



SCOTTISH RITE PROGRESS

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

VOLUME 9 NO. 5 | AUTUMN 2015

REDEDICATION of the House of the Temple

Centennial Jubilee 1915 – 2015: New Additions – Old Traditions



Photography: James N. Busby, 33°, Valley of Charleston, W. Va. Courtesy the Supreme Council, 33°, SJ, USA.

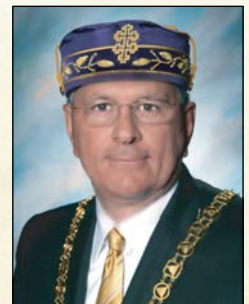
The Sovereign Grand Commander, Ill. Ronald A. Seale, 33°, flanked by SGIGs and Deputies of the Supreme Council, delivers remarks at the rededication ceremony of the House of the Temple on August 22, 2015.

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SGIG'S MESSAGE

Well... the Biennial Session is behind us and we have resumed our regularly scheduled Tuesday meetings here at the Rite. However, I would like to offer final words from my perspective on the Session as only a small percentage of our members are able to attend. You may recall that the Southern Jurisdiction meets to review and ratify all the happenings and activities that have occurred the past two years. SGIGs came to our city where they voted on new statutes, enacted and refined policy and procedures; new SGIGs were crowned; many visitors were welcomed from all over the world; 32 Grand Masters were in attendance; Honors were conferred as 114 men received the 33° from our Degree Team in our auditorium; a centennial reenactment of the Dedication of the House of the Temple took place; a grand opening of the Session was conducted by Grand Commander Seale; and a concluding banquet inspired us as all 750 attendees returned home. Yes, lots of pomp and circumstance which allowed us the opportunity to wear our chains, gowns and hats and engage in great ceremony and fanfare—but the message that resonated most to me was the Grand Commander's admonition in our executive sessions, meetings, the Grand Session and the banquet to not neglect our responsibility of brotherhood. He has stated: "Our primary responsibility is to simply take care of our brethren." His reiteration of this via anecdotal stories at the opening session and the concluding banquet caused a 'lump in the throat' and 'lacrimal glands secreting' for quite a few of those in attendance. As GC Seale has written: "Let's be attentive to opportunities to be present to another person in such a way that their day is a little better, their load a little lighter and their spirits a mite higher because you took the time to care. It seems to me that when we practice these virtues we are practicing Masonry in its highest form." Good stuff!



Illustrious Leonard Proden, 33° SGIG in the District of Columbia

My heartfelt thanks to all of our members that contributed in any way to the success of this Session. Congratulations to our Honor men—our Orient had nine Inspectors General Honorary (33°) and 40 Knights Commander Court of Honour (KCCH). I would also like to recognize a quiet contributing member of our Valley, Gregory T. Martin, 32°, whose brass quartet musical composition *Ordo ab Chao* was written to honor the Degree of Inspector General for the 2015 Centennial Jubilee.

See you at our Tuesday meetings and thank you for continuing to be a Scottish Rite Mason.

CENTENNIAL JUBILEE 1915 – 2015

Photography: James N. Busby, 33° Valley of Charleston, W. Va. Courtesy the Supreme Council, 33° S.J. USA.



The Supreme Council processes to the front of the House of the Temple to begin the rededication ceremony.

The following has been excerpted from the September 2015 issue of the *Oklahoma Scottish Rite Mason* (Ill. Robert G. Davis, 33° GC, Editor).

October, 2015 marks a watershed year in the history of the Scottish Rite in the Southern Jurisdiction. That month will mark 100 years since the dedication of the House of the Temple in Washington, DC, the headquarters for the Mother Supreme Council of the World. A re-enactment of the original ceremony took place on August 22, 2015, the day preceding the opening of the Biennial Session for this year.

