



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

bulletin

Volume XCIV • Number 1
January 2019

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

Meets Second Tuesday of Each Month (Except July and August—no meetings;—December—first Tuesday)



Valentine's Day Family Gala

This year, Valentine's Day falls on Thursday, February 14th. For our first major social event of the year, we will be holding our Valentine's Day Dance on Tuesday, February 12th, which coincides with our regular meeting. If you have attended the last two years, you will know that this is a no miss, very special social event.

Our wives (or "significant others") may conjure up visions of dinner, dancing, and otherwise romance-inducing activities to celebrate this romantic occasion. As a result, our Worshipful Master Bob Greenwald has scheduled a Special Gala Pre-Valentine's Day Event. A short Stated Communication will be followed by an evening that includes all of the delightful accoutrements that go into making a memorable and meaningful night that can be enjoyed by our

See **Valentine's** on page 10

JANUARY MEETING LECTURE

Jewish Magick & Freemasonry's Hidden Connections

Our January Stated Communication on January 8th, will be our new Master's first meeting. WM Robert Greenwald has arranged for a special lecture.

Jewish magick, or Kabbalah, has been defined as a "mystical interpretation of the Bible, first transmitted orally ... using esoteric methods." In the Craft, it has been hidden in each and every one of our degrees and, more broadly, in the layout of the Lodge room itself!

In WB Adam Goldman's lecture, "Jewish Magick & Freemasonry's Hidden Connections," he will unveil where these connections to Kabbalah have been secreted and how they have been depicted since the exodus from Egypt ... and why secret societies from ancient times have revered the Jewish magickal system. Worshipful Brother Adam Goldman is a Past Master of Washington, DC's Harmony Lodge No. 17 and a member of Grand Lodges and/or Research Lodges in California, England, and Central America.

WB Goldman is never boring, and will certainly not disappoint on this topic that is of interest to all our Brethren. Our meeting starts sharply at 7:30 pm and we will have a wonderful dinner at 6:30 pm to welcome our new officers as they open their new Lodge. Please RSVP to the App.

Worshipful Master 2019 ROBERT J. GREENWALD

The Brethren of our Lodge could not be more fortunate than to have Robert J. "Bob" Greenwald as Master of their Lodge for the ensuing year. Brother Bob is a retired Marine whose 20-year career included service in Vietnam. He also had leadership roles as Inspector-Instructor for a reserve unit where he helped to develop the first marine horseback color guard. He was also a

See **Greenwald** continued on page 6



Our new WM Robert Greenwald

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



SK1

Let my first words be those of gratitude to all of you for having elected me as your Worshipful Master and having helped me along the way. I assure you that I am touched by your demonstration of confidence and feel very deeply the responsibilities that rest upon me in this position. I am humbled when I think of my illustrious predecessor, who with great success administered and watched over the affairs of this lodge during the past year. It is my distinct

privilege to pay him this tribute of friendship. I have complete confidence, despite my own limitations, that this year will measure up to and carry forward the banner of this lodge. It is my intention to provide programs and events that will interest and entertain you so that you will look forward to participating in our meetings and social events. For your kindness in selecting me as your Worshipful Master for the coming year, from my heart, I thank you.

I am feeling so lonely. Can I die from it? Is Masonry the Antidote?

During my comments at installation I referenced an article about loneliness and suggested that if you participate actively in Masonry you will not be isolated or lonely. You may very well gain weight as I can attest. The edited article can be found below:

I am feeling so lonely. Can I die from it? originally appeared on Quora: *the knowledge sharing network where compelling questions are answered by people with unique insights.* Answer by Brad Porter on Quora:

This is actually a very important issue, and not just a psychological issue, but a medical one.

In the last decade alone, physicians and researchers have begun looking deeply into the impact of loneliness and social isolation on

health, well-being, and mortality, and the data on the subject is overwhelming: a lonely person is significantly more likely to suffer an early death than a non-lonely one.

A few years ago researchers at Brigham Young University conducted an *influential meta-analysis* of scientific literature on the subject, and found that social isolation increases your risk of death by an astounding ~30%, and some estimates have it as high as 60%!

To put it another way, **loneliness might be a more significant health factor than obesity, smoking, exercise or nutrition.** And, interestingly, this is true *whether the person feels lonely or not.* There are a few different factors to think about:

1. **Psychologically,** loneliness and social isolation have extreme co-morbidity with a whole host of other issues, as you might expect. Depression, anxiety, dementia, substance abuse, even things like manic-depression and schizophrenia. Loneliness - both its objective

state and feelings of loneliness - is also the psychological state most associated with suicide, to the point where it's safe to say that while not all lonely people are suicidal, all suicidal people are lonely.

