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AUTUMN 2018

FMV

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On our cover:
*RWBro. Keith Murray, Deputy
Grand Master and MWBro.
Don Reynolds, Grand Master*

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Learning Self-Compassion

FROM THE EDITOR
EMILY JOHNSON
MARKETING AND COMMUNICATIONS
COORDINATOR

Many of us face struggles in life, and it is during these trying times that the compassion of others can be most important to us. When things look bleak, having someone do something as simple as offering you a little kindness can give you a moment's break from the challenges you are facing.

In life, all of us come across obstacles that are challenging to overcome or have suffered pain and loss. During these difficult times, the emotional pain that accompanies these events can almost seem impossible to overcome. Something that has helped all of us through these trying times is the support of others. A single moment of compassion can tremendously help someone during times of struggle. You can show a person they are not alone, that you understand, and things will get better. What if we could give ourselves that support through difficult times as well?

Here are five ways to use self-compassion to overcome difficult times:

1. Start treating yourself as compassionately as you treat others.
2. Know when you need a break and listen to what feels right.
3. Remember your connections with others and that you are not alone.
4. Develop a positive attitude towards yourself.
5. Understand that being compassionate is a balance and not all about sacrifices.

It is critical to realise that helping yourself through these difficult times simply by taking care of yourself is equally as important as caring for others. By learning to be compassionate towards yourself, you are giving yourself the opportunity to battle the obstacles in your life, which in turn makes you stronger. Compassion can help in many aspects of people's lives but it starts at the core.

Learning self-compassion does not only help you grow, but

allows you to spread compassion in other aspects of your life. You can use compassion to be a great leader, however once you learn self-compassion you are able to be more influential and in turn grow your own leadership abilities.

"People often think compassion means how you act toward others, but the truth is that compassion starts with yourself. Only when you treat yourself kindly can you gather the strength to be kind to others."

Elena Miller





RICHARD ELKINGTON
PRESIDENT
BOARD OF GENERAL PURPOSES

The Board's Role in Compassion

For a business to be successful, it needs to be established on ethical principles that can benefit the organisation, employees, customers or the people they serve or interact with. One such principle is compassion. This is the capability of listening, understanding and acknowledging the emotional state of another person. When things are not going well in a workplace, thinking of compassion as a solution to the issues may not be an option for many. Many people see it as a soft skill that can be used when one has plenty of time, or things are running well.

However, what many fail to understand is that compassion is a value that can be used in improving communication, conflict resolutions or developing a conducive and productive working environment. It is an efficient and practical approach to handling daily challenges in workplaces. Below are some ways on how being compassionate can support success in professional life and business.

Understand members' needs better and boost brand loyalty.

Being compassionate will help you become more close and attentive to your customers where you will understand their needs better. This can assist you in tailoring your services and products to suit them best, which can result in attracting more and retaining the ones you have. This means you have created brand loyalty. When things are not going well, being compassionate can help you engage with all members, creating an open space and allowing every one to share their sentiments.

Reduce employee turnover

Applying compassion in the workplace can help reduce the employee turnover rate and reduce the costs of handling toxic situations. Instead of enforcing rules and regulations at all times in the workplace, a

compassionate leadership style can boost productivity, morale and loyalty.

Enhance collaboration

Being compassionate in the workplace will encourage collaboration where everyone will be sharing their ideas and opinions freely. They will therefore come up with creative solutions making your business grow.

Develop trust

The key to a creative and agile workplace is trust. Compassion aids in building the foundations of trust, which allows team members to thrive encouraging the business to grow.

Compassion is a win-win

Compassion and success cannot be separated. If you want to be successful, you have to possess relationship skills in order to build connections. No matter what you are trying to achieve in your business or professional life, compassion can help you. It will help you meet your goals while at the same time create equal opportunities for others. You will be spreading success throughout the workplace and community.

If you want to gain satisfaction in everything you do in life, let compassion drive you. It will determine how you treat others and yourself. Although developing compassion in your workplace may take time, the benefits will be worth it.

A Tribute to Jane Sydenham-Clarke



Above: MWBro. Don Reynolds with Jane Sydenham-Clarke

MWBRO. DON REYNOLDS
GRAND MASTER

As you may already be aware, Jane Sydenham-Clarke, our CEO, resigned from her position on 11 February 2018.

