one that reinforces the very tenets of Freemasonry—unity, support, and the betterment of self and community. By making wellness a priority, the aging generation of Masons can remain vital pillars of their lodges and communities for years to come.

The Palisades Community Association
Presents

4th of JULY PARADE



MARCHING STARTS at 11AM

INDEPENDENCE DAY

PARADE STARTS AT WHITEHAVEN & MACARTHUR BLVD. HEADS NORTHBOUND ON MACARTHUR, LEFT ON EDMONDS, LEFT ON SHERIER. ENDS AT PALISADES PARK. LINE UP STARTS AT 10AM

Are you looking for a great way to celebrate the 4th? You can create your own theme, decorate bikes, scooters, create a float, or march with your group in the greatest community organized parade in Washington, DC!

You can also find that perfect spot along MacArthur Blvd to watch the festivities go by!

After the parade, please join the PCA for our famous picnic!

PICNIC AT NOON | PALISADES PARK

HOT DOGS	MUSIC	DUNK TANK
BOUNCE HOUSE	FUN	LEMONADE

ALL ARE WELCOME!

Details and FAQs at www.palisadesdc.org
Questions? Email Jessica Davis, Parade Chair



Brethren participating in the Takoma Park Parade: Burt Levy, PM, Robert H. Starr, PGM, Hal Henig, Lee Silverman, Jonathan Binstock, PM. Brethren participating in the Palisades Parade: Raymond Horn, PM (missed the memo on Takoma Prade).

TAKOMA PARK'S 2024 4TH OF JULY PARADE

The day's events are planned, directed, and financed mainly by the efforts of the all-volunteer Takoma Park Independence Day Committee, with the cooperation of the Departments of the City of Takoma Park and the Mayor and Council. Once again, our Lodge participated in the July 4th Parades with the Grand Lodge of the District of Columbia.





Grand Lodge Visitation

On September 10th, 2024, at our September Stated Communication, Samuel Gompers – Benjamin Franklin Lodge #45, received the Grand Master of Masons of the District of Columbia and his Grand Line. The Brethren of Samuel Gompers-Benjamin Franklin Lodge #45 gave Grand Honors to the Grand Master, then the Worshipful Master greeted and welcomed the Grand Master.

The Grand Master was escorted to and assumed the East for Grand Visitation. He asked the Grand Marshal to introduce the brethren traveling with him. The Grand Lodge officers assumed the positions from the officers of SB-BF#45. As the Senior Grand Warden was not present, all the Grand Lodge Officers move up one position. The Grand Master introduced, Most Worshipful Grand Master, The Honorable Glenn N. Ruffin, Most Worshipful Prince Hall Grand Lodge of the District of Columbia, and Grand Honors were offered.

The Worshipful Master Aaron Kamerer presented

his report to the Grand Master and the Secretary introduced all of the SG-BF #45 Past Masters present. Reports were presented by the Grand Treasurer, Grand Secretary and Grand Lecturer then the Deputy Grand Master, spoke. Followed by the Grand Master who spoke about his favorable opinion of our Lodge.

Accompanying the Grand Master were:

- Deputy Grand Master: RWB Eric B. Kuchner
- Junior Grand Warden: RWB Jean-Paul Dongmo
- Grand Secretary: RWB Adam J. Goldman
- Grand Treasurer: MWB Alan L. Gordon, PGM
- Grand Lecturer: RWB Christopher K. Mahaney
- Senior Grand Deacon: RWB Michael K. Greenwald
- Junior Grand Deacon: RWB George S. Nicol
- Senior Grand Steward: RWB Michael O. Spencer
- Junior Grand Steward: RWB George E. Perez
- Grand Marshal: Amid Kasamani
- Grand Tiler: Hector M. Ramirez
- Assistant Grand Chaplain: Carpenter Y. Arpa IV
- Assistant Grand Chaplain: Burton S. Levy