It has been 105 years since John Russell Pope submitted a sketch for a new Scottish Rite Temple in Washington, based upon the Mausoleum of Halicarnassus, one of the seven wonders of the ancient world. James D. Richardson, 33°, Grand Commander of the Supreme Council at that time, signed a contract with Pope authorizing him to go ahead with the plans, and to superintend the construction of what would become known as the House of the Temple, a marvelous expression of Masonic mysticism and ideals.

Ground was broken by Richardson on May 31, 1911, on the 110th anniversary of the Supreme Council. The cornerstone was laid on October 8th during the biennial session, using the same trowel that President Washington had employed in laying the cornerstone of the U.S. Capitol. The construction took four years, but the man whose vision created the House of the Temple, died on July 24, 1914. The Supreme Council met in special session the following October to select a new Grand Commander, George Fleming Moore.

A year later, the Supreme Council convened on October 18th, a memorable day in the history of the world's first Supreme Council. For on that day the dedication ceremonies at the new House of the Temple were held on the front steps.

Now, a hundred years later, it was exciting to be a part of our centennial celebration in 2015. But for those who were not present in Washington, DC this past August, hopefully this small bit of history will give you the flavor of just what was accomplished by the Rite a century ago. We owe ourselves a big congratulations for staying the course that has enabled our House of the Temple to continue to be one of the buildings in our nation's capital that all Masons want to see! ▲

“...May guile and deceit, false pretenses and hypocrisy never intrude within these doors. But let there always stand as vigilant tilers sincerity and frankness, plain dealing and earnestness to forbid the approach of an unclean visitor ...”

SOVEREIGN GRAND COMMANDER
GEORGE FLEMING MOORE

Dedication of the House of the Temple,
October 18, 1915



The Grand Master (seated) and his Lady, Jean Marie (on his right), are joined by others at a garden party which followed the House of the Temple rededication ceremony.

IN and ABOUT the TEMPLE

In the last issue of the *Progress*, I mentioned some of the changes that we were planning to elements of the infrastructure of the building, and I am pleased to announce that, except for the lighting in the marble foyer, they have been completed!



Carroll J. Collins, 33°
General Secretary

A few of the other obvious changes to be seen in the building are the restoration of portraits of our past DCSR leaders on the walls. In the receptionist's area, you will find Ill. William E. Eccleston, 33°, who was SGIG 1977-1989; and in the auditorium foyer, are mounted the portraits of Ill. William E. Schooley, 33°, SGIG 1948-1962, and Ill. Renah F. Camalier, 33° GC, Deputy to the Supreme Council 1962-1977. A photo montage of the Valley leaders prior to 1948 is currently being prepared, and will be mounted outside the SGIG's office when completed.

By the time that you receive this issue, you should have received your 2016 Dues Statement, and see that the annual dues amount has been increased to ninety-five dollars, as was explained in the summer edition of the *Progress*. Those of you who have been Scottish Rite members for a while will likely remember that the last increase was implemented back in 2006, and; needless to say, the cost of delivering quality services to you has increased significantly since then!

You will also have noticed that we have changed the donation boxes on the Statement to combine the DCSR Foundation and SRCCLD donations, and added an opportunity for you to donate to the Charles & Eleanor Iversen Scottish Rite Scholarship Fund: there will be more information about this in the near future. In the 2017 dues year, we hope to combine all three donation categories on the dues statement under the Foundation to allow all of your donations to DCSR to be tax deductible.

Starting in October, we are going to institute a pilot program of recording attendance at our meetings and events by scanning the barcode on your dues card into our *Sentinel* membership database. The "Event" feature therein is already used by a number of Valleys in the Southern Jurisdiction; but has never been implemented here, and we would greatly appreciate your cooperation. **Please bring your SR dues card with you to all meetings of the Rite.**

Another new innovation in our Valley is subscription to an SMS broadcast system that will enable the staff to provide instantaneous information regarding crucial events such as cancellations or closures of the DCSR facilities to those of our members who have mobile telephones, and opt-in to accept this service. You may enroll by texting the letters **DCSR** to **80123**, or by visiting the dcsr.org website and subscribing there. We do not anticipate frequent use of this means of communication, but would appreciate your assistance and support by joining this service. ▲

DONATIONS to ALMONER to BECOME TAX DEDUCTIBLE!

