



The Most Worshipful

PRINCE HALL GRAND LODGE OF OHIO

.....Free and Accepted Masons.....

Chester C. Christie # 7
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Office of
M.W. Grand Master

Grand Lodge Headquarters
50 Hamilton Park
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“Building on The Firm Foundation of Our Historic Legacy

Statement Regarding the Killing of George Floyd

To: Worshipful Masters, Wardens, Past Masters and Brethren of all Subordinate Lodges of the Most Worshipful Prince Hall Grand Lodge of Ohio, Free and Accepted Masons

Greetings:

Black Families and Communities across Ohio are united in outrage at the horrific and senseless killing of George Floyd at the hands of Law Enforcement in Minneapolis, Minnesota. This and similar acts of brutality continually afflicted upon Black Men with impunity are a reflection of the abject racism that has infested and ravaged our communities for centuries.

The protests we have seen throughout Ohio over the past few days are a manifestation of our anger, sadness and frustration stemming from the oppression and injustices systematically imposed upon us as a people and the total disregard for the sanctity of Black Lives.

As a Black Man, a Master Mason, and as MW Grand Master of the MWPHGL of Ohio, I am compelled to condemn the acts of brutality that led to the death of George Floyd. As the Conservator of Prince Hall Freemasonry in this Jurisdiction, and out of respect for the principles upon which Prince Hall Founded our Beloved Order, I further pledge to consistently speak out against and fight institutional racism with whatever resources we have at our disposal.

Let us continue to pray for the Floyd family and pray that Justice prevails. May God continually Bless you and your families and keep us steadfast in our efforts to do our part to eradicate injustice and discrimination.



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Given under my hand and the private seal of the Grand Master at Columbus, Ohio this 31st day of May, AD 2020, AL 6020. I remain.

Respectfully and Fraternaly,

Chester C. Christie

Chester C. Christie, #7
Most Worshipful Grand Master





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“Building on The Firm Foundation of Our Historic Legacy”

May 15, 2020

To The Worshipful Masters, Wardens, and Brethren of the Subordinate Lodges of the Most Worshipful Prince Hall Grand Lodge of Ohio, Free and Accepted Masons, All Members of Amaranth Grand Chapter, Order of the Eastern Star, and all Appendant and Concordant Bodies owing allegiance to the MW Prince Hall Grand Lodge of Ohio

Greetings Members of the Prince Hall Family of Ohio

COVID-19 Update and Grand Communication Cancellation

On April 29, 2020 I issued Proclamation CCC 2020-2 declaring August 7-11, 2020 as the dates for the 171st Annual Communication of the MWPHGL of Ohio. Registration forms for the Annual Communication were made available shortly thereafter. This was the normal timeframe for issuing both.

Since then Governor Michael Dewine has extended his shelter in place order through the month of May and until further notice. Although businesses have begun to open gradually, it is being done with the requirement for protective coverings and stringent social distancing mandates. The ban on mass gatherings in Ohio remains in effect for the foreseeable future.

The statistical data provided by the Ohio Department of Health, the Center for Disease Control, and other national health organizations continues to demonstrate that populations over the age of 60 with compromised immune systems and other underlying health conditions are most susceptible to the COVID-19 virus. The demographics of our order place a significant percentage of our members within this population. Additionally, recent health organization projections show a continued upward trend in the number of positive tests.

In light of these considerations and out of an abundance of caution and concern for the health and welfare of our membership, the Grand Lodge Trustees and I have sought and obtained a signed mutual consent to cancel agreement with the management of the Renaissance Hotel effective May 14, 2020; thereby canceling this year's Annual Communication. These actions were taken under the authority granted me by



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Chapter 2 Section 2.01 of the By-Laws of the Grand Lodge. I commend RW Daryle Cobb, Assistant Convention Director for his due diligence in obtaining this agreement.

As a result the Renaissance Hotel has been canceling room reservations made under our room block. Any conference registrations submitted to the Office of the Grand Secretary with payment will be reimbursed.

The Trustees will continue to work to develop a communication plan regarding how much, when, and in what manner the information that is traditionally provided at our Annual Communication will be communicated to the membership to ensure compliance with our Constitution and By-Laws. Additional information will be forthcoming from Amaranth Grand Chapter.