- Assistant Grand Chaplain: David G. Maylum
- Grand Lodge Physician: Jean A. Marcelin, Jr., M.D.
- Grand Organist: Pierrindo R. M. Palmer
- Grand Almoner: Ronald J. Leibfreid
- Grand Standard Bearer: Dominador S. Carreon
- Assistant Grand Marshal: Michael C. Graver
- Assistant Grand Tiler: Wuilder E. Aguero
- Aide to the Grand Master: Donald R. Ferguson, Sr.
- Aide to the Grand Master: Mark A. Wright
- Special Advisor to the Grand Master:
Jeremy S. Barnes
- Past Grand Master: Robert H. Starr
- Past Grand Master: Alan L. Gordon
- Grand Lecturer Emeritus: Sheldon I. Rappeport
- Honorary Past Senior Grand Warden:
Harold Grainger

Past Masters of SG-BF #45 Present: Sheldon I. Rappeport, MA DSM, GLE (1989, 2001), Robert Starr (1990) Burt Levy (1995, 2021), Michael K Greenwald (2017), Jerry Keilsohn (2020, 2022), Allen Levy (2023).

Past Grand Masters Present: Robert H. Starr (2002), Alan L. Gordon (2021)

Other Lodge Members Present: WM Aaron Kamerer, SW Derek Gould, JW Jeffrey Greenwald, Lee Silverman, William Keilsohn, RWB Harold Grainger, Chester Katz, Chuck Oshinsky, WB Alan Friedman, RWB Jean-Paul

Dongmo, Sr.

Visitors: Christopher Burkett, WM (HTX #10); Antony Rosado, SW; Fuquay Varina Lodge # 258, Grand Lodge of North Carolina, Mark A Sigad (Federal #1); Koffivi D. Sedzro (East Gate #34)

Honorable Visitors: Most Worshipful Grand Master, The Honorable Glenn N Ruffin, Most Worshipful Prince Hall Grand Lodge of the District of Columbia accompanied by Mark E. Fair, MWPHGLDC

Awards were given to:

Brother Lee Silverman was given his Master Mason Certificate

With the assistance of Jerry Keilsohn, PM acting as Master of Ceremonies, the following Brethren received their Years of Service awards:

- | | |
|------------|---------------------------|
| o 5 Years | WB Aaron A. Kamerer |
| o 10 Years | WB Jerry P. Keilsohn |
| o 10 Years | William A. Keilsohn |
| o 15 Years | RWB Jean-Paul Dongmo, Sr. |
| o 30 Years | MWB Alan L. Gordon |
| o 35 Years | WB Alan Friedman |
| o 40 Years | MWB Robert H. Starr |
| o 65 Years | RWB Harold Grainger |

RWB Grainger was asked to reflect on being a 65-year Mason.

PLEASANT DARKNESS

by WB Edwin Sonnehill Nachlas

Of all the consequences of life,
The most tragic is death,
Like each day's end,
Going from light into darkness.

And as I go from life's brightest day,
To death's dark night,
I go with no sorrow,
For at times, darkness can please more than light.



Read by his daughter Miriam at his Shiva. WB Nachlas was also a poet, writing and delivering poems for all of his family's major events, weddings, birthday etc. This poem, taken from a book of poems he presented his wife before they had children was found by his daughter.

Parkway Deli Meet-Up *Hal Henig*



On Monday Evening, July 22, Samuel Gompers- Benjamin Franklin Lodge held its Monthly Meet-Up at Parkway Deli located in Silver Spring, Maryland. The weather during the event was nice even though there was some rain prior to our event. The Brethren and guests ate outside in the back of the restaurant.

Fifteen Brethren and guests attended this monthly social gathering that evening. Brethren attending were Tiler and Meet-Up Chairman Hal Henig, JW Jeff Greenwald, JD Jerry Keilsohn, PM, Dave Torchinsky, PM, Julien Hofberg, PM, Burt Levy, PM and Brother Charlie Meyers, Alan Karpas, Lee Silverman, and William Keilsohn. Our Guests were Lisa Henig, Sharon Zitomer, Stuart Zitomer, Renee Zitomer, and Laura Torchinsky.

Everybody enjoyed the dinner and social event.



