



MIRVAC MEN'S HEALTH JOURNAL  
WINTER 2017

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**FREEMASONS VICTORIA  
FMV QUARTERLY JOURNAL  
Q2 WINTER 2017: #150**


The official journal of the  
United Grand Lodge of Victoria  
(Freemasons Victoria)


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FMV Journal is distributed by mail  
direct to the homes of members  
and by email, and is published by  
Square One Publications Ltd  
(ACN 005 631 470).

W.A. Tope Building  
Coppin Centre,  
45 Moubay Street  
Melbourne VIC 3004

#### PUBLISHER

FMV Journal is distributed by mail  
direct to the homes of members  
and by email each quarter and  
is published online at [issuu.com/freemasonsvic](http://issuu.com/freemasonsvic) by Freemasons  
Victoria.

Freemasons Victoria invites  
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**GRANT EGAN**

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Unit 4, 160 New Street, Ringwood,  
Victoria, 3134

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#### On our Cover:

Ramon Valery, Lodge of Evolution

"As a Freemason, being a good man means looking after yourself so you can look after others. I am committed to optimising my health and I encourage all other Freemasons to do likewise. To support Men's Health Week, let's all take one small step to improve the health and wellbeing of members in our Lodges. Try something healthy in the South, tackle some moderate exercise or reach out to a brother who might be struggling."

FMV is grateful to Mirvac for an inspired partnership to enable Freemasons Victoria's Men's Health initiatives.

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#### FMV Thanks:

Our health care partners for their considerable contribution to this Edition – APCR, Monash Health and Susan Beaton, and Mirvac for an inspired partnership to enable Freemasons Victoria's Men's Health initiatives

#### FMV Apologises:

On Page iii of the FMV Autumn Journal (#149) RWBro. Barry Minster's name was incorrectly spelt; our sincere apologies to Barry.





# Creating healthier, more active communities

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Bro. Lucas Crandles, Bro. Thanakaran Nadarajah, Bro. Felix Pintado, MWBro. Don Reynolds, RWBro. Bill Hayes and WBro. Edward Finch

## The Greatest Wealth is Health

### FROM THE EDITOR

**R**esonating with our commitment to supporting good men, their families and the community, this issue of the FMV Journal focuses on men's health - how to get it and how to respond to the warning signs when all is not so well.

From June 12-18, across Australia, communities, organisations and governments will be supporting Men's Health Week<sup>1</sup>. This year's theme "Healthy Body - Healthy Mind: Keeping the Balance" is an opportunity to shine a light on men's physical and emotional health and wellbeing.

Supported by a range of expert health partners, particularly Australian Prostate Cancer Research (APCR) and Monash Health, the FMV Journal Winter Edition provides valuable health information for men of all ages. This information is backed up by referral services and contacts that you can enlist in your own health situation.

The Freemasons Victoria leadership team reflects on the pivotal role that FMV can play in men's health and wellbeing across their lifetime, particularly in regard to the meaningful social connections that are crucial for men's emotional health.

Our feature article notes that genes and environment are the key determinants of our health status, and as we have no control over our genes, extolls the virtues of taking control of the way in which we live.

Contributing experts offer advice on diet and nutrition; exercise; relationships; osteoporosis; and the often sensitive subject of prostate health.

In a powerful article, a Freemason shares his deeply personal account of a brother's loss to suicide. As our contributing author, Susan Beaton, notes "Suicide is a devastating public health issue that sends deep fractures across the community and demands our attention".

Within the Freemasons Victoria community we are blessed with good men, doing great work to support health and health care. At a State level, a \$1.8M gift from Freemasons Foundation to Monash Health has enabled the new Freemasons Forest Ward of the Monash Children's Hospital, which will support children, families and the community for decades to come.

Locally, the Freemasons Cycling Club initiative to support headspace, the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds,

and the Game On! Men's Health Night sponsored by the Swan Hill Lodge No 919 offer great examples of how Freemasonry contributes to the good health of men, their families and the community.

Importantly, and as winter sets in, our challenge is to make the space in our busy lives for health - personal and collective, physical and emotional - to be a priority.

As a wise man once said "A man too busy to take care of his health is like a mechanic too busy to take care of his tools"<sup>2</sup>.

WHAT ARE YOU  
DOING TO IMPROVE  
WELLBEING IN YOUR  
COMMUNITY?

[www.freemasonsvic.net.au/  
compassion-community/  
mens-health/](https://www.freemasonsvic.net.au/compassion-community/mens-health/)

MAKING GOOD MEN BETTER

### Sources:

- <sup>1</sup> [www.menshealthweek.org.au](https://www.menshealthweek.org.au)
- <sup>2</sup> [www.wiseoldsayings.com/health-quotes/](https://www.wiseoldsayings.com/health-quotes/)



## Freemasonry – A Beacon For Men’s Health and Wellbeing

**RWBRO. RICHARD ELKINGTON**  
PRESIDENT OF THE BOARD OF GENERAL  
PURPOSES

In acknowledging the role that Freemasonry can have in supporting good health and wellbeing, as an organisation we need to consider how we can best appeal to and communicate with potential members, and particularly young men.

### Personal Growth

Our research shows that younger men are interested in personal development as a key reason for joining an organisation like Freemasons Victoria.

Consistent with this aspiration, our teachings are designed to take us on a journey of personal growth. Our commitment to ensuring quality in both our content and our practice of lifelong Masonic knowledge is sensible and timely.

To this end, the Board has a key focus on supporting the work of the new Masonic Knowledge Volunteer Action Team, lead by WBro. Ian Buckingham, and with three sub groups focussing on Education; Ritual and Ceremony; and History and Heritage, under the leadership of WBro. Brendan Kyne and VWBro. Bruce Carey.

Already we are seeing some positive outcomes indicating that lifelong Masonic learning will be a hallmark for membership of our organisation.

### Quality Experience

We must also remember that the contemporary, younger man is demanding a quality member

experience; we need to work to ensure that the experience we offer is reflective of that expected in the modern day. Ritual and Ceremony are at the heart of our organisation, but we must also respect that men, and young men in particular, are time-poor, seeking flexibility and new ways to be engaged.

It is in the Lodges that the strongest connections and valued experiences of our fraternity can be shared and it is critical that we are working to ensure all members are supported and sustained by their Lodge. If this occurs, everything else will fall into place for a sustainable future.

### Community Outreach

Community connection is a need also expressed by younger men. We have the energy within our existing membership to take Freemasonry to the wider community.

Our deep and abiding commitment to philanthropy and our outreach initiatives are already designed to contribute to a better world; our challenge is to find new ways and means to extend our reach, our influence and our visibility to ensure that good men have the opportunity and the encouragement to embrace a life in Freemasonry.

We have a pivotal role to play in supporting men’s health and wellbeing across their lifetimes. Together we can make a difference.

## Friendship, Compassion and Truth

**JANE SYDENHAM-CLARKE**  
CHIEF EXECUTIVE OFFICER,  
FREEMASONS VICTORIA

In recognition of Men’s Health Week<sup>1</sup> (12-18 June 2017, across Australia), this edition of the FMV Journal focusses on men’s health and wellbeing against the theme “Healthy Body – Healthy Mind: Keeping The Balance”.

The Men’s Health Week website notes that finding that healthy balance, physically and emotionally, means “doing things that are nourishing and good”. Whilst there are many options for men to pursue their physical health, finding safe spaces where emotional and social health is sustained is not so easy. Freemasonry is ideally placed to be that safe space, through our 254 Lodges state-wide, built on the foundations of friendship, compassion and truth.

Social connections are important in men’s lives – those that happen naturally at home and at work, and those critical networks that only exist in a ‘THIRD PLACE’. For many men, that third place is found through sport; but what happens when our sporting days are over?

By the time men reach their 40s, many have work and home but no Third Place. By retirement men can be left with only home. The evidence is clear that men need to establish a sustainable Third Place early in life, and it is our very real challenge to make Freemasonry a relevant and respected option for them.

I think about the choice of a

Third Place as a commitment of discretionary time. Much like spending discretionary income, you can only invest it once. To be a Third Place of choice, Freemasonry must meet the needs and the value expectations of the men we seek to attract.

What is it that men value? Research tells us that:-

- In their 20s men value new experiences that will benefit them in the future and build their personal brand
- In their 30s men have diminished “me time”, friends are drifting; new networks are valued but must provide a common interest
- In their 40s men are at their least connected and most vulnerable; they need to be given confidence and permission to seek support
- In their 50s men are looking to give back, to do good and to be needed
- In their 60s, 70s, 80s and beyond, men seek to pass on their life’s knowledge and create their legacy - how will we be remembered?

All of these men are welcome in Freemasonry<sup>2</sup>, and we can meet all of these aspirations and unlike many men’s activities, Freemasonry has no use by date. It is critical that our Lodges understand and respond to their vital role in supporting the social and emotional wellbeing of good men at every stage of life.

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### Sources:

<sup>1</sup> Men’s Health Week: [www.menshealthweek.org.au](http://www.menshealthweek.org.au)

<sup>2</sup> Welcome to Freemasons Victoria: [www.freemasonsvic.net.au](http://www.freemasonsvic.net.au)



# The Keys to a Long and Healthy Life

**DR HOMI ZARGAR**  
MBChB FRACS, URO-ONCOLOGY AND  
ROBOTIC SURGEON

Regardless of age, we have the power to change many of the parameters that impact how long we live, and how active and vital we feel in our later years.

Living longer and healthier is a product of two factors: our genetic make-up, and our interaction with the environment.

Our genes are passed down by our parents and at least for now they remain what they are and we cannot change them drastically. If you are given a nice set of genes and your parents and grandparents have lived into their nineties, free of cancer and heart disease, you are already on your way to receiving your 100th year birthday letter from the Queen, if you play your cards right. If your genes are not as good don't give up as there are plenty of things you can do to live longer and healthier.

Our interaction with the environment, in other words the way we live, regardless of our genes, plays a significant role in determining how and when we die. Broadly speaking the following increase your odds of a longer and more satisfying life span:

- Avoiding or minimizing harmful substances
- Better nutrition
- Physical and mental activities
- A strong social support network
- Minimizing stress and
- Utilizing health professionals' expertise.

## The Dangers

Many substances are known to be harmful to the human body and yet we are exposed to them due to our own conscious decision, our occupation or simply geography.

Smoking contributes to heart disease and stroke, lung cancer, emphysema and many other chronic lung problems, and thinning of the bones. From a urologist's point of view, it has been shown to be associated with bladder cancer, kidney cancer and maybe

prostate cancer as well as infertility and erectile dysfunction. Smoking makes breathing during exercise more difficult and appears to impact memory negatively.

It is never too late to stop. After a smoker quits, the risk of heart disease and stroke begins to drop within a few months, and in five years, it matches that of someone who never smoked. At any age, quitting reduces your risk of dying from cancer related to smoking, however this drop is most noticeable in those who quit before age 50.