It was always envisaged that Jane would continue through to 11 May 2018. However, having considered her own situation and the needs of the organisation, Jane made an approach to the President of the Board to seek an early release from her contract, effective close of business on 28 February 2018.

Over the past 18 months, our organisation has made significant improvements in many areas; from innovation, a stronger brand, to engaging with our

members at a much deeper level. We are indebted to the hard work of Jane Sydenham-Clarke and her team for most of this.

While Jane has now transitioned from FMV, much of the progress of her work has created a strong foundation toward our 2025 Strategic Objectives.

Great progress has been achieved in the governance and management of our organisation while we have undergone restructuring. This includes establishing a dedicated team of committed employees, under Jane's leadership.

This request was considered by the Executive and the Board,

and the President of the Board of General Purposes granted Jane's request.

The future focus is to continue to drive the key projects that are currently underway and rebalance the roles within FMV while maintaining the established governance, controls and processes. To this end the staff continue to be committed to the forward-direction of the organisation.

The FMV staff, Board and senior leadership wish Jane all the best in her future endeavours. I feel assured that we will continue to reap the benefits of her tenure for many years to come.

In safe hands ... Royal Freemasons is a not-for-profit organisation, with a commitment to compassion and service which has been the hallmarks of Royal Freemasons' contribution since we were founded in 1867. We are known for our ethical, responsible approach and a strong belief in the importance of community.

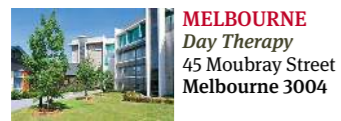
The 'Homes' commitment to compassion and service...

At **Royal Freemasons** we're proud of the way we **deliver care** and accommodation to the Victorian community. Since we were founded more than 150 years ago, **Royal Freemasons** has become well-known for our commitment to **compassion and service**. Most importantly, we understand that our elders deserve **generous and thoughtful care**. Every day, across metropolitan Melbourne and regional Victoria, we work hard to assist older persons to live **secure, dignified and rewarding lives**. From in-home services to independent living accommodation and **fully serviced aged care homes**, the **Royal Freemasons promise is simple: We are here For You, For Life.**

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Berwick 3806



CANADIAN
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510 Kline Street
Canadian Ballarat 3350



HEIDELBERG
Streeton Park
9 Vine Street
Heidelberg 3084



NORTH CARLTON
Redmond Park
300 Pigdon Street
North Carlton 3054

Independent Living Units



BALLARAT
Lalor Court
24 Midlands Drive
Ballarat 3350



BERWICK
Berwick Brae
670 - 690 Princes Hwy
Berwick 3806



BRUNSWICK
Marjorie Nunan Court
433 Brunswick Road
Brunswick 3056



BRUNSWICK
Marjorie Nunan Terrace
475 Brunswick Road
Brunswick 3056



COBURG
Jacaranda Court
551 Murray Road
Coburg 3058



GEELONG
Acacia Court
159 Wilsons Road
Geelong 3220



IRYMPLE
Banksia Court
2091 Fifteenth Street
Irymple 3498



MOORoopNA
Goulburn Court
45 McKean Street
Mooroopna 3629



MULGRAVE
Monash Gardens Village
97-99 Monash Drive
Mulgrave 3170



MURRUMBEENA
Boyd Court
1160 Dandenong Road
Murrumbeena 3163



SWAN HILL
Murray Gardens Court
110 Stradbroke Avenue
Swan Hill 3585

Residential Aged Care



BENDIGO
Royal Freemasons Bendigo
61 Alder Street
Kangaroo Flat 3555



BURWOOD
Elizabeth Gardens
2-8 Elizabeth Street
Burwood 3125



CANADIAN
Royal Freemasons Ballarat
508 Kline Street
Canadian Ballarat 3350



FLEMINGTON
Gregory Lodge
Newmarket Street
Flemington 3031



FLORA HILL
Flora Hill
64 Sommerville Street
Flora Hill Bendigo 3550



FOOTSCRAY
Footscray Aged Care
25 Mephan Street
Footscray 3011



MELBOURNE
Coppin Centre
45 Moubay Street
Melbourne 3004



MULGRAVE
Monash Gardens
355 Wellington Road
Mulgrave 3170



NOBLE PARK
Darvall Lodge
521 Princes Highway
Noble Park 3174



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Royal Freemasons Sale
28 Surkitt Boulevard
Sale 3850