I thank the Prince Hall Family for your unwavering support and for your steadfast compliance with this and all previous COVID-19 communications. By God's grace and mercy we will continue to stay connected with each other, lift each other and our families up in prayer and to the best of our abilities continue to be a blessing to each other and to the communities we serve. May the Bonds of Brotherly and Sisterly love remain unbroken. I pray God's hand of protection over each of you and your families.

Respectfully and Fraternaly

Chester C. Christie

Chester C. Christie
Most Worshipful Grand Master

Dear Sisters and Brothers,

Attached is a Coronavirus advisory posted on the United Supreme Council website. It has additional, and more specific information for you to know, as this pandemic saga continues. It is prudent to wear your face mask when out in public areas. There are many videos on the internet to show you how to make a mask or scarf without sewing. You can also visit my office Facebook page, “Family Practice Associates”, to see an instructional video by the US Surgeon General on making a face mask. If you or a loved one is concerned about possibly having COVID-19, contact your healthcare provider for guidance on what to do for diagnosis and treatment. Continue the social distancing, and remember to always wear your face mask in public.

[CORONAVIRUS+ADVISORY-UPDATE.pdf](#)

God Bless You All,

Dr. Gordon Medical Director, Amaranth Grand Chapter, PHA, Ohio



The United Supreme Council

Ancient & Accepted Scottish Rite of Freemasonry P.H.A.
Northern Jurisdiction USA, Inc.

The Medical Services Committee United Supreme Council, PHA, NJ

FOR IMMEDIATE RELEASE

March 30, 2020

Dear Fraters,

We are sharing this information regarding the coronavirus outbreak.

- A) The following groups are at higher risk of becoming very sick from this illness: older adults; people who have serious underlying medical conditions; such as heart disease, diabetes, lung disease, and kidney disease.
- B) The symptoms of coronavirus are as follows: fever; sore muscles; and respiratory problems such as cough, wheezing, or chest tightness.
- C) If you are sick, and suspect you are infected with the virus that causes COVID-19, follow these steps to help prevent the disease from spreading to your loved ones and friends. 1) Stay home, except to get medical care or food supplies. You should restrict activities outside your home as much as possible do not use public transportation. 2) Separate yourself from other people in your home as much as possible. When you are sick, you should stay in a specific room, and away from other people in your home. If possible, you should use a separate bathroom. 3) Call ahead before visiting your doctor. If you have a medical appointment, call the healthcare provider and tell them that you may have coronavirus. This will help the healthcare providers office take steps to keep other people from getting infected or exposed. You should wear a face mask when you are around other people, and before you enter a healthcare providers office or public building. If you are not able to wear a face mask, people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room. 5) Cover your cough/sneeze with a tissue and throw used tissues in a lined trashcan, and wash your hands with soap and water for at least 20 seconds. If you do not have a tissue, cough into the crook of your elbow or into your shirt. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially, if hands are visibly dirty.
- The shorter the nails, the better, this makes it easier to keep the area under your nails clean and free from dirt and viral particles. 6) Avoid sharing personal household items such as dishes, drinking glasses, eating utensils, towels, and bedding. Plastic or paper utensils, cups, and plates are best.
- D) Avoid touching your eyes, nose, or mouth while out in public. Use hand sanitizer as soon as possible upon returning to your car, and wash your hands thoroughly as soon as you get home. Keep your shoes on a mat right inside the door, and spray the soles with disinfectant.

E) Patients confirmed to have COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.

The decision to discontinue home isolation precautions should be made on a case-by-case basis. It should be done in consultation with your healthcare provider and state and local health departments.

F) Coronavirus can live on various surfaces for different lengths of time: Airborne- 30 minutes to 3 hours; Copper- 4 hours; Latex- 8 hours; Aluminum- 8 hours; Cardboard- 24 hours; Stainless Steel-2 days; Plastic- 3 to 5 days; Wood- 4 days; Glass- 4 days; Ceramics- 5 days.

G) In addition, good nutrition is very important to maintain a strong and healthy immune system. We should maintain good vitamin D level. A good level would be 50ng/ml to 100ng/ml on the laboratory reference test. In addition to vitamin D, a daily multivitamin is suggested. However, vitamin K is present in the multivitamin. If you are taking any blood thinning medication, you must check with your doctor before taking a multivitamin.