Safe occupational practices can minimize the damage from a variety of harmful substances including asbestos, petroleum derivatives and cleaning products, to name just a few.

Alcohol, illicit drugs and to a lesser extent sugar and salt (in excess) should also be placed in our list of harmful substances.

Given the fact that Australia has the highest incidence rate of melanoma in the world, protection against the sun's ultraviolet rays and judicious use of sun screen deserves a special mention.

## The Do List

### Nutrition

Eating healthy foods can help extend our life and improve our health. Healthy diet can help us to sidestep illnesses that affect an aging population, including hypertension, stroke, heart disease and cancer.

Considering the abundance of fad diets and conflicting advice on nutrition my simple advice to my patients is to stick to the basics:

- Cut back on meat especially red meat and corn fed animals
- Incorporate fish in the weekly diet
- Eat more vegetables, greens, fruits, and whole grains and
- Achieve a healthy balance between calorie intake and calorie expenditure.

### Exercise

Physical activities that raise breathing and heart rates and that strengthen the muscles for at least 2½ hours a week is recommended. Regular physical activity helps with improving blood cholesterol profile, as well as lowering blood pressure and blood sugar levels — all of which benefit cardiovascular health and reduce the risk of heart attack and stroke. Data suggests that regular physical activity may reduce the risk of colon cancer and lung cancer by 20%. Also in men with the diagnosis of prostate cancer, physical activity can reduce the chances of disease spreading beyond the prostate.

### See the Experts

Regardless of how good your genes are and how well you live, modern healthcare encompassing screening tests, preventive measures and therapeutics can significantly improve life expectancy. Having access to a general practitioner that you have a good rapport with and who knows you well is of paramount importance.

Screening for cardiovascular risk factors, including obesity, cholesterol levels, diabetes and high blood pressure can significantly reduce your risk of heart attack and stroke. When such risk factors are identified, prompt therapy can significantly alter the course of the disease.

Screening measures for cancers such as PSA testing for prostate cancer and colonoscopy for colorectal cancer are worth considering after discussing the risks and benefits with your healthcare professionals. From a urological point of view and in addition to PSA testing, assessment of urine and prompt investigation of presence of blood in the urine is worthy of mention.

We hope this brief overview, and the accompanying more detailed articles, provide you with useful, digestible information that can assist you in your journey toward longer, healthier and happier living.

Dr Homi Zargar MBChB FRACS, Uro-Oncology and Robotic Surgeon, is a consultant Urologist at the Royal Melbourne Hospital and a Senior Clinical Lecturer at the department of surgery at the University of Melbourne. He also has private hospital appointments at Epworth Richmond. Dr Zargar consults at the Cancer Specialists and Australian Prostate Cancer Centre.





# Eat Well, Live Well

## Tailor Your Diet To Suit You and Your Needs

**DR MAREE BRINKMAN**  
BSC MND PHD APD ACCREDITED  
PRACTISING DIETITIAN AND  
NUTRITIONAL EPIDEMIOLOGIST

There is so much information on diets and nutritional supplements that taking charge of your dietary health can be overwhelming. Do you follow a vegan/vegetarian, paleo, low carb, ketogenic, 5:2 diet? It is further complicated when some of these - like the paleo and vegan diets - are almost polar opposites in terms of their food composition and nutritional focus.

### So who is right and which one is best?

The simple answer is that no one diet fits all. The ideal meal plan should aim to provide the **50 known nutrients** that are needed regularly for good health. By excluding entire food groups from a diet, there can be the risk of deficiency of key nutrients and associated health issues e.g. low iron can lead to anaemia, low calcium intake to osteoporosis.

The current Australian Dietary Guidelines<sup>3</sup> is a great starting point for nutritional requirements. It provides the recommended serves and serving sizes for each of the main food groups: fruit and vegetables, grains, protein (animal and plant sources), dairy and non-dairy sources of calcium and fat and oils. Dietary recommendations and requirements vary according to individual age, gender, level of physical activity and health status.

When considering nutrient intake, more is not necessarily better. Excess calorie intake has adverse effects on expanding waistlines with the associated risk of chronic conditions such as diabetes, cardiovascular disease and cancer.

It is unlikely that any one nutrient in very high doses is beneficial to health, and the scientific evidence from clinical

trials suggests that they might even be harmful. One such trial using selenium and vitamin E supplements was stopped earlier than planned because of reports of unexpected adverse side-effects experienced by the participants<sup>4</sup>.

Many herbal supplements are very popular, but these can be potentially harmful as there is a lack of scientific evidence on appropriate doses, and their potential to interact with medications and other supplements. Even natural products can cause negative reactions in some people, particularly those with sensitivities, health issues and who are on several medications<sup>5</sup>.

Ideally, it is best to meet nutritional requirements through natural food sources; when this is not achieved and people are at risk of deficiency, supplementation may be appropriate under the guidance of a medical practitioner.

It can be difficult to synthesise all the dietary information that surrounds us. If you need help with a healthy diet then you may want to see an Accredited Practising Dietitian who has been trained to assess your nutritional requirements and work them into a meal plan tailored to your needs.



Image Credit: National Health and Medical Research Council, Australian Dietary Guidelines

Sources:  
<sup>3</sup> www.nhmrc.gov.au/\_files\_nhmrc/file/your\_health/healthy/nutrition/n55a\_australian\_dietary\_guidelines\_summary\_131014\_1.pdf  
<sup>4</sup> www.harvardprostateknowledge.org/cancer-prevention-trial-select-comes-to-a-halt  
<sup>5</sup> www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/herbs-botanicals-other-products-faqs

# Exercise - The Miracle Drug

## How The Protective Effect Of Exercise Can Improve Your Health and Wellbeing

**ASSOCIATE PROFESSOR PRUE CORMIE**  
INSTITUTE FOR HEALTH AND AGEING,  
AUSTRALIAN CATHOLIC UNIVERSITY

Chronic disease is the nation's biggest health challenge, responsible for 85% of the total burden of disease and 90% of all deaths in Australia. The Australian male life expectancy is 80-years-old, five years less than that of the Australian female life expectancy.

Alarmingly, it is expected that Australian men will live out 18 years of their lives with compromised functioning and restricted participation due to a chronic illness or disease. Research has established exercise as a potential countermeasure as exercise has a protective effect against illness and is a potent medicine to improve health and wellbeing.

Men who have superior fitness and exercise regularly have a 25-75% lower relative risk of death from any cause. This effect is independent of a range of risk factors including high blood pressure, smoking and being overweight.

Regular exercise also has been associated with significant reductions in the relative risk of developing numerous health conditions. The protective effect of exercise includes:

- a 40% reduction in the risk of heart disease
- an almost 50% reduction in the incidence of high blood pressure
- 50% reduction in the incidence of diabetes
- 25% lower risk of stroke
- 25% reduced risk of some cancers
- 30% reduction in the risk of developing Alzheimer's disease.

The therapeutic effects of exercise are well documented and exercise is now being viewed as an important component of treatment

to help in the management of cancer, cardiovascular disease, diabetes, arthritis, osteoporosis and mental health issues.

Based on the scientific evidence, it is clear that if the effects of exercise could be encapsulated in a pill, it would be the most widely prescribed medication in the world. Even if this pill had just a fraction of the positive health benefits regular exercise provides, it would be viewed as a miracle drug.

To realise these health benefits, national guidelines recommend men achieve at least 150 minutes per week of moderate intensity aerobic exercise (e.g. walking, jogging, cycling, swimming) and 2-3 sessions per week of moderate intensity resistance exercise (e.g. lifting weights at a gym). To realise the full potential of exercise, these sessions should be individually tailored and progressed, involving targeted exercise relevant to counteracting health issues/risk factors.

The appropriate health professional to provide advice about exercise is an Accredited Exercise Physiologist (AEP). AEPs are university qualified health professionals that specialise in prescribing exercise to people with chronic diseases and will provide advice to maximise the safety and effectiveness of your exercise regime. AEP services are eligible for rebates from Medicare and private health insurers. Search for an accredited exercise physiologist in your area here: [www.essa.org.au/find-aep/](http://www.essa.org.au/find-aep/)

Associate Professor Prue Cormie is an Accredited Exercise Physiologist and Principal Research Fellow at the Institute for Health and Ageing, Australian Catholic University. Find out more information about her work here: [www.ihacu.edu.au/cancer/](http://www.ihacu.edu.au/cancer/)

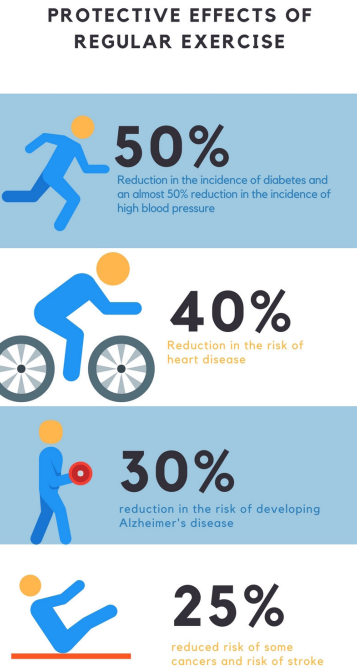


Image Credit: Australian Prostate Cancer Research





# We Need To Talk About Your Prostate

## Advances In Diagnosis, Treatment and Management Improve The Lives Of Men Living With Prostate Cancer

HELEN CROWE  
UROLOGY NURSE PRACTITIONER,  
RESEARCH NURSE

Much has changed in the world of prostate cancer over the past few decades, with many improvements in the detection and treatment of the disease. The simple PSA (Prostate Specific Antigen) blood test, developed in the 1980s, allows early prostate cancer to be detected. Prior to that, diagnosis typically occurred when symptoms, often painful bony metastases, had developed. At that point a cure was not possible.

### Did You Know<sup>6</sup>:

- Australia has the highest incidence of prostate cancer in the world
- Prostate cancer is the most common cancer in Australian men
- About 20,000 men are diagnosed each year, the average age of diagnosis is 67 years
- 1 in 5 men will develop prostate cancer; 1 in 8 women will develop breast cancer
- Men are 30% more likely to die from cancer than women
- Men facing prostate cancer in rural and remote areas are around a third more likely to die than their metropolitan counterparts
- Australian men are facing a healthcare crisis: 40% do not have a GP or attend annual checkup
- Men with prostate cancer are 6 times more likely to commit suicide.

The simple PSA blood test means that prostate cancer can now be found before it spreads, and before symptoms of the prostate cancer develop. It can then be treated by surgery or radiotherapy. Surgical advances, in particular robotic surgery, have made removal of the prostate a far less invasive procedure, usually requiring only an overnight hospital stay. Refined radiotherapy techniques are providing more accurate treatment fields, minimising involvement of surrounding tissue.

