



The Texas Prince Hall Freemason



Official Publication of The Most Worshipful Prince Hall Grand Lodge, Free and Accepted Masons of Texas



“PGM, Thank you for your many years of dedication, service, sacrifice, direction and all you’ve done for the Country of Texas.”

Michelle Brown Williams



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The Texas Prince Hall Freemason

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2023-2024

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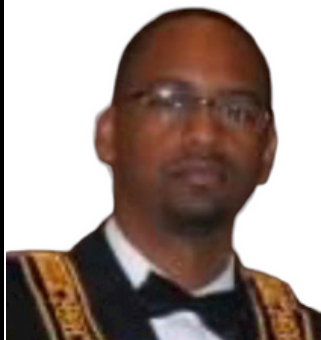
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Grand Auditors

R.W. Joseph Thomas, III

R.W. Samuel Hobbs, Jr.

R.W. Norman Thomas



Greetings,
The Texas Prince Hall Freemason accepts submissions of articles and photographs of general interest to Prince Hall Masons throughout the Lone Star State.

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The Texas Prince Hall Freemason
www.mwphlotx.org

ELECTED GRAND LODGE OFFICERS

2023-2024



Michael T. Anderson
Most Worshipful Grand Master



Big-Bryce A. Hardin
R.W. Deputy Grand Master



Frank D. Jackson
R.W. Grand Senior Warden



Ronald D. Gerac
R.W. Grand Junior Warden



Robert J. Datcher
R.W. Grand Treasurer



Tracey C. Bittle
R.W. Grand Secretary



Marcus Thomas
R.W. Grand Tiler



Samuel L. Hobbs, Jr
R.W. Grand Auditor



Joseph Thomas, III
R.W. Grand Auditor



Norman Thomas
R.W. Grand Auditor



Message from MWGM Michael T. Anderson

Greetings Brethren,
"Behold how good and pleasant it is
for Brethren to dwell together in
Unity..." Psalm 133:1

I would like at this time to thank you for electing me as your 22nd MWGM. I consider it an honor to be placed in this position. I also understand that there are those who did not vote for me, but I hope that we can work together for the betterment of The Grand Lodge and its membership. I know that there will be decisions that all will not be happy about, but it is my desire to make the right decisions for all of us. I am a person who learn from my mistakes and make wiser decisions the next time. I ask that you pray with and for me on this journey. My vow to you is to be the best I can be in the role of MWGM for the "Country of Texas." I also want to thank you for the birthday wishes that I received via text, phone call, facebook and personel. I appreciate the love that was shown to me during this time.

I would like to thank PGM Wilbert M. Curtis for his many years of service to this order. He served us well during his many years as MWGM, and it was appreciated. His insight and wisdom served us well, I hope that I can count on him to help me when I run into problems that he has dealt with and is new to me. I wish him all the best.

As I transition into my new role, I ask God for the wisdom that is needed to lead our organization into the future and to take us up higher and higher. To God be the Glory. Amen and Thank You Lord.

In Brotherly Love,
Michael T. Anderson
22nd MWGM



MESSAGE FROM PAST GRAND MASTER Wilbert M. Curtis

To Most Worshipful Grand Master Michael T. Anderson, Elected and Appointed Grand Lodge Officers, Worshipful Masters, Past Masters, Wardens and Brethren all, beholding to the Most Worshipful Prince Hall Grand Lodge of Texas and Its Jurisdiction:

I greet you as the 21st Past Grand Master of the Most Worshipful Prince Hall Grand Lodge Free and Accepted Masons of Texas.

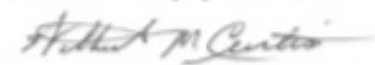
First, I want to congratulate the Honorable Michael T. Anderson on being elected The Twenty-Second Most Worshipful Grand Master along with his cabinet of Rt. W. DGM Big Bryce Hardin, Rt. W. GSW Frank Jackson, Rt. W. GJW Ronald Gerac, Rt. W. GTreas Robert Datcher, Rt. W. GSec Tracey T.C. Bittle, Rt. W. GTiler Marcus Thomas, Rt. W. GAuds. Sam Hobbs, Joseph Thomas and Norman Thomas.

I want to thank you, the brothers for the experience of allowing me to serve as your Grand Master for nineteen plus years. I want to thank the officers and members who supported and assisted me in bringing this Grand Lodge from where it was in 2003 to its present condition. I am not going to list the accomplishments and faults. I will let the Grand Lodge's history and the memory of those brothers who experienced it alongside me, along with those who will come after us speak for it.

For those of you who have contacted me with your kind words for my service, I thank you. I want all to know that I am good because of three reasons. First, I took an obligation to serve the office to the best of my ability, until my successor had been installed. Not all agreed with everything I did but all was done for the benefit of the craft. Secondly, I completed my tenure with my integrity intact. My integrity is more important than friendship. Third, I have always said that I will serve if the craft wanted me, or I feel that I can no longer serve, or God decides to remove me. Well, the craft spoke, God willed it and I am satisfied with it.

So now, I give my full support to Most Worshipful Grand Master Anderson, his cabinet for the benefit of The Most Worshipful Prince Hall Grand Lodge of Texas and ask that you do the same.

Fraternally yours,



Hon. Wilbert M. Curtis, Past Grand Master
Most Worshipful Prince Hall Grand Lodge of Texas



Thank you!



For Your Service





**Most Excellent Prince Hall Grand Chapter
Holy Royal Arch Masons of the State of Texas.
Elected Grand Chapter Officers
2022-2023**



**MOST EXCELLENT GRAND HIGH
PRIEST
MICHAEL BERRY, SR.**



**RIGHT EXCELLENT DEPUTY
GRAND HIGH PRIEST
KEITH MC MURRAY**

**RIGHT EXCELLENT GRAND KING
ANDRE MCGAUGHEY**

**RIGHT EXCELLENT GRAND
SCRIBE
JEROME CALBERT**



**RIGHT EXCELLENT GRAND
SECRETARY
VICTOR WIGGINS JR.**

**RIGHT EXCELLENT GRAND
TREASURER
ANTHONY L. DAVIS**

**RIGHT EXCELLENT GRAND
SENTINEL
DAMON MATTOX**





Eula W. Bell
Grand Worthy Matron



Anthony K. Carr
Grand Worthy Patron



*Norris Wright Cuney
Grand Chapter
Officers*



Tracy Gardner
Grand Associate Matron



Phillip H. Edwards III
Grand Associate Patron



Trina Powell
Grand Conductress



Myrtle Smith
Grand Associate Conductress



Shontell Pickett
Grand Secretary



Talya J. Stroman
Grand Treasurer



Johnnie McMillan
Grand Board Member



Diane Adams
Grand Board Member



Willie Foreman
Grand Board Member



Robert B. Calloway, Jr.
Past Grand Worthy Patron Emeritus



Marvin Dave
Grand Board Member

**LONE STAR GRAND
GUILD OFFICERS
2023-2024**



**Grand Princess Captain
Monique Calbert**



**Eminent Grand Royal Advisor
André McGaughey Sr.**



**Grand Assistant Princess Captain
Patricia Thomas**



**Grand Princess First Lieutenant
Conwaja Brunson-Grice**



**Grand Princess Second Lieutenant
Demetra Jackson**



**Grand Princess Secretary
Shuntai Mitchell**



**Grand Princess Treasurer
R. Lucille Samuel**

**By The Cross,
Monique Calbert**

Grand Princess Captain

Heroines of the Templars Crusade

Lone Star Grand Guild of Texas PHA

HIGHLAND HEIGHTS #200-PHA 9TH ANNUAL ACRES HOME

JUNETEENTH PARADE

JUNETEENTH

CELEBRATING BLACK RESISTANCE
& DREAMS OF FREEDOM



On Saturday, June 17, 2023, the Brothers of Highland Heights Lodge #200 participated in Mayor Sylvester Turner's 9th Annual Juneteenth Parade in Acres Homes, commemorating and supporting the nationalization of Juneteenth as a federal holiday. Juneteenth was celebrated beginning in 1979 Galveston, Texas, and spread from there across the state, thanks to Texas State Representative Al Edwards. It is the plan of Highland Heights #200 to continue the legacy of celebrating this national holiday, made possible by the Biden Administration on June 17, 2021.



Logos Lodge 659 & Auroras Wisdom #53



FAN DRIVE

Donating New Fans

"Keeping the Community Cool."

Saturday July

15, 2023

3821 Bennington Street, Houston, TX 77016



LaMarque Lodge #373 – District 15B

Article by Bro. John N. Humphrey

LA MARQUE, TEXAS

– La Marque Lodge #373 of Texas City is alive, well, and working. The lodge's Annual Fish Fry was held on June 3, 2023 in Texas City. The brothers started out early making sure everything was prepared for the dinners to be ready at 11:00 AM. A great day of smiles, laughs, and fellowship was had while serving our friends and family of the Texas City/LaMarque Community, as well as Galveston, Dickinson, and Hitchcock, who came out to support the effort. Over 200 dinners were enjoyed by everyone. Our Heroine and Eastern Star Sisters also supported. Brothers Norman B. Jones, Jr. (PM), Joseph Mose, and a newly raised brother, Albert Urps, III, were the cooks of the day, and all the brothers stepped up, fixed plates, made deliveries, and offered curb service. The event was chaired by the newly elected Junior Warden, Bro. Emmanuel Harris. A job well done!! Bro. Terry Caldwell is the Worshipful Master. “Ain’t No Brothers Like The Ones We’ve Got!”



La Marque Masonic Lodge #373 F & AM –
Prince Hall Affiliation – Texas Jurisdiction
presented their “Black & Gold Affair” the
Faithful Servant Awards Banquet



In the Wings of
Heritage Room of
Nessler Civic Center in
Texas City, Texas.
300+ guest arrayed in
their “Black and Gold”
were in attendance to
pay tribute 20 ladies
who were honored as
Faithful Servants for
the diligent service to
their communities and
Galveston County.