In addition to vitamins and supplements, two important concepts that play a crucial role in enhancing your immune system are: 1) Secondary Food- is the nutritional aspect, the food we put on our plate and eat. 2) Primary Foods- are your lifestyle choices.

Your Secondary Food: should consist of the following: a) Proteins, such as meats, seafood, eggs, and limited dairy products, are very important in maintaining healthy immune cells which make antibodies, and white blood cells, which fight viruses and bacteria that invade our body. b) Prebiotics- consist of such things as onions, garlic, bananas, pickles, and asparagus. These foods boost your immune system and increase the number of “good” bacteria in the gut. We should “eat the rainbow” of fruits and vegetables: red – apples, cherries; orange- oranges, sweet potatoes; green- olives, broccoli, grapes; yellow- bananas; tan- cauliflower, nuts, sauerkraut. c) Refer to this website for items you need on your grocery list during a self-quarantine: <https://www.today.com/food/coronavirus-grocery-list-what-you-need-survive-virus-t175051>.

Your Primary Food is your lifestyle. Lifestyle includes the following: 1) Exercise- everyone should do some form of exercise for at least 20 minutes three times a week. This helps boost your immune system and decreases the general inflammation in your body. 2) Rest- adequate sleep for most people is approximately 7 to 8 hours per night. Sleep will help the body to heal by reducing inflammation and fighting infection. 3) A smoke-free environment- smoke destroys our antibodies that fight infection, and damages our lung tissue and the lung’s ability to clear out infection.

To maintain a strong immune system in these Covid-19 challenging times, it is important to feed both our Secondary and Primary Foods.

Please refer to the CDC website for further information. You can find this by searching for <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Thank you,

The Medical Services Committee
United Supreme Council, PHA, NJ

**OFFICE OF THE GRAND MASTER - IMPORTANT NOTICES
KEEPING YOU INFORMED**

April 07, 2020 Coronavirus Aid, Relief and Economic Security Act (CARES)

Good afternoon Brothers and Sisters,

I received the Communication below from Alan D. Tucker, PM Samaritan Lodge #117 and Illustrious Potentate of Alla Baba Temple #53. PM Tucker is currently employed with PNC Bank and has twenty plus years of experience in the Banking and Financial Industry. He is very knowledgeable in this subject matter and has provided an excellent summary of the recently passed Coronavirus Aid, Relief, and Economic Security Act . Please review it and govern yourselves accordingly. If you have questions please reference the various resources provided in the communication. Thank you P M Tucker. God Bless you Brothers and Sisters and Stay Well!

Respectfully and Fraternaly,

Chester C. Christie

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

Greetings,

We know that this is an unprecedented time of uncertainty and anxiety for our brotherhood and the communities that we serve. Some of us are suffering from job losses, furloughs and reduced hours and damages to our businesses. However, through Unemployment benefits and the Coronavirus Aid, Relief and Economic Security Act (CARES), help is on the way.

Direct Payments

The federal government will be making one-time cash payments directly to citizens. These payments should be issued this month (April) by either check or direct deposit. How much will you receive?

- Individuals earning less than \$75,000 will receive \$1200
- Married couples earning less than \$150,000 will receive \$2400
- If you have children, you will receive \$500 per child
- Individuals classified as “head of household earning less than \$112,500 will receive \$1200
- Individuals earning more than \$75,000 and less than \$99,000 and couples earning more than \$150,000 and less than \$198,000 are eligible for a lesser amount

Enhanced Unemployment

If you have lost your job, you can apply for state unemployment benefits. You can find a direct link to your state by unemployment website by searching the following:

<https://www.careerstop.org/localHelp/UnemploymentBenefits/unemployment-benefits.aspx>

Congress has enhanced state unemployment to provide more income to cover more people.

