



Grand Chapter Royal Arch Masons in Virginia
Grand Council Cryptic Masons in Virginia

The Keystone

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The Grand High Priest/Most Illustrious Grand Master's Message



Ho Companions!

I hope this finds you well and gearing up for a wonderful summer. This summer is filled with lots of Royal Arch activities and it is hoped that you take advantage of them.

If we have not already made an official visit to your District, they will be taking place throughout the summer. It is hoped that they are all concluded by the end of the summer. That will give us the opportunity to focus on Grand Chapter in November.

The visits have been wonderful. Lady Judy and I have enjoyed visiting the different parts of the Commonwealth. We have been welcomed with open arms and that has been wonderful.

Sometimes, it can be tiring. Recently, we traveled to Virginia Beach in order to attend the funeral of Most Excellent Clyde Perry. The next day, we drove to Southwestern Virginia for two District visits. It was an emotional roller coaster. Still, it was great to see members of the Royal Arch in force. Thank you for all that you do.

Our world has been seeing a great deal of turmoil lately. Of course, there really hasn't been a time when some part of the world has not seen some degree of turmoil. Many of us grew up during the Vietnam War era. For more than a decade, that was all we heard about in the news. The seventies brought us Watergate and the Gas Crisis. We have had more than one. My students shook their heads when we told them about the price of gas being twenty-five cents a gallon. We thought it was horrible when it went over a dollar a gallon. Each decade has seen some kind of crisis. Someone once said that if you put two people in a room together, there would be some kind of crisis.

It is not difficult to get involved in the different things going on in our world today. We are seeing prices rising because of what is transpiring in the world. It is not hard to complain about the current situations. We might feel compelled to do that. We would have every right to do that. At the end of the day, what do our complaints get us? We might feel that it is "blowing off steam". That might be true. Don't we find ourselves right back where we started? Nothing will have changed.

In times of trouble, it is hard to feel anger or despair. That is natural. We might feel that we can do nothing. Long ago, I heard someone talk about the "Power of One". One person might feel that they can do little. That might be true. With numbers, more can be done.

For example, if you are troubled by gas prices, offer to carpool to Chapter meetings. It might take the sting off gas prices for some.

You might be able to use technology and conduct some of your business via ZOOM technology. There is nothing that can replace face to face contact! Still, we might recognize that this can be a helpful tool.

Our world has a lot of problems. Can we, as Royal Arch Masons, do something to take away some of those problems. We do that with our support of the Alzheimer's Foundation. We help those who cannot help themselves. Are there other things we can do? Perhaps your Chapter might discuss what can be done.

What can you, as a Royal Mason, do to help in a world that can use our help? The things that we do to help might not be anything major. It might be holding the door open for someone carrying packages. It could be letting someone go first when arriving at a stop sign together. It could be saying "Thank you" when someone does something for you. There is a myriad of ways that we can help in our world. Years ago, the priest, in my hometown church, always stood before the congregation and said this, "Let your light so shine before men, that they may see your good works and glorify your Father, which is in Heaven".

As Royal Arch Masons, let us always strive to be the light in the world. May God's Peace be with you and your families.

Peace,
Mark Pennypacker
Grand High Priest

The Grand Scribe's Message



Companions,

I would like to wish everyone a happy, healthy, and safe 4th of July holiday. It is a time of picnics, cookouts, fireworks, and

quality family time to celebrate the independence of this great Country.

I would now like to talk about gaining our independence from something else, that dreaded disease called Alzheimer's. I'm sure everyone that reads this can say they have been directly or indirectly affected by Alzheimer's in one way or the other.

Alzheimer's is type of dementia that affects memory, thinking, and behavior that gets progressively worse over time. In 2020 there were as many as 5.8 million people in this country dealing with Alzheimer's, and this is expected to triple to around 14 million by 2060. According to the Virginia Dept. of Health there were over 75,000 in the Southwest VA region alone.

The cost associated with Alzheimer's is around \$277 Billion annually with the cost projected to increase to \$1.1 Trillion by 2050. Companions, these are some astronomical figures.

Companions I would like to encourage each of you and your Chapters to get involved in the fight against this terrible disease. I know that several

Chapters around the State have already had successful fund raisers and I congratulate them on their efforts. Keep up the good this year and it would be great to have ALL our Chapters grow! Keep up the good work!

If your Chapter has not planned anything there is still time to get involved. If you need help in planning an event, get in touch with your District Almoner or the Grand Almoner.

I would like to thank Ms. Eva Musick from the Appalachian Agency for Senior Citizens for all the information she has shared.