The night began with a reception at 6:00 pm with the guests mingling and enjoying a delicious fruit table. The talent of Charles Thomas, aka “C-Note” of Houston, Texas, on his saxophone was enjoyed by all. Thanks to Norris D. Burkley Professional Services of Galveston, Texas for sponsoring Mr. Thomas.



The banquet program began promptly at 7:00 PM. Master of the Hour, Rev. (Bro.) Marrquell Jones; scripture and prayer by Pastor (Bro.) Malcolm C. Dotson, Sr.; welcome by Bro. Emmanuel Harris; blessing of the food by Rev. (Bro.) Marrquell Jones. A delicious dinner of Roast Beef, Baked Chicken, Vegetable Medley, Smothered Potatoes, Rolls and Tea was enjoyed by all. The program continued with the introduction of special guests by Bro. John N. Humphrey (banquet chairperson). Our guest included: two of our widows, Mrs. Maggie Jones and Mrs. Jerlee J. Owens; Past Grand Most Ancient Matron Fannie Bellard, Grand High Court Heroines of Jericho – Texas Jurisdiction; Erma Allen, Deputy, District 15B Heroines of Jericho; Ernest Hatter, Jr., District 15B Deputy; and Chris Strambler, a visiting brother from the Prince Hall Grand Lodge of Maryland, who traveled in to surprise his aunt who was one of the honorees; as well as several elected officials, members of the clergy and visiting members of the Heroines of Jericho and Order of Eastern Star. Bro. Humphrey then introduced the speaker of the hour, Pastor Connie Jackson of St. John Northwest Church of Houston, Texas, Soul stirring musical selections were provided by Mr. William Stinston, musician/soloist. The roll call of the honorees was given by Bro. Humphrey and the Brothers of La Marque Lodge escorted each honoree to Worshipful Master, Terry Caldwell, who presented each lady with a plaque. Family members and friends also made presentations during the presentation. The 2023 honorees were: Roslyn Barnett (Dickinson). Thelma Bowie (Texas City), Peggy Farmer (Dickinson), Delores Florence (Galveston), Tammy Gary (Texas City), Tierr'ishia Gibson (LaMarque), Lorna Jackson-Hardeman (Texas City), Jovan Clouser-Harris (Galveston), Tillie Henson (Texas City), Lee Holmes (Dickinson), April Jones (La Marque), Sharon Lewis (Galveston), Lillian McGrew (Galveston), Diane Merchant (LaMarque) Mary Patrick (Galveston), Nakisha Paul (Texas City), Karen Rose (Texas City), Betty Thomas (Hitchcock), Charlotte Fowler-White (Dickinson), Kimberley Yancy (La Marque).

Special Thanks to Streams Photography of Houston for capturing the special moments of the evening; caterer: C & L Catering; decorations, Jacklyn Harris Alexander; fruit table, Events With You in Mind by Chantea; Willie Holmes Engraving Services; Michelle's Printing With You in Mind; and vendors: Nori's Jewelry Box by Neoki Evans, K's Scentagious Scents by Kimberly Ray-Denton; and Leah Mayon of Guided Path Counseling Center and Willie Lundy of Lundy Enterprises.



Final remarks were given by Worshipful Master Caldwell and the benediction given by Pastor (Bro.) Malcolm C. Dotson, Sr. A souvenir book sharing the biographies of the honorees, well wishes from churches, businesses, family and friends; as well as memorial ads was also printed to commemorate the event.

Everyone working together made this a memorable and successful event. Everyone left feeling good and a smile on their face. To God Be The Glory For The Things He Hath Done!!



Improving the Effectiveness of Your Scholarship Program for Strategic Impact



PM Dr. Ashley Moye, District 23, Special District Deputy,
PM Anthony Jenkins, District 23, Special District Deputy, SW
Matthew Ursery, District 23, Pride of San Marcos Lodge 494,
and JD Robert Starks, District 23, Granville C. Coggs Lodge 668

CIBOLO, TEXAS – Our many scholarship and student aid programs are one of our most significant contributions to the communities we serve. At every level of our organization, the seeds we sow are essential and welcomed contributions to the continued education of our young men and women in pursuit of a college education. In District 23, we reshaped our scholarship program with a strategic focus for greater impact.

It is common practice that our yearly scholarship efforts rely on whether the members of our organizations have high school seniors as its vital source for applicants. There is also the common last-minute scramble of looking under rocks, so to speak to find a student to complete a scholarship application. When households run out of high school seniors, we dread the unpleasant report of we don't have anyone to apply. This is the result of a flawed practice, which time soon renders obsolete. This is also the result of our inability to change or consider alternative approaches to ensure continued participation in our programs.

We just give up on it.

In District 23, DDGM Clifford Massey structured partnerships with Historically Black Colleges and Universities (HBCUs). Through these partnerships, the District established a goal of \$4,000 in continuing education grants. Funded by the District's PHAD23, Inc. 501(c)(3) non-profit organization, each grant is sponsored by a Lodge.

District Focus (HBCUs): In the name of our “Redtails Scholarship”, this grant in recognition of Tuskegee Airmen and Prince Hall Masons was established in 2020 at St. Philips College. This grant is sponsored by Granville C. Coggs Lodge 668, whose namesake Granville C. Coggs, a resident of San Antonio, was a Tuskegee Airman. We also have our “African American Studies Scholarship” with Texas State University. Established in 2021 at Texas State University in San Marcos for students pursuing coursework in African American Studies, this grant is sponsored by Pride of San Marcos Lodge 494. The District is currently organizing a partnership with Huston-Tillotson University. This new grant will be sponsored by J. Washington Lodge 191.

Upon taking overall responsibility for the District Scholarship program, there was a definitive focus for the District. We could see the Lodges and Chapter subjected to the common experience of looking to find students who could apply. With so many scholarships available, there was a need for a more formalized process. A question of, how can we organize a professional, formal program to generate a pool of applicants and alleviate the dreadful scrambling of the Lodges and Chapter? How might we use strategic targeting within our District space to reach our more underprivileged and underrepresented areas? Formulating a strategic focus for the Lodge allowed us to sow seeds to purposefully expand the presence of our District.

Lodge Focus (Guadalupe, Gonzales, Caldwell, Hays, Wilson, Dewitt, Lavaca counties): District 23 has four Lodges located in Guadalupe, Hays and Caldwell counties. As you can see from this list, there are four other counties in our District. After some research, it appeared we had somewhat forgotten these other counties. Out of habit, because of where we are physically, we typically don't look any other way. Now, being the custodian of our program, it seems this presented a world of opportunity to expand our presence and sow a seed of Freemasonry in an effort to reach the entire geographic space of our District. All that was left to do was convince our Lodges of the opportunity, and structure a formal process which might cure our common ails, while achieving a strategic impact. In addition to the District's focus, each Lodge now provides its own direct scholarship to high school seniors across the District.

ESTABLISH A SCHOLARSHIP/STUDENT AID COMMITTEE – A committee of four should be sufficient. This committee should create the application documents and all other requirements. Establish a process and means to communicate and receive applications. Ensure applicants have a clear understanding of requirements to receive the award like college registration, enrollment verification and deadlines. We are often left with scholarship money because awardees forget to submit the closeout documents necessary to receive the check. Consider things like a committee email address, mock checks for presentations and a marketing flyer to highlight current and past recipients to publish later.

BUILD A LIST OF HIGH SCHOOL COUNSELORS – Build a list of counselor contacts for ALL the high schools across your District. You can *Google* your High Schools by counties and research the schools' and school districts' websites for contact information or call the school. For larger schools with multiple 12th grade counselors, pull maybe two contacts for that school. If you have several counties (with three or four high schools each) as with District 23, build this list a little bit at a time.

BUILD YOUR EVALUATION CRITERIA AND STRATEGY –
Do not become overly reliant on GPAs as this can be tricky. Some may make a case that those with 4.0 GPAs and high test scores have acquired multiple sources of scholarships already. You may even use a GPA range of say 2.5 to 3.5 to target students who you may think are likely to need the aid more than others. Please do your best with balancing this and not get fixated on one thing. In my case, my GPA and test scores were high and would have hid the fact that I was poor. A personal essay may tell the story though. Consider the strategic targeting of students in likely underprivileged and underrepresented areas as well. These areas are your small towns where Lodges are not physically located and counties to which you may not have an active presence. Areas of opportunities to for new Lodges.

ESTABLISH AN IDEAL PROCESS AND TIMELINE –
Structure a timeline and process based on your organization's application submission suspenses.

- September 1 - Send Scholarship Information to List of Counselors
- September 1 to March 30 - Receive Applications (set hard deadline)
- April 1 to April 8 - Evaluate Applicant Pool and Make Selections for Awards
- April 8 to April 15 - Notify Selectees and High School Counselors
- May 1 to May 31 - Conduct Presentations (maybe with School Award Programs)
- August 1 to August 30 - Closeout Activities for Disbursement of Award Check

SEND OUT SCHOLARSHIP LIST AND INFORMATION TO COUNSELORS – Send your list of scholarships and application forms out to every counselor on your contact list. Send this out in September. Set a February/March deadline for applications. This lead time is in line with the schools' plans for their senior classes who begin preparing for graduation at the beginning of the school year. If needed, adjust timelines to maximize the visibility of scholarships for all organizations. Especially if your Chapter, Council, Commandery, Consistory and Temple have scholarships.

RECEIVING SCHOLARSHIP APPLICATIONS – With a lot of lead time from September to March, expect a lot of applications all the way up to the deadline. Build an Excel spreadsheet to list all the applicants and include things like school name, activities, GPA, intended college and major, and notes from essays. The committee should review all the applications and score for selection. Again, the selection and outcome of the awards should take into consideration things like most deserving, most in need, and the most strategic selection for the organization.

From the start, this process helped us to get organized and look like a professional fraternal organization. By the deadline, we had more than enough submissions to apply for any scholarship that would have come up between January and May. We had the ability then to utilize our application pool to match students with any other scholarships outside our District.