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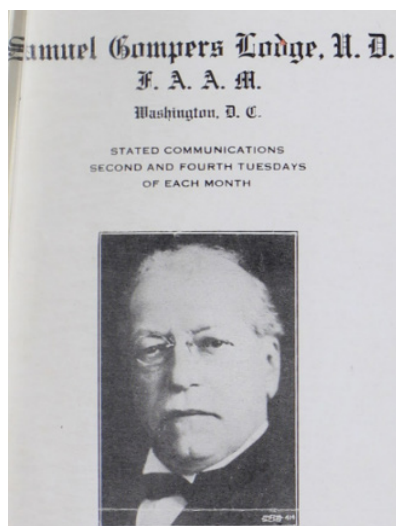
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NEWS OF OUR WEB SITE

by Lee Silverman

With our Centennial celebration rapidly approaching, we are happy and excited to be sharing our history with all of you by providing a look into the past of our Lodge.

With the assistance of Lodge Historian Josh Rubin, I am working to put together the many pages of our Lodge history for all to appreciate. Josh has shared with me scans of Lodge Bulletins, Minutes and other Lodge documents from our beginning in 1925. I plan to post on our web page a new document from our history, and then archive them for all to be able to review as they wish. The page link will be under "MORE" tab along the top of our web page.

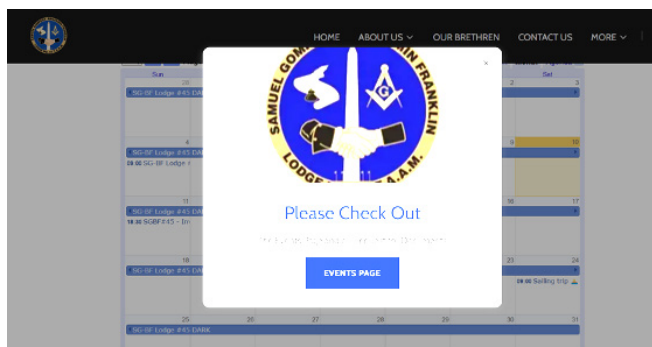


I am happy to be helping our lodge by maintaining the lodge website. I wish to thank our W.M. Aaron Kamerer for giving me this opportunity. With the assistance of our Secretary Raymond Horn, PM, I have been able to update our website. I greatly appreciate the amount of work that it takes to produce a monthly bulletin. I have spent a fair amount of time reviewing many Masonic Lodges throughout the DMV as to their web footprint. I feel that an up to date and informative web page allows our members as well as friends of our lodge to see what our lodge has to offer as well as how we got to this point in history. A good website should be a location that our brothers should use as a place to check for any current and future events that our lodge is hosting. Since it can be updated daily, when necessary, the information you need is current, relevant and easy to access when you need it on demand. I know how many people hit our site every month and for the size of our lodge I think it's a good amount, but I think it should be higher. I am hopeful that maintaining the web site as up-to-date as possible will make it a valuable asset to our Lodge.

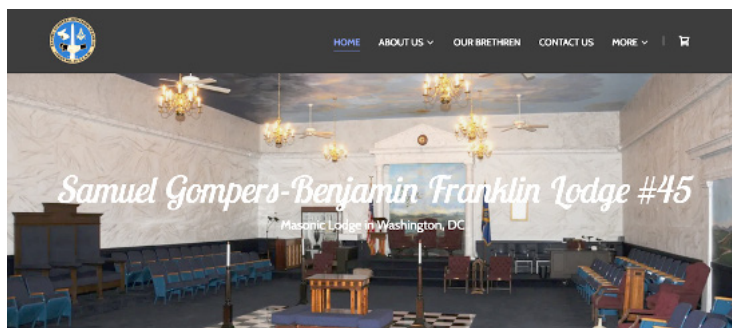
I will be submitting this column monthly for the *Bulletin* to point out key pages, useful hints and any changes to our site in this and future *Bulletins*. This month I delve deeper into the HOME or landing page and the "ABOUT US" tab on the menu bar..

HOME (LANDING PAGE)

Our Home Page has some new valuable information as well as the menu options for the navigation of our site along the top of the page. Currently, a window opens layered over the Home Page directing you to The Events Page and our request for Documents.



