

Thomas M. Holt Lodge # 492 A.F. & A.M.

Stated Communications - 1st and 3rd Thursday of the Month at 7:30pm

Address: 512 Johnson Avenue, Graham, NC, 27253

Websites: www.thomasmholt492.org or 492-nc.ourlodgepage.com



The Holler Log – Autumn 2018 Edition

Messages from the East:

Brethren,

Greetings from the East!

This year has been a great year for our lodge! We've had some wonderful guest speakers, great degree work, and successful fundraisers! Speaking of fundraisers, our 4th annual golf tournament raised a total of \$2192.20 after expenses. Our 4th annual Pink Ribbon Breakfast was a big hit this year, as well, raising a total \$2000 after expenses to go to ARMC Pink Ribbon Foundation. Thanks to all those who donated and participated!

Our Family and Widows appreciation dinner on July 5th had a great turnout! It was wonderful to see such camaraderie and fellowship among our lodge family. It was also an honor to have Grand Master Speed Hallman join us that night and present WB Mike Rogers the Tyler of Distinction Award.

In September, we attended the NC Grand Lodge Annual Communication. As always, it was an event full of information, fun, and fellowship with our brothers from all corners of the state. I'm honored to say that during Annual Communication, Thomas M. Holt Lodge was recognized as a Lion & Pillar Lodge of Excellence for the second year in a row! Only 34 lodges across the state received the award this year, of which only 26 were second year recipients. Congratulations and thank you to everyone for your help in achieving this award!

As this edition of the Holler Log marks the fourth quarter of 2018, it's also the last one I will contribute to from the East. Brethren, this year has been an exciting year for me. I have enjoyed seeing our lodge bustling with activity and full of friendly faces. It has been a great honor to serve as Master for 2018. Thank you all for your support! I'm looking forward to my last couple months in the East and hopeful for 2019 to be just as exciting and successful. Let's go to work!

Fraternally Yours,

Jason Simons, Worshipful Master
jbsimons26@hotmail.com

By the Numbers (Census data from MORI from 10/2018 – c. denotes circa or around)
- *Information Obtained from Page 5 Issue 10/2018 of the NC Mason's The Buzz...*
There are c. **36,150** Masons in North Carolina (excludes dual/honorary memberships)
There are **371** Masonic Lodges in NC - There are **41** Masonic Districts in NC
Lowest Lodge Number - St. John's #1, Wilmington
Highest Lodge Number – Lodge of the Nine Sisters #773, Raleigh
Age of Youngest NC Mason – **18** - Age of Oldest NC Mason - **104**
NC Masons between 18 & 50 – c. **9,000** (around 25%)
NC Masons 50+ - c. **27,150** (remaining 75%)
NC Masons 75 or older (Included in 50+) - c. **10,250** (around 27%)

Upcoming Events

October 18

Dinner @ 6:30 PM
Stated Meeting @ 7:30 PM

November 1

Dinner @ 6:30 PM
Stated Meeting @ 7:30 PM

November 15

Dinner @ 6:30 PM
Stated Meeting @ 7:30 PM

November 22

Happy Thanksgiving from the Brethren of
Thomas M. Holt Lodge.

December 6

Dinner @ 6:30 PM
Stated Meeting @ 7:30 PM
Officer Elections for the 2019 Year.

December 7

Thomas M. Holt # 492 - Ladies Night
Burlington Shrine Club @ 6:30 PM

December 20

Dinner @ 6:30 PM
Stated Meeting @ 7:30 PM

December 25

Merry Christmas from the Brethren of
Thomas M. Holt Lodge.

Mark Your Calendar !!!

Thomas M. Holt Ladies Night
Friday, December 7, 2018 - 6:30PM
At the Burlington Shrine Club

From the Secretaries Desk:

2019 Membership Dues Cards
Have now arrived.
Please make plans to pay your dues
and pick up your new card for 2019.
Thank You !!