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Safety Beach 3936



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Springtime Sydenham
41 Manchester Drive
Sydenham 3037



WANTIRNA SOUTH
Centennial Lodge
13 Lewis Road
Wantirna South 3152



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Bro. Felix Pintado
Chief Executive
Royal Freemasons Ltd

Why We Need Compassion Now More Than Ever



BRO. ANDREW POWER
HEAD OF MEMBERSHIP AND
MARKETING

As the world becomes more connected through digital means, it appears the price we pay is ironically disconnection. While we may now have greater contact with others, one can only question the quality of that connectedness. Did you know that the average number of friends for users of Facebook is 338 people? The real question is how many of those does an individual know well enough to be a “friend”?

You may be wondering why I would raise such a topic with relation to compassion? Because never before have we lived in an age where social injustices and plights of others can become viral. While this may appear to be a good thing, the reverse tends to be the case. When it would be normal to encounter one or two campaigns per week, we are now being bombarded by hundreds. Similar to advertising blindness where a user will become desensitized to advertising, compassion campaigns are also now, more than ever, being lost in the noise unless they have a particular unique angle, such as the #metoo campaign.

Compassion involves allowing ourselves to be moved by suffering (of self and others) and experiencing the motivation to help alleviate and prevent it. It quite literally means (in Latin) “co-suffering” and is defined by its helpfulness. Compassion is typically viewed as having a sensitivity toward aspects of suffering that when analysed through the lens of fairness and justice (two close friends to any good Freemason) could be understood as something based on common sense; Unfortunately, as they say, “Common sense isn’t that common”.

Did you know? The difference between sympathy and compassion is that the former responds to suffering with sorrow and concern,

while the latter responds with warmth and care. The difference between compassion and empathy is the former involves “feeling for another” while the latter is “feeling as another”.

Here are five ways that you can become more compassionate with others:

1. Listen

Truly listening to others is a seemingly lost skill for many people today. Next time you are in a meeting, look around and notice how many people are playing with their phones, looking out a window, or asleep behind the wheel and zoning out. Instead, actively listen to what that person is communicating to you. Make a point to look someone in their eyes and provide active feedback throughout the conversation which demonstrates to them you were listening enough to care.

2. Empathise with others

The adage “walk a mile in their shoes” is just as relevant now as it was a hundred years ago (perhaps more so!). We have so much hustle and bustle of daily life that quite often we forget to consider what the other person could be going through. Make a conscious attempt to trade places with the person (or people) in order to gain a broader perspective.

3. Accept disagreements and opinions

All too often we get hung up trying to prove someone wrong that we lose track of the whole point of the conversation. Accept that everyone is entitled to a viewpoint (even if it does not align with yours) and you will be one step closer to finding a common ground. Having a healthy debate can be a great way to consider aspects that were previously hidden, just make sure to relax into it and don’t make it a Battle Royale!



4. Volunteer for a greater purpose

This is one that most Freemasons have down pat, but I will cover it for all those who may not know the benefits. Volunteering is an activity that regardless of our financial position, gives us an avenue to advocate and support others through the giving of yourself and your time. When you see the positive impact that your actions bring, you will be able to immediately feel the sense of warmth that comes through compassionate servitude.

5. Gratitude

Take some time out of your day (I prefer mornings) to take an inventory of all that is good in your life. Put special attention into those things that you have possibly taken for granted that others are not as fortunate enough to have. Clean water, clothing, family, the list can be endless. Spend a good 5-10 minutes just quietly appreciating all those things you have and be grateful for those. Tip: If you’d like to take this step to the next level, consider how you could help those less fortunate to have some of what you enjoy. Tony

Robbins for example, put together an annual event that provides underprivileged families with an entire Thanksgiving dinner - Tony’s inspiration was growing up as a child with no food.

Because compassion is something that I enjoy more than any other human quality, I want to provide you with a 6th way to develop your compassion muscles. That is to practice random acts of kindness! Think about those people in your life that you could brighten their day with a small gift, a kind word, or a pleasant gesture. The key is to not look for a reciprocal return; you are doing this because you want to brighten their day - no strings attached! It is more often than not that these spontaneous acts that have the most profound effect on others. This one approach is what created the “Pay it Forward” movement which has grown to touch millions of people worldwide.