- Adds \$600 per week for four months on top of the state unemployment
- Adds up to 13 weeks of additional unemployment benefits to those already enrolled, but who are nearing the end of benefits
- Expands the program to include a numbers of workers not normally eligible to receive unemployment benefits. This includes:
 - Freelancers
 - Independent contractors/gig workers
 - Self-employed
 - Those with limited work history
 - Employees who are still employed, but those hours have been reduced

It is important to apply as soon as possible. To help expedite aid, the federal government is funding the first week of benefits to encourage states to waive traditional waiting periods, but it may still take a couple of weeks to be processed,

Small Business Support

- Small businesses are experiencing one of the most difficult times in U.S. History. Our nation's health and economic well being is at risk. We hope that you and your families are safe, healthy and economically stable. During this time, small businesses are at risk of going bankrupt, shutting down and laying off workers. As a result, Congress and the President have signed into law the Coronavirus Aid, Relief and Economic Security Act (CARES) on last Friday. CARES will provide \$349 billion in funding for small businesses through the Paycheck Protection Program, Emergency Economic Injury Grant, SBA Economic Injury Disaster Loans, Employee Retention Tax Credit and Small Business Debt Relief Program. We would like you to pass along this communication to all small businesses in the communities that we serve.

· [Small Business Guide to the CARES Act](#)

· [COVID Emergency Loan Guide](#)

· [Paycheck Protection Program Application](#)

· <https://www.uschamber.com/report/guide-sbas-economic-injury-disaster-loans>

· <https://www.uschamber.com/report/guide-the-employee-retention-tax-credit>

Fraternaly Submitted,

Alan D. Tucker

Alan D. Tucker, PM #117

Illustrious Potentate of Alla Baba Temple #53

1 APRIL 2020 - AUTHORITY TO HOLD VIRTUAL MEETINGS

To the Worshipful Masters, Wardens, and Brothers of the subordinate Lodges of the Most Worshipful Prince Hall Grand Lodge of Ohio

Greetings.

After extensive discussion with the Grand Lodge Trustees and input from the RW Grand Lecturer, District Deputy Grand Lecturers, The Chief administrative Officer and District Administrative Officers, I am hereby authorizing all subordinate Lodges to proceed with virtual meetings, effective today April 1, 2020. This is being done as an alternative to our in-person meetings which were suspended effective March 16, 2020 as a result of the Coronavirus Pandemic. A template agenda for stated and work night meetings has been created for each Lodge's use along with specific guidelines. The template and guidelines have been provided to the Deputies, Administrative Officers and the Worshipful Masters.

Meetings via conference call, Zoom, Skype, or other electronic means on stated meeting nights and work nights will enable us to stay connected, continue the business of the Lodge as much as possible, and enable us to check on our more vulnerable members and our widows. As

additional decisions are made related to the Coronavirus and its impact on our Order, further direction will be provided. Until regular communications (in-person meetings) are resumed, updates and other communications from my office will be posted on the www.phaOhio.org website for easier access by the Craft.

Let's continue to keep each other lifted up and to reach out to each other regularly for emotional and spiritual support and to keep the bonds of Brotherly Love secure. God Bless you and your families! Stay Well.

Respectfully and Fraternaly,

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

20 MARCH 2020 - IMPORTANT NOTICE - MASONIC/OES FUNERALS

Good Evening Brothers and Sisters,

As the Nation continues to establish rules and behavior protocols to address the spread of the Coronavirus, the Center for Disease Control has provided guidelines on Funerals. They have urged the National Funeral Directors Association and Funeral Homes across the Country to limit funerals to a small number of mourners present (preferably only immediate family members) and have recommended streaming the service on-line for everyone else. This advice and direction has been provided to enable everyone to comply with social distancing mandates and the restrictions on mass gatherings established by Federal , State, and Local Officials while allowing families to honor their deceased loved ones. This is particularly crucial for events where many guests are considered vulnerable, either because they are seniors, or have underlying health conditions.

In light of these considerations, and after consultation with Funeral Directors and Clergy within our Order, I hereby direct that the appropriate Lodge and Chapter Officers inform families of deceased Brothers or Sisters that desire to have Masonic or OES services, that currently existing guidelines and restrictions will preclude us from doing so at this time. As a practical matter, Churches and Funeral Homes are unlikely to honor such requests in light of the restrictions and the growing concerns for everyone's health and safety. Nevertheless, we should be prepared to inform families accordingly.

It is equally important that we express our sincere condolences to the family, apologize for our inability to perform the last tribute of our affection for our deceased member, and offer our assistance in whatever ways we can, within the restrictions. Additionally, if the family desires, we may consider providing some type of memorial or other tribute after the Coronavirus restrictions are lifted.

As additional decisions are made related to the Coronavirus and its impact on our Order, further direction will be provided.