Companions, it takes all of us working together to accomplish this goal and together we can make a difference!

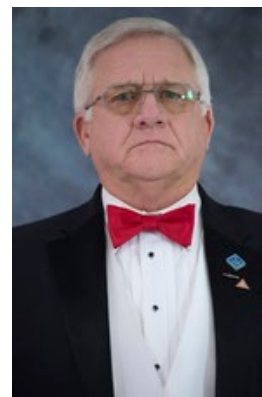
God bless each and everyone.

Fraternally,

William R. "Bill" Owens

Grand Scribe

The Grand Almoner's Message



Companions,

It is family vacation time! All the school systems should be out for the summer by the time you read this. As you and your families take a break from the stress of the "back in

school" year, along with the return, at least part time, to the workplace, remember those who cannot remember, cannot go on vacation because of their condition. Remember, also, those who are

the caregivers and the stress that this time of the year adds to the responsibility they are dealing with in caring for a loved one afflicted by one of the many forms of Alzheimer's.

Father's Day was June 18 and Independence Day is July 4th. Both of these days are significant, but for different reasons.

Father's Day for what our Dads have taught us and for what they continue to do. It is also a day to remember the Dads that are no longer with us – Independence Day for the Declaration of Independence and the several years to struggle to attain it.

Put both of these days into your Chapter's and District's calendars and plan a family activity for them and their care-givers. Invite the local Alzheimer's representative to do a presentation on the "Walks," the status of local efforts and ways to get more involved.

Grand High Priest/Grand Illustrious Master Official Visits for July/August 2022

July 23, District 8, Chapters 10, 22, 31; Lunch, 12:30; Roanoke

August 13, District 1, Chapters 14, 35 77; Lunch, 12:00. Alexandria

Speaking of activities, has your Chapter or District thought about holding a Table Chapter at either the Chapter or District level? It is an excellent way to raise both awareness and funds for Alzheimer's. We have been doing this in District 17 for some time, COVID excepted. The procedures are spelled out and simple. Your DDGHP has all of the details.

I have been receiving reports from a few Districts/Chapters on their programs and progress. Please report your Chapter's Alzheimer's fundraising efforts through your District Almoner. Your DDGHP knows who your District Almoner is and if your District does not have one, feel free to send me an email with the details.

Your DDGHP has all of the details.

Fraternally,
Chuck Trude, PM, PHP, PC
Grand Almoner

Chapter Leadership Course Completions

None to Report

Chapter/Council News

The Grand High Priest visited the 4th Capitular District, Petersburg Masonic Temple in Petersburg VA on 28 May 2022. All attending sat for a group picture shown below. Good fellowship was enjoyed by everyone.



The Keystone Newsletter in Virginia - July 2022

The Grand High Priest visited the 12th Capitular District and greeted all at The Appalachian Arts and Event Center, located at 112 River Road, Cedar Bluff, VA on 4 June 2022. All attending assembled for the group picture shown below. The event was filled with good fellowship and everyone had a great time.



Royal Arch Widows degree conferral. Princess Anne Royal Arch Chapter / Council No. 1607 of District No. 2 once again opened its doors to anyone in the District whose ladies wanted to receive the Royal Arch Widows degree. The picture is of those ladies who had previously received the Royal Arch Widows degree and the Companions who participated in setting up and Conferring the degree. There were 8 new ladies present who received the Royal Arch Widows degree. It proved to be a very enjoyable evening, complete with dinner and a chance for the ladies to meet and get to know each other. The newly made Royal Arch Widows really enjoyed the degree and are looking forward to watching it from the side lines at some future time.



The Keystone Newsletter in Virginia - July 2022

The Grand High Priest and Grand King of DC Shanks Chapter 31 attended the “Masonic Night at the Ballpark” at the Salem Red Sox baseball game. The High Priest and King also invited the local Alzheimer’s Association in a successful effort to raise awareness.



Fifty-Year Certificate Awarded to Union Royal Arch Chapter No. 2 member.

Companion David W. Brown, Past High Priest of Union Royal Arch Chapter / Council No. 2, received his 50-year Veterans Award at his home in Staunton on June 16, 2022.

Excellent George Vest, High Priest of Waynesboro Union RAC No. 2 presided over the ceremony. Presenting Officer Most Excellent Russel Snodgrass, PGHP 2002, was assisted by Excellent Robert Simpson, Chaplain, and Right Excellent Stephen Young, Secretary.