Brethren, in an effort to show our appreciation for your willingness to support the Masonic tenant of relief via the Almoner's Fund, we have taken steps to transition donations to the DC Scottish Rite Foundation, an IRS determined 501(c)(3) corporation, making your contributions tax-deductible.

This will be effective for contributions received from November 1, 2015, onward. *Thank you.*

**TAX DEDUCTIBLE
DONATION**

IS YOUR CARD VALID?

If your Scottish Rite membership card is not sporting the current year's 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. Please remember that dues are payable in advance and should be submitted prior to the start of the dues year. For instance, 2016 dues are to be paid **NO LATER THAN December 31, 2015**. 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 dues for this year – thank you! If you are an Endowed Life Member (ELM) – better yet! Please note that the ELM rate, currently \$1300, will be \$1900 beginning January 1, 2016.



VALLEY of WASHINGTON FALL 2015 REUNION

November 6-7, 2015

The deadline to submit petitions
is November 3rd

For more information about
the Reunion, contact
Director of Membership Services
Walter R. Hoenes, 33°
at membership@dcsr.org
or 202-232-8155



In Memoriam



Those things that survive us – our works, our words, our immortal thoughts, our influences and the effects of our good deeds, are more to the world that survives than are we ourselves.

Name/Degree	Date Joined Scottish Rite	Date of Death
William D. Boker, 32°	10/26/1964	05/15/2015
Harry Fell, 32°	04/15/1978	07/27/2012
Kenneth L. Foran, 32° KCCH	10/20/1979	09/20/2015
Charles S. Hodge, 32°	11/17/2006	06/23/2015
George T. La Caze, 33°	06/21/1997	07/05/2015
Edwin F. McQuay, 32°	10/24/1981	05/09/2015
Louis H. Moe, 32°	10/24/1970	07/02/2015
Alan D. Moore, 32°	04/08/1972	08/09/2015
Richard T. Moore, 32°	10/02/2015	09/06/2015
Irving N. Null, 32°	10/26/1964	02/01/2015
Jens E. Steensen, 32°	05/14/2004	05/14/2015
William R. Yeabower, 32°	03/20/1979	05/02/2014

COMMENDATIONS

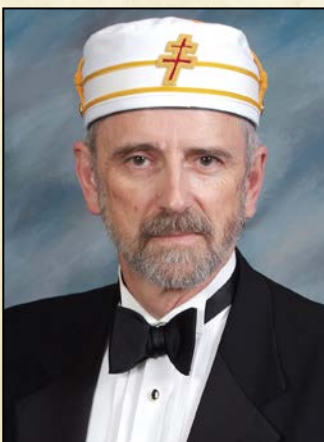
To Chieftain Robb Mitchell, 32° KCCH and all the Knights of Saint Andrew, praise and sincere appreciation for your efforts during the 2015 Biennial Session. Mrs. Judith Fletcher, staff member at the Supreme Council writes: "Thanks so much to the members of the KSA! If a request was made, there was a KSA there to make it happen. I felt so protected by all of them and they were so attentive and ready at a minute's notice to do whatever was asked of them. We hope that they enjoyed their part in making things run smoothly and to make the members feel special. Our main goal was to make sure everyone had a good time and with the help of the KSA I do believe that was accomplished. I can't express enough how proud they made me feel since I feel very close to the members of the DC Scottish Rite."

Thank you to Ill. William T. Rule II, 33°, Director of Work, and all the Inspectors General Honorary who helped in the truly excellent conferral of the Thirty-Third Degree on August 25th: You created an outstanding and meaningful experience of the ritual for the 2015 class and set the standard for future conferrals.