Not all prostate cancer needs to be treated. Some are small, not aggressive, and unlikely to ever cause any serious health problems; they can be managed by Active Surveillance, involving regular check-ups and monitoring of patient PSA levels. These prostate cancers may never need to be treated.

There have also been major advances in diagnosis, imaging and treatment where prostate cancer is more advanced, and has spread to surrounding bones, lymph nodes or other organs. New forms of hormone therapy, chemotherapy and targeted radiotherapy – not available ten years ago – can treat the advanced disease.

Many men diagnosed with prostate cancer are now living long productive lives, with a variety of treatments to start when necessary. As a result of these improvements in diagnosis and care, the number of Australian men dying from prostate cancer each year is reducing.

More research is still required but the steady advances in the understanding of prostate cancer, and the emergence of new treatments, mean a much brighter future for men diagnosed with this very common disease.

While there is still controversy about whether or not men should be tested for prostate cancer, the Urological Society of Australia and New Zealand<sup>7</sup> has the following guidelines:

“For men at average risk of prostate cancer, who have been informed of the benefits and harms of testing, and who decide to undergo regular testing for prostate cancer, offer PSA testing every 2 years from age 50 to age 69, and offer further investigation if total PSA is greater than 3.0 ng/mL”

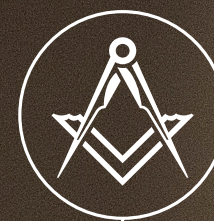
It is a good idea for men to find a GP they like, and trust, and have annual check-ups, not just for prostate cancer, but all of the other health issues that become common as we age. That way many of these common health problems can be diagnosed and treated before they become a major problem.

Helen Crowe is a Urology Nurse Practitioner and Research Nurse with Epworth HealthCare and Australian Prostate Cancer Research.

### Sources:

<sup>6</sup> [www.prostatecancerresearch.org.au/about/our-vision-mission](http://www.prostatecancerresearch.org.au/about/our-vision-mission)

<sup>7</sup> [www.usanz.org.au/psa-guidelines](http://www.usanz.org.au/psa-guidelines)



# FMV

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# We're Alright – Aren't We?

## Shining a Light on Men's Health

MWBRO. DON REYNOLDS  
GRAND MASTER

**T**his year's Men's Health Week theme is Healthy Body – Healthy Mind: Keeping The Balance. The focus is on exploring the different ways men and boys are managing to keep healthy, physically and emotionally, in a busy and sometimes challenging world.

Helping one another to find a balance amongst those challenges means making time to do things that are nourishing and good, and I encourage you in your Lodges to reach out to your local communities and offer support and care as they respond to the issues impacting on the health of men, boys and their families. Men's Health Week is an opportunity for each of us to make a positive difference in our lives.

### Learn About It

The Men's Health Week literature evidences that there is an ongoing, increasing and mostly silent crisis in the health and wellbeing of men and boys. Due to a lack of awareness, poor health education, and culturally conditioned behaviour patterns in their work and personal lives, the health and wellbeing of men and boys is at risk.

In Australia and in several other countries, men and boys experience significantly higher rates of addiction, violence, crime, accident and premature death in comparison to their female counterparts. As well, men show significantly higher rates of death from cancer, heart disease, homicide and suicide.

Men's Health Week research illustrates that Australian men are more likely to get sick from serious underlying health problems than women, often due to a lack of early intervention; their associated mortality (death) rate is also much higher. The Australian Bureau of Statistics Leading Causes of Death by Gender (2013) shows that the death rate from accidents, cancer, heart disease and suicide is generally higher – sometimes much higher – for men than women.

A uniquely male health problem, Australian men exhibit the highest incidence of prostate cancer in the world.

Prostate cancer is the most common cancer in Australian men:

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- 1 in 5 men will develop prostate cancer; 1 in 8 women will develop breast cancer
- Men are 30% more likely to die from cancer than women
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- Men with prostate cancer are 6 times more likely to commit suicide

### Talk About It

To improve and maintain the health of our men, boys and their families we must be able to have those meaningful conversations about the factors that keep us healthy in body and mind.

Males in industrialised societies, such as Australia, are less inclined than women to take an active role in maintaining their own health and receive far fewer messages than women, concerning the importance of their health and wellbeing. They are also less likely to seek professional help for problems, particularly those of an emotional nature.

One in eight Australian men suffers from depression at any given time. Statistics indicate that men between 35 and 55 are particularly at risk. Male depression is associated with an increased risk of health disorders, such as cardiovascular disease and diabetes. Life issues such as the death of a spouse, separation, divorce and unemployment trigger serious situational depression in men more often than in women. Men are likely to resort to destructive behaviours in an attempt to deal with depression. Depressed men are two times more likely to abuse alcohol and drugs than depressed women.

### Act On It

This edition of our Journal is dedicated to men's health and wellbeing and as we can see there is good reason for this focus.

So how can Freemasons Victoria meaningfully support men to improve their health and enhance their wellbeing? Here are a few ideas for starters:

1. Consider, discuss and share the many ideas, links and referrals in this publication to lift your members' health profile.
2. Connect with the APCR. As you are aware last year through the Freemasons Foundation, a significant partnership was formed with the Australian Centre for Prostate Cancer Research (APCR).

APCR was founded to build a stronger prostate cancer research community and to promote and facilitate collaborative research. Its initiatives are research-validated, blueprint models for best practice in prostate cancer care and management.

APCR offers members of Freemasons Victoria priority screening and testing at their world-leading North Melbourne clinic. This is a positive first step to wellbeing following which a full check can be enabled. During Men's Health Week you can bring your Lodge members as a group to the APCR for full health checks and wellbeing seminars. Make a day or two of it! To take advantage of this fast track service visit our website at <https://members.freemasonsvic.net.au/apcr/>

3. Book a Freemasons Foundation regional bus tour to bring the APCR experts into your Lodge rooms to discuss with you how to support your members' health. Get your bookings in soon to avoid disappointment!

We're alright, aren't we? Sadly, in many cases, the answer is no. I urge you all, through your Lodges and our Masonic fraternity, to use Men's Health Week as a catalyst to check in on your fathers, brothers, sons and friends. Extend the warm hand of friendship and ask one simple question – are you OK?



Above

MWBro. Don Reynolds

WHAT ARE YOU  
DOING TO IMPROVE  
WELLBEING IN YOUR  
COMMUNITY?

[www.freemasonsvic.net.au/  
compassion-community/  
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Left to right - MWBro. Garry Sebo, PGM, RWBro. Keith Murray, DGM, MWBro. Don Reynolds, GM and MWBro. Hillel Benedykt, PGM

# The Grand Installation

FREEMASONS VICTORIA

Hundreds of Freemasons from across Victoria converged on Geelong on Friday 10 March 2017 to attend Freemasons Victoria's most significant event for the year, the Grand Installation of Most Worshipful Brother Donald Gordon Reynolds for his second term as Grand Master.

Central to the success of the event was the most celebrated partnerships of KPMG as presenting primary partner, supported by Buxton Construction, Little Projects and JB Were. Freemasons Victoria extends its thanks for the generous and ongoing support of these key corporate partners.

The event followed a grand tradition, established in 1889, when Sir William Clarke was installed

as the first Grand Master of the United Grand Lodge of Victoria. The first installation was held at the Melbourne Town Hall with 6,000 Freemasons in attendance.

This year marks the first time that a Grand Installation has been held outside Melbourne. Our current Grand Master grew up in Colac and has close ties with the region. Most Worshipful Brother Don remains involved with Warriors St John Lodge in Colac where he was Master of St John's.

The iconic Geelong Pier, first opened in the 1850s, was the selected venue for the Grand Installation ceremony in the afternoon and the Grand Banquet that followed later in the evening. Both events attracted over 750 registrations.

Proceedings were streamed live across the web and made available on video to the international Freemasons' network of some five million members.

The schedule of activities ranged from the essential core business of a Strategic Planning forum at the Wool Museum to the relaxation and networking of a very enjoyable cocktail function at the Edge.

Many guests took advantage of the long weekend by staying overnight in the district and enjoying the local tourism experiences and both newspapers in Geelong provided coverage of the Freemasons Victoria activities in the Bellarine.

Sources:  
<sup>3</sup> Grand Installation Photos: [www.freemasonsvic.net.au/fmv-news/grand-installation-photos-march-2017](http://www.freemasonsvic.net.au/fmv-news/grand-installation-photos-march-2017)

## Highlights From The Grand Master's Address To The Grand Installation

MWBro. Don Reynolds  
GRAND MASTER

Most Worshipful Past Grand Masters, distinguished guests, ladies, Brethren and gentlemen.

In the lead up to this weekend's events, I've been thinking about the many outstanding, generous people behind the scenes who have worked tirelessly to make sure everything comes together. I am pleased to formally acknowledge the efforts of three of our exceptional and often "unsung" heroes.

Honouring Outstanding Service  
With the Grand Masters Order of Service to Freemasonry:-  
RWBro. Barry Minster, OAM, PSGW, OS

In 1981, against the backdrop of his busy life in broadcasting, Barry found time to join Freemasonry, where he served his Lodge and held the office of Worshipful Master, served in a Grand Craft Ceremonial team and was conferred with PSGW in 2012. He currently serves in the Grand Mark team and previously in the Grand Chapter team as well as being a member of other Orders.

Barry has served as a member of our Board of Benevolence, and remains today a Director of the Freemasons Foundation, work that gained him the Medal of the Order of Australia last January.

The son and grandson of Freemasons, Barry has been the man behind the cameras, the live stream for Grand Installations and Quarterly Communications since I can remember.

RWBro. Frank Wood, PJGW, OS

Frank joined Freemasonry in early 1958, and will receive his 60 year jewel next year. He was honoured with the rank of PJGW in 2012.

Frank held the reins as WM of his Lodge in 1969 and is the current

Director of Ceremonies, a position he has held for some time. There is more to Frank and his service to Freemasonry than time allows me to list, so instead I quote a wonderful accolade, received by email, that sums up a wonderful man:-

'Frank Wood has inspired, trained and educated many Freemasons, myself included. He is simply the epitome of Freemasonry and you will not find a more supportive, kind and generous man. His commitment to Freemasonry through his pursuit of excellence in ceremony, mentorship and mateship is above and beyond'.

With the rank of PDGM:-  
RWBro. Peter Henshall

Peter assumed the role of Grand Treasurer from 2006 to 2009, and then took on the role of Grand Secretary and Chief Executive Officer in 2011.

Prior to that, Peter had been a ceremonial officer, a member of the Board of Benevolence; a member of finance and audit committees and a past member of the Board of Royal Freemasons.

Our retiring Grand Secretary and a brother who has given so much to the organisation, Peter has earned the rank of Past Deputy Grand Master (PDGM).