Messages from the West:

Brethren,

It is hard to believe that we are getting ready to head into the last quarter of 2018, the leaves on the trees will soon begin to change color, and there will be a crispness to the air, the warm days of summer will be just a memory. Before we know it, we'll be giving Thanks with our families, celebrating Christmas morning, and in the blink of an eye the Lodge year will once again be drawing to a close. Before the year closes out, let's reflect back on the year so far.

First of all, it has truly been an honor and a privilege to once again serve this Lodge, to represent it, as your Senior Warden in 2018. I have really enjoyed my time in the West and the experience, knowledge, and more light that comes with it.

Second, Under the leadership and guidance of Worshipful Master Simons we have once again seen great success this year in all of our projects and fundraisers. As WM Simons already mentioned, the hard work has once again paid off as being selected to receive the "Lion and Pillar" award for 2018, and one receive it in back to back years. Great Work Brethren!!! I have already seen the preliminary set of 2019 requirements for the award and I believe we should be able to obtain it once again, or perhaps the new challenge of the "Platinum Level"? Take some time to rest and refresh yourself Brethren, pretty soon we will be back in the quarries and hard at work.

Finally, Brethren, a Lodge is not a Lodge without its members and every member of this Lodge brings valuable insight, skills and history that helps broaden our knowledge, and strengthen our fellowship. May your hearts be filled with gladness and your homes be filled with joy during the upcoming holiday season and into the New Year!! Onward to 2019!! So, Mote It Be!!

Fraternally Yours,

Jeff Lightcap, Senior Warden

Messages from the South:

Brethren,

As seasons begin to change from summer to fall I would like to take a moment to reflect on my year thus far in South as your Junior Warden. Together we all share in the many successes our lodge has achieved. Our charities have benefited from our hard work and dedication. We have exemplified "Faith, Hope and Charity" and brotherly love prevailed in our work. Our degree work has been on going as well. I was able to sit in the EAST for a double first 1st degree for two new brothers. Without your dedication and hard work this would not have been possible. I'm looking forward to my first upcoming Grand Lodge communication. It will be a proud moment personally as a Mason especially when our lodge receives the Lion and Pillar Award for the second consecutive year.

The call from labor to refreshment is another part of being in South. The meals and the fellowship before our Stated Communications are always fun and also somewhat challenging. I could not have handled the meals without your support and most especially from our Senior Deacon, Brother Steve Craven. Steve has been there when other obligations have prevented me from being at the lodge. Steve has gone above and beyond the call of duty on several occasions handling the meals and being Pro Tem in the South. Thanks Steve for all you have done for me and our Lodge this year. I think it's safe to say you have passed your "ON THE JOB" training for the South next year!!

Finally, I'd like to express my gratitude to all the brethren in our Lodge for the faith you entrusted in me as your Junior Warden this year. I have enjoyed my time in the South. The work can be hard but with your help and the heavy lifting of many hands it has been most enjoyable. So as the sun at meridian is the beauty and glory of the day so is Junior Warden in South who wishes each and every brother continued success and may brotherly love prevail in all we do as Masons. So Mote it Be.

Fraternally Yours,

Kevin Dean, Junior Warden

Upcoming Birthdays

October 2018

- 01 – Joey Frye
- 02 – Royce Williams
- 06 – John Fricks, Jr.
- 09 – David Thompson
- 13 – Byron Neal
- 14 – Frank Stone
- 18 – James Paige Jr.
- 28 – Dewey Brown, III
- 31 – Harry Smith
- 31 – Ray Brown
- 31 – Tony Ivan Wood

November 2018

- 02 – Jack Collins
- 03 – Seth Norris
- 05 – Tim Taylor
- 09 – Marcus Orr
- 14 – David Snyder
- 23 – Mark Bare
- 25 – Max Way
- 29 – Roy Duffer

December 2018

- 05 – Jack Lawrence III
- 12 – Jimmy Eller
- 13 – Lewis Franklin
- 24 – Richard Murray
- 24 – Randy Vanderburg



The Brethren of Thomas M. Holt Lodge would like to wish you all a Very Happy Birthday !!!