Thank you to Marlon K. Curtis, 32° KCCH, Co-Chairman of the KCCH Club and Scott Brown, 32° KCCH, Deputy Director of Work, and all of the KCCHs who participated in the Ceremonial of Investiture on September 12th. Your hard work and dedication were apparent and appreciated by all who had the good fortune to attend this public yet intricate ritual ceremony. ▲



Chieftain Robb Mitchell led the Knights of Saint Andrew in providing invaluable services to the Supreme Council during the Biennial Session



Ill. William T. Rule II, 33°, Director of Work, oversaw the 33° Conferral



Marlon K. Curtis, 32° KCCH, oversaw the KCCH Investiture

SPRING CLASS RAISES FUNDS for SR FOUNDATION

On August 31st, members of the Spring 2015 Reunion Class, led by Justin Rattey, 32° and Gary Goosman, 32°, hosted a summer social outing at BlackFinn Ameripub (1620 I Street, NW in DC). The members and prospective members of the Valley of Washington were treated to outstanding live music, refreshment specials, prizes and wonderful fellowship. Proceeds from the event benefitted the DC Scottish Rite Foundation. What a fun and useful way to kick-off the beginning of the fall season! Thanks to all for producing a great evening.



Prize winner Philip Palmer Sr., 33° with spring class president Tahir Johnson, 32°



Richard Drosin, 32°, Justin Rattey, 32°, Matt Matyjek, 32°, Bud Michels, 33° and Jeff Holt, 33°

"Let us be in the business of building up other folks."

Ill. Ronald A. Seale, 33°, Sovereign Grand Commander, in his remarks offered at the August 25th Gala Banquet of the 2015 Biennial Session



GRAND MASTER RUSSELL WELCOMES SCOTTISH RITE MASONS to the NATION'S CAPITAL

Opening Session, Supreme Council, A.A.S.R., Southern Jurisdiction, U.S.A.
August 24, 2015, Capital Hilton Hotel, Washington D.C.

To all our ladies, guests, and Masonic dignitaries assembled here today, on behalf of the Grand Lodge of the District of Columbia, its constituent Lodges and every regular Mason therein, I would like to extend to you a warm, fraternal welcome to Washington, DC – the capital city of the United States of America.

Today we celebrate the 107th biennial meeting of the Mother Supreme Council of the Scottish Rite: an organization that has spread its particular seed of Masonry throughout the civilized world. I look at all the Masons gathered here today and I am so impressed by the cultural and ethnic diversity that is represented in this small room. It almost feels like a small international city.

And that's a comfortable feeling here in Washington, because we are an international city – full of people from every corner of the world. Some arrive here to participate in diplomacy as representatives of their home countries, while others come seeking a new home and new opportunities in our great American melting pot. Freemasonry, here in the District, is no different.

Our small, but vibrant, Grand Lodge is home to a dozen cultural affinity Lodges that perform our ritual in seven different languages, and our membership encompasses men from every major world religion. Yet despite our many obvious differences, within the



ILLUSTRIOUS JEFFREY D. RUSSELL, 33°
Most Worshipful Grand Master of Masons
of the District of Columbia

majestic beauty of that room one cannot help but be deeply moved and inspired by the men who crafted such splendor from mere stone and metal.

To say the least, the Grand Lodge of the District of Columbia is proud to be the home jurisdiction of the Scottish Rite's Mother Supreme Council, and one of Masonry's greatest monuments. Please enjoy all that Washington has to offer you this week, and again, welcome. ▲

comfort of our Lodges, we meet as Brethren and equals under the paternal eyes of the Grand Architect of the Universe.

As any great capital city, we are also home to many monuments. Built by our operative Brethren, these stone sculptures help decorate and beautify our city. But to the speculative observer, they reveal themselves as a much more beautiful celebration of the accomplishments of our forefathers.