SELECTIONS – Once applications close in February/March, use the following week to conduct evaluations and selections. One way is the committee establishes and uses evaluation criteria to select the recipient for each award. Another way is to have each organization select an individual (from the list) that they would like to sponsor. If you have a struggling organization in an area, it may be beneficial to strategically award a scholarship or two in that area. Remember too, target students who are most likely in need, in underprivileged and underrepresented areas, and students attending certain colleges in the District's footprint. This goes a long way in helping organizations establish a presence and drive growth in an area. Inform the selectees and a schedule date, time and location for presentations. It is then easy to incorporate the Grand Lodge's J. T. Maxey Scholarship application into the process and identify what students will then compete for the Grand Lodge's scholarship.

Particular to this year, our selectee from District 23 won the top prize for our Grand Lodge's J. T. Maxey Scholarship of \$5,000. At the time of selecting Ms. Laney Osborne who attends Marion High School, we could not have anticipated this outcome. This selection, sponsored by J. Washington Lodge 191 was strategic in that Marion High School is an underrepresented area in our District. The selection decision by our Grand Lodge Scholarship Committee will likely have a far lasting impact on our presence in this community. For this we are grateful to the Grand Lodge and the scholarship committee. With the aid of the Grand Lodge, we know this is the beginning of something greater for our District and the community of Marion, TX. Ms. Osborne is featured in this issue of the Texas Prince Hall Freemason Magazine.

Our Pride of San Marcos Lodge 494 sponsors the District's partnership with Texas State University. With our large pool of applicants, Lodge 494 had an additional opportunity to select a deserving student for its Lodge's direct scholarship, who elected to attend Texas State University. This example of a strategic award would complement the District's HBCU partnership with the school. Due to limited awards, the Lodge's direct scholarship was awarded to Ms. Lyna Gonzalez, Steele HS located in Cibolo, who will be attending Texas A&M University and majoring in Biology and Chemistry.



Granville C. Coggs Lodge 668, the sponsor for our St. Philips College HBCU partnership is at the seat of District 23 in Cibolo, TX. This Lodge's direct scholarship was awarded to Ms. Alexis Barrera, Steele HS in Cibolo. She will be attending the University of Texas at Austin majoring in Political Science with a minor in Philosophy of Law.

PRESENTATION OF AWARDS – Set aside a date in May to do the presentations. Consider when schools do their awards programs. Inform the school counselors of the selection ahead of time to allow them to incorporate this into their programs. Having this listed in the schools' programs is another good way to establish a presence. A nice community-facing or District event in May would be a great opportunity to connect with the awardees and their families. Bring out the mock checks and the cameras. The presentation is a great marketing tool for any community-facing article or newsletter. This is especially beneficial if you use public donations to support your program. And should make for a good Scholarship Committee Report. Ensure to follow up with the awardee on any follow-on verification requirements to receive their check.

From this process we were able achieve a greater economic impact than what we envisioned. We organized. We have partnerships with HBCUs to support their general scholarship funds, with a complement of individual scholarships from each of our Lodges. This professional process provided a pool of applicants in a volume sufficient enough to have applicants readily available to apply for any scholarship or student aid. We established a presence and relationship within all of our high schools, with the ability to strategically target underprivileged and underrepresented areas across our District. Here is an alternative approach for your scholarship program. This provides opportunity for greater economic impact across your geographic space, and avoids the common challenges of less effective practices. It is going to require some work to organize, but once it is set, you only need to press repeat.

Granville C. Coggs Lodge No. 668 Participates in Child Abuse Prevention Month Event

Brother Neal W. Harris III, Worshipful Master,
Granville C. Coggs Lodge No. 668

CIBOLO, TEXAS – On Saturday, April 1, 2023, Granville C. Coggs Lodge No. 668 brothers and their families placed 849 pinwheels at Word of Life Church in recognition of National Child Abuse Prevention Month. The lodge teamed with Companions from Roosevelt Tennessee Royal Arch Chapter #148 and the Sorors of Gamma Alpha Chi Zeta Chapter, Zeta Phi Beta Sorority, Incorporated.



National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect. Throughout the year, communities are encouraged to increase awareness about child and family well-being and work together to implement effective strategies that support families and prevent child abuse and neglect.

The lodge partnered with the Guadalupe County Children's Advocacy Center (GCCAC), whose mission is to advocate for and provide services to children and families when there are allegations of abuse and neglect throughout the investigation, prosecution, treatment, and prevention of child abuse, and to reduce the trauma to children by coordinating a multi-disciplinary approach. The GCCAC participates in numerous awareness events to help educate the community about child abuse and neglect and how to prevent it. The lodge has built a strong relationship with GCCAC and looks forward to a continued partnership.

There were 849 reported cases of child abuse last year in our community and probably three times more cases that were not. The pinwheels represented these cases and were meant to help raise awareness of this vital cause. This effort by the lodge is in line with the Most Worshipful Prince Hall Grand Lodge of Texas's mission statement, which states that its purpose is to provide service rendered to the people of Texas to improve their social conditions.



Educating and spreading the word about child abuse prevention lets your community know they can take action to strengthen families and help them thrive. Please remember that reporting abuse and neglect leads to HELP.

Granville C. Coggs Lodge No. 668 Supports Community During Cibolo 9th Annual BBQ Cookout

Brother Neal W. Harris III, Worshipful Master,
Granville C. Coggs Lodge No. 668

CIBOLO, TEXAS – On Saturday, April 29, 2023, Granville C. Coggs Lodge No. 668 brothers performed community service at Cibolo 9th Annual BBQ Cookout. The lodge teamed with Companions from Roosevelt Tennessee Royal Arch Chapter #148 and the Sorors of Gamma Alpha Chi Zeta Chapter, Zeta Phi Beta Sorority, Incorporated. This event is a time for the Cibolo community to enjoy each other and create a fun family atmosphere. There were approximately 1000 attendees and 66 vendors who participated in the festivities.



The lodge partnered with the Cibolo BBQ Cookoff committee to set up a lodge booth, assist them with their raffle fundraiser, and be BBQ judges. The mission of this committee is to give back to the Cibolo community by raising funds. All funds raised during this event are donated to the community each year. A portion goes toward scholarships for students, and the rest goes to help charities in our community that enrich the lives of underprivileged or high-risk children.



The lodge booth consisted of brothers handing out free water and popsicles which the attendees greatly appreciated on a hot 90-degree humid day. This endeavor highlighted the lodge's generous nature, which aligned with the Grand Lodge's mission statement and the measure of giving to benefit others.

The lodge helped the Cibolo BBQ Cookoff committee raise \$2000 on a raffle that gave away a custom-made firepit. The proceeds went to two students from the Schertz-Cibolo-Universal City Independent School District. These students are chosen not based on their academic achievements but on their extracurricular activities and determination. Past Master Victor Hendricks and Worshipful Master Harris were also BBQ judges who got to taste ribs from 45 different cooks. The lodge was recognized and given kudos by the Mayor of Cibolo, Mark Allen, and U.S. Congressman from the 28th District of Texas, Representative Henry Cuellar, for their efforts.

District 24 Family Fun Day

Alphonso Ford (District 24, Special District Deputy)

Photos by SDDGM Alphonso Ford

Copperas Cove Texas- On June 3, 2023, at Camp Triumph in Copperas Cove TX, the members of District 24 and District 24 O.E.S. members celebrated the end of the 2022-2023 Masonic year with a family fun day. District Deputy Grand Master of District 24, Tommy Levi stated that he wanted to celebrate an excellent Masonic year and what better way to celebrate than having a family fun day where the family members of District 24 could also enjoy. Deputy Levi stated, “without the family members’ support, the members of District 24 could not have been as successful as they were and for that I thank the family members for their support”.



District Deputy Levi with the District staff serving lunch to the family members.

The day started off with the members of District 24 setting up the area for the event, there were members (PM Marvin Yarber, St. James 71, PM James Clark New Light 242) setting up the grills to cook the hotdogs and hamburgers. The DJ (WM William Coleman, New Light242) set up the DJ area to play music. Members of District 24 set up tents and chairs to have a place to sit in the shade to get away from the heat of the sun during the event.



Family members were able to ride go-carts, swim in the pool, play in the playground while waiting for the preparation of the food. District Deputy Levi started with opening remarks thanking everyone for coming out and asking that everyone enjoy themselves. Opening remarks were also given by Deputy Sonja Washington O.E.S. member District 24. After remarks, Special District Deputy Cedric Mitchell (Roger Hughes 624) blessed the food. Family members were then able to line up to be served by the District Officers of District 24. The event continued with plenty of food and fun throughout the day. District Deputy Levi gave out end of year awards and thanked everyone for coming out, closing remarks were also given by Regional Director Sister Shontell Pickett of District 24 O.E.S. District Deputy Levi stated, “I received positive reviews from family members and members of District 24 stating that they enjoyed themselves, hopefully the district will be able to sponsor this event in the future”.



Deputy Levi & Mrs. Levi along with family members preparing to ride go-carts



District 24 Family

St James Lodge No. 71 of Temple, Texas Builds New Lodge Hall by Taking a Lemon and Making Lemonade

Wilbert M. Curtis, Past Grand Master, Most Worshipful Prince Hall Grand Lodge of Texas



Temple, Texas – March 11, 2023 The new St. James Masonic Lodge No. 71 laid the cornerstone, cut the ribbon and dedicates its new lodge hall facilitated by Most Worshipful Grand Master Wilbert M. Curtis and a representation of the Grand Lodge. It was a culmination of three years of committed work by the brothers of St James Lodge No. 71, supported by the Temple Masonic Bodies and the Most Worshipful Prince Hall Grand Lodge of Texas.