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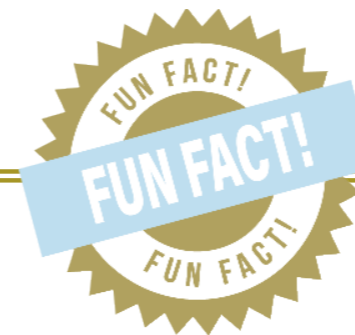
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Freemasons Victoria is Thinking Pink

The Think Pink Foundation, which provides free support services for women and men with breast cancer in Victoria, is proudly supported by Freemasons Victoria. In 2016, it was estimated that over 16,000 women were diagnosed with breast cancer and the incidence is rising every year. Many women are providers for their families and the loss of income, coupled with medical costs, can take a huge financial toll on their families, all while experiencing the emotional trauma that comes with the disease. Think Pink's mission is to provide practical support and to enable a better journey through breast cancer for patients and their families. Freemasons are active in their communities on a local, state and national level. This underpins our belief that co-operation, caring and trust is demonstrated by compassionate actions. Since 2010, Freemasons Victoria has donated more than \$558,000 to Think Pink, including a donation of \$20,000 in 2017. We look forward to showing our ongoing support in 2018.



Since 2010,
Freemasons Victoria
has donated more
than **\$558,000** to
Think Pink

MAKING GOOD MEN BETTER



Above: WBro. Peter Shellie, Maïke Shellie, Mya Grayly (partner of MWBro. Don Reynolds) Irene Hendel OAM and Bro. David Hendel



Above: RWBro. Richard Elkington, Irene Hendel OAM, RWBro. Bruce Cowie along with members of the Victorian Men's Shed Association



Above: WBro. Keith Minns with partner Karen, RWBro. Gary Van Prooyen, WBro. Wayne Young with wife Faye, WBro. Bruce Keenan with wife Gaye, WBro. David Shanahan with partner Angie, and VWBro. Brian Hugeunin

Eyewash Donations to Hospitals

RWBRO. GARY VAN PROOYEN
WALHALLA LODGE NO. 69

Back in the 1970s, I was an industrial plumber supervising the extensions and alterations to hospitals, including the Eye and Ear Hospital, as well as building chemical company sites amongst other large industrial projects. I later changed my career path and began specialising in contracting jobs within chemical companies. While working on a surface treatment plan in the 1990s in Kilsyth, I had an unfortunate accident. I remember jackhammering concrete in a banded caustic area, and despite being protected with a full-face mask and safety glasses, a large crystal of pure caustic shot up and landed in my eye.

I immediately flooded my eyes using one of the many safety eyewashes in the area, but even after 30 minutes of continual dousing, my eye was still burning. My work mates convinced me that I needed medical attention and so I proceeded to make a visit to the Maroondah Hospital. In the emergency

department, I was treated with 5ml sterile phials of saline solution, however knowing that the treatment was inadequate, I voluntarily discharged myself and proceeded to the Eye and Ear Hospital.

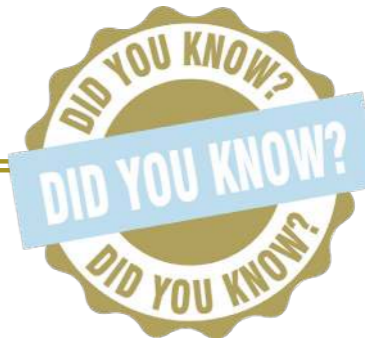
I noticed that the Eye and Ear Hospital had a correct procedure in place, however their equipment was inefficient and could not adequately treat my eye. I was placed on a chair and backed onto a basin where my head was held back to allow water from the tap to flow into my eyes. The PH level in my eye had reached 14, and after further tests using litmus paper, it dropped to a healthy 7. After my experience, I thought that it would be great to donate proper eyewashes to hospitals, but like many of my ideas, I forgot about it. Over the years, I have been a patient in many emergency departments for various injuries and have noted that no hospital seems to have appropriate eyewashes in place.

Recently, a small group which I belong to, the 007s Master's Group of Freemasons, had reached a financial goal and wanted to bring something tangible to the community in the form of a donation.