2. Loneliness and social isolation also have innumerable **practical or circumstantial effects** that can contribute to an early death. If you have an accident or are struck by a sudden health event, there may not be anyone around to help. You could have some disease state symptom that's far more likely to be noticed if you regularly interact with other people. Lonely people tend to eat worse, get less exercise, and not sleep as well. You may be financially poorer. And on and on and on.

3. While those two are somewhat intuitive, there is a third factor that we are only just now beginning to understand. Even absent of its effect on your emotional state and psychological well-being, besides its direct practical impact on your life, loneliness itself appears to have a **direct physiological impact** on the body. In that sense, we are increasingly beginning to look at it similarly to how doctors

See **Antidote** continued on page 5




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As I have thought about my last year, I really enjoyed it. It was fun, I felt that I was blessed to be entrusted with the stewardship of our Lodge for the year.

I need to thank my family and my wife Aileen for her support and encouragement. Thank you for giving me the time and energy that it takes to be Master of such an active Lodge. We are blessed to have a strong and full line of officers and Trustees, I thank you for everything you have done, are doing now and will do for this Lodge. And while SGBF is known for our active and engaged Past Masters, thank you for your constructive good council.

I received the gavel from our PM Michael Greenwald, to govern a Lodge that was re-energized with a lot of momentum, a very active program and a good deal of innovations. I know that the leadership of the Lodge worried that we could never keep the momentum going and fulfill the expectations we had created for ourselves. But, I believe that we have weathered another year and with the benefit of well-attended meetings and events we are now starting work on reaching our 100th year as a combined Lodge, which will occur in 2025. One of our new officers may very well have the distinct honor of serving as the Master of our Lodge in our Centennial Year.

This year we held a full schedule of meetings, social activities, meetups, sporting events and a growing community outreach this year. We do take credit for the Caps success based on our support, unfortunately, the Nats did not seem to get the message.

Now our new incoming Master, Bob Greenwald is well prepared, he has a complete line of officers to support him and a number of candidates waiting to join our Lodge.

This past month it was really a joy to be the Master. While we have held a number of well-attended meetings including a very large Table Lodge, our degree work has continued to improve. In November, we

conferred a deeply meaningful Master Mason's degree for five New Master Mason's which included courtesy degrees for four other Lodges. Our degree team really did an excellent job and provided a high-quality experience and while the evening was a significant effort, there really was something special about having so many other Lodges participate with us. A special thank you to the degree team and our friends from other Lodges who helped out including our friends at Maynilad Lodge.

The second large event we held was our annual William D. Boker Thanksgiving basket program. Our Lodge has increased its volunteer activities, helping to make meals at a homeless shelter and supporting our community through JFGH, DC-JCC, and JSSA. This year, in support of the Jewish Social Services Agency our Lodge sources, assembled and helped distribute 120 food baskets for Thanksgiving. This was another successful community service activity. This is a program our Lodge has been leading for so long we have lost track of how long we have been doing this. We know we have been doing this for at least 40 years. A special thank you to those who have contributed to support the significant cost of this activity.

I am still taken by the discussion we had over a year ago when we invited the authors of both *The Idiot's Guide* and *The Dummy's Guide to Masonry* to speak at one of our meetings. My wife Aileen alerted me to recent research on the impact of loneliness and social isolation on health. While we are well aware that smoking and obesity can have significant health impacts. Research shows that social isolation can be a bigger risk factor. The point, of course, is that Masonry is anything but isolating. All of our activities involve fellowship, outreach, and connections.

Thank you again for helping to make this a strong year and thank you for your future support to the Lodge.

Please check out our Lodge's website:
<https://sgbf45.org>
which has been updated for the ensuing year!

The view has changed again. I am once again sitting at the far end of the room. The same view as a few years ago when I was the Junior Deacon, only now I get to sit up higher and tell the JD what to do. With the interesting view, comes more parts in both the opening and closing of the Lodge.

When somebody mentioned to me that I would be sitting in the West, the first thing that came to my mind was “The Wicked Witch of the West,” The lady sure had it bad. Somebody murdered her sister by dropping a house on her, stole her shoes, and then melted her with a bucket of water. Oh yeah, she was green. You would be green too if water melted you and you could not bathe. She must have smelled wonderful!