The Sound of Change

Have you noticed that our organisation has been operating with a ringing in its ears for some time?

That noise is the tuning up of Freemasons Victoria in preparation for bigger things. It is the sound of a change journey, heralding a revitalised Organisation and Structure, a new Strategic Plan and a commitment to bringing everyone along on that journey.

We have articulated our future state, in which Lodges will be charged with self-determination, to take the lead and be responsible for every member of every Lodge, to ensure that all members have the masonic experience that they desire.

The time is right for all of us to ensure that the foot print that we leave behind is not only one that we are proud of but one that ensures the perpetuity of Freemasonry in this State.

30-second Elevator Speech

To conclude, many of you are familiar with my "elevator speech", my personal mantra for Freemasonry. I've been promising the sequel - the slightly modified, enhanced version - and would like to share it with you here:-

- Freemasonry is a well-established and honourable fraternity. Its members share a strong set of values and principles, which encourage them to provide social, benevolent, intellectual and moral guidance for the benefit of each other and their families.
- Through individual Lodges or groups, Freemasonry conducts a number of ceremonies or presentations to new and existing members, which are designed to reinforce these values, stimulate thinking and develop self-awareness.
- These Lodges also provide fellowship, networking, counselling, mentoring, friendship and tolerance with a philanthropic and community orientation.
- We are an organisation of good men, supporting each other, our families and the community.



MWBro. Don Reynolds









WBro. Simon Reynolds

# Through The Eyes Of A Freemason - WBro. Simon Reynolds

JESSICA MACHELL  
FREEMASONS VICTORIA

WBro. Simon Reynolds counts himself an extremely lucky Freemason. Upon joining the organisation, Simon worked alongside RWBro. Ian Coad PSGW, the Senior Mechanical Engineer in the Loy Yang Mine. Ian was not only his co-worker but his mentor. As their friendship grew, Simon discovered Ian was a Freemason. Ian took Simon to an open night at Dallas Brooks Hall and he immediately knew he wanted to be involved. "I was not sure what to expect. I remember going along and thinking, wow, here is an outstanding group of men, who all

get together, share with each other, and genuinely care for each other", Simon said. Before he knew it, Simon was anxiously waiting outside the Lodge room ready to be initiated into Freemasonry. "It was like being a child again, experiencing awe and reverence. I can remember as clearly as if it were yesterday the pride and joy I felt when I was declared a brother among masons". RWBro. Ian transitioned from Simon's mentor at work to his mentor in Freemasonry. In Lodge, Simon soon discovered members were willing to share their experience and teach him the way of the Craft. Simon attended his first Grand Installation in 2016, and all of the colour and glamour did not disappoint. Seeing the Grand Team working together was marvellous for Simon to witness, and inspired his journey. "It opened my eyes. What I saw at the Grand Installation changed how I view Freemasonry. It was like the biggest family reunion. All my friends were there, and there were some friends there that I hadn't even met yet". Early on in his masonic experience, Simon aspired to a leadership position. Having recently become the Master of Lodge Cornucopia No 927, Simon is

content that the journey he started 8 years ago is complete. As Master, supported by so many in his Lodge, Simon now has the opportunity to show the same faith and encouragement to new and existing Freemasons. Simon is also the team leader for Interpersonal Relationships in the Membership Volunteer Action Team, focusing on the experience that members have with Freemasonry, and delivering experiences that keep Freemasons engaged and proud of their membership. "There are far too many men who are disconnected from their communities, who feel alone. There are many men who no longer know their place in society." Freemasonry encourages men to grow, to support one another and their families. This unique organisation enables men to build connections with fellow members and the wider community, aiding members to feel connection and support as a whole. In July, Simon's two eldest sons will join Freemasonry. Simon is dedicated to ensuring that his sons have a wonderful experience as a Freemason just like he did. There are exciting times ahead, and Simon challenges every Freemason to work to bring our organisation into the future.

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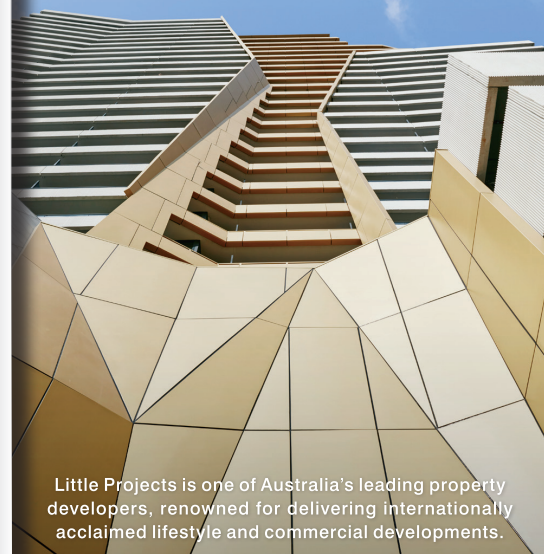
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to access your exclusive member benefits.


# Leadership in a Changing Organisation

RWBRO. BRUCE COWIE  
GRAND SECRETARY

The recently appointed 11th Grand Secretary of the United Grand Lodge of Victoria shares his views on contemporary Freemasonry and his pivotal leadership role in a changing organisation.

Bruce Cowie is a proud Victorian Freemason. English born, he arrived in Australia with his family in 1970, growing up in Adelaide and graduating from the South Australian Institute of Technology.

As part of the graduate program at the ANZ Bank, Bruce was transferred to Melbourne in 1987 and remained with the ANZ for 26 years in traditional banking, finance, risk, technology and training roles.

In 1998 he was initiated into Freemasonry and began a journey that he describes as interesting, illuminating and challenging.

After leaving the bank, Bruce was appointed as Executive Officer of CHAMAR, the administrative arm of Mark and Chapter and this commenced his full time executive Masonic management career.

In 2011 he transitioned to Freemasons Victoria in a role where he contributed on matters relating to the Book of Constitutions, Lodge Management and Workings, and major Masonic events including the Grand Installation and Quarterly Communications.

The division of the role of CEO and Grand Secretary created an opportunity for Bruce to ascend to the role of Grand Secretary where he is already making a significant contribution to Freemasonry.

Bruce is clear about the distinction in the new roles. The CEO's focus is on the business of Freemasons Victoria and the wide range of business aspects that need to be professionally managed.

The Grand Secretary will now be able to focus on Freemasonry and the Masonic experience of the members and the Lodges in which they operate.

Bruce joined Freemasonry as something that was bigger than him. It is an organisation with a rich and deep history. He reflects that as he has progressed he has become fascinated with the history and the philosophy of Freemasonry, and has learnt much from the ritual and symbolism.

A real focus for the new Grand Secretary will be the understanding



and appreciation of the documents that provide the framework for our Institution. Bruce is dedicated to ensuring that the Book of Constitutions and the regulations of Freemasonry reflect the historical aspects of our organisation but remain relevant to Today's Man. Bruce says "These documents must enable Lodges to practice Freemasonry without unnecessary red tape but must simultaneously preserve the integrity of the organisation. The rules must not impede, but must enable the Lodge to operate effectively." Bruce argues that where differences arise, the principles and tenets of our organisation should enable these to be resolved.

As an organisation we must "integrate the important aspects of Freemasonry, including the ritual and ceremonial and education on the history, meaning and symbolism, so that the philosophy of our organisation can be preserved and perpetuated", says Bruce.

In his new role, Bruce wants to further strengthen international relations and to better understand Freemasonry elsewhere to highlight Freemasons Victoria's development.

Bruce is looking forward to working with Freemasons at all levels to strengthen the organisation to enable its perpetuation for many years.



# Bendigo Freemasons Dig Deep For Legacy

VWBro. JIM PUOHOTAU  
PGIWkgs, GLHer

A unique Masonic connection with the ANZAC tradition was reenacted in Bendigo on Saturday 29 April 2017. The event commemorated events in Palestine in 1917-18 which led to religious and national divisions being put aside, enabling men of opposing sides to stand side by side in the true fraternal spirit of Freemasonry.

## WW1 Events

Many Australian and New Zealand troops in World War One were Freemasons, and so were their enemies in the Middle East, the Turks.

During a break from hostilities in an allied military camp in Tel El Fara on the 28 of April 1917, a highly-decorated New Zealand Freemason, Brigadier General William Meldrum, called together fellow ANZAC Freemasons for an informal meeting.

Pain-staking research by New Zealand Masonic historian Keith Stockley has revealed that despite the war, on the 27 May 1917 this group planned and eventually held a Masonic meeting of 36 Freemasons in the open air on the side of a hill near Gaza. Two Tylers were used both exchanging the obligatory Tylers Sword with Lee Enfield rifles.

As most Masonic ceremonies are based around the Biblical story of the building of King Solomon's Temple in Jerusalem, these WW1 Freemason Soldiers wanted to meet close to the site where the temple once stood.

The area on Mount Moriah is believed to have been the site of the original Temple but has since become the site for a Muslim shrine, the Dome of the Rock. The area surrounding this shrine was out of bounds for military personnel, and from a Muslim perspective forbidden to those not of the Muslim faith.

Nevertheless, Brigadier General Meldrum was able to gain the various permissions required



Members of the Unknown Soldier Ceremonial Team (l-r) - WBro. Geoff Fraser, WBro. Don Jennings, VWBro. Jim Puohotau, WBro. Steeve Moutia, WBro. David Game and WBro. Lee Peries

for Freemasons to arrange their meeting, including gaining admission to this Muslim holy place. In what can only be described as an amazing coincidence, he secured permission from the Imam in charge of the Dome at the time, himself a Freemason. This Muslim Brother was reported to have been one of the Tylers used for both meetings.

On April 6 1918, after allied forces had occupied Jerusalem and with the help and cooperation of the same Imam Caretaker of the Dome of the Rock, the meeting took place. Keith Stockley wrote, "There in the underground ruins of what was believed to be the site of King Solomon's Temple, the Brigadier led 31 Anzac Freemasons to an underground cavern lit by candles where a brief Lodge meeting was held."

White handkerchiefs were used instead of Masonic aprons, and the wooden gavels used in the ceremony were made from acacia, olive and cedar wood from Lebanon. After the meeting the Freemasons assembled beside the Dome of the Rock and photographed with the Imam.

## 2017 Commemoration

WW1 land mark events in Masonic History was hatched by three Worshipful Masters of the Monash Gully District; WBro. Chris Parr from the Baden Powell Lodge, WBro. Peter White, PGStdB from the Lodge of the Good Companions and VWBro. Jim Puohotau, PGIWkgs, GLHer from the Monash Lodge. They agreed that the Freemasons Victoria Unknown Soldier Ceremonial Team would carry out a Masonic Tribute to the Unknown Soldier Ceremony in the Deborah Mine in Bendigo, 61 metres below the surface.