The greatest of these monuments, of course, is the House of the Temple. While it is operatively the home of this Supreme Council – speculatively, it can be seen as the home of all good Brothers and fellows in their brilliant diversity. Here, it has stood for 100 years – open to the entirety of the public – inviting the initiated and the uninitiated alike to seek more light in Masonry simply by standing inside the awesome magnificence of its main meeting area – the Temple Room. And as they (Mason, Scottish Rite Mason, etc.) behold the

Celebrate American Education Week

Education and Community Service Awards Program

November 24, 2015

Catered Buffet at 6:00 pm
Program starts at 7:00 pm



Save the Date!

This event is open to all members, family and friends.

THE PHOENIX PROJECT: REBUILDING *the* PENTAGON AFTER 9/11

This year's Americanism Committee program was on the Phoenix Project, the rebuilding of the Pentagon after the mindless terrorist attack on our country in 2001. It was presented by Mr. Allyn E. Kilsheimer, PE, the lead structural engineer, whose intimate knowledge of that monumental achievement is certainly unsurpassed. Mr. Kilsheimer said that he had given the evening's talk more than two hundred times, but the emotional impact of that horrible tragedy on him still leaked out from time to time, even after the nearly fourteen years since.

However, he did not dwell so much on the ghastly nature of the human toll, but rather spoke of the superhuman effort put forth by the many good people who worked hands-on, directed, or otherwise supported the massive effort to restore that iconic DOD workplace back to full operation on August 15, 2002, nearly a month ahead of schedule and \$200M under budget. Mr. Kilsheimer proudly pointed out that the project's slogan, "Let's roll", spoken by the heroic victim of United Flight 93, Todd Beamer, was prominently displayed during the reconstruction work, and provided inspiration for this tremendous achievement. ▲



Mr. Allyn E. Kilsheimer



Pentagon Phoenix Project Commemorative Medallion



VMAP UPDATE

The intent of VMAP is to help our Valley carry out its service to the Scottish Rite by providing the very best experience for its members. VMAP requirements are broken into 10 specific subject Areas which cover the full scope of the Scottish Rite experience. In fulfillment of VMAP's Area One (Membership Recruitment), the Valley hosted two events that qualify as a "Scottish Rite Friends Night":

The first was a summer social and Scottish Rite Foundation fundraiser on August 31st that gathered members and prospective members at an offsite venue for fellowship and live music. The event was produced by the members of the 2015 Spring Reunion Class and helped to raise much needed funds for our Foundation.

The second event opened the doors of our Scottish Rite Temple to prospective members on September 29th. The evening, which was coordinated by Valley membership chairman, Ill. Mark Wright, 33°, began with a dinner hour featuring a catered Italian-style meal and the opportunity for our guests and their families to visit information tables staffed with brothers who represented the Valley's



Membership Committee, the College of Philosophy, the Foundation, the Knights of Saint Andrew, the Liberty Mutual Golf Tournament Committee, and the Tough Mudder Team. Afterwards, video and oral presentations provided the guests with additional information about the Scottish Rite experience in DC as well as logistical details about applying for and participating in an upcoming Reunion.

"Did these efforts bear fruit?" you ask. Yes, the General Secretary's staff is now "processing" more than a dozen petitions! The results are in: VMAP works.

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/.

MISTRUST *and* ANIMOSITY

By Robert G. Davis, 33° GC, Valley of Guthrie, Orient of Oklahoma

“May Brotherly Love Prevail and Every Moral and Social Virtue Cement Us”