Grand Lodge Officers for 2019:

ELECTED OFFICERS

DWIGHT M. "MACK" SIGMON – GRAND MASTER
P. SHAUN BRADSHAW – DEPUTY GRAND MASTER
R. DAVID WICKER – SENIOR GRAND WARDEN
LARRY B. THOMPSON JR. – JUNIOR GRAND WARDEN
LEWIS R. LEDFORD – GRAND TREASURER
T. WALTON CLAPP III – GRAND SECRETARY
KEVAN D. FRAZIER – SENIOR GRAND DEACON
DONALD E. KEHLER – JUNIOR GRAND DEACON
ROBERT W. RIDEOUT – GRAND MARSHAL
STEVE M. NORRIS – SENIOR GRAND STEWARD
GILBERT BAILEY – JUNIOR GRAND STEWARD

APPOINTED OFFICERS

RICHARD A. WILLIAMS – GRAND CHAPLAIN
GUY E. CLINE – GRAND TYLER
DALTON W. MAYO (PGM) – GRAND LECTURER
LUDWICK J. WODKA – GRAND HISTORIAN
A. GENE COBB, JR (PGM) – GRAND ORATOR
JAMES R. STEVENS – JUDGE ADVOCATE

The installation of the above named elected and appointed Grand Lodge Officers will be held on Saturday, December 1, 2018 at the Old Post Office Playhouse, 10 South Main Ave., Newton, NC at 10:00 am.

Grand Lodge Annual Communication Amendment Voting Results – 09/28/2018

Amendment 1 – DEFEATED

This amendment stops the purchase of new Endowed Memberships and creates a new type of membership, Legacy Membership.

Amendment 2 – APPROVED

Would allow a lodge to be able to meet on another date due to cancellation of a stated due to hazardous conditions.

Amendment 3 – APPROVED

This amendment would require members appointed to the Code Commission to be a Past Master or Secretary.

Amendment 4 – WITHDRAWN

This amendment would automatically "suspend" the membership of a member who has been charged with a felony. Once his charges have been adjudicated and he is found not guilty, his record is expunged and he is a member in good standing. If found guilty, his case is forwarded to the Judge Advocate for formal Masonic charges.

Amendment 5 – RULED OUT OF ORDER

This amendment would state that a master may, but is not required to, order a petition of application withdrawn and returned if he discovers after it has been received that the petitioner or applicant answered any question in the petition or application falsely.

Amendment 6 – DEFEATED

This amendment would raise the per capita rate owed to the Grand Lodge to \$25 from its current rate of \$20. Per Capita pays for the operation of the Grand Lodge and was last approved in 2013.

Amendment 7 – APPROVED

This amendment would require the lodge treasurer to make a report to his lodge at least quarterly.

Amendment 8 – APPROVED

This amendment would allow a lodge to be able to hold its annual meeting (election of officers) on another date due to cancellation of a stated due to hazardous conditions. This amendment does require membership notification on a date other than a stated communication.

Amendment 9 – DEFEATED

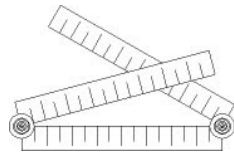
This amendment would allow a lodge to open lodge on the First Degree and conduct its business.

Amendment 10 – RULED OUT OF ORDER

The amendment defines additional obstructive motions.

Masonic Education: The 24 Inch Gauge and the Circadian Rhythm

The twenty-four inch gauge—one of the working tools of Masonry—teaches us to make the best use of our time. In a twenty-four hour period, we learned that eight hours should be devoted to the service of God and a worthy distressed Brother, eight hours in our usual vocation, and eight hours for rest and refreshment.



Early Masons, who determined how to best use their time, may not have known all of the ramifications of the twenty-four hour cycle. A study conducted by the National Institute of Mental Health reveals some remarkable facts about the twenty-four hour internal clock or circadian rhythm as it is known scientifically. This internal clock runs whether we are hungry or full, and whether it is dark or light.