The three Worshipful Masters enlisted the help of local Bendigo Freemasons RWBro. Ken Crouch, PJGW the District Coordinator of the Loddon District and his deputy RWBro. Brian Kinross, PSGW, who engaged local media including WIN TV and local Freemason Journalist WBro. Graeme Turpie, local businesses and local Freemasons.

The Freemasons Victoria Unknown Soldier Team members agreed to come on board. Team members, some who have seen military service, must have served in a Grand Lodge Ceremonial Team. On this occasion the Team was led by Team Leader VWBro.



Jim Puohotau PGIWkgs, GLHer, and included VWBro. Don Hall PGIWkgs, GLOrg, WBro. Steve Moutia PSGD, WBro. Geoff Fraser PJGD, WBro. David Game PGStdB, WBro. Lee Peries PGStdB, and WBro. Don Jennings PGStdB.

One objective was to raise the community awareness of Freemasonry in Bendigo through the publicity of what was a "history in the making" event not just for Freemasonry but for Bendigo in general. It was also to provide a platform from which to launch a fundraising appeal for Legacy Bendigo at a gala event which was held that night at the All Seasons Resort Hotel in Bendigo. Legacy was established in 1923 by ex-servicemen to care for the dependents of deceased Australian service men and women. RWBro. Brian Kinross is himself a legatee.

Many special guests attended the Mine ceremony and the gala function, including MWBro. Bob Jones, PGM representing our Grand Master.

Before handing over to the Unknown Soldier Team, RWBro. Kinross welcomed those assembled in the Mine and provided an overview of the meeting and the following Grand Banquet at the All Seasons Hotel Resort. While performing with the respect and dignity required of this special occasion the precision of the team did not go unnoticed.

When invited by RWBro. Kinross to speak, Mr. Brian Egan, the President of Legacy, commented that "those attending today had witnessed history in the making and felt honoured and



privileged to firstly be invited and secondly to have been a part of this historical event."

The Banquet was a thoroughly enjoyable night, ending with the presentation of \$1270 (which was raised from the evening raffle) to Legacy, with the promise of more to come.

Author Attribution: VWBro. Jim Puohotau PGIWkgs, GLHer.



## Top and Above

The Ceremony underway in the Deborah Mine

## Below

The three Monash Gully Masters - WBro. Peter White, VWBro. Jim Puohotau and WBro. Chris Parr



# RWBro. Keith Thornton Celebrates 70 Year Jewel

WBRO. ROSS KENNEDY  
PGSTDB

Throughout the 93 year history of Canterbury Lodge the name “Thornton” has been a constant. Robert Thornton was a founding member of the Lodge in 1923. His son, Keith, continues as a member today.

On 5 December 2016, more than 90 Brethren and ladies came to celebrate RWBro. Keith Thornton being awarded his 70 year jewel and his on-going significant contribution to Freemasonry in Victoria and South East Asia. Amongst the visitors was a large delegation from Seavic Lodge, led by Worshipful Master WBro. Chris Andrews.

In a crowded Lodge room, WBro. Kim Lai, PJGD made the presentation to Keith, recounting the key events in Keith’s life, and his extraordinary masonic career.

Born in 1926, Keith recently celebrated his 90th birthday together with his wife Aya-san and surrounded by friends.

Initiated into Canterbury Lodge as a Lewis in 1946, Keith was the third generation Thornton to be a freemason.

Keith moved to Kuala Lumpur, Malaysia in 1964 where his passion for South East Asia and Freemasonry blossomed. In 1966, he affiliated with Lodge Tullibardine in the East-Scottish Constitution and rose through the ranks to become Worshipful Master in 1973.

On his return to Melbourne, Keith was installed as Master of Canterbury Lodge in 1983.

In 1992, Keith organised a delegation from Grand Lodge led by MWBro. Major General Frank Poke to demonstrate the Victorian consecration and installation ceremony. \$35,000 was raised on the night for the District Grand Lodge of the Middle East Benevolence Fund.

Keith was active in Canterbury holding a number of offices, including Worshipful Master for a second time in 1996, and was a key player in membership growth, introducing almost half of the Huntingdale Golf Club as



joining members!

Keen to strengthen the bonds between Freemasons in Victoria and South East Asia, Keith was instrumental in founding Seavic (South East Asia Victoria) Lodge No 8 in 2011. Today, Seavic has approximately 150 members including half in South East Asia. The Lodge enjoys very active participation from ladies at every scheduled meeting.

Many Grand Lodge honours have flowed across the years, commencing in 1983 with Keith being conferred Honorary District Senior Grand Warden from the District Grand Lodge of Scotland in the Middle East.

Today Keith holds the ranks of Past Senior Grand Warden, Victorian Constitution; Honorary Grand Architect, Grand Lodge of Scotland; and Honorary Substitute District Grand Master, District Grand Lodge of the Middle East, Scottish Constitution.



A brilliant ritualist, strong leader, loyal friend, and constant innovator, no-one else I know has made such a contribution to promoting “Freemasonry universal”.

Top  
WBro. Kim Lai, PJGD with RWBro. Keith Thornton, PSGW

Left  
Just some of the Freemasons who came to see RWBro. Keith receive his special 70 Year Jewel

# A Special Shabbat Service at Temple Beth Israel

WBRO. RON AARONS  
PGSTDB

One of the largest synagogues in Melbourne, with a membership of 1300 families, Temple Beth Israel describes itself as the flagship synagogue for Progressive Jews in Australia and New Zealand, and this year celebrates its 87th Anniversary. The Temple will open its doors to all Victorian Freemasons and partners later this year.

In addition to regular Shabbat and festival services, the Temple runs a variety of social, educational, pastoral and social justice activities for the Jewish and wider communities. It takes a leading role in promoting cross-cultural and interfaith initiatives, and prides itself on the civic achievements of its members including the late Sir Zelman Cowen, Lady Anna Cowen, Mark Dreyfus MP, the Hon. Howard Nathan, Graeme Samuel and numerous other professional and business leaders.

Temple Beth Israel’s Rabbi, Gersh Lazarow, inherited the mantle from Rabbis Fred Morgan and John Levi, two titans in the religious life of Victoria, who succeeded Rabbi Dr. Herman Sanger.

The synagogue is graced with several outstanding artistic works, including a mural by Martha Ash, a bronze sculpture by Andrew Rogers and a series of giant glass medallions crafted by David Wright.

Temple Beth Israel has extended an invitation to all Victorian Freemasons and partners to a special Shabbat (Sabbath) service in honour of Grand Master MWBro. Don Reynolds together with 2017 Grand Lodge Officers.

The service will be held on **Saturday 22 July, 2017**. Those who wish to attend must arrive by **9.30am for a 10am start**. Dress for gentlemen will be lounge suit.

Address: **76-82 Alma Road, St Kilda, Victoria, 3182**.

“We hope Freemasons and their partners enjoy their visit to Temple Beth Israel. We welcome them to our worship and the refreshments that will follow the service”, members of Temple Beth Israel said.



## Dr Richard Berman’s 2017 Prestonian Lecture on the foundations of the Craft.

**Would you describe Freemasonry as a product of the class struggle?**

In his 2016 Prestonian Lecture, Dr Richard Berman defines the origins of the Craft at play in the 18th century. In the 20th century, Freemasonry worked hard to distance itself from any hint of elitism, to show it was not an organisation that conferred social advantage or took a political stance.

Looking back to its origins 300 years ago, we find Freemasonry working in a different way, representing and expressing the political and religious views of a core group at its centre. At the same time, the Craft was attracting an aspirational membership keen to realise their own social, intellectual and financial ambitions.

In his 2016 Prestonian Lecture ‘Foundations: new light on the formation and early years of the Grand Lodge of England’, Dr Berman suggests that Freemasonry should be recognised not only as the most prominent of the many 18th century fraternal organisations, but also as a significant driver in a wider social context.

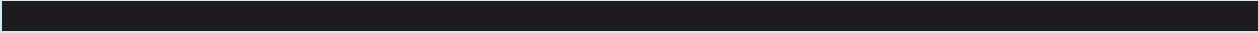
Make sure to book time in your calendar to attend the 2017 Prestonian Lecture on **22 November at at the Inner Eastern Masonic Centre (Box Hill), 6.30pm**.

Further details will be published on the FMV website as they become available.





# Awards for Service: January - April



Name			Lodge	No
50				
January				
RWBro.	RW	Darvell	Essendon Daylight Lodge	861
VWBro.	KN	Jepson	Timboon Lodge	821
WBro.	WM	Jobling	Campaspe Valley Lodge	937
Bro.	AJ	Lewis	Gippsland Lodge	51
RWBro.	HR	Lomax	Tarra Lodge	127
WBro.	CW	Morgan	The United Memorial & Merbein Lodge	327
RWBro.	KW	Morgan	Lodge of Orana	836
WBro.	IA	Morrison	Altona Lodge	572
Bro.	BF	Porter	Antient York Lodge	80
WBro.	BG	Sedgwick	Huon Daylight Lodge	874
RWBro.	RJ	Watt	Mt. Franklin- St. George Lodge	12
WBro.	IG	Williams	Mitchell Lodge	929
Bro.	DR	Wilson	Doutta Galla Lodge	902
February				
WBro.	SM	Austin	Kyabram Lodge	225
RWBro.	RL	Beale	Bendigo City Lodge	714
Bro.	JD	Blackman	Malvern Lodge	121
WBro.	GC	Clarke	Union Lodge of North Gippsland	62
WBro.	FA	Fleming	Altona Lodge	572
Bro.	LJ	Hurn	Creswick Havala Lodge	26
RWBro.	TH	Lee	The United Memorial & Merbein Lodge	327
RWBro.	TT	Mason	Jonadab Lodge	771
WBro.	RG	Mitchell	Hearts of Oak Lodge	681
RWBro.	WJ	Montgomery	Malvern Lodge	121
VWBro.	LG	Morgan	Ringwood Lodge	382
VWBro.	DA	Pascoe	Blue Dandenongs Lodge	859
RWBro.	AR	Pell	Talbot Lodge	42
WBro.	MJ	Rich	Brunswick United Lodge	924
WBro.	J	Rozen	Mount Franklin St. George Lodge	12
Bro.	JA	Vost	The Derrimut Daylight Lodge	905
RWBro.	JD	White	Keysborough St. Andrews Daylight Lodge	706
RWBro.	NE	Wright	Lodge Liberation	674
March				
RWBro.	AC	Aitken	Altona Lodge	572
VWBro.	K	Andrews	Warrawee Park Lodge	863
VWBro.	PJ	Blanksby	Antient York Lodge	80
WBro.	CH	Brooker	Glenelg Lodge	154
VWBro.	WS	Butler	Lodge of Concentration	753
WBro.	AC	Buttler	Cranbourne Lodge	290
VWBro.	AG	Coleman	Gippsland Lodge	51
RWBro.	PE	Crick	Mitchell River Lodge	742
WBro.	DL	Davies	Hamilton Grange Lodge	45
WBro.	AD	Dawe	Lodge of Rapport	920
VWBro.	AC	Farrow	Eshcol Lodge	785
Bro.	JR	Gill	Glenelg Lodge	154
Bro.	GT	John, AO	Willamstown Lodge	16
Bro.	AJ	Lewis	Gippsland Lodge	51
WBro.	NG	Martine	Warrawee Park Lodge	863
WBro.	BW	Nicholls	The Lowan Lodge	107
WBro.	IC	Nicolson	Gippsland Lodge	51
Bro.	RH	McAlpine	Tarra Lodge	127
WBro.	DE	Tuckwell	Mornington Lodge	160
WBro.	JE	Turner	Berwick Balcara Lodge	359
RWBro.	GL	Watson	Gardenvale Mobility Lodge	243
April				
WBro.	RD	Blackford	Watsonia Daylight Lodge	870
Bro.	JR	Collyer	Lodge of Balnarring	850
Bro.	BE	Kensington	Wangaratta Lodge of St. John	66
VWBro.	JE	Kisbee	Myrtleford Lodge	222
Bro.	ED	MacDonald	Williamstown St.Andrew Lodge	470
WBro.	WJ	Slingo	Pakenham Lodge	496
RWBro.	GD	Wallace	Geelong Lodge of Unity and Prudence	5
WBro.	AJ	Wyatt	Lodge of Transition	0