In February, 2020, the City of Temple declared eminent domain on the then existing Lodge Hall, property and additional property across the street owned by the Lodge. Upon receiving the notice that the lodge hall was being acquired by the city, the brothers of St James Lodge met in a round table discussion meeting to consider our options. Some wanted to rent space in a building across town, some wanted to build in a new location, some even considered meeting in the AF&AM Lode Hall downtown. After all options were laid out on the table, the idea came up; “Hey, we have been given a Lemon, Let’s Make some Lemonade”!

The question was asked, “*Why are we here?*” The answer to the question is found in our history. St. James Masonic Lodge No. 71 was organized and chartered as a subordinate lodge under the jurisdiction of the Most Worshipful Grand Lodge, Free and Accepted Ancient York Masons of the State of Texas (known today as the Most Worshipful Prince Hall Grand Lodge Free and Accepted Masons of Texas) in 1891 by Grand Master Josiah

Haynes Armstrong, the seventh Grand Master. Its chartered members were members of St. James United Methodist Church of Temple and the Lodge originally met at the Church, then on Ave. D. When the church moved to 12th Street and Ave. C, so did the Lodge.

The lodge began to grow in membership and after several years had passed, some property on South 8th Street (*now M.L.K. Jr. Blvd*) was donated to the lodge by Mrs. Sarah Dawson. In 1953 after having various fund raisers and borrowing \$5,000, a two-story hollow tile building was constructed, with the bottom space to be rented out. The membership continued to grow and was proud of this building.



In 1967 the membership began to consider building another Masonic Hall in a more desirable location and began fund raisers for this purpose. In 1969, more property was purchased in Southeast Temple near Old Taylor Road. The membership and funds continued to grow but so did the loan interest rates, so the lodge could not afford to build as the members had hoped. They had no choice but to be patient.

In September of 1982, the building, formerly St. James United Methodist Church became available for sale. The membership under the Master of the Lodge, Bro. Vernon L. Busby, finding the building suitable for its needs and with the cooperation of the sisters; Rising Sun Court #150, Heroines of Jericho and Carnation Chapter #37, Order of the Eastern Stars, it was decided to purchase the building for the Masonic Temple.



At the dedication of that building, in November of 1984, Bro. Busby stated, *“This is a delightful hour in the glorious history of St. James Masonic Lodge #71. As we look back over the road we have progressively traveled, we see that it has been straight and narrow, steep and stony, nevertheless through many toils and snares we have come praying and paying. May I hasten to say that we did not do it alone; this is the work of God and all the Glory belongs to Him.”*

With that being said, the cornerstone was laid by Grand Master Rueben G. White and the Grand Lodge Officers. (I was a Fellow Craftsman at that time. I was unable to participate in the ceremony and remember wearing a gray suit and watching the ceremony on the sidelines.)

After negotiations with the city, and receiving permission from the Grand Lodge, to sell the lodge hall, it was finalized in July, 2020 and the building vacated. Under the leadership of Bro. Ralph Godwin, Master of the Lodge, committees were assigned, and the work began. Thanks to the wisdom of the brothers past, the Lodge had purchased two adjacent lots in addition to the lot that the lodge hall sat on and one additional one across the street down through the years. In August, 2020 the lodge hall was demolished.



A contract with the Architecture Firm was signed in November, 2020 to create building design plans. On October 20, 2021 the lodge voted to accept the building design. The lodge applied for a commercial loan on November 11, 2021. An agreement was signed with the general contractor in December, 2021 and work began in January 2022.

St James Lodge No. 71 broke grounds at the new building site on January 9, 2021. Representatives from all bodies were present along with contractors, loan officers, architectures and brothers from GLOfTx local lodges.



After many delays and setbacks the building was ready for occupancy in March of 2023 at which time the cornerstone and dedication ceremony was performed in Grand Style.

With all assembled in front of the building, commencing at 9:00am, the Lone Star Grand Commandery Knights Templar escorted the Grand Lodge Officers, the Master of the Lodge Gaylon Sandles, St James Lodge No. 71 officers and Grand Master Curtis to the north-east corner of the building.





At the completion of the ceremony, Master of the Lodge Sandles, presided over the ribbon cutting ceremony, with the heads of the Temple Masonic Family cutting the ribbons; Rising Sun HOJ Court No. #150, Shiphrah Chapter #47, Vernon Busby HRAM Chapter #147 and Ed Blair Consistory #286.



All processioned into the Lodge Hall where a representation of the Grand Lodge processioned in to consecrate and dedicate the Lodge Hall for its purposes. Grand Master Curtis conducted the ceremony.



A proclamation was read from the City of Temple, Tx by Mayor Pro-Tem Judy Morales. Special Guest in attendance were Temple Branch NAACP President Zoe Grant, Wheatley Alternative School Principal John Pleasant, Leaders of several Churches of the community that supported the Lodge by making their facilities available for meetings and other activities while the building was under construction.



The Temple Branch NAACP donated a tree to St James Lodge No. 71 for being a Life Member of the Temple Branch

Other Masonic Leaders present were MEGHP Michael Berry, GTIGM Charles Lilley, Dep. of Orient for Texas, SGIG Elvis Irby and representatives of the Adoptive Bodies Head of Houses . Bro. Verdell Canady, the oldest living member of the Lodge and who was instrumental in the lodge purchasing the property on Old Taylor Rd in 1967, and who later help secure the loan for the building purchased in 1984 was recognized and received a rousing standing ovation. He still meets and exceeds his financial obligation to the Lodge and Texas Prince Hall Freemasonry!

Brothers from around the State came and participated in the dedication of the Lodge Hall.



Finally, to answer the question: *“Why are we here?”* Its because St James Lodge No. 71 has been a part of, and has supported the East Temple Community, since its inception in 1891. I believe that it is the only Black Community minded non-profit organization in the city of Temple, other than predominately African American Churches that owns its own building. It sits right in the middle of the newly designated African American Churches Historic District which includes Eighth Street Baptist Church, Wayman Chapel A.M.E, and Corinth Missionary Baptist Church. It still takes part in the Adopt a Street program. Not to mention the continued food give-away programs and student scholarship stipend programs.

With the city revitalization program that has demolished many buildings, both residential and commercial on Ave C., it is the only organization (at the writing of this article) that has built/rebuilt on the east side of Martin Luther King, Jr. Blvd. It continues to support several elementary schools on the east side in addition to providing extra support to Wheatley Alternative School, which is a block just south of the building. The Wheatley Alternative School staff has been one of our staunch encouraging supporters. TISD School administrators stopped and thanked us for remaining in the neighborhood, while we were still under construction.

This is how we take a lemon and make lemonade!



Thomas H. Keithley No. 45 Hosts a Meet and Greet in Round Rock

David Featherson (Past Master THK Lodge No 45)

On Sunday, April 23, 2023, Brothers of Thomas H. Keithley Texas Lodge #45 were greeted by the general public at Cinco Ninos located inside the luxurious Round Rock, Texas attraction - The Kalahari Resort and Convention Center located at 3001 Kalahari Blvd. Round Rock, Texas 78665.

There, Brothers met and socialized with Round Rock residents. The Round Rock community was also informed of the works that are in place, that have taken place; and heard from the community ideals of what could take place, with the lodge's presence in the area. Brothers were given the opportunity to introduce themselves to Round Rock families and were granted the opportunity to meet and fraternize with old and new Brothers, including newly elected Worshipful Master Octavio Washington.

Captured here, is Brother Essien Ita; one of the Founding Members of the Thomas H. Keithley Texas Lodge #45 re-charter, giving a presentation on the history of Freemasonry and it's origins. Brother Ita's presentation also highlighted the emblems in the crest of the lodge and their significance.

This moment, on this day, granted Round Rock citizens an opportunity to ask questions about the lodge, and to get to know some of their neighbors - our brothers, of Thomas H. Keithley, Texas Lodge #45.



Submitted by The Cary Family
A Life Well Lived
In Memory of
Past Grand Worshipful Joshua
Isaac G. Cary, Sr.



Sunrise: May 24, 1930

Sunset: July 17, 2023



Bro. Cary was a very vital member of the Prince Hall Masonic Family. He served the Grand High Court for many years. In July 2010 he was appointed Grand Most Worshipful Joshua of the Grand High Court Heroines of Jericho and served until June 2015. Not only was he a dedicated member of the Masonic Order but he had a passion for community service and charitable giving.

May he rest well!



The J.T. Maxey Scholarship Committee Announces Its 2023 Recipients for Scholarship Awards

Ronald D. Gerac, M.Ed., Committee Chairman

FRISCO, TEXAS - During the 148th Annual Session of the Most Worshipful Prince Hall Grand Lodge of Texas, the Grand Lodge Scholarship Committee announced the winning participants of the annual contest. This year, 13 Districts submitted a contestant for the contest. During the month of April 2023, participating Districts held their District-level essay contests for submission to the state level. The topic of which contestants were asked to write was:

What is your position on the United States Supreme Court reversal of the landmark court
case
Roe v. Wade?

The J.T. Maxey Scholarship Committee recognizes the Concordant, Appendant, and Adoptive Rites in the Country of Texas who collectively contributed \$113,028 in scholarships in the past 12 months. The seeds that these scholarship monies have planted will be sown in the communities of which we serve. For the Masons, the first-place scholarship award was sponsored by the Texas Council of DeMolay, Ancient and Accepted Scottish Rite of Freemasonry, Southern Jurisdiction, Prince Hall Affiliation. The second-place scholarship award was sponsored by the Most Excellent Prince Hall Grand Chapter of Texas, Holy Royal Arch Masons.

In this issue of the Texas Prince Hall Freemason, we are showcasing the scholars who participated in the J.T. Maxey Scholarship Contest. We are also showcasing the essay of our first-place winner, Ms. Laney Joy Osborne of Marion, Texas. She plans to attend Texas Tech University in the Fall, and major in Pre-Med. She also graduated as Salutatorian out of 111 students with a 4.0 GPA! Like Ms. Osborne, all scholars who participated in this year's contest will receive a one-time monetary award that will be paid out upon receipt of their proof of enrollment.