Together, we built a comradery and have been donating funds for over 11 years. Upon reflection, I remembered my incident from the 70s and the group agreed to support the donation of eyewashes to various hospitals. We could only afford to support three hospitals, however after hearing about our donation plan, the Secretary of The Metropolis Lodge said, "put me down for two hospitals."

I managed to get in touch with the person in charge of the emergency department of the Eye and Ear, Austin, Northern, Maroondah and Box Hill Hospitals. They all responded enthusiastically so I arranged to show them a sample of the appropriate equipment consisting of a wall mounted hand-held laboratory grade emergency eyewash situated alongside a wall basin.

On 23 December 2017, I was delighted to hand over eyewashes to the Northern, Austin and Maroondah Hospitals and am currently in negotiation with the Box Hill Hospital as well as the Eye and Ear Hospital for the implementation of eyewashes. Many schools have had eyewashes in their laboratories for years which ultimately act as a first response solution when students accidentally come into direct contact with hazardous chemicals. Therefore, it seems appropriate that hospitals should have them for the same purpose.



It only costs
\$352.50 to donate
an eyewash to a
hospital

If you're interested in donating,
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their families and the community.

FREEMASONS VICTORIA



Above: MWBro. Don Reynolds, Grand Master

Qualities of Compassionate Leaders

MWBRO. DON REYNOLDS
GRAND MASTER

An organisation's workforce is its most valuable asset. The employees' ability to stay engaged, maintain morale and productivity, especially during difficult times, is the thread that holds an organisation together. Building a sustainable work environment inspires a team to learn, share, reward and be recognised, which promotes support through effective communication and interpersonal skills.

Interpersonal skills including the ability to be empathetic, civil and compassionate are part of the foundation of good working relationships that adopt care, concern and empowerment while enabling a feeling of pride and mutual loyalty. It also encourages positive discretionary effort as organisational conditions evolve and change. If bad manners in the workplace, including bullying, incivility, and horizontal violence are not curbed, employee engagement may decrease and take productivity along with it.

For an organisation to be caring and compassionate, leadership must not only enforce zero-tolerance policies regarding workplace incivility, but they must also demonstrate a genuine and authentic care and compassion while driving to achieve their business results. During a work day of complex problem solving and decision making, it may be difficult to show compassion, even to those within the leadership team.

So how can a leader speak with a more compassionate voice? How can a leader demonstrate characteristics of a compassionate role-model to the work force?

Our minds tend to store negative experiences and replay them when we feel threatened. We should take the time to empathetically listen and gather information without wearing our emotions on our sleeves.

Practice empathy by visually and mentally putting yourself in the other person's shoes. What do

you know about the person? What is their role? What seems to be the issue and why would the situation be particularly difficult for them as opposed to someone else?

Tell yourself, regardless of the situation, you and the other person are human and are alike. There are many methods in which we determine how to deliver compassion. Our internal beliefs may drive why we are compassionate to some and not to others, as well as when and how we are compassionate.

Remind yourself that you don't know everything. You may not have all the facts. Pause. Now that you have closed the inner voice, take time to ask questions and gather the facts. Assume nothing based on prior facts or events. Be relevant in the present moment so you can carefully listen and then choose the most effective and appropriate compassionate response.

Consider your tone of voice before responding. If you do not believe you can maintain control, step back, take a deep breath and take a minute to process your response including your vocal quality and non-verbal actions.

Here are six traits of becoming a great leader:

Authenticity: Without honesty, team members cannot be motivated to achieve goals at their highest potential. A leader must be courageous and committed enough to inspire and motivate the team towards success while being honest and fair.

Humility: Humble leaders put the needs of the organisation and their team before their own. They are also able to criticise themselves and admit to their mistakes, which allows the team to believe that they are on the same level with their leader. This promotes positive team work and inclusion, which is equal, transparent and open.

Sympathy: Leaders who are approachable exhibit sympathy. They understand their team's needs and genuinely try to resolve issues by understanding their

personalities. History shows that dictators are generally overthrown since people do not respond to forced leadership.

Compassion: Leading with your heart is the best way of getting people to work for a common goal. Making people feel at ease, giving them a reason to smile even in a delicate situation and simply promoting empathy will allow a leader to be a great leader.