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60

65

70

75

Name			Lodge	No
60				
January				
Bro.	DT	Braden	Lilydale Lodge	108
RWBro.	RJ	Clark	The Doutta Galla Lodge	902
WBro.	DW	Nicholls	Essendon Daylight Lodge	861
RWBro.	LHC	Nicholson	Lodge of Transition	0
RWBro.	I	Robertson	Lodge of Concentration	753
RWBro.	JT	Short	The United Memorial & Merbein Lodge	327
Bro.	BN	Suckling	Monash Lodge	938
February				
VWBro.	VC	Allaway	The Doutta Galla Lodge	902
Bro.	WH	Braden	The Lilydale Lodge	108
RWBro.	RJ	Crump	The United Memorial & Merbein Lodge	327
RWBro.	PJ	Grenfell	Sir John Quick Lodge	933
WBro.	J	Ladd	Admiral Collingwood Lodge	13
VWBro.	KG	Mason	Killara Lodge	259
Bro.	WH	McGillivray, OAM	Lodge of Observance	654
WBro.	LR	Pole	Stewart Lodge of St. Arnaud Lodge	61
RWBro.	GA	Shuttleworth	Guiding Star Lodge	922
RWBro.	K	Steinhardt	Hand of Friendship Fellowship Lodge	932
VWBro.	DN	Weston	Allara Lodge	855
VWBro.	FE	Woolley	Monash Lodge	938
March				
RWBro.	WA	Case	Ballarat-Yarrowee Lodge	10
RWBro.	KM	Duckett	Brunswick United Lodge	924
RWBro.	LHC	Nicholson	Lodge of Transition	0
Bro.	AM	Preston	Ballarat-Yarrowee Lodge	10
VWBro.	RT	Stroud	The Mordialloc Lodge of Charity	258
Bro.	GN	Woods	Essendon Daylight Lodge	861
April				
WBro.	GT	Backhouse	Cobram Lodge	282
WBro.	RF	Bannan	Samaritan Lodge	380
Bro.	IR	Docking	Belvoir Lodge	727
RWBro.	GV	Griffiths	Robbie Burns Phoenix	88
RWBro.	JE	Mansfield	Essendon Daylight Lodge	861
RWBro.	HG	Mitchell	Wimmera Lodge	70
WBro.	DJ	Slade	The Army Lodge Lodge	478
January				
WBro.	GW	Bird	Williamstown Lodge	16
RWBro.	IB	Hughes	Duke of Connaught Lodge	190
WBro.	OA	Nelson	Geelong Lodge of Unity and Prudence	5
February				
RWBro.	S	Gladman	Brunswick United Lodge	924
RWBro.	JM	Grey	Sandringham District Lodge	220
RWBro.	HT	John	Dimboola Lodge	144
March				
VWBro.	NR	Alkemade	Duke of Abercorn Lodge	137
Bro.	KH	Hargrave	Lodge of Transition	0
Bro.	DK	Koch	Golden & Corinthian Lodge	7
April				
VWBro.	AJ	Balsillie, MBE	Golden & Corinthian Lodge	7
WBro.	GW	Bird	Williamstown Lodge	16
RWBro.	GT	Branchflower	Henty Lodge	279
WBro.	RR	Farr	Lodge of Welcome	510
RWBro.	LR	Kelly	Allara Lodge	855
February				
RWBro.	HM	Ford	Lodge of Transition	0
RWBro.	RD	Tollner	Sunraysia Daylight Lodge	909
WBro.	AW	Vaughan	Wimmera Lodge	70
March				
RWBro.	LC	Bidgood	Allara Lodge	855
Bro.	KJ	Bradley	Ballarat-Yarrowee Lodge	10
April				
WBro.	DNR	Freckleton	Wimmera Lodge	70
Bro.	AJ	Mayes	Duke of Connaught Lodge	190
January				
RWBro.	FT	Benham	Lodge Noble	783

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# Welcome our New Members

Masonic Prefix	First Name	Last Name	Lodge	No
Bro.	Grant	Baars	Victorian Naval and Military Lodge	49
Bro.	Christopher	Baliog	Robbie Burns Phoenix Lodge	88
Bro.	Stephen	Barber	Ballarat-Yarrowee Lodge	10
Bro.	Baden	Bell	Kyneton Lodge	192
Bro.	Leslie	Cachia	Peace and Loyalty Lodge	261
Bro.	Denese	Canoy	Robbie Burns Phoenix Lodge	88
Bro.	Jacob	Carmichael	Lodge of Australia Felix	1
Bro.	Paul	Clifford	Baden Powell Lodge	488
Bro.	Chad	Cross	Wimmera Lodge	70
Bro.	Glicerio	Cunanan, Jnr	Altona Lodge	572
Bro.	Adam	Dabrowiecki	Lodge of Quest	587
Bro.	Aaron	D'Souza	The Lodge of the Golden Fleece	300
Bro.	Ash	Ebrahim	Blackburn United Lodge	915
Bro.	Stuart	Emmerson	Monash Lodge	938
Bro.	Oliver	Grinter	Rupertswood-Numurkah Lodge	104
Bro.	Edward	Herdeggen	The Sunshine Wisdom Lodge	226
Bro.	Simon	Jeffery	Southern Cross Lodge	24
Bro.	Justs	Karantajers	Elrona Lodge	384
Bro.	Jaime	Kendler-Arnold	Gisborne Lodge	298
Bro.	Troy	Keyes	The Mornington Lodge	160
Bro.	Gilles	Laur	Albert Edward Lodge	59
Bro.	William	Lee	Cranbourne Lodge	290
Bro.	Rui	Lopes	Williamstown Lodge	16
Bro.	Jorge	Lumain	Lodge Killara	259
Bro.	Edward	Mauger	Star of the East Lodge	116
Bro.	David	Menz	Yarra Glen Lodge	762
Bro.	Alex	Metaxas-Belt	Baxter Lodge	934
Bro.	Stuart	Morey	Sandringham District Lodge	220
Bro.	Alberto	Naldoza	Robbie Burns Phoenix Lodge	88
Bro.	Rodney	Newbegin	Glenelg Lodge	154
Bro.	Marc	Nuri	Garibaldi Lodge	890
Bro.	Robert	Ormerod	Williamstown Lodge	16
Bro.	Nathan	Pearson	Gardenvale Mobility Lodge	243
Bro.	John	Poke	Lodge of Rapport	920
Bro.	Pratik	Prajapati	Lodge Observance	654
Bro.	Jeremy	Puckey	The Lodge of Cordiality	331
Bro.	Matthew	Ramadge	The Lilydale Lodge	108
Bro.	David	Riddock	Beechworth Lodge of St. John	14
Bro.	Corey	Senini	Henty Lodge	279
Bro.	Ullyses	Sestoso	Altona Lodge	572
Bro.	Christopher	Sinclair	Mount Franklin-St. George Lodge	12
Bro.	David	Smithwick	Whittlesea Lodge	256
Bro.	Christopher	Thorburn	Guiding Star Lodge	922
Bro.	George	Toth	Victoria Lodge	82
Bro.	Leung Sin	Tung	Warrnambool Lodge	34
Bro.	Ron	van Leeuwen	Peace and Loyalty Lodge	261
Bro.	Erik	Vivares	Robbie Burns Phoenix Lodge	88
Bro.	Jonathan	Welcome	Sandringham District Lodge	220
Bro.	Andrew	Wilson	Lodge of Orana	836
Bro.	Angus	Wiseman	Whittlesea Lodge	256
Bro.	Peter	Wood	Lodge Eos	880
Bro.	David	Worthley	The Old Melburnians' Lodge	317
Bro.	Paul	Woulfe	North Melbourne Lodge	41
Bro.	Jung How	Yau	The Lodge of the Golden Fleece	300
Bro.	Giuliano	Zanus	Whittlesea Lodge	256

# The Importance Of Relationships

MAX RUTHERFORD  
BSC (HONS), GRAD DIP, MA, MAPS,  
PSYCHOLOGIST – FAMILY THERAPIST, APCR

“People who are more socially connected to family, to friends, to community, are happier, they’re physically healthier, and they live longer than people who are less well connected.

And the experience of loneliness turns out to be toxic.”

Dr. Robert Waldinger – Harvard Study Director<sup>8</sup>

The most compelling evidence for the importance of relationships comes from the results of the Harvard Study of Adult Development<sup>9</sup> which has been continuously tracking the health and wellbeing of over 700 men from the 1940s until the present day.

The main findings of this study are pure and simple: relationships matter to men’s health. Not only do relationships matter but they matter ‘a lot’. That is, if you are concerned about your physical health; if you want to succeed in your career; if you want to earn a decent living; if you want to be happy then according to this unique and highly comprehensive study, what matters most is the quality of your relationships, period.

Secure relationships are protective of body and brain; they also contribute to the maintenance of men’s sexual functioning. Those men who enjoy a warm and affectionate relationship remain potent for longer than men in less stable relationships.

What factors contribute to the maintenance of a healthy relationship?

Making your relationships a priority  
In his book, The Art of Loving<sup>10</sup>, written in the 1950s, social psychologist Erich Fromm made the very simple observation that if you want to be good at anything you have to give it attention.

Those who achieve success in sport, in business, in the arts, in relationships succeed because they are motivated. So if you want to be good at relationships then you have to make them a priority.