Let's continue to keep each other lifted up and to reach out to each other regularly for emotional and spiritual support and to keep the bonds of Brotherly and Sisterly Love secure. Finally, remember the will of God won't put you where the Grace of God can't keep you. His Grace is more than sufficient to take us through. God Bless you and your families! Stay well.

Fraternally,

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

16 MARCH 2020 - CANCELLATION OF ALL MEETINGS

To the Officers and Members of The Most Worshipful Prince Hall Grand Lodge of Ohio

Good Evening Brothers and Sisters,

We continue to receive guidance and direction from Federal, State, and Local Health Officials regarding measures to be taken to reduce the spread of the Coronavirus (COVID-19). Based on the most recent updates from Ohio Governor Mike DeWine and from the CDC, issued earlier today, ALL Lodge meetings in this Jurisdiction are cancelled until further notice. Similarly, all Pythagorans Chapter meetings are cancelled until further notice. This is ordered out of an abundance of caution, and in an effort to comply with the protocols most recently established by Health Care professionals to protect our health and safety to the best of their abilities.

Let's continue to follow previously referenced CDC recommendations for hand washing and social distancing. For our members in the most vulnerable populations, it is highly recommended that you remain at home. Brothers and Sisters let's continue to pray for one another and periodically check in on one another (preferably by phone) . May God continue to keep his shield of protection around our Prince Hall Phamily.

Respectfully and Fraternaly,

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

13 MARCH 2020 - CORONAVIRUS RELATED EVENT CANCELLATION

To the Officers and Members of The Most Worshipful Prince Hall Grand Lodge of Ohio

Greetings.

This is a follow up to my recent communications regarding the impact of the Coronavirus pandemic. On yesterday, Governor DeWine issued a ban on all mass indoor gatherings of 100 persons or more for an indefinite duration in an effort to contain the spread of the COVID-19 Coronavirus in Ohio. As a result, in addition to the Grand Lodge Mid-Year Workshop this weekend, the MVGMC Pythagorans Statewide Workshop, Girls Assembly Debutante Ball, Pythagorans Day and Hattie B. Alexander Day activities the weekend of March 28th and 29th have also been cancelled.

In further compliance with the indoor gathering restrictions put in place by the Governor, District meetings scheduled Beginning April 11th through the end of May (Districts 4, 7 and 1) will also be cancelled. Although these events may not reach the specific threshold established by the Governor's ban, the cancelation is ordered out of an abundance of precaution and in the best interest of the wellbeing of our members. This is especially true where we are in a single room in very close confines. We will continue to monitor developments and further directions issued by Federal, State and Local Health Officials. If there are changes that impact this decision you will be informed immediately. Decisions will be made regarding the remaining District meetings as we get closer to those dates.

Barring other developments, Lodge meetings may be conducted at the discretion of each Lodge. If any members are sick, they must remain at home. Senior members and those with compromised immune systems are also advised to exercise caution and avoid attending if they are in any way concerned about exposure. In light of this Health Emergency, Lodges that decide to cancel their meetings, need not request a dispensation. However, you must inform your Deputy before the cancelation. Finally, I intentionally waited until receiving further information regarding the Midwest Conference of Grand Masters before sending this communication. I just received information from the Grand Master of Illinois that the conference scheduled for March 19th through the 22nd has been cancelled. A formal communication from the Conference President should be issued later today.

As previously stated, please review the March 8th email from Dr. Richard Gordon and the links from the Center for Disease Control attached to that email for specific preventative measures and practices we can all continue to employ. Let's all continue to remain steadfast in our efforts to help each other and our families remain healthy. God Bless you and keep you and your families covered with his shield of protection.

Respectfully and Fraternally,

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

11 MARCH 2020 - CANCELLATION OF MID-YEAR WORKSHOP

To the Officers and Members of The Most Worshipful Prince Hall Grand Lodge of Ohio

Good evening Brothers and Sisters,
Since my last message to the Prince Hall Family on yesterday, many additional questions continue to be raised regarding the Coronavirus Outbreak and the most appropriate preventative practices and measures to be taken to ensure that the spread of the virus is contained. A fourth positive test for the virus was reported today in Stark County. As a result, Governor Mike DeWine held a press conference with the Ohio Director of Public Health and other Local and Regional Health Officials. The Governor and Health Officials emphasized that citizens should take significant precaution when deciding whether to participate in large group assemblies, and urged against doing so. This is particularly the case for seniors and those who may have compromised immune systems. Additionally, within the next 24 to 36 hours the Governor intends to issue a ban on large gatherings. The specifics of the ban have not yet been outlined, however, he intimated that groups of 250 or more are being considered as the threshold.