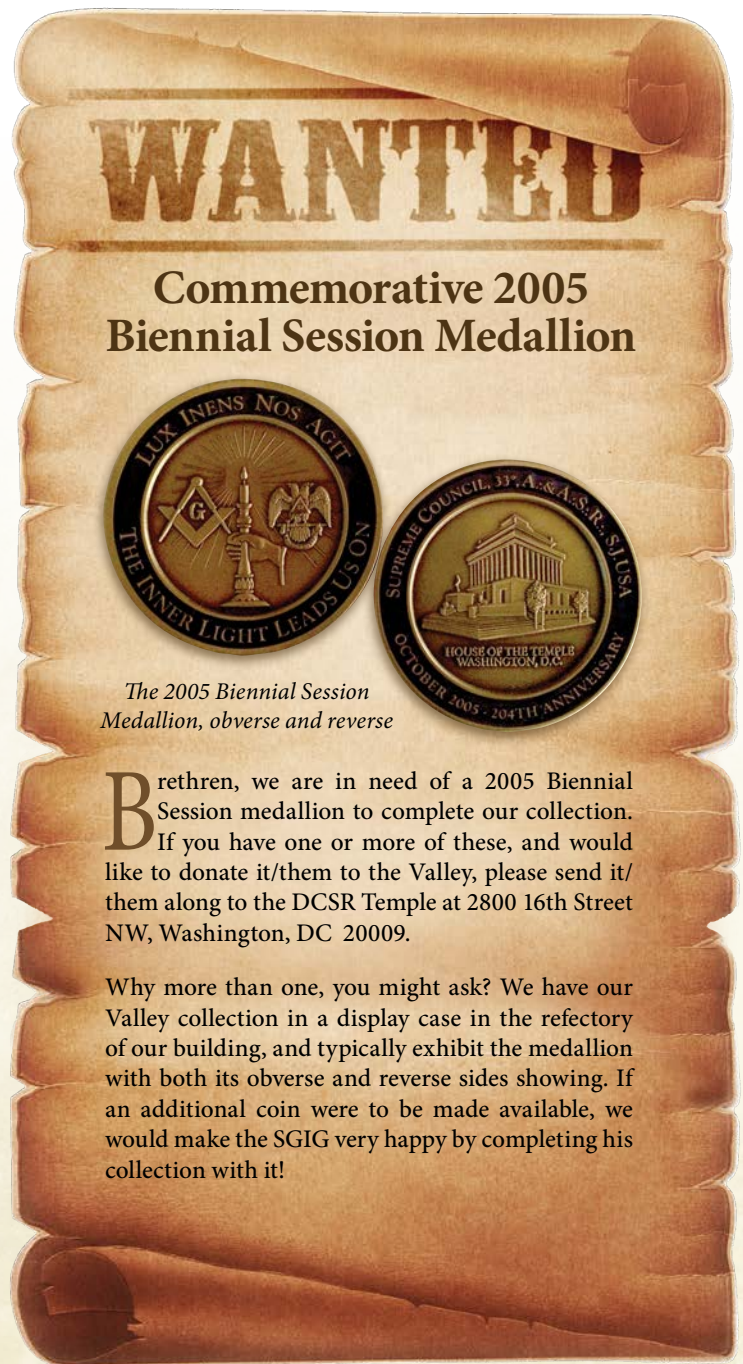
Every mason will recognize the above declaration as the epilogue of the closing prayer at almost every lodge meeting. It was penned by William Preston in 1772. It is an admonition for toleration. Frederick Mayor, in an address dedicating the Beit-Hash Museum for Tolerance in Los Angeles in 1993 said “...our ability to value each and every person is the ethical basis for peace, security and intercultural dialogue.” Albert Pike stated it even more poignantly in the 10th degree by declaring that without toleration “we are mere hollow images of true Masons, mere sounding brass and tinkling cymbals.” The fact is that a peaceful future depends on everyday acts of kindness and respect. It is a lesson every Freemason knows well. Among all the teachings Masonry imparts to its members, none is more important than championing the idea of toleration in all things.