Support: There is always a chance to discover, develop and nurture talented individuals. With a great leader's innate talent to do what is good for the individual and the team, greater results can be produced, and greater ideas can be generated.

Connection: When all of the above is a part of one's leadership style, there is no reason for a person to feel isolated. A great leader knows how to create a welcoming atmosphere where everyone feels equal and no one is degraded. Being a good and calm communicator with commitment and accountability will allow you to gain respect from your entire team.

Q&A with the Deputy Grand Master



Above: RWBro. Keith Murray, Deputy Grand Master

RWBRO. KEITH MURRAY
DEPUTY GRAND MASTER

FMV: How would you define compassion?

Keith: I believe that compassion is best described as giving a helping hand. This can be either through an act of kindness or displaying a willingness to help someone who needs support. This can be demonstrated through acts of friendship, consideration of one's emotional needs or comforting a person who has lost their sense of wellbeing. In our fast-paced world, the Craft teaches every one of us to be considerate and demonstrate compassion in its many forms not only to our fellow Brethren, but to our families and society in the widest sense.

FMV: What does a compassionate Lodge look like to you?

Keith: Unfortunately, I have to say that some of our Lodges are too often, just a reflection of today's society. Our Brethren lead very busy lives and have many competing demands for their time. This can make them feel detached from their Lodge and ultimately drift away. I am hoping to encourage all our Brethren to support each other and genuinely care for individual

needs. Through small acts of kindness, we all have the ability to give hope to one and other, which can change people's lives and enhance their positive outlook. To those of our Brethren, and there are many, who do take a moment of their day to contact a fellow Brother, are the ones who truly seem to live the most fulfilling lives with content. In a wider sense, some of our Lodges do understand this, which is reflected in their general attendance rate. It is comforting to see members make a conscious effort to check up on a Brother who has not attended a meeting, or simply take five minutes out of their day to display acts of kindness. I have seen Brethren make the effort to wish each other a happy birthday or even pick up prescriptions for elderly Brothers on their way home from work. These simple acts of kindness can make everyone's Lodge a great place to belong to.

FMV: What is an example of compassion from a Brother that has really touched your life?

Keith: I must also add that in the last 5 or 6 years, I have seen something almost like a resurgence in the willingness to demonstrate Brotherly love in many Lodges, both in the city and in the country. I have

visited many Lodges and seen fantastic examples of our newer Freemasons being guided and encouraged by more senior Freemasons, really developing strong connections and providing help to one and other. A particular Brother, in his mid-20s, drives an 83-year-old Brother to and from Lodge and takes him for his weekly shopping. Tell me which other organisation has members that do this sort of thing, without the expectation of payment?

FMV: How does someone become a more compassionate person?

Keith: Now, I am no psychologist, nor would I even describe myself as the most compassionate person, so all I can say is that I am continuing to learn more and more from my Brothers every day. I regularly ponder on our ritual, which has much emphasis on compassion. Equally there are many bookings and podcasts on the subject to study too. However, what I have found most helpful to me, is taking the example of others and trying to incorporate that in my own life.

FMV: Who is a compassionate leader that you look up to?

Keith: There are many leaders who have or do show great compassion toward others. I tend not to focus on one individual, simply because everyone has flaws. However, some examples of people that I think have shown great compassion are people such as Jesus Christ, the current Dalai Lama, Oskar Schindler and Nelson Mandela. On a more intimate level in our Masonic family, individuals such as RWBro. Merv Dyer, PJGW, Irene Hendel OAM and VWBro. Jim Pouhotau, PGIWkgs GLHer display compassion and lead by example.

FMV: How can we communicate and address change within the organisation?

Keith: We are living in a time where communication is much faster than ever before. Simultaneously, there is so much "fake news" or conflicting information circulating, and it is understandable that people switch off, unless it is something they want to hear. Gone are the days of the membership simply being satisfied with a small group in leadership positions who claim to know best, and all they needed to do was accept all decisions with acquiescence! Personally, I am very glad of this change and find it more productive allowing us to build a solid future for our Brothers.

