SCOTTISH RITE PROGRESS

SCOTTISH RITE *of* FREEMASONRY, VALLEY *of* WASHINGTON, ORIENT OF *the* DISTRICT *of* COLUMBIA

VOLUME 9 NO. 3 | MAY-JUNE 2015

2015 Remembrance *and* Renewal Program

The Valley of Washington gathered on March 17, 2015 for our annual Remembrance and Renewal Program. The Brethren of the Valley welcomed family members of our recently departed Brothers to help celebrate the lives of those who have passed to the Celestial Lodge. ***Photos L to R:*** *Ill. George R. Adams, 33° GC; Remembrance and Renewal Cast Members; Key note Speaker, Ill. W. Kenneth Lyons, Jr., 33° GC.* *(Additional photos on page 2.)*

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SGIG's Message

Ill. Leonard Proden, S.G.I.G.

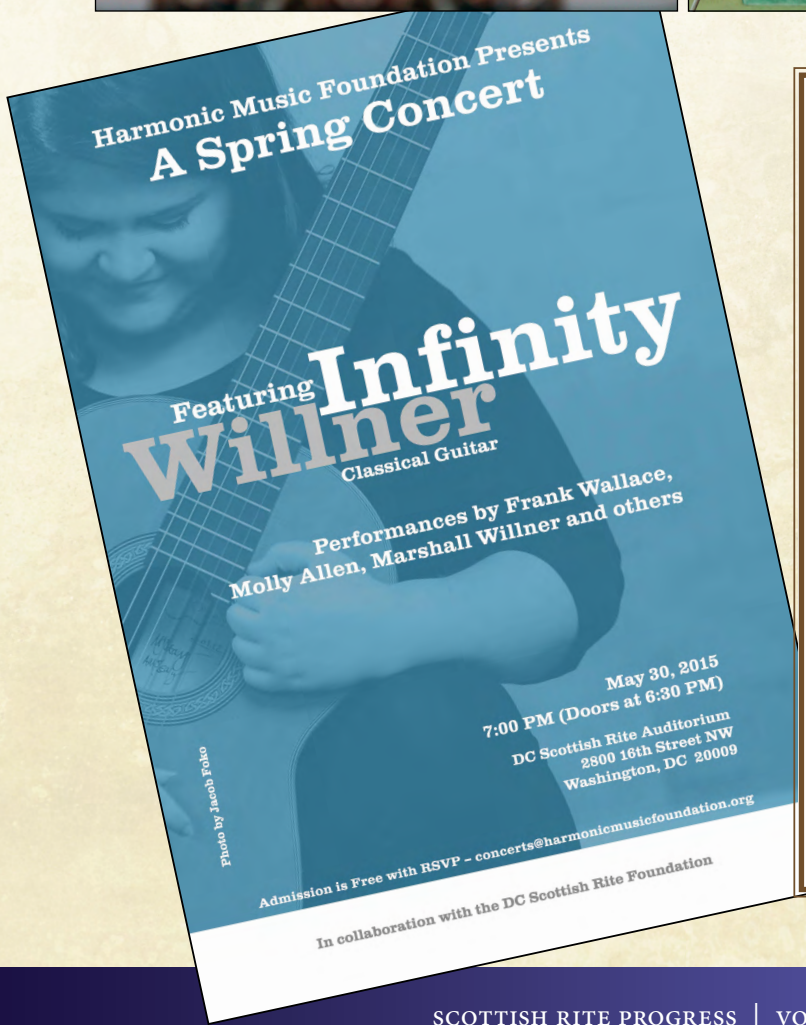
Hello Everyone! This may be our last issue of the ***Progress*** until September (we are considering a special July-August edition as this is a Biennial Session year) and you will find it teeming with a full agenda of Scottish Rite activities for our members, Masons, families and friends. Please review our calendar and take the opportunity to attend, enjoy and support the many worthwhile events and programs.

One date not highlighted but deserving of observance by all Scottish Rite Masons is **Memorial Day on May 25th** – the day we set aside to remember and honor the men and women throughout history who died in military service to our nation. The DC area provides numerous opportunities for you and your brothers, families and friends to actively observe this special day. Check out the website: **washington.org/article/10-ways-celebrate-memorial-day-weekend-washington-dc** for a complete listing of events in our area. Don't let this day be just another federal holiday that signals the beginning of summer - where picnics, BBQ's, sports events, family gatherings, pool openings, or a trip to the beach diminish this occasion of remembrance. Please honor the original intent of Memorial Day.

There are many Brethren who labor tirelessly to keep Masonry alive and vibrant in our nation's capital. I am of the opinion that our Craft is comprised of the best and brightest whose activity and dedication continue to secure for Freemasonry a real presence in our busy city. Here at our Rite I am appreciative of the many Brothers who attend our meetings, those that work every Reunion, our Knights of St. Andrew, our officers and trustees, our committees, our dedicated office staff and those who are quietly living their Masonry each day by distinguishing themselves in their vocations, their places of worship, their communities and with their family and friends.

Thank you who proudly claim the title of a Scottish Rite Freemason.

Images from the Valley's recent Remembrance and Renewal Program – March 17, 2015



Celebrating the Craft 2015

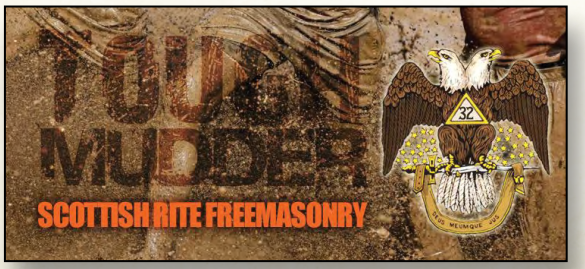
The fourth annual **Celebrating the Craft (CTC)** webathon, which supports the Scottish Rite Southern Jurisdiction's Rebuilding the Temple Campaign (RTC), will be coming **Saturday, May 16, 2015, 6:00pm-12:00 midnight Eastern Time**. Members from across the world have participated in this worthy cause by pledging their time and much-needed resources to the House of the Temple Preservation Foundation, Inc. As we prepare to celebrate on August 22nd the Centennial Jubilee – the 100th Anniversary of the House of the Temple's dedication and original occupancy in 1915 – we ask you to generously support the CTC and RTC so that necessary rehabilitation objectives and renovation projects may be realized and help preserve the history of Freemasonry and our Scottish Rite legacy. For more information, see page six in the March - April 2015 *Scottish Rite Journal*.

What *is* Tough Mudder?

Tough Mudder, is a team-oriented 10–12 mile obstacle course designed to test physical strength and mental grit. Tough Mudder puts camaraderie over finisher rankings and is not a timed race but a team challenge that allows participants to experience exhilarating, yet safe, world-class obstacles.

DC Scottish Rite Masons participated in the Capital Region Tough Mudder Event in West Virginia last September. Our 2015 team, led by co-captains, Brother Dmitriy Minin, 32° (**dmitriy.minin@gmail.com**) and Brother Daniel Huertas, 32° (**dhuertas@dcgrandlodge.org**). is currently getting ready for the next Tough Mudder event on **Sunday, June 14, 2015** taking place at The Meadow Event Park (State Fair of Virginia Fairgrounds) in Doswell, Virginia.

The Valley of Washington will once again be supporting this team of local brethren who are committed to challenging themselves while helping others successfully complete the course. If you think you are up to the challenge and want to enjoy the outstanding camaraderie and sense of achievement that comes with participation on the Scottish Rite team, contact Brother Walter Hoenes, 32° KCCH at **membership@dcsr.org** for information about how to register.



Play Golf for the Kids!

2015 D.C. Scottish Rite Golf Outing

To raise money for our Rite Care Childhood Language Disorders Center

Wednesday, June 10, 2015
Whiskey Creek Golf Course
9:00AM Shotgun Start

4804 Whiskey Court, Ijamsville, MD 21754

Register at:
dcsr.org/golf
or call (202) 232-8155
for information.

In Memoriam
Eleanor D. Iversen

Eleanor D. Iversen, a native Washingtonian, passed away on April 2, 2015 at the age of 91. Born at the old Sibley Hospital on North Capitol Street, she lived in the city and its Maryland suburbs all of her life, and had resided in Bethesda for most of the last 56 years. She received her primary education in the DC public schools, and attended Mary Washington College in Fredericksburg, VA.

She met her husband to be, Charles S. Iversen, 77 years ago on a Halloween hayride, and after dating for a few years, they married on May 18, 1943, as Charles was being commissioned into the U.S. Army for service in WWII.

Over the years, she enjoyed most active charitable and social undertakings, such as leader of her daughter Joan's Brownie and Girl Scout troops, President of the Woman's Club of Bethesda, and a member of the Daughters of the Nile. With her husband, Charles, she travelled widely within and outside the United States with various organizations, particularly those connected with the Masonic fraternity. She was a consummate hostess always wanting everyone to be happy. She lit up a room when she walked in, and relished her friends

In her mid-years she discovered her talent to paint, so after taking many art courses she executed a large number of water colors, some of which she exhibited and sold. For about 25 years she made her Christmas cards from a piece of her artwork, which were loved by those who received them.

Eleanor was preceded in death by her mother, Mary Louise Wolverton, her father John Ernest DeSale, and her step-father, Robert Wolverton. She is survived by her beloved husband, Charles Soren Iversen, her daughter, Joan Iversen Athen, two grandsons, Scott Carl and Eric Soren Athen, and two great grand-daughters, Logan Rose and Mackenzie Eliana Athen. A memorial service will be conducted in due time for family and close friends.

VMAP Update

Be Empowered! Don't Miss Out! Join the Team!

The **VMAP team** is charting the course that will help provide the very best experience for our Valley members. The intent of VMAP is to help each Valley carry out its service to the Scottish Rite with a focus on 10 specific subject Areas which cover the full scope of the Scottish Rite experience:

1. Membership Recruitment
2. New Member Engagement
3. Degree Conferral Proficiency
4. Reunion Experience
5. Scottish Rite Education for Candidates
6. Scottish Rite Education for Members
7. Officer Responsibilities and Engagement
8. Philanthropy and Public Image
9. Membership Retention
10. Valley Organizations

For more information and to become empowered as a VMAP team member, contact **Brother Bradley D. "Brad" Andrukitis, 32° KCCH**, at **kitis007@aol.com**.

For general information and resources about VMAP, and to sign up for the ***VMAP Working Tools*** e-newsletter, go to **scottishrite.org/vmap/**.

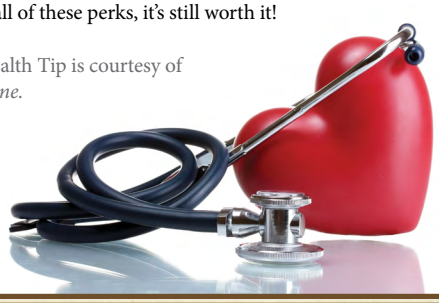
Your Good Health Tip

Eat fat to avoid fat. If you're working on getting leaner, don't cut out good, healthy fats like omega-3 fatty acids. Lack of these nutrients can negatively impact the speed (and how) you age. To keep feeling and looking younger, incorporate more oily fish, walnuts, and flax seeds into your diet, which also help the skin stay supple and wrinkle-free. Omega-3s also help boost brain health and keep the heart in good shape.

Fat is not the enemy. The truth is that your body needs fat. It's just a matter of consuming the right kinds of fat. Here are five fats you shouldn't fear and where to find them in their healthiest forms:

- **Monounsaturated fats** are your best ticket to keep your cholesterol in check and can be found in oils, avocados, cashews, almonds, walnuts, hazelnuts.
- **Polyunsaturated fats** are well known for their cholesterol-reducing capabilities and can be found in various oils including safflower, soy, and sunflower.
- **Conjugated Linoleic Acid (CLA)**, a fatty acid, along with frequenting the gym for at least 4.5 hours per week significantly reduces body fat–not weight. CLA is most readily found in grass-fed poultry and meats, as well as dairy and eggs.
- **Medium-Chain Triglyceride (MCT)** is another fatty acid. New York-based researchers found that weight-loss program participants consuming MCT oil instead of olive oil experienced a greater loss of weight and fat–including intra-abdominal body fat. Why? MCT increases fat burning. Just a few drops over your favorite meals will help. Sources of MCT oil include palm kernel oil and coconut oil.
- **Fish Oil** is shown in studies to aid in the prevention of heart disease. Research also indicates that it could also be effective in promoting better eye and mental health. Even if your breath were suddenly to smell of fish, with all of these perks, it's still worth it!

This issue's Good Health Tip is courtesy of *Men's Fitness Magazine.*



Scottish Rite Calendar

May *through* August 2015

May 2015

5	Mithras Lodge of Perfection	7:30 PM

~ SPRING REUNION ~

May 8, 2014

Registration ..... 4:00-5:15 PM
Recess to Saturday ..... 9:15 PM

May 9, 2014

Class Reports, light breakfast ..... 8:00 AM
Reunion concluded with Dinner and Festivities ..... 6:00-7:30 PM

12	Americanism Program	7:30 PM
16	Celebrating the Craft (House of the Temple)	7:30 PM
19	Robert de Bruce Council of Kadosh	7:30 PM
25	MEMORIAL DAY – Office Closed	
26	Albert Pike Consistory	7:30 PM

June 2015

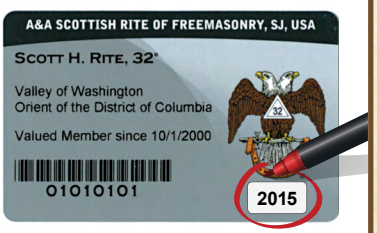
2	PEN/Faulkner Program	7:00 PM
9	Evangelist Chapter of Rose Croix	7:30 PM
10	2015 Scottish Rite Golf Outing	
14	Scottish Rite Tough Mudder Event	
16	Robert de Bruce Council of Kadosh	7:30 PM
23	Albert Pike Consistory	7:30 PM

July - August 2015 (Summer Recess)

No scheduled meetings of the Washington Valley in July and August 2015

August 22-25 BIENNIAL SESSION – CENTENNIAL JUBILEE

Is Your Card VALID?



If your Scottish Rite membership card is not sporting the 2015 validation sticker, perhaps you have not yet paid your dues. Please remember that your timely payment of dues signifies your dedication as a Scottish Rite Mason, and is critical in supporting the Rite's mission and smooth operation. So, take a second to look at your card. Is it valid and up to date? Do you still owe dues? If you have already paid your 2015 dues – thank you!

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