Scrolling down the HOME PAGE a little further you will find a change to the site, it now says "News/Upcoming Events." This is a quick view of upcoming events. I purposely did not include specific details here.



This message will be replaced with current notices as necessary. When events are canceled ahead of time, this notice will give that information

News/Upcoming Events

Quick Look for Upcoming Events

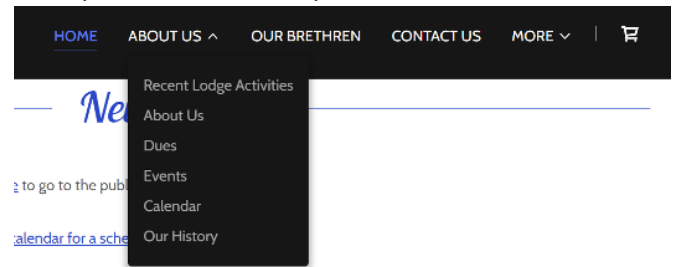
- Lodge Fellowship Dinner Sunday August 11, 2024
- Lodge Sailing Trip Saturday August 24, 2024
- Officers Meeting and GL Visitation Practice Thursday September 5, 2024
- September Communication September 10, 2024; GL Visitation & Awards Night
- Lodge Baseball Game: Marlins vs. Nationals Sunday September 15, 2024

[See our calendar for a schedule of upcoming events.](#)

[Click here](#) to go to the public bulletin downloads



For additional detail you should click on the link listed in this section to take you directly to the calendar page. Each event listed can be opened on the calendar with all the specifics, RSVP requirements, who the event is open for (Masons ONLY or everyone, etc) and any other specifics. There is no need to retype the event for your calendar. You can download that calendar selection directly to your personal mobile calendar. The other method to access the calendar is by selecting the "About Us" tab along the top and selecting "Calendar"



Continuing with the "ABOUT US" tab, I have added the selection "Recent Lodge Activities." This section will be used to display pictures of current events. Please include the following information when forwarding to me:

1. Who is providing the Photographs
2. Who is in the pictures
3. Where and when were the pictures taken.
4. A caption you would like included with the images

Please email any material for the web site to sgbfhistorian@gmail.com . Again one of the benefits of posting pictures or videos to the web is we can post more pictures and videos compared to the limited space available in the *Bulletin*. This is also a great opportunity for our brothers and their family who no longer live in our immediate area to keep the entire lodge involved with their lives as well. We would love to know how our more distant brothers are doing. In the future I would like to establish a page on the site to keep our distant brothers fresh in our minds and hearts and not only when it's related to an illness or even worse a death. Masonry is about history, and we are all part of this lodge's history.

In addition to the Web Site, the Technology Committee is tasked to help with the 100th Anniversary of our Lodge. With that, I am asking for anyone who has pictures, videos, documents and any other relevant information that may be helpful for the upcoming Anniversary to please forward any such materials to sgbfhistorian@gmail.com.

I am open for any comments and suggestions to improve the web site. Thank you and I hope you find the site improvements to be beneficial and enjoyable.

ORDER OF THE EASTERN STAR CRUISE IN BODRUM, TURKEY



MWB Robert H. Starr and Vickie were in Bodrum, Turkey in late August. He shared this picture of Masonic members on the OES Greek/Turkey cruise (including the Worthy Grand Matron of DC, Vie Auber) meeting with members of Bodrum Lodge #97 under the Grand Lodge of Turkey.

From left to right: Sek of Bodrum Lodge; I Beverly Gurner, Past Grand Matron; Vie Auber, Worthy Grand Matron; is Vivian(Agatha's husband); Agatha Parkinson, Associate Grand Matron; the WM's wife: the WM of Bodrum Lodge, Vickie and Robert H. Starr, PGM; the WM of Mare Nostrum Lodge: and the SW of Bodrum Lodge. The first two members listed are also members of Nur Lodge #2000 in DC.