Moderate your drinking  
According to George Vaillant, one of the co-authors of the Harvard Study, “Alcoholism was the main cause of divorce between the men and their wives” and is “a disorder of great destructive power.”

Focus on the positive  
Everyone has bad days, and we’ve all said things that we later regret, but according to long-term relationships researcher John Gottman healthy relationships are maintained by a willingness to err on the side of the positive and make reparation whenever a relationship looks like it’s going astray.

Healthy relationships follow the 60 / 40 rule  
The 60 / 40 rule derives from research on play in animals and humans. It states that in order for play / relationships to work it’s important that neither partner dominates the other for more than sixty percent of the time. Indeed, one of Dr Gottman’s Seven Principles<sup>11</sup> for making relationships work is the willingness to accept influence, the willingness to take one’s partners’ opinions and feelings into account.



Sources:  
<sup>8</sup> www.youtube.com/watch?v=8KkKuTCFvzI  
<sup>9</sup> www.adultdevelopmentstudy.org/  
<sup>10</sup> www.amazon.com/Art-Loving-Erich-Fromm/dp/0061129739  
<sup>11</sup> www.psychcentral.com/blog/archives/2012/01/08/7-research-based-principles-for-making-marriage-work



# Men, Suicide and Social Connections

**SUSAN BEATON**  
PSYCHOLOGIST, SUICIDE PREVENTION  
SPECIALIST & MINDFULNESS COACH

In June every year there is a public health push that shines a bright light on Men's Health issues with particular attention to increasing awareness and knowledge. This year's theme "Healthy Body – Healthy Mind: Keeping The Balance"<sup>12</sup> explores ways men and boys are managing to keep healthy, physically and emotionally in a busy and sometimes challenging world. When that balance goes completely out of whack there can be many adverse outcomes. This article is about suicide, one of the most devastating consequences of a life out of balance.

Suicide is a devastating public health issue that sends deep

fractures across the community and demands our attention. In 2015 the ABS recorded 3,027 suicides – 75% of these were men, and mostly men in their middle years aged 25 – 54 years old. Australia, along with other western countries, is experiencing a ten year peak in suicides.

The final decision to take your own life is complex and can be influenced by many, many factors that could include debt/financial loss, relationship difficulties, substance misuse, physical ill health/chronic pain, childhood adversity/abuse, isolation and personal tragedy as well as mental illness.

The belief that men have to be "stoic" and "strong" at all times - and that expressing emotions and a need for help

equates to weakness or failure as a man - has been one reason noted for many men not seeking help when having suicidal thoughts. Strong male characteristics of independence and self-reliance are great assets, however when life gets really tough, these characteristics can adversely impact on health and wellbeing, sometimes with dire consequences.

## Watch "Man Up"

Last October you may have noticed a spike in the public dialogue about masculinity, what it means to be a man, and suicide. With funding from the men's health organisation Movember Foundation, the ABC, University of Melbourne, Heiress Films and radio host Gus Worland presented a three part TV documentary ironically called "Man Up". The website is the repository of not just the three documentaries but also an enormous amount of information about "The Facts". Take the time to watch the documentaries, watch them with your mates, your sons, your daughters, or schedule a viewing as a Freemasons' meeting. If you look around the website<sup>13</sup> you'll notice the emphasis on social connectedness – this is the gold, part of the solution and what Freemasons do best.

We all need a sense of purpose and meaning and we need to be needed. Freemasons Victoria has many of the ingredients required to enhance wellbeing and achieve a balanced life. Social support, trusting relationships, connectedness and belonging all help when facing life's inevitable stressors.

CHECK OUT THE MAN  
UP DOCUMENTRY  
[www.manup.org.au](http://www.manup.org.au)

MAKING GOOD MEN BETTER

Image: Movember Foundation

## MASCULINITY

Australian men are socialised in ways that reinforce norms of stoicism, independence, invulnerability and avoidance of negative emotions



Conformity to traditional masculine norms has been associated with suicidal thinking and suicide attempts, alcohol and substance use and negative attitudes towards help-seeking

**Patto's take home message to leave you with.** "What I learned from boarding school is that we have to rely on each other, we need the camaraderie and connection. Use that connection to encourage people to talk earlier and take action to get support, rather than leaving it months or even years as I did."

"The biggest thing that we need to change is to give people five minutes – just take the time and let them speak and really listen. You know when someone isn't themselves, not coming to meetings when they used to be regulars, always showing up late when they used to be punctual, flying off the handle unexpectedly, drinking more than they used to. Recognise when someone might be doing it tough, take a brave step and reach out to them, check in and see how they are travelling, listen to how things really are for them. It takes an enormous amount of courage to be 'real' and say how things actually are – and it takes bravery to invite someone into that vulnerable space. You don't have to solve their problems, just listen. It might get uncomfortable, but you can say "I'm not qualified on that, I'll get back to you tomorrow" and then do some research and find someone who can help out."

It somehow seems befitting that the devastating loss of his brother to suicide is part of what motivates Patto in his service as a Freemason to the communities of the Bellarine Peninsula as he embraces and embodies the Freemasonry ethos of brotherly love, relief and truth.



WBro. John Patterson (member of country Lodges Leura No 50 in Camperdown and Rosebank No 348 in Beeac) keenly recalls many details about his brother Charles' suicide – even though that was 30 years ago. Like the conversation they had the day before: "thinking back, Charles seemed unusually light and even happy – I'm not sure if that's just my mind trying to make sense of his suicide, looking back for any skerrick of information that might help me piece things together and come to understand this unimaginable reality. I rationalise that he sounded like that because in his private thoughts, he'd found a solution to his inner turmoil. But, I didn't know he was struggling and nor did I know that people might appear 'relieved' once they've found a way to end their pain and finally decide to kill themselves. There is so much I didn't know, don't know, will never know, but that didn't stop me for years wracking my brains to understand, wondering why suicide seemed to Charles to be the best option, why he didn't tell me he was struggling, what I could have done or said if I'd known that he was in such a dark place; how our lives would be so very different if he'd been able to tell us, and get the support he needed."

For the past two years John, or "Patto" as he is more regularly known, an active and committed Freemason, has spoken at Lodges across the Bellarine Peninsula connecting with people at a raw and real level and inspiring many to see things differently and to reach out. He is driven by the desire to make a difference and to hopefully make sure other families don't go through what his family has: the excruciating pain, the unanswerable questions, and the constant "Why?" and self-reflection of what you could have done differently. He recites a poem "Rain from Nowhere"<sup>14</sup> by Australian bush poet Murray "Muz" Hartin. You can't help but be moved by the story the poem relates and many find resonance with their own lives, and share this with Patto privately after his presentations.

### Sources:

<sup>12</sup> Men's Health Week – [www.menshealthweek.org.au](http://www.menshealthweek.org.au)

<sup>13</sup> Man Up – [www.manup.org.au](http://www.manup.org.au)

<sup>14</sup> Rain from Nowhere – [www.murrayhartin.com/poem/RAIN%20FROM%20NOWHERE](http://www.murrayhartin.com/poem/RAIN%20FROM%20NOWHERE)



# Health Support For The Next Generations

## Freemasons Foundation \$1.8M Gift To Monash Children's Hospital

MONASH HEALTH

Members of the Freemasons community joined the Victorian Minister for Health, The Hon Jill Hennessy on Tuesday 14 March 2017 for the announcement of the Freemasons Foundation Victoria's \$1.8 million grant to the new Monash Children's Hospital.

"The Freemasons Forest Ward, which is a busy surgical ward, continues our long association with leading healthcare provision and is a very clear and public way to demonstrate what Freemasonry stands for: supporting families and communities," announced Freemasons Foundation Victoria Chair, Andre Clayton. "We are excited to be a part of this incredible new facility in such a public way and know that we will make a difference to the many families that require care here for decades to come."

Grand Master of Freemasons Victoria, Don Reynolds, added his encouragement for such an important project, noting that Freemasons across all generations should be proud of this great partnership.

"Contributions to the \$1.8 million grant by the Freemasons Foundation have been drawn from the fundraising efforts of Freemasons in Victoria over our 127 year history," he said.

The new hospital design and range of services is inspirational in its vision and performance, and stands as a major community resource that will help meet the demands of the growing community. The bright and spacious Freemasons Forest Ward has been designed so parents can stay at their child's side.

"The new Monash Children's Hospital is a lot more kid-friendly. It's significantly bigger and it's so colourful, creating a space that is welcoming and positive. It will make coming to hospital a lot easier," added Mr Reynolds.



With 120 years of rich history dating back to its days as the Queen Victoria Hospital, Monash Children's Hospital is one of the busiest paediatric services in the country. On 19 April 2017, it welcomed the first cohort of young patients into the new facility located on the Clayton campus of Monash Health.

The new state-of-the-art hospital is an integral part of Monash Health – one of the largest healthcare networks in the country – and is a place where more than 100,000 sick children each year will receive excellent care and attention from paediatric healthcare professionals.

The new hospital has all of the features that you would expect of a world-class facility; a light filled atrium, five dedicated operating theatres, 230 inpatient beds, the largest Neonatal Intensive Care Unit in the country, and a helipad on the roof that will provide emergency service access to the Monash Children's Hospital as well as Monash Medical Centre.

Equally important, however, is that it also features things you might not expect; such as single patient rooms with beds for parents and ensuite bathrooms, a Hoyts beanbag cinema, a new Starlight Express Room, an enhanced Ronald McDonald Family Room, and a visiting pet park for family animals to visit patients, to name just a few. There is even a permanent school to ensure patients can continue their studies.

Built with broad consultation with staff, patients, their families and the wider community, the hospital features many unique and special spaces designed to make the hospital experience a positive one.

"Hospitals can be quite scary and unfamiliar to any of us; this new facility is designed to support children and their families in a very welcoming environment," said Monash Health Chief Executive Andrew Stripp.

The new hospital will treat thousands of additional children every year from the growing communities of Melbourne's south-east, the Mornington Peninsula and Gippsland, and provides an impressive range of surgical services; including specialist neurosurgery, plastics, orthopaedic and urological surgeries.

"The new building has been a long-held dream of our staff and community," added Mr Stripp. "We wanted to create a purpose built facility that enables our staff to provide the very best treatment and care; an environment that meets the unique needs of children and families and facilitates recovery and wellness. Philanthropy has been particularly important in ensuring this dream could be realised. We are incredibly grateful to the Freemasons Foundation for their support and commitment to improving the health of our community."