Contest documents for next year's scholarship awards will be available via Grand View in the Resources Section for all District Deputies between March 1st and 15th in 2024. This committee looks forward to awarding more money to deserving students who are graduating from high school and are endeavoring to further their education at some institution of higher learning. If you would like to donate to the J.T. Maxey Scholarship Program, please make your payments to *Prince Hall Charitable Foundation* with "Scholarship" in the memo line. The Program also accepts PayPal at [paypal.com/paypalme/PHCF3579](https://www.paypal.com/paypalme/PHCF3579).

District #23

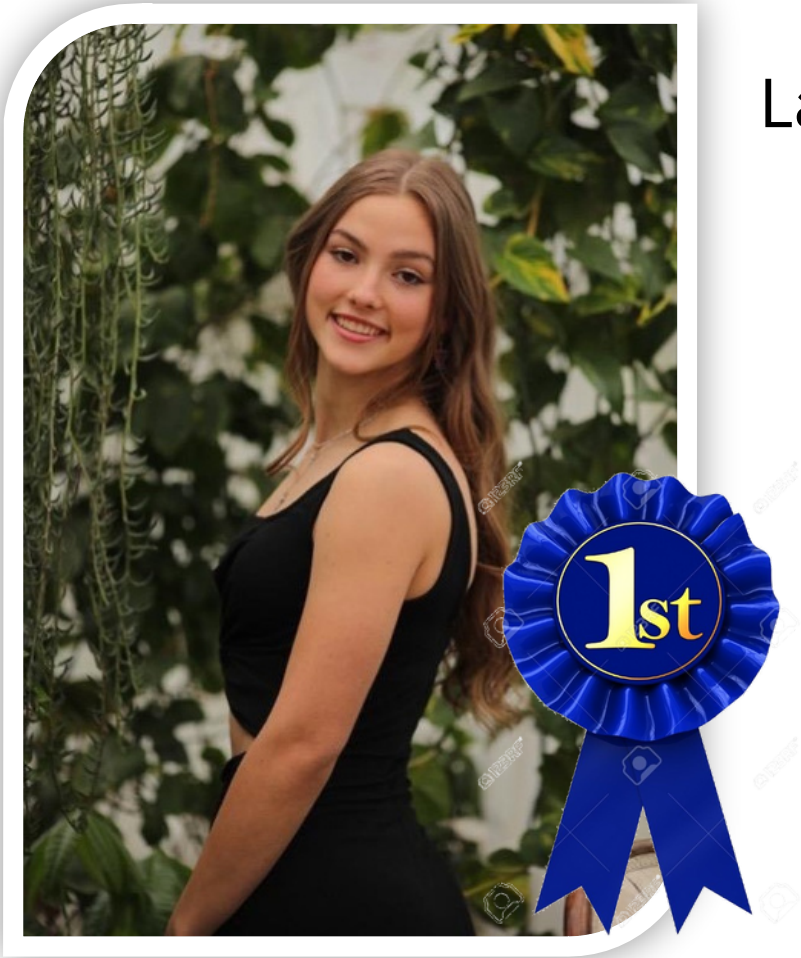
Laney Joy Osborne

Graduated from
Marion High School

Plans to attend
Texas Tech University

Major:
Pre-Med

District Deputy:
Clifford Massey



District #24

Lilyanna Gonzalez

Graduated from
Ellison High School

Plans to attend
Texas State University

Major:
Psychology & Counseling

District Deputy:
Tommy Levi



District #14

Carlee Danielle Thomas

Graduated from
Connally High School

Plans to attend
University of Texas @ Austin

Major:
Nursing

District Deputy:
Vendal Adderley, Sr.



District #6

Aniya Neshell Hopson

Graduated from
Longview High School

Plans to attend
Hampton University

Major:
Cybersecurity

District Deputy:
Henry Taylor, Jr.