Brethren from Turkey: W.M. of Bodrum Lodge Koray Sünbül; W.M. of Mare Nostrum Lodge Tarhan Feyzioglu; S.W. of Bodrum Lodge Özgür Yagcı; Sek. of Bodrum Lodge Mithat Karabiyikoglu; The WM's wife Aslı Sünbül



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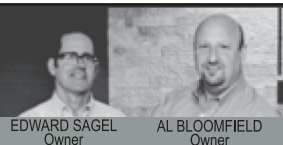
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2024 OFFICERS

Worshipful Master..... Aaron Kamerer, 321-431-1064
Senior Warden..... Derek Gould, 240-938-6285
Junior Warden Jeffrey R. Greenwald, 301-869-1915
Secretary Raymond Horn, PM, secretary@sgbf45.org 443-253-0605
6109 Lone Oak Drive, Bethesda, MD 20817
Treasurer Robert H. Starr, PGM, 301-460-3088
Chaplain Burt S. Levy, PM, JGD Hon., 202 409-4449
Master-of-Ceremonies..... Allen R. Levy, PM, 703-470-4945
Senior Deacon..... Ryan A. Simon, 240-475-3935
Junior Deacon Jerry P. Keilsohn, PM, 301-570-0446
Senior Steward Pending appointment
Junior Steward..... Pending appointment
Trustees..... GL-E Sheldon I. Rappeport, PM, DSM, MA, (2024),
Jeffrey Greenwald, (2025),
Julien P. Holberg, PM (2026)
Fidelity Medal Recipient To be selected
Historian Joshua L. Rubin, PM, 240-277-5355
Tiler..... Hal Henig, 301-681-3873
Immediate PM Allen R. Levy, PM, 703-470-4945

2024 REPRESENTATIVES

Masonic Foundation JGS Michael Greenwald, PM, 301-272-0168
Masonic & Eastern Star Home Raymond Horn, PM, 443-253-0605
St. John's Mite Association..... Burt S. Levy, PM

2024 COMMITTEE CHAIRMEN

Auditing.....Kevin Stemp
Ambassador to Amicable-St. John's Lodge #25..... Jonathan Binstock, PM
301-442-4812
Baskets.....Jeffrey Greenwald, 301-869-1915
David B. Torchinsky, PM, 301-933-1955
Bulletin Committee Raymond Horn, PM, 443-253-0605
Technology Lee R. Silverman
By-Laws..... Robert H. Starr, PGM, 301-460-3088
Catechism Instructors..... Burt S. Levy, PM, 202 409-4449
Centennial Planning Aaron Kamerer, 202-510-5181
Education and Degree Committee .. GL-E Sheldon I. Rappeport, PM, DSM,
MA
301-598-8379
Engleberg-Korman Charitable Foundation:.....Michael Greenwald, PM
Michael J. Rinis, PM, 301-384-8244,
Jeffrey R. Greenwald
Funeral, Visitations, Widow Care Burt S. Levy, PM, 202 409-4449
Investment Committee..... Trustees, Treas. Robert H. Starr, PGM
Refreshment..... J.S., S.S.
Relief W.M., S.W., J.W.
Sunshine and Monthly Meet-Up Chairman..... Hal Henig, 301-681-3873

2024 PROXIES

For the Worshipful Master Ryan Simon
For the Senior Warden Lee Silverman
For the Junior Warden..... Alan Karpas

Samuel Gompers-Benjamin Franklin Lodge No. 45 F.A.A.M.
 Secretary
 6109 Lone Oak Drive
 Bethesda, MD 20817



Calendar for Masonic Year 2023—Samuel Gompers-Benjamin Franklin Lodge #45

For the most up-to-date information, please check the Trestleboard or www.sgbf45.org. If anyone is interested in any of these events and wishes to obtain more information, please contact WM Aaron Kamerer about all events (see page 2)

Date		Event	Open to
October	8	October Stated Communication, 7:30 PM	Program is open to Family
	13	Makom Sukkah Assembly, Family and Friends 9:00 AM. Location to be provided.	Family and Friends
	28	Meet-up 6:30 PM	Family and Friends

Date		Event	Open to
November	12	November Stated Communication, Election, 7:30 PM	Masons only
	25	Meet-up 6:30 PM	Family and Friends

Date		Event	Open to
December	8	December Stated Communication, 7:30 PM	Masons, Family and Friends