The last month has been one Masonic event after another. And even a side Masonic event too. I was elected to be the Captain of the Host, for the Mithras Lodge of Perfection at the Scottish Rite this past year. What that all means is I sat by the door on the first Tuesday of the month. I even had one line! I was asked to be the presenter at the December meeting. After a suitable panic about what I was going to talk for 30 minutes about, I came up with an idea. If you, the reader, have been following my articles for the last few years, you pretty much have read my presentation. I took some of the more

entertaining pieces, mashed them together, added a few musical clips, and a video clip of Igor knocking on the door. It was very light and I think went over well.

Then the Masonic weekend — I have written about this one before. But it was a two tux weekend. Friday night was the Grand Lodge Banquet (tux required). Saturday, the Grand Lodge installation of Officers — suit required. The good thing it was not a tux event as I managed to get dinner on my shirt. Then Sunday was our installation. Again a tux event. Lots of Brotherhood all weekend. I really needed to go to work on Monday to recover.

At the closing, at the end of the installation, it was my first chance to sit in the West. But as the Senior Grand Warden was in the East to close, I totally got confused on how he was supposed to be addressed and butchered my lines. I found it even more confusing as the SGW is my neighbor. I used to pick up one of his daughters in the morning and drop her off, along with another kid and my son, at the bus stop on my way to work.

I will close with a quote from Brother Benjamin Franklin which describes my Masonic journey and specifically, learning our rituals:

“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

Antidote *continued from page 3*

now view stress—as something that in and of itself detrimentally impacts the body. There are literally hundreds of ways that this happens, from hardening your arteries to depressing your immune system to corroding your brain.

In lonely people who see the world as a threatening place, their immune systems choose to focus on bacteria rather than viral threats. Without the antiviral protection and the body’s antibodies produced against various ills, the result means a person has less ability to fight cancers and other illnesses. Those who are socially isolated suffer from higher all-cause mortality, and higher rates of cancer, infection and heart disease.

In addition, loneliness raises levels of the circulating stress hormone cortisol and blood pressure, with one study showing that social isolation can push blood pressure up into the danger zone for heart attacks and strokes. It undermines regulation of the circulatory system so that the heart muscle works harder and the blood vessels are subject to damage by blood flow turbulence.

So yes, in a very, very real sense: **loneliness can kill you.**

DC SCOTTISH RITE
TUESDAY, DECEMBER 4, 2018
MITHRAS LODGE OF PERFECTION
ILL. KENNETH D. FULLER, 33°, VENERABLE MASTER
Bro. Jerry Keilsohn, 32° presents:
Geometry III
A left brain look at Masonic trivia



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

We had a very large turnout for our Lodge Installation



The Outgoing Master walking between the Past Masters of our Lodge.

Congratulations to our 2018 Merit Award Recipient Sheldon Rappeport, PM



Greenwald *continued from page 1*

career advisor to young marines. Brother Bob became a sea-going Marine when he was assigned to the USS Princeton which participated in Operation Dominic where he and his fellow service members were given “up-front and personal” experiences during nuclear testing in the Pacific. This gives him the right to be called an “Atomic Veteran.”

Returning to the States, Bob participated in the Inaugurations

of Presidents Nixon and Johnson as a member of their honor Guard! In the years following his military service, Bob’s leadership qualities were further developed as he became an independent retailer; learned to assist first responders as a member of CERT (Community Emergency Response Team); served as President of the Springfield Lions Club; President of two Condo Associations, and was involved in many more community

activities. Bob is an accomplished ballroom and tap dancer, but to really see his best talents, just observe him delighting a group of kids with his magic! Yes, he is a certified wizard and has been inducted into the Order of Merlin by the International Brotherhood of Magicians! We look forward to a most successful and interesting year with Bob in the East.