I believe, that there is a reawakening within Freemasonry across Victoria and people are much more alert and want to play a part in the opportunities that are available. We need to build a level of trust in the direction that the organisation is moving towards, and I firmly believe that the membership wants this, and we will see improvements. To involve them and accept their input is paramount. I have therefore been an advocate for changing the approach in current communications. Communications must have sufficient detail to satisfy everyone, but it should also be put into context in terms of how change will impact Lodges. Our members need to be the ones determining whether or not the change is positive, and they will be the ones suggesting adjustments to further improve the process. To achieve that, we need to put more information in the hands of our Brethren and use technology when appropriate, but in my view, nothing beats getting information on something important face-to-face or in print. I therefore have high expectations of our leaders, Senior Grand Officers and staff being fully engaged in distributing information to our members, but also looking to reinstate some

of our tried and tested approaches of sending out literature for people to pick up and read. At the same time, we must be open to using social media, mobile apps and any new form of technology that helps us connect with our membership, especially for our more youthful members. I am also currently investigating the opportunity to bring about a forum of interested members at one of our Quarterly Communications to discuss some of the exciting prospects we have.

FMV: What is your vision for the future of Freemasonry in Victoria?

Keith: My vision is simple. We should be recognised as being an organisation which has a purpose of making the world a better place by attracting the best men in society to a common purpose.

FMV: How do you plan on communicating the important values of Freemasonry?

Keith: Communicating the values of Freemasonry is a collective effort by the entire membership. Each and every one of us must take a moment and think about how we can incorporate the values of Freemasonry in our daily lives and show each other, through acts of kindness what it truly means to be Freemason.

FMV: What are the biggest challenges facing leaders?

Keith: The biggest challenge facing leaders is how quickly society is changing, much of it driven by technology. In many ways, even with fast and easy communication coupled with a higher standard of living than any previous generation could ever have imagined, society often seems to have lost its soul. Daily, we see examples of intolerance, lack of respect and a breakdown of trust within many institutions. Freemasonry, in my opinion, has a wonderful opportunity to encourage any man to believe that his life is full purpose. In turn, this allows a Brother to connect with other good men and live within the great principles of Freemasonry while contributing to the community.

FMV: How do you ensure that Freemasons Victoria and its activities are aligned with the core values of Freemasonry?

Keith: We must be vigilant in all aspects to ensure our approach to all business operations is well considered on financial grounds and very clearly demonstrates good value to our members. Equally, proper emphasis is conserved on ensuring the essence of Freemasonry and our important traditions are maintained at all times. Two years ago, a new structure was approved to separate the role of CEO and Grand Secretary. That was a radical step, given our operations were inherently intertwined, and because of this, we were not making the best use of our resources in an agile and aligned approach. The transition was never going to be an over-night success and it has taken a great deal of effort to make this necessary change and it still needs work for it to be fully understood and accepted by the Brethren. With the opportunity to now consolidate the positive changes already achieved to date, but also to re-balance the roles that were originally intended with the organisation's re-structure. I am positive that this will give us the best of both worlds. The progress in our administration is visible, and our solid and innovative approach in ensuring we attract and retain members while encouraging participation and discussion will help all on their own Masonic journey.

Compassion: The Missing Ingredient

RWBRO. BRUCE COWIE
GRAND SECRETARY

Compassion should be fundamental to all in Freemasonry. It is understanding the difficulties of others and then doing something constructive to assist them. Many will have sympathy for the plight of others, but if we are compassionate, it is ultimately working to alleviate the difficulty.

I have been consistently amazed that many Freemasons will go to extraordinary lengths to help others in so many ways. Whether it be monetary or through practical assistance, it always comes down the desire to help others from the heart. This is practically demonstrated through the Tyler's toast when we touch the pocket, heart and hand three times.

Sadly though, situations have been brought to my attention where a fellow Brother has experienced great difficulty and the assistance that would be expected from others has not been forthcoming. When I proceed to contact the respective Lodge, I get the same response of "we did not know about the situation, but of course we will help".