In light of these considerations, and after discussion with our Grand Physician Dr. C. Keith Melvin, the Grand Lodge Mid-Year Workshop scheduled for Saturday March 14, 2020 has been cancelled. This decision has been made in the best interest of the physical health and well-being of our members. It is also the most responsible and practical measure to take to ensure we do not unknowingly contribute to the outbreak or unnecessarily expose our membership to it. The Trustees and I will continue to work with the Grand Lodge Medical Team to monitor further developments and recommendations associated with the Coronavirus and advise you accordingly.

In the interim, please review the March 8th email from Dr. Richard Gordon and the links from the Center for Disease Control attached to that email for specific preventative measures and practices we can all continue to employ. I continue to pray God's protective covering over the entire Prince Hall Family.

Respectfully and Fraternaly,

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

10 MARCH 2020 - CORONAVIRUS UPDATE

To the Officers and Members of The Most Worshipful Prince Hall Grand Lodge of Ohio

Good evening Brothers and Sisters,

Many questions have been raised and continue to be raised regarding the Coronavirus outbreak throughout the United States and around the world. The Trustees and the Grand Lodge Medical Team continue to closely monitor the global and local efforts to contain the spread of the virus. It is critically important that we remain informed about the Coronavirus including how it can be transmitted, its symptoms, and preventative practices and measures we should all take during an epidemic.

On Sunday you received an email from Dr. Richard Gordon, our Assistant Grand Physician recommending and emphasizing certain specific practices. Some of these practices were detailed in a link from the Center for Disease Control (CDC) included in the email. These practices included: Practice proper hand hygiene. Handwashing using soap and water for at least 20 seconds is best. Hand sanitizer that is at least 60% alcohol is second best if soap and water are not available. Practice Social Distancing; politely decline and minimize handshakes and hugs (fist bumps and elbow bumps are preferable). Please see Dr. Gordon's email and the CDC links for other recommendations and more details, and govern yourselves accordingly.

To date there have been 3 positive tests in Ohio in the Cuyahoga County area. We will continue to monitor recommendations from the Ohio Department of Health and other State, County, and Local Health officials regarding any specific actions to be taken regarding group assemblies or other large gatherings. Unless and until we hear otherwise, The Grand Lodge Mid-Year Workshop will be held this Saturday March 14, 2020 at the Columbus Police Training Academy, 100 N. Hague Avenue, Columbus, 43204. Registration is from 7:30 to 8:40 a.m. We will assemble in the Auditorium promptly at 8:45 a.m. and proceed with the workshop Breakout Sessions at 9:00. A brief Coronavirus update will be provided during the General session in the Auditorium before we adjourn. Any changes will be communicated immediately.

I pray God's protective covering upon each of you and your families.

Respectfully and Fraternaly,

Chester C. Christie

Chester C. Christie

Most Worshipful Grand Master

8 MARCH 2020 - CORONAVIRUS CONCERNS (COVID-19) | CDC

Dear Sisters and Brothers,

There are many questions and concerns regarding the Coronavirus outbreak in China and around the world. I have attached a comprehensive reference source provided by the CDC. Please peruse through this information, and if you have any particular questions that are not answered, or are unclear, please contact your doctor, they know your specific medical history and can give you the best advice for your particular health risks and concerns. For any general questions not answered to your satisfaction in the link below, please feel free to contact me.

In addition to the CDC information, I would emphasize the following:

- 1) Proper, and frequent hand washing, is the most effective way to avoid infection.
- 2) Practice proper coughing technique, (see attached).
- 3) Maintain a good vitamin D level. A good level would be 50 to 100 on the laboratory reference test. In addition to vitamin D, a daily multivitamin- IF YOU ARE TAKING COUMADIN/WARFARIN, CHECK WITH YOUR DOCTOR BEFORE TAKING A MULTIVITAMIN.

This will help maintain a strong immune system.

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

God Bless All Of You,

Richard E. Gordon

Richard E. Gordon, Jr., M.D., FAAFP

Medical Director, Amaranth Grand Chapter, OES, PHA, Ohio