A scientist in the Antarctic, where it is light for months at a time, went to bed when he felt sleepy. He discovered that it was fifteen minutes later each day until the 28th day when "sleepy time" reverted to the usual time and began over again.

Even plants in the dark open and close their leaves at regular intervals. Newborn babies acquire the circadian rhythm within sixteen weeks or less. Birds and lizards that were raised in soundproof rooms with temperature and light control came by the circadian rhythm without ever seeing daylight or any other living creature. Scientists in confinement in caves where there was no light soon adhered to the twenty-four hour internal clock even though their conception of time was flawed.

Attempts have been made to change the cycle to 12, 18 or 48 hours, but those who participated in the experiment became irritable and were error prone.

Jet lag is related to circadian rhythm and results when the normal rhythm is upset. The symptoms, familiar to most travelers, include fatigue, tendency to error and general malaise.

In addition to the circadian twenty-four hour cycle, there are longer cycles known as infradian cycles. The female 29 day cycle is one of these, but men also have a similar cycle which is not as pronounced. The cycle in the male is of similar length and was confirmed by hormonal studies.

Dr. Franz Halberg of the University of Minnesota made some interesting conclusions from his years of study on this subject. Among his findings were the fact that deaths from arteriosclerosis were greatest in January. Accidental deaths were more prevalent in July and August, and suicide greater in May.

Considering, again, the circadian twenty-four hour cycle, Dr. Charles Czeisler of Boston's Brigham and Women's Hospital determined from his studies that more humans die around six in the morning, more heart attacks and strokes occur around nine in the morning and peak onset of labor in women is between one and seven in the morning.

Both doctors concluded that physical performance is poorest between two and six in the morning and, as a result, there are more one-car accidents during that period.

One study accentuated the physical variations daily when they gave rats an identical drug dosage at two different times of day. Of the rats given the drug during their active cycle, a high percentage died while those given the same dosage during their rest cycle had only one death out of ten.

Such studies have led to speculation that there may be a day when doctors will maintain a sort of circadian map for every patient. Information in that map would determine the best time for most effective medication or treatment.

Dr. Czeisler has been successful in altering some faulty circadian patterns by use of light—much brighter than average room lighting—applying it scientifically to achieve desired changes. The treatment has been applied to patients suffering from depression, fatigue or sleep disorders.

Although there is still much to be learned, the presence of rhythmic cycles in humans and animals is well established. Our Masonic forefathers, who used the twenty-four inch gauge as a measure to divide wisely our time, may not have known about circadian rhythm, but they certainly recognized the importance of adhering to a schedule for personal well-being.

Written By: DON LAVENDER, 2913 49th St, Des Moines, Iowa 50310

****Please help the Lodge reduce mailing costs: If you'd like to receive future editions of the Holler Log via email instead of paper copy, please email WM Jason Simons at: jbsimons26@hotmail.com**

Please refer to the Lodge Websites for updated Lodge Information and Schedules in between issues of the Holler Log @ www.thomasmholt492.org or 492-nc.ourlodgepage.com

Comments or Suggestions are Welcome ... email them to: hollerlog@thomasmholt492.org



Masonic Anniversaries (The number indicates years of service)

October

06 – Al Layton
32 – Mike Rogers
45 – William Tyler

November

01 – Aaron Slyter
05 – Kevin Dean
09 – Mark Bare
09 – Daniel Barnes
12 – Max Way
22 – Kenneth Dixon
23 – Melvin Russell
23 – Brice Turner, II
53 – Jerry Shields
55 – Ralph Pike
61 – Hollan Thomas Pickard

December

13 – Allen Wade Bean
14 – Dewey Brown, III
34 – Jerry Lane
45 – Daniel Qualls

The Brethren of Thomas M. Holt Lodge would like to Thank You for your years of service and support of our Lodge !!!