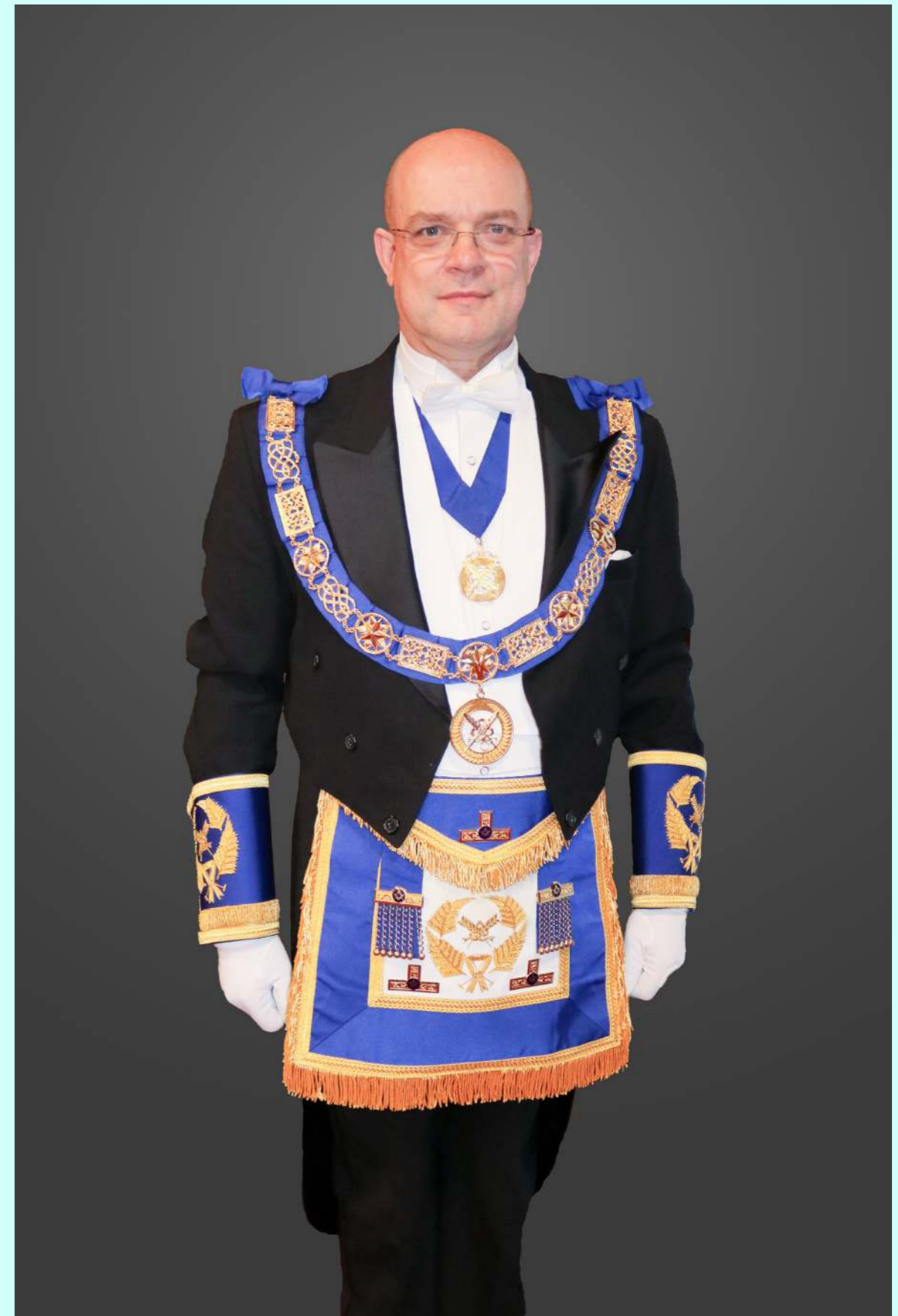
Brethren, I know that compassion is embedded in us all and when we are confronted by a Brother in distress we have the desire to help. However, there are instances where we are unaware of the unfortunate situation and this is often because we have failed to exercise our responsibilities and obligations toward our Brothers.

So what must be done? Every Lodge must endeavour to account for every member at every Lodge meeting. Instead of leaving it to the Secretary or the Almoner, we should aim to appoint a Lodge Almoners Action Team to ensure that at each meeting, all the members can be accounted for. If a member is missing, then an

apology is recorded and the reason for absence is known. If a Brother who indicated his attendance fails to show, simply give him a call the next day and check in with him. Something may have happened or maybe it was purely circumstantial, but at the very least the Lodge should be aware of the situation. When we get into this habit we will be in regular contact and members will feel more comfortable with those who care. If trouble arises, a Brother will reach out with greater confidence.

If a Brother