Bro. Andrew Clayton, Andrew Stripp, Chief Executive of Monash Health, MWBro. Don Reynolds and Victorian Minister for Health, The Hon Jill Hennessy



**Above:** Victorian Minister for Health, The Hon Jill Hennessy and Freemasons Victoria Chief Executive Officer Jane Sydenham-Clarke

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**Left to Right:** VWBro. Myles King, RWBro. Bill Kee, RWBro. Bruce Cowie, MWBro. Don Reynolds, RWBro. Keith Murray, Elliot, a patient at Monash Children's Hospital, Bro. Andrew Clayton, RWBro. David Gibbs, Bro. Neil Cripps, VWBro. George Streitberg, Bro. Tim Clark and VWBro. Peter Clark





# Osteoporosis In Men

## Keep Moving and Stay Strong

MONASH HEALTH

As we age, men and women experience a reduction in hormone levels, leading to an imbalance in the bone rebuilding process, leaving bones thinner and more fragile. This condition is known as osteoporosis. When someone has osteoporosis even a slight bump or fall can lead to a broken bone. The possibility of sustaining a fracture increases exponentially with age, due not only to the progressive decrease in bone mass, but also due to the increased rate of falls among the elderly<sup>15</sup>.

This year in Australia a bone will be broken every 3.4 minutes due to poor bone health. 30% of these fractures will occur in men. By 2022 there will be 6.2 million Australians aged 50 years or older with osteoporosis or poor bone health.

It doesn't have to be this way. A great deal is known about osteoporosis and this knowledge needs to be translated into practice.

Many factors influence the growth of our skeleton and maintenance of its bone mass throughout life. Both males and females attain peak bone mass between the ages of 20-30 years. Bone loss appears to commence soon after young men reach peak bone mass. During the decades of adulthood the primary objective is to avoid premature bone loss and maintain a healthy skeleton. Avoiding the loss of muscle mass – known as sarcopenia – is also of paramount importance in this stage of life<sup>16</sup>.

Regular physical activity has an important role to play in promoting bone health. Some recommended weight/muscle strengthening exercises include:

- Moderate impact weight-bearing physical activity, high impact training (e.g. 50–100 jumps) or related impact loading sports for



at least 30 minutes 3–5 days per week.

- Muscle-strengthening exercises on at least 2 days per week. For maximum benefits, the programme should be high intensity (60–80% of peak capacity), become progressively more challenging over time and target the major muscles around the hip and spine.
- Participation in a multi-modal exercise regimen (inclusive of weight bearing/high impact/high intensity resistance exercise) at least three times per week.

Worldwide, a lack of awareness of the threat that osteoporosis poses to men is evident among men themselves, health-care professionals responsible for their care and the policymakers determining priorities within health systems. The vast majority of men who are at high risk of suffering fractures caused by osteoporosis are unaware of their risk, as are those delivering their health care.

Encouraging support efforts to increase awareness among men, improving knowledge within the health professional community so that at-risk men are identified and treated, supporting the development and dissemination

**Above**  
Photo credit: PR Ebeling, Osteoporosis in Men: Why Change Needs to Happen

of osteoporosis management guidelines, and promoting research and the implementation of systems of care, can assist in the prevention of osteoporosis among the male Australian population.

The Endocrinology Unit at Monash Health provides services for adults with general endocrinology conditions including osteoporosis and metabolic bone disease. For more information and referral guidelines visit <http://www.monashhealth.org/page/Endocrinology/>. Monash Health is also currently recruiting volunteers aged 50-80 years for research into osteoporosis and sarcopenia, to find out more please contact Alexander Rodriguez [alexander.rodriguez@monash.edu](mailto:alexander.rodriguez@monash.edu)

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### Sources:

<sup>15</sup> Osteoporosis National Action Plan Working Group, Osteoporosis National Action Plan 2016, Sydney, 2016.

<sup>16</sup> PR Ebeling, Osteoporosis in Men: Why Change Needs to Happen, ed P Mitchell, International Osteoporosis Foundation, Switzerland, 2014.





## Freemasons Cycling Club (Vic) Ride for headspace 2017

WBRO. MALCOLM MANN

From 28 February to 3 March, six members of the Freemasons Cycling Club (Vic) cycled between Wodonga and Ballarat in support of headspace.

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. Other services cover physical health, work and study support, and alcohol and other drug services.

The organisation also specifically targets hard to reach groups, such as Aboriginal and Torres Strait Islander young people, and encourages them to access support at headspace or other appropriate mental health services.

The cycling club travelled a total distance of 430kms between headspace offices. Other cyclists joined the group to complete part or all stages of the ride. The cycling club was met with enthusiasm and support from the headspace staff on arrival and departure from their offices.

The main objectives of the event were to raise awareness of, and funds to support the work of headspace. The event attracted media attention from across Victoria and raised a staggering \$12,796.25 for a foundation that does a lot for young people and their mental health. Donations came from family and friends,

FMV Lodges and Freemasons Foundation.

Without the efforts of the group's support team, the initiative would not have achieved the level of success it did, and the support for the cyclists, both on and off the road was invaluable.

As well as a great opportunity to promote the cycling club, the initiative also achieved its objective to promote Freemasons Victoria. Prior to and during the week of the Ride for headspace 2017, the initiative was publicised in television news reports, regional newspapers as well as radio coverage on regional stations. The event also reached several social media forums. The striking uniforms of the riders and support

team were highly visible in all communities en-route and attracted positive attention and comments.

The words of encouragement, and particularly the generosity of everyone who donated, were appreciated and the event exceeded all expectations.

Thank you to all who supported the Freemasons Cycling Club (Vic) Ride for headspace 2017.

For more information on FMCC (Vic) visit [www.facebook.com/fmccvic](http://www.facebook.com/fmccvic) or [fmccvic.vic](http://fmccvic.vic). Alternatively you can contact contact WBro. Malcolm Mann ([malcolm.fmcc.vic@gmail.com](mailto:malcolm.fmcc.vic@gmail.com)) or WBro. Milton Mann on 0459 323 360.

For more information on headspace and their services visit [www.headspace.org.au](http://www.headspace.org.au).



**Above**

At the cheque presentation (left to right) - WBro. Milton Mann, WBro. Malcolm Mann, WBro. Darren Hill, WBro. Rod Pilmore, Bro. Matt DeNatris, Bro. Cyril Land and Janelle Johnson, Manager of Headspace, Ballarat.

## Game On! Men's Health Night

BRO. GREGORY ROBERTS

Swan Hill held its first ever *Game On! Men's Health Night* focused solely on the health of men in our community. The night was a massive success with over 180 local men from the surrounding region enjoying a meal, a few beers and learning a few new things regarding their health.

The Swan Hill Lodge was a supporting sponsor of the event and local Freemason Bro. Greg Roberts raised the money for the Swan Hill Health Promotion Team from Swan Hill District Health to run the event. Bro. Greg participated in and completed the Massive Murray Paddle (404kms over 5 days) and raised over \$23,000 for Swan Hill District Health to use for the specific purpose of promoting Men's Health in Swan Hill.

Danny Frawley hosted the evening and told a few yarns about his time playing and coaching football at all levels. Entertaining and very supportive of the program, Danny spoke about his personal struggles with mental health issues after his football career.

During the evening three local men joined Danny on stage and discussed their personal experience with cancer. One was diagnosed with bowel cancer at age 31 and described how he coped with the experience. Another was diagnosed with bowel cancer at age 47 and is still currently undergoing treatment. He discussed how it had impacted him and his family and mentioned how important it was to get checked.

The final gentleman was Bro. Gary Slater from the Swan Hill Lodge who was diagnosed with testicular cancer at age 25. He is now in his sixties and has lived with health checks every six months ever since.

These men were courageous and generous with their time and their commitment to spreading the message that men need to take better care of themselves.

As part of the evening Dr. Ian Murphy took the audience through some basics of what to look for and how to get checked for bowel, prostate, testicular and skin cancer, with a focus on prevention, screening and early detection. He also touched on mental health and how to look out for the signs



that you, a loved one or a friend might be struggling and how to seek help. The audience also had the chance to ask the doctor questions of their own.

As every man left the event they received a pack of information on the topics discussed to assist them in better managing their health.

The local Swan Hill Lodge was proud to be a sponsor and the ladies in the Health Promotion team from Swan Hill District Health did an amazing job putting the evening together. This will be one of a number of events in Swan Hill promoting men's health during 2017.

**Top**

Bro. Gary Slater (Swan Hill Lodge), Dwayne Grey, Bro. Greg Roberts (Swan Hill Lodge), Dr. Ian Murphy, Danny Frawley and Ryan O'Sullivan

**Below**

Great crowd at Swan Hill for the Game On! Men's Health Night

WHAT ARE YOU  
DOING TO IMPROVE  
WELLBEING IN YOUR  
COMMUNITY?

[www.freemasonsvic.net.au/  
compassion-community/  
mens-health/](http://www.freemasonsvic.net.au/compassion-community/mens-health/)



# Health Referrals

## Online General Health Information:

- Men's Health Week - [www.menshealthweek.org.au](http://www.menshealthweek.org.au)
- Australian Prostate Cancer Research (APCR) - [www.prostatecancerresearch.org.au](http://www.prostatecancerresearch.org.au)
- Monash Health - [www.monashhealth.org](http://www.monashhealth.org)
- Australian Dietary Guidelines - [www.nhmrc.gov.au/health-topics/nutrition](http://www.nhmrc.gov.au/health-topics/nutrition)
- Urological Society of Australia and New Zealand - [www.usanz.org.au/psa-guidelines](http://www.usanz.org.au/psa-guidelines)
- Man Up - [www.manup.org.au](http://www.manup.org.au)
- headspace - [www.headspace.org.au](http://www.headspace.org.au)

## For More Personal Advice and Referral:

If you need personal support or information speak with your GP or try here:

## Physical Health

- Search for an accredited exercise physiologist in your area - [www.essa.org.au/find-aep](http://www.essa.org.au/find-aep)
- General endocrinology conditions including osteoporosis and metabolic bone disease - [www.monashhealth.org/page/Endocrinology](http://www.monashhealth.org/page/Endocrinology)

## Emotional Health

- SuicideLine Victoria: 1300 651 651 [www.suicideline.org.au/](http://www.suicideline.org.au/)
- Lifeline: 13 11 14 [www.lifeline.org.au/](http://www.lifeline.org.au/)
- beyondblue 1300 22 46 36 [www.beyondblue.org.au/](http://www.beyondblue.org.au/)
- Mensline: 1300 78 99 78 [www.mensline.org.au/](http://www.mensline.org.au/)

## Take the First Step:

Freemasons Victoria members are invited to participate in activities provided by our health partners:

- Australian Prostate Cancer Research supports men living with prostate cancer. APCR is offering Freemasons Victoria members a fast track health screening opportunity – go to <https://members.freemasonsvic.net.au/apcr/>
- Monash Health is recruiting volunteers aged 50-80 years for research into osteoporosis and sarcopenia; to find out more contact Alexander Rodriguez at Monash Health [alexander.rodriguez@monash.edu](mailto:alexander.rodriguez@monash.edu)



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For feedback and further information on the Freemasons Victoria Journal contact  
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Good men, supporting each other,  
their families and the community.