The history of much of the world is a saga of deep ethnic divisions, regional conflicts, religious zealotry and economic hostilities among peoples. Intolerance, jealousy and greed have fragmented almost every country in the world. There was a time when people came to America seeking asylum from such suffering and strife. The altruistic nature of democracy has made the United States a multi-cultural society. Now, the same divisions that have caused so much suffering and loss in the rest of the world are becoming manifest in freest country on earth. We are becoming a nation filled with mistrust and animosity. The natural reaction to diversity is to isolate ourselves in our own culture. It's a kind of “out of sight, out of mind” mentality. It is easy to believe that we can't get hurt if we stay within our own group.

Undeniably, as Freemasons, we receive much personal joy from being together in the tiled spaces of our lodge, free from the strife of the world, protected by the contract of love we pledge to each other: without regard for any boundaries. But that peace of mind, that collective will to love each other, that feeling of trust and security we share, that identity we have as brothers does not come from without us. It comes from within. It happens because we integrate the lessons we learn in our lodges, chapters, councils and consistories into our own psyche. We become what we have been taught. We choose to live the tenets of our Order. We choose to improve ourselves in Masonry. We make a man; that we are going to distinguish ourselves from the community. And that happens when we practice the brotherhood of man out in the world, as well as in our tiled recesses. Everyone benefits when they have direct access to real examples of moral and social virtue in and around them every day. That is the world.

We cannot remain an island of brotherhood amid tyranny, intolerance and hatred. We all intuitively know that the time has come for all Americans to make a little sacrifice and effort to a greater cause. As Masons, we are obligated to fight against tyranny wherever and whenever it exists. The question is where to begin? That is where we, as Fraternal men, come in. In fact, the Scottish Rite was made for such a mission. If the Rite is indeed a great power, it is because influence is power; and will is power.

The teachings of the Rite answer these kinds of questions: What kind of society might we have if we were to achieve a culture of peace? How much would such a culture manifest itself in our family lives, communities, state and national politics and international relations? What relationships exist between tolerance and peace? Can human rights



The 2005 Biennial Session Medallion, obverse and reverse

Brethren, we are in need of a 2005 Biennial Session medallion to complete our collection. If you have one or more of these, and would like to donate it/them to the Valley, please send it/them along to the DCSR Temple at 2800 16th Street NW, Washington, DC 20009.

Why more than one, you might ask? We have our Valley collection in a display case in the refectory of our building, and typically exhibit the medallion with both its obverse and reverse sides showing. If an additional coin were to be made available, we would make the SGIG very happy by completing his collection with it!

be realized without a social commitment to tolerance? Is there a significant relationship between human rights and democracy? What are our own personal and community concerns about the issue of intolerance? How do our concerns relate to tolerance on a global scale? How can we contribute to promoting a tolerant world?

If our own history is a guide, Freemasonry gains civic and social relevance when it stands up for what it stands for. There can be much value in sharing our values with the cross-cultural world in which we live. We may not have the numbers to be a national voice all at once. But we still have a voice. We can at least take the lead in diagnosing the kinds of intolerance which hinders the world; and then pledge, individually and corporately, to do whatever is necessary in educating the next generation of adults that tolerance is indeed the most reasonable means to peace. The task begins at home.

It seems like such a worthy mission: to stand on what we stand for. ▲

SCOTTISH RITE CALENDAR

October 2015 through January 2016

October 2015

6	Mithras Lodge of Perfection	7:30 PM
12	COLUMBUS DAY (HOLIDAY – Office Closed)	
13	FEAST OF TISHRI (RSVP required) <i>Scottish Rite Members Only</i>	7:00 PM
20	Robert de Bruce Council of Kadosh	7:30 PM
27	Albert Pike Consistory	7:30 PM

November 2015

3	Mithras Lodge of Perfection	7:30 PM
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~ 2015 FALL REUNION ~

November 6

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

November 7

Class arrives; light breakfast 8:00 AM
 Reunion concludes with Feast of Consistory 7:30 PM