Pictured left to right: Stephen Young, Russel Snodgrass, David Brown, George Vest, Robert Simpson.



Heimlich Maneuver (Saving a Life)

Submitted by Excellent Companion Ed Tooma

With the warm summer months upon us, many will be attending picnics where they can enjoy get-togethers and the sampling of the many food items. Gatherings like this are where choking incidents often happen. Would you know what to do if you see something like this happen? Ever heard about the life-saving technique called the Heimlich Maneuver. The correct pronunciation of his Jewish name is Heim-Lik. The man that invented this maneuver was Doctor Henry Heimlich who was born in Wilmington, Delaware, and served as a U.S. Navy surgeon in World War Two. In 1974 he introduced the Heimlich Maneuver. He got the idea while in the service seeing people die while choking to death. And sadly, it still happens today.

Now... Let's say you're in a restaurant enjoying dinner with friends, when all of a sudden you hear someone shout - "He's choking!" or, She's choking! What do you do? Don't begin the Heimlich Maneuver right away. The person might not need it. First, ask the person if they can speak. If they can speak, it means there is a good chance they might be able to get the object out of their throat on their own by coughing. Ask the person to try to cough the object out. If the person can't speak, makes high-pitched sounds when talking or coughs, or it looks like they're not breathing: Shout out for someone to call 911 And immediately start using the "five-and-five" approach which is recommended by the Red Cross.

Here's how it works:

Lean the victim forward and deliver five back blows between their shoulder blades with the heel of your hand. If that doesn't get the object out - start the Heimlich Maneuver. Tell the person what you are about to do. Stand behind the person and wrap your arms around his or her waist. Bring your hands together, with the hand closest to the person's stomach made into a fist. The knuckle of your thumb should be positioned and pressed between the person's belly button and the bottom of the rib cage. Simultaneously squeeze and thrust your hands inwards and upwards. Repeat this action until the obstruction pops out. It is possible that the person might become unconscious. Hopefully by this time the EMT folks have arrived from the 911 call that was made. If they haven't arrived yet - immediately begin CPR.

The new method is called "Hands-Only CPR." If you see someone collapse - see if the person responds by tapping them on the shoulder and shouting are you OK. If no answer - Look to see if the person is breathing. If not, shout out for someone to call 911 or do it yourself, but be quick. If the person is not breathing or is gasping - begin chest compressions. Place the heel of one hand on the center of the chest and the other hand over that hand lacing your fingers together. Position your shoulders directly over your hands

with the arms straight. Press hard and fast. You'll actually be pushing the chest down about two inches. Let the chest rise before pressing down again. Do not stop this procedure. Keep doing it until the person shows an obvious sign of life - like breathing. You may have to use an A-E-D, Automated External Defibrillator which has instructions, but hopefully, the EMT staff will have arrived to take over. Believe it or not - you can become mighty exhausted performing CPR.

How to Perform the Heimlich Maneuver on Yourself. Let's say you're sitting at home in your favorite chair. And all of a sudden you begin to choke. No one is around. What do you do? You can't give yourself the five back blows, but, you can still perform the Heimlich thrust on yourself. Make a fist and place your thumb below your rib cage, just above the navel as you would when performing the Heimlich on someone else. Grasp your fist with your other hand. Press it into the area with a quick upward movement. If that doesn't work, you can also lean over a table edge, chair, or railing. Quickly thrust your upper belly area against the edge.

I've found that searching the web or going to a library are two excellent sources for reading up on the Heimlich Maneuver and CPR. Youtube videos are also an excellent source. Better than anything else - take a class in both CPR and the Heimlich Maneuver. In doing so you'll also find out the various steps in safely performing these life-saving steps on women who are pregnant, children, infants, and those who are obese. Your local Fire or Police Departments, or a Red Cross Chapter would be excellent places to contact for this training. They also offer certification. And while you're at it - have your spouse or friend attend the class with you. Children too, if they're old enough. Each course is about a half-day and the price is minimal, and at the same time, you're supporting these departments that do the training. It's all about saving a life and that in itself is well worth those few hours of your time.

Sources:

- Henry Heimlich Wikipedia - https://en.wikipedia.org/wiki/Henry_Heimlich
- YouTube (Performance of Heimlich Manuever) - https://www.google.com/search?=how+to+perfome+the+heimlich+manuever&oq=&aqs=chrome.2.69i59i450l8.1906039082j1j15&sourceid=chrome&ie=UTF-8#kpvalbx=_DHjYprzH9GxytMP6YSu6Ag13
- Personal Input - Via experience