Newly installed JW Burt Levy and JD Sonny Garibay



Outgoing Jr. PM Raymond Horn congratulating our new WM Robert Greenwald

December 2018 **INSTALLATION OF 2019 OFFICERS**



▼ SD Jeff Greenwald and his with Sheri



▲ The Ladies of SGBF talking on the couch: Leia Keilsohn, Kathy Greenwald, Aileen Horn, Tamu Garibay, Jerry Keilsohn and Sonny Garibay are hiding behind the coach



WM Robert Greenwald and Roberta Greenwald

Grand Lodge Banquet Weekend

This year's Grand Lodge Banquet was held at the Washington D.C. JW Marriott on Friday, December 7th, which made for a very full weekend for our Officers who attended the banquet on Friday night with their Spouses and significant others. Saturday afternoon and evening was the Grand Master's Installation along with this year's Grand Lodge Officers. Two members of our Lodge are Grand Lodge Officers this year, Burt Levy, PM will serve as Deputy Grand Chaplain, and Adam Tager, PM will serve as Senior Grand Steward for the ensuing Masonic year. Sunday afternoon, of course, was our Lodge's Installation and reception when Robert Greenwald was installed as our new Worshipful Master along with his line of officers and trustees.



PGM Robert Starr talks with JD Sonny Garibay and his wife Tamu



Vickie Starr And Roberta Greenwald



Walter Simon, PM and his s.o. Bonnie Forman.



Burt Levy, PM speaking with our Tiler John Garrison, PM



Michael Greenwald, PM and Kathy Greenwald



Sheldon Rappeport, PM and Dinky (Jean) Rappeport

February Meet-Up

2019 Chinese New Year Parade

The Chinese New Year Parade will be held on Sunday, February 10, 2019, at the Washington, DC Chinatown H Street NW location. This will be the third year in which the Samuel Gompers-Benjamin Franklin Lodge #45 Brethren and guests will go down to Chinatown to watch the parade.

Our Chinese New Year Parade Meet-up has been a big success. Over the last two years since our lodge has organized this Meet-Up Event, we have had the largest meet-up attendance for Chinese New Year! This year promises to be even bigger. We always have a lot of family and kids who enjoy the dragon dancers and floats. Hopefully this year we will be able to catch the Shriners as well.

Put this event on your calendar and you will not be disappointed. The event celebrates the contributions in which Chinese Americans have made to both the Washington Metropolitan Area and enriching the American culture. The parade is sponsored by the Chinese Taipei Community.

The parade will start at 2 pm and end at 4 pm. Plan on meeting between 1:15 pm and 1:30 pm in front of the Capital One Sports Center near the Gallery Place Metro Stop. Once the parade ends around 4 pm, we will have an early dinner at a Chinese Restaurant. Hal has made a reservation at Tony Cheng for 4:30 pm. The restaurant address is 619 H Street NW, Washington, DC 20001. Be advised that inclement weather will affect this event.

Please email Hal Henig, that you and your family are interested in attending the parade and to make a reservation for the dinner.



Arthritis Foundation, Jingle Bell Run Participants

This past December 1st was the Jingle Bell Run, an annual winter-themed 5k run that raises money to find a cure for the many forms of arthritis. This year a number of our brethren contributed to the Arthritis Foundation but were not able to participate. Laura Torchinsky, the wife of PM David Torchinsky, formed Laura's Army, a team of runners and supporters who participate in the Jingle Bell Run, by running, walking or simply cheering. Looking forward to making next year a bigger event.

VALENTINE'S *continued from page 1*

members, their wives, significant others, and anyone else they wish to invite.

Of course, reservations are required, so please use your Lodge's smart-phone application to RSVP, or otherwise let our Master know how many guests you will be bringing. His phone numbers are 703-960-9039 or 703-624-9085. His email address is:

rgreenwald@sgbf45.org.

A "romantic" dinner is planned followed by a Ballroom Dancing demonstration given by none other than our twinkle-toed

Master and his lovely partner who will then assist willing attendees and their partners in learning how to "glide with pride" around the dance floor. Think of how many of your family members or friends would like to partake in DINNER; DANCING; and SOCIALIZING and then make your reservations and look forward to the special night.

Family and friends are all welcome. Please note if a Kosher meal is required, all RSVP's should be in by February 5th.

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Chaplain Emeritus	*Harry Silverstone, DSA, GL Gold Fidelity Medal

*Deceased

Samuel Gompers-Benjamin Franklin Lodge No. 45 F.A.A.M.
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Calendar for Masonic Year 2018—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 Ray Horn about all events (see page 2)

Date	Event	Open to
January 8	Stated—Masonry and the Jews	MM Only
February 12	Stated—Valentine’s Day Dance	Everyone
March 12	Stated—Entered Apprentice’s Degree	MM Only

Date	Event	Open to
April 9	Stated	MM Only
May 14	Stated	MM Only
June 11	Stated	Masons Only