District #15-A

Jessica Whittaker

Graduated from
Bellaire High School

Plans to attend
Prairie View A&M University

Major:
Biology

District Deputy:
Christopher Houston

District #4

Sephra Deloris Brown

Graduated from
Teague High School

Plans to attend
McLennan Community College

Major:
Health Professions

District Deputy:
Norris D. Jackson



District #17

Javorrie La Vant Harris

Graduated from
Angleton High School

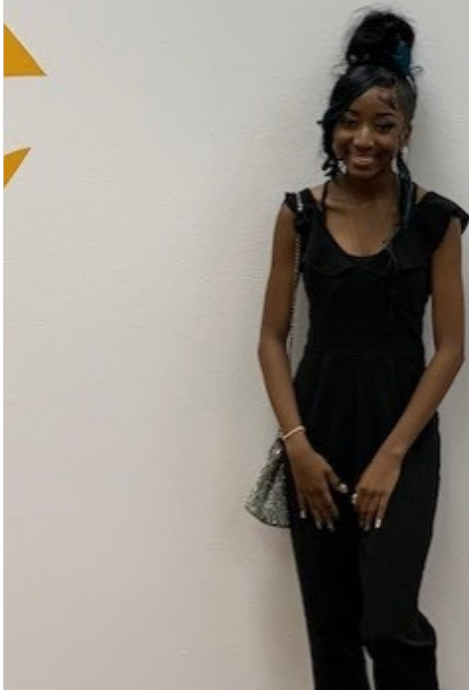
Plans to attend
Texas State University

Major:
Mechanical Engineering

District Deputy:
Victor Wiggins



A&M-COMMERCE



District #2

Myriah Barrett

Graduated from
Greenville High School

Plans to attend
Undecided

Major:
Undecided

District Deputy:
Bryan Vaughn

District #19

DeVonte Tay'Sean Barrett

Graduated from
Tom C. Clark High School

Plans to attend
University of Texas @ San Antonio

Major:
Computer Science

District Deputy:
William H. Paige



District #20

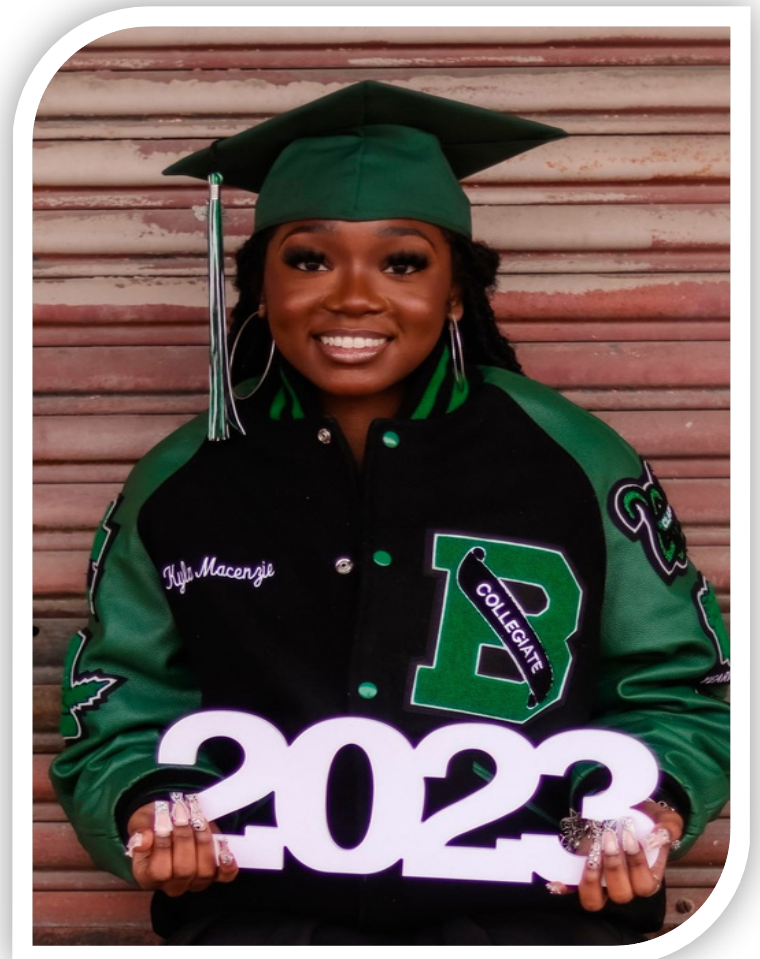
Kyla Macenzie Pace

Graduated from
Burleson Collegiate High School

Plans to attend
Prairie View A&M University

Major:
Nursing

District Deputy:
Michael Whitted



District #15-B

Keevian Ward-Nelson

Graduated from
LaMarque High School

Plans to attend
Undecided

Major:
Undecided

District Deputy:
Ernest Hatter



District #13

Timiea Danielle Garrett

Graduated from
Huntsville High School

Plans to attend
Texas Southern University

Major:
Political Science

District Deputy:
Danny Sanders



District #16

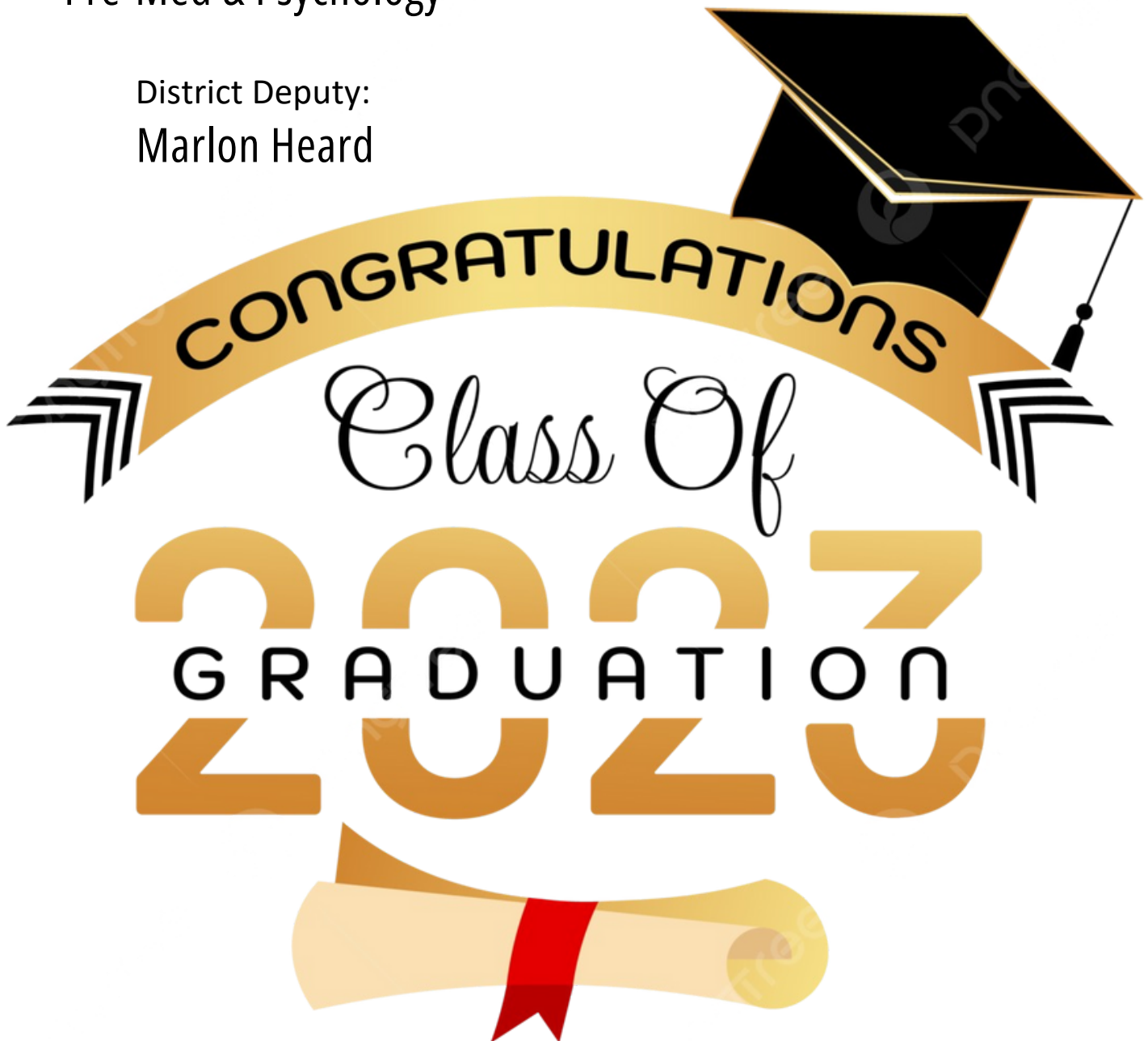
Iyanna Alaina McLean

Graduated from
Thurgood Marshall High School

Plans to attend
Howard University

Major:
Pre-Med & Psychology

District Deputy:
Marlon Heard



2023 Winning District Essay

I support the United States Supreme Court's reversal of the landmark court case *Roe vs. Wade*. Most people would believe that I take this stance because I am a God-fearing Christian, and while this is true, I also support this reversal because it gave each state its constitutional rights back. This is because the Supreme Court's ruling permitted each state to decide whether abortion would be legal in its own state.

I am in favor of this ruling for two primary reasons. Firstly, I believe that unborn babies have the right to life regardless of their fetal age. Secondly, I believe that the Constitution must be honored in all legislation, and for the past fifty years, it had not been. This fact is supported by Justice Samuel Alito in his quote, "It is time to heed the Constitution and return the issue of abortion to the people's elected representatives." Abortion is not like other contraceptive devices that can be classified as healthcare. In reality, it is medically condoned murder. Many Americans raised unsupported concerns about potential limitations on healthcare options. However, I believe that Christians should be focused on finding solutions, such as adoption, that negate the supposed need for abortion.

I believe that it is my personal responsibility to research topics beyond mainstream media to truly understand the implications of the issue. My research has led me to information about the *Roe vs. Wade* case. Originally, it was passed in 1973 and was overturned nearly fifty years later. This reversal caused much discontent among American citizens as the ramifications were misunderstood. For example, the Supreme Court's liberal justices commented saying, "With sorrow for this Court, but more for the millions of American women who have today lost a fundamental constitutional protection." However, this statement is incorrect. The reversal of *Roe vs. Wade* actually returned constitutional rights to the states. Abortion is not illegal nationwide, instead, each state has the right to choose its stance on the issue. This is beneficial because it returns the choice to the American people, which is the entire foundation of our democracy. As American politics continue to polarize, such controversial decisions should not be made on a federal level, instead we should seek out ways to allow states the freedom to decide for themselves.

As we live in the days immediately following the reversal of the *Roe vs. Wade* court case, my generation faces the challenge of interpreting the Constitution to its original intent. Additionally, we must choose to read past the blaring headlines and discern the real implications of the issues at hand.

Be Cool! Texas Lone Star Family Comes Together to Provide Relief for Divorced Mom

Article by Ronald D. Gerac, Grand Commander Emeritus

HOUSTON, TEXAS

– In many cultures, there are rites of passage that signify the transition from youth to adulthood. Likewise, in many Greek-lettered college fraternities, many would-be members (pledges) perform tasks of varying levels of cognition and service to gain membership into the organization of choice. For anyone living in Texas nowadays, one earns the right to call themselves a Texan simply for enduring sausage-sizzling, egg-frying heat.

I was scrolling through social media one day, and I came across this:

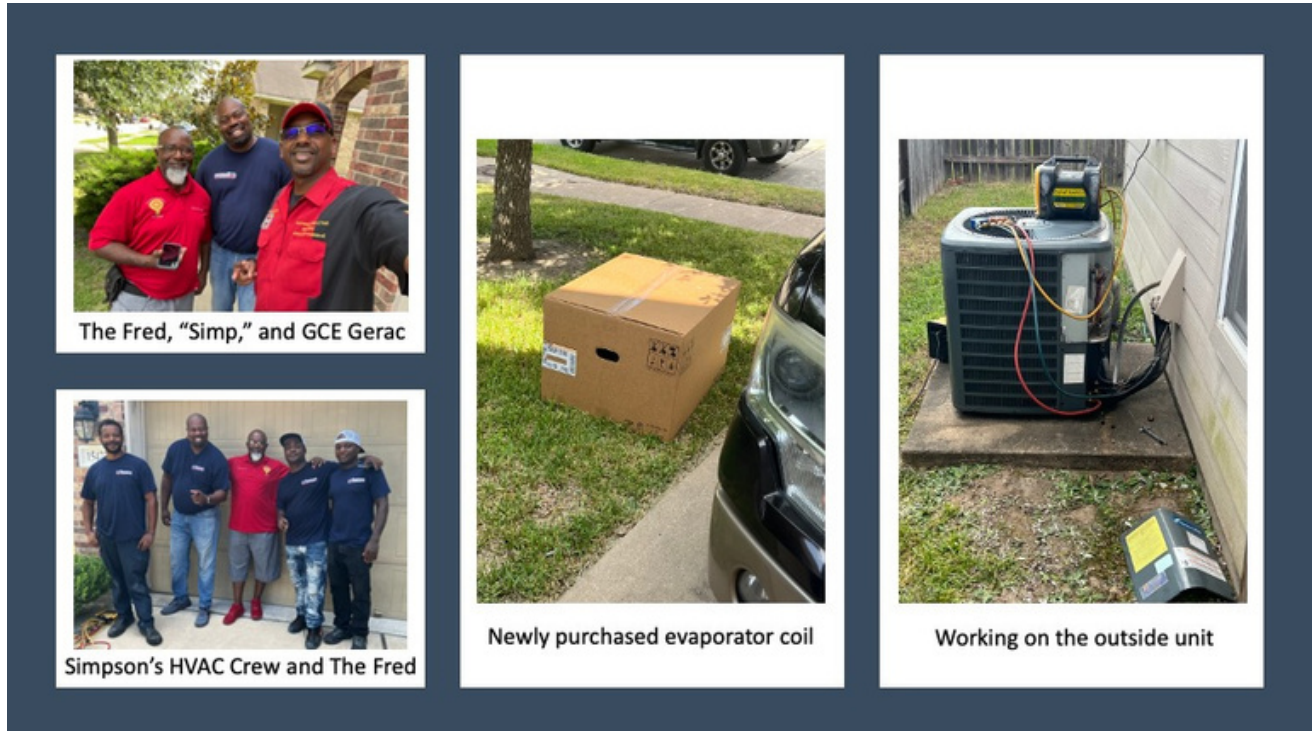


In this Texas heat, it is typically hotter inside than it is outside. On this particular day in Houston, the high temperature was recorded as 101 degrees-and that was without the applied heat index. I could not wait another second; I was moved to act on behalf of this mother and her daughter. As Believers, we have to remember that we, ourselves, can be the answer to someone's prayer...the difference-maker in someone's day turning around for the better. I immediately placed a call to Sir Knight Frederick "THE FRED" Walker, Sr., who serves as the Eminent Grand Captain General for the Grand Commandery, because this mother lives not far from his neighborhood. I asked him for a recommendation for an HVAC Technician. Without thinking about it, he recommended this guy:



While in conversation with Mr. Simpson ("Simp," as he wanted to be called), I learned that he knew a few Prince Hall Masons in the greater Houston area. I shared the issue with him, and he sent a couple of his best technicians to the residence for an assessment on the same day. This trip to the mother's house would be the third for her, because several HVAC technicians had visited her house, and she was told that several issues were contributing to the malfunctioning unit. "Simp" confirmed later that the unit's evaporator coil had "breathed its last breath" and that it needed to be replaced. A good HVAC technician will tell you that a job of this magnitude generally costs from three to four THOUSAND DOLLARS. "Simp" offered to complete the job for a huge fraction of that cost, bringing it down to \$2,300. Well, if you get an offer like that, you had better act on it immediately before it slips away.

Before the first donated dollar was given, I lifted up all donors in prayer, asking God Almighty to bless the seed that was to be sewn for the purpose of bringing relief to this family. I put out the call to the Sir Knights of the Lone Star Grand Commandery and the Princesses of the Lone Star Grand Guild. In 24 hours, just over half of the amount was raised, and within the ensuing 24 hours after that, the goal had been reached. “Simp” was informed that the donations were rolling in, and he had set a course for the malfunctioning unit to remove and replace it.



The HVAC crew took a whole day and a half to complete the job, which entailed outside work and work in the attic (and we know that the attic heat is even hotter than the outside temps). The end result was a working air conditioning system and much cooler temps inside the house.

This was a monumental effort not only by the Sir Knights and Princesses of the Lone Star Templar Family, but it should be noted that family and friends of Lone Star also made donations to get the job done. It is just another example of “Working Together Works.” I believe that prayer moves the hands that rule the world, and I am eternally thankful to the Lone Star Family and friends for making the decision to be those hands and see God’s blessing come to fruition. I am happy to report that the final post looked like this à



Doing the 'Rite' Work

Prince Hall Affiliated Concordant Bodies

D.H. Mattox

Ft. Worth York Rite Impacting Their Communities

Working together, works...AND
MATTERS!

The Prince Hall York Rite bodies of Freemasonry in Texas are important organizations that work together to serve the community. They are made up of different groups, including the Royal Arch, the Cryptic Council, and the Knights Templar. In Texas, those bodies consist of the Most Excellent Prince Hall Grand Chapter HIRAM, Most Illustrious Prince Hall Grand Council Royal and Select Masters of Texas and the Lone Star Grand Commandery Order of the Knights Templar. Each of these groups has its own unique purpose, but their subordinate chapters, councils and commanderies come together to serve the community and make a positive impact on people's lives.

Ft. Worth

The spring season saw a unified York Rite front as Steave R. Powell, Jr. Council No. 2, Alpha Chapter No. 6, and St. Cecil Commandery No. 5 did a joint community service in the city of Ft. Worth.

Membership from all three bodies collected basketballs and basketball goal and donated them to the children on the Northside of the city. Steave R. Powell Council No. 2 had the opportunity to provide breakfast and make over 250 lunch bags for the residents of the Salvation. Later, Alpha Chapter No. 6 and Steave R Powell, Jr. No. 2 donated baby clothing to Mrs. Nellie from Childcare Associates. Childcare Associates aids with women who are leaving a domestic violence situation. Many of the ladies have children and leave everything behind to escape the violence in their homes.

Texas York Rite is more than happy to support and help to those mothers in need of help for their children.



Steave R. Powell Council No. 2



York Rite bodies of Freemasonry play an important role in serving the community and making a positive impact on people's lives. Through their charitable work, educational opportunities, and commitment to brotherhood, they help build stronger communities and make the world a better place.

D.H. Mattox

Houston Rallies for Charities

York Rite Comes Together

Houston

The Illustrious Companions of Perfection Council No. 9 and the Sir Knights of Sanderson Commandery No. 2 were pleased to donate cases of diapers to Xiomara Guild No. 5's annual "Diaper Drive", benefiting current and expectant mothers. Xiomara joined forces with community partners Houston Herf and Hard Riders M.C. to provide much needed assistance to the Houston area. Over 30 cases diapers and 50 packages of baby wipes were collected in this joint effort.

Sanderson Commandery No. 2 was ecstatic to support and work alongside the members of Gate City Guild and Stars of Gate City OES Chapter No. 57 who traveled to Houston, TX to provide and serve lunch to the families staying at Ronald McDonald House.

Founded in 1978, the mission of Ronald McDonald House Houston is to offer a home away from home providing care, compassion and hope to families with seriously ill children being treated in Texas Medical Center member institutions. Sanderson Commandery provided beverages, flatware, utensils, manpower for heavy lifting and dish washing, while the Guild and Eastern Stars prepared and cooked a magnificent lunch to serve over 75 residents and staff. The meal consisted of homemade spaghetti and meatballs, chicken alfredo, salad and garlic bread.

Every year, Sanderson Commandery No. 2 comes together to be blessing to the residents of Sparrow Assisted Living. Sparrow has been a home for 18 years, serving seniors with special needs. During the Easter weekend, Sanderson stuffs and delivers bags of toiletries and spends time serving lunch to the residents. This year, the Sir Knights were joined in service by the Illustrious Companions of Ernie M. Williams Council No. 7, Perfection Council No. 9, and the brothers from Hiram Trowel Lodge No. 662.

Together, over 55 residents were fed and given bags filled with personal necessities and special treats. No doubt demonstrating the greater the impact our York Rite bodies can have when we work together.

Eminent Grand Captain General Fred Walker for attended and represented the Lone Star Grand Commandery along with Thrice Illustrious Master David Bailey (7) and Norman Thomas (9).

Overall, the Prince Hall York Rite bodies of Texas play an important role in serving the community and making a positive impact on people's lives. Through their charitable work, educational opportunities, and commitment to brotherhood, they help build stronger communities and make the world a better place.

Let's continue to push forward and serve our purpose.

Douglas Burrell PHAmily

Saturday July 8th 2023 | Joe Scott, Jr., 2nd Lt., Douglas Burrell Consistory



Douglas Burrell Headed to COD

On July 8th, 2023, Douglas Burrell Consistory and Assembly, held its Annual family cook out. The cook out demonstrates the continuous efforts of representing the Valley of Houston as a unit, creating phenomenal fellowship and comradery. The cook out took place at Adiar Park, Pearland, TX. The sisters and brothers were able to entertain its members, families and friends.

In 2024, Douglas Burrell Consistory and Assembly, will be hosting the 77th Annual Council of Deliberation and the 60th Annual Texas of Assemblies. We are ecstatic in having our fellow brothers and sisters to join us during this time. The family cook out commemorated our first in service towards these events. The sisters were able to host raffles during the event, helping them to build funds for their outreach programs.

The brothers of Douglas Burrell took time out with each other to fellowship. Dominos, Cards, Games were all available. Even though the rain came through pretty furious, this did not stop or damper the mood set for the weekend. The brothers took time to introduce the new class to the Valley of Houston and all those whom were present. The newly exhausted brothers were able to meet old and new members whom have held the Valley together over the years. This was truly a great time of Celebration.

Joe Scott, Jr., 2nd Lt., Douglas Burrell Consistory



Mark Your Calendar for the Council of Deliberation!

The Council of Deliberation 2024 will be hosted by The Valley of Houston, Douglas Burrell #56.

Get your Souvenir to help commemorate this precious movement. Ad prices are as follows:

- Inside Back Page - \$125
- Outside Back Page - \$125
- Full Page Ad - \$100
- Half Page Ad - \$60
- Quarter Page - \$40.00

Only Half Page or Higher will receive a book!!!!

For more information email souvenirjournaljee@gmail.com



102 YEARS OF SERVICE
THE VALLEY OF HOUSTON

For those of you that travel a lot...

10 Things That Lead to Digestive Problems While Traveling

Article by Katie McCallum, Writer at Houston Methodist Hospital

HOUSTON, TEXAS – Dealing with the occasional bout of diarrhea or constipation is never fun, but the most inopportune time to experience digestive problems is while traveling.



"Traveler's diarrhea is the obvious example," says Dr. Eamonn Quigley, a gastroenterologist at Houston Methodist. "But this usually thought to be limited to travel in certain areas of the world where gastroenteritis risk is high."

It's certainly something to know about and take steps to prevent, but Dr. Quigley points out that diarrhea while traveling can occur anywhere and be completely unrelated to infection.

"What most people don't realize is that constipation is actually the more common gastrointestinal phenomenon that arises during travel," says Dr. Quigley. "The No. 1 reason for occasional constipation is travel."

These aren't the only two GI problems that seem to arise. You might find you're more likely to get heartburn while away from home. Flying might leave you feeling bloated and gassy. And we're likely all familiar with the nausea that can sometimes accompany a car, boat, or rollercoaster ride.

All to say, the digestive system seems particularly sensitive to travel and its related activities. But why? And are there steps you can take to make sure your bowel movements stay regular and stomach remains settled while on a trip?

10 causes of stomach problems while traveling

"There are several things that can lead to digestive issues while flying, specifically, and traveling in general," says Dr. Quigley. "And people prone to constipation, diarrhea and other GI issues might be more easily triggered by these factors."

An important note: They can also be additive, meaning these factors can compound on top of one another to make problems more likely.

The reasons for experiencing stomach issues while traveling include:

1. Dietary changes

Our diet and eating habits often look different than usual while traveling. Away from home, we're less in control of what we eat and when we eat. We might treat ourselves to snacks and desserts more frequently on vacation.



"Maybe we're eating fewer vegetables and therefore getting less fiber, which can lead to constipation," says Dr. Quigley. "Or sometimes we're trying entirely new cuisines and we inadvertently eat something we're intolerant of and diarrhea or indigestion result."

Not overeating and maintaining a balanced diet as much as possible can go a long way toward avoiding these fates. But that's not always totally realistic during travel, especially when you're trying to enjoy your vacation. This is where Dr. Quigley recommends knowing which over-the-counter medication to take if you do experience a digestive issue.

- Anti-diarrheal medications (loperamide, bismuth subsalicylate) can help reduce the frequency of watery, loose stools.
- Oral laxatives and stool softeners (polyethylene glycol, docusate sodium) can help alleviate constipation.
- Antacid pills can help with [heartburn](#), indigestion and upset stomach

Be sure to take these medications according to the package instructions.

2. Stress



The stress of travel can begin soon after you leave the house: Making sure you don't miss your flight, navigating a crowded airport, needing to evacuate your bowels in a bathroom you share with people sometimes sitting inches away from you.

"Stress influences bowel function, which can go either way — constipation or diarrhea," says Dr. Quigley. "All you have to do is think back to that important exam you had in college to remember how stress can make bowel

movements more frequent or loose. But stress can also lead to incomplete bowel movements in other scenarios."

Back to that cramped, shared bathroom on a plane: The ensuing stress can prevent a person from having a complete bowel movement, which can contribute to constipation. Plus, when constipated, people tend to fixate on the issue, notes Dr. Quigley, adding to the stress and making the constipation worse.

Here again, there's not always a lot you can do — travel is just stressful sometimes. But the same advice as above applies: If you do experience diarrhea or constipation while traveling, the right over-the-counter remedies can help relieve it.

3. Dehydration

Being dehydrated is a risk factor for constipation, but drinking enough water while traveling can be tricky.

Bathroom breaks can be time-consuming on a long road trip or tricky to accommodate in certain locations, leading you to purposefully drink less water. In addition, a supply of water isn't always readily available while traveling — or that supply might not be safe.

Dr. Quigley stresses the importance of having a hydration plan while traveling, whether that's bringing a water bottle you can fill yourself or knowing where to buy sealed water that's safe.

4. Alcohol consumption

"We should hydrate with water, not alcohol," Dr. Quigley adds. "Whether it's a drink before a flight or at lunch between sightseeing, know that alcohol is not hydrating." In fact, alcohol is dehydrating — and remember, dehydration is a risk factor for constipation.

5. Barometric pressure changes

"Airplanes have pressurized cabins, but they're not completely pressurized," says Dr. Quigley. "The greater the difference between the pressure in the atmosphere and that in your body, the more the air in your stomach is going to expand — and that's why you begin to feel bloated while flying."

Bloating is annoying enough on its own, but if it persists, it can also contribute to constipation.

"The longer the flight, the more noticeable the issue can become," says Dr. Quigley. "Studies show that long-haul cabin crews experience more gut disruptions than short-haul crews."

Now is a great time to point out just how additive some of these factors can be, especially with certain types of travel. For instance, flying is often a triple whammy — stress, dehydration and pressure changes are a recipe for experiencing constipation while traveling if you're not careful, especially [if you're already prone to it](#).

"Add to that the carbonated diet soda you have before or during your flight, which only makes bloating worse," says Dr. Quigley.

6. What you eat and drink before a flight



The gassier your meals and beverages are before a flight, the more likely you are to get bloated and constipated.

"Avoid eating foods that are most likely to cause gas, like onions and garlic, for about 24 to 48 hours prior to flying — since these take quite a while for your body to completely digest," says Dr. Quigley.

Carbonated soft drinks and sparkling waters are another cause of bloating. In some people, they can also trigger indigestion while flying. But since liquids pass through the body quickly, they're typically only an issue when consumed shortly before boarding a flight.

7. Traveler's diarrhea

Traveler's diarrhea — a type of gastrointestinal infection — occurs when a person gets ill from food or water that's contaminated with a virus, bacteria or parasite. The primary symptom is indicated by the name, but traveler's diarrhea can also cause abdominal cramping, vomiting and even fever, if the infection is bad enough.

"This is more common when traveling to certain areas of the world where the risk of gastroenteritis is high," says Dr. Quigley. "This is something you should research before your trip."

Tips for preventing traveler's diarrhea if you're traveling to a risky area include:

- Only eat food that's been cooked to the appropriate temperature.
- Avoid eating raw foods, particularly salads.
- Only drink filtered water from a *sealed* container.
- Avoid adding ice in your drinks.
- Travel with ciprofloxacin if you have a GI condition that makes you [prone to diarrhea](#) (to take only if you experience an infection).

8. Disruption of your biological clock

When travel takes you across time zones, it can impact your circadian rhythm — your body's way of setting and timing its internal clock.

"There's diurnal variation in a lot of the body's physiological processes, colon motility included," explains Dr. Quigley. "At nighttime, our colon goes to sleep with us. In the morning, our colon wakes up and we see a big increase in activity."

But when what's 10 p.m. to your internal clock is actually 8 a.m. in your new location, colon confusion ensues. This can contribute to GI issues, namely constipation.

"Changing your internal clock by a few hours isn't a big deal, but 10, 15 hours — that's a significant change that can really disrupt your body's rhythm," says Dr. Quigley. "This can lead to irregular colon motility and contribute to constipation."

9. Forgetting to bring your medications if you have a known GI issue



It might seem obvious, but Dr. Quigley points out that forgetting to pack medication you take for an existing issue is a common way to end up with digestive problems on a trip.

"Whether it's an over-the-counter acid blocker for acid reflux, daily oral laxative for treating constipation or a prescription medication for colitis, we hear about this all the time," says Dr. Quigley. "And once you do realize you've forgotten your

medication, finding a replacement isn't always straightforward."

If you're traveling to another country, trade names of products can differ, and filling prescriptions certainly isn't always a guarantee.

Dr. Quigley also points out that people prone to constipation, in particular, shouldn't be afraid to increase their meds.

"Especially if the person has a history of their constipation worsening with travel, we often recommend they prepare by taking an additional dose of laxative," says Dr. Quigley. "People are often afraid to increase their laxative dosage for fear of becoming dependent, but they needn't be reluctant to do so."

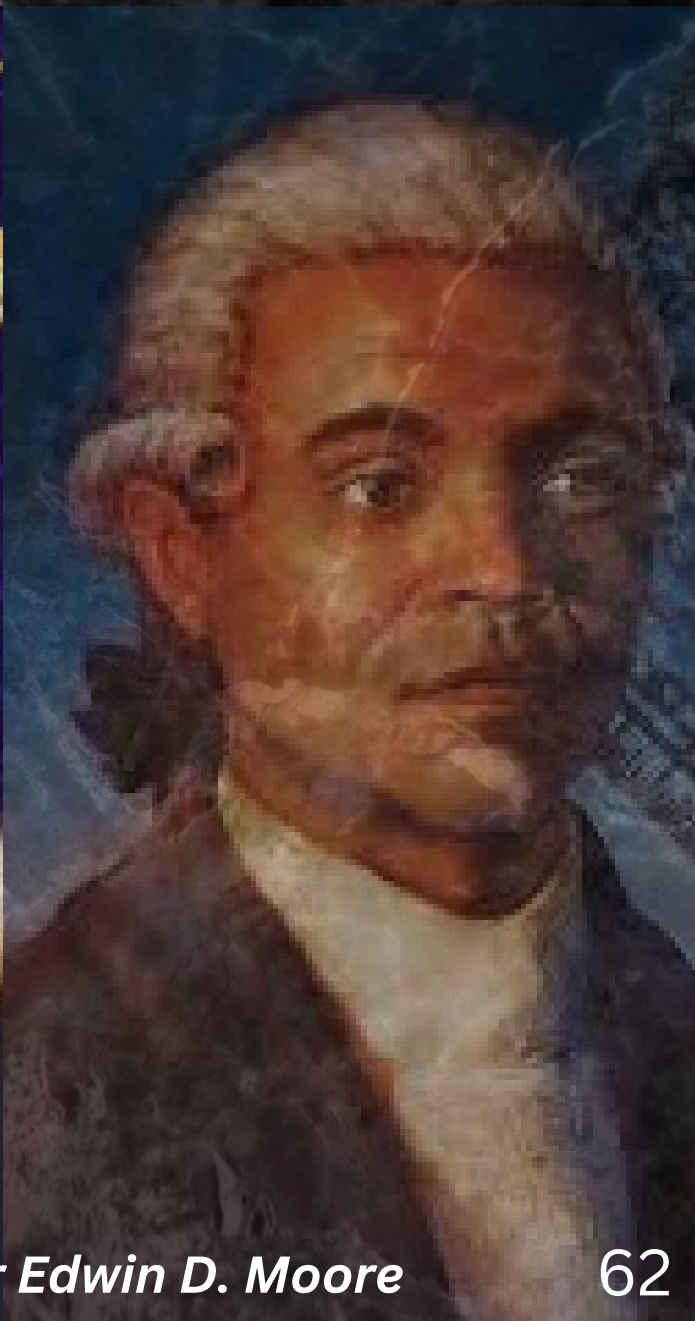
10. Being unprepared for motion sickness

Motion sickness, also sometimes called travel sickness, may not be something you think about often, but it might be important to consider when making your travel plans — especially if you don't know how you'll react to a type of travel known to cause motion sickness, like cruise ships.

"This isn't actually a digestive problem, but the symptoms can be related to the digestive system — nausea and vomiting," says Dr. Quigley.

Over-the-counter remedies can help alleviate motion sickness, but there are also strategies for preventing it if you're prone, like keeping your eyesight on the distant horizon when on a boat.

GRAND SESSION RECAP













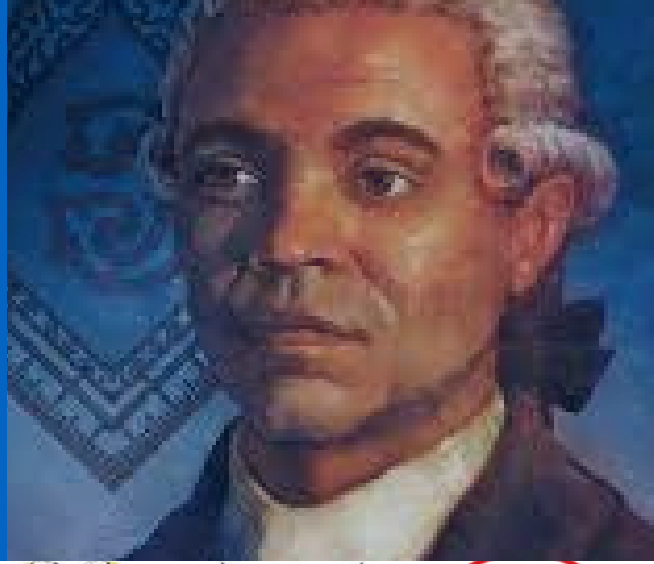






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