10	Evangelist Chapter of Rose Croix	7:30 PM
11	VETERANS DAY (HOLIDAY – Office Closed)	
17	Robert de Bruce Council of Kadosh	7:30 PM
24	EDUCATION, & COMMUNITY SERVICE PROGRAM <i>(Family and friends welcome; buffet dinner served at 6:00pm)</i>	7:00 PM
26	THANKSGIVING DAY (HOLIDAY – Office Closed)	

December 2015

1	Mithras Lodge of Perfection	7:30 PM
8	Evangelist Chapter of Rose Croix	7:30 PM
15	Robert de Bruce Council of Kadosh	7:30 PM
16	BEGIN HOLIDAY RECESS Winter Recess – No Meetings from December 16, 2015 until January 19, 2016	
24	CHRISTMAS DAY (HOLIDAY – Office Closed)	
28-31	DCSR OFFICE CLOSED	

January 2016

1	NEW YEAR'S DAY (HOLIDAY – Office Closed)	
18	MARTIN LUTHER KING, JR. DAY (HOLIDAY – Office Closed)	
19	Mithras Lodge of Perfection and Evangelist Chapter of Rose Croix 2016 Elections ~ Joint Meeting	7:30 PM
26	Robert de Bruce Council of Kadosh and Albert Pike Consistory 2016 Elections ~ Joint Meeting	7:30 PM



Your Good Health Tip

A fellow walked into a doctor's office, and when the receptionist asked him what he had he replied, "Shingles." She took down his name, address, insurance information, and told him to have a seat. Ten minutes later a nurse came and asked him what he had. "Shingles." She took him in the back and did a complete workup. Twenty minutes later the doctor came in. "What are you here for?" "Shingles." "Where?" the doctor asked. "In the truck. Where do you want them?"

Shingles is Preventable

Shingles causes a painful, blistering skin rash. Almost one out of three people in the United States will develop shingles during their lifetime. Your risk of shingles increases as you get older. You can protect yourself against shingles. Talk with your doctor or pharmacist about the shingles vaccine.

Shingles, also known as herpes zoster, causes a painful, blistering skin rash that can last two to four weeks. For some people, the pain can last for months or even years after the rash goes away. This pain is called postherpetic neuralgia or PHN. It is the most common complication of shingles. The risk of shingles and PHN increases as you get older.

People have described pain from shingles as excruciating, aching, burning, stabbing, and shock-like. It has been compared to the pain of childbirth or kidney stones. This pain may also lead to depression, anxiety, difficulty concentrating, loss of appetite, and weight loss. Shingles can interfere with activities of daily living like dressing, bathing, eating, cooking, shopping, and travel. Shingles can lead to eye complications that can result in vision loss.

What Causes Shingles?

Shingles is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. For reasons that are not fully known, the virus can reactivate years later and cause shingles.

How Common is Shingles?

Almost one out of three people in America will develop shingles during their lifetime. Nearly one million Americans experience the condition each year. As you get older, you are more likely to get the disease. About half of all shingles cases occur in people age 60 years or older.

Is Shingles Contagious?

Shingles cannot be passed from one person to another. However, a person with shingles can transmit VZV to others. A person who gets infected with VZV for the first time will develop chickenpox, not shingles.

How Can You Reduce Your Risk of Getting Shingles?

Vaccination is the only way to reduce your risk of shingles and PHN. CDC recommends adults age 60 or older receive a single dose of shingles vaccine. Zostavax® is the only shingles vaccine currently available. It is available by prescription from a healthcare professional. Talk with your doctor or pharmacist if you have questions about the shingles vaccine.

People who have a weakened immune system may have to wait to get vaccinated, or should not get vaccinated at all. CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. However, the vaccine is approved by FDA for people 50 and older.

Information provided by:



Centers for Disease Control and Prevention
 CDC 24/7: Saving Lives, Protecting People™

Follow us on Facebook
 and Twitter!



DC SCOTTISH RITE TEMPLE

2800 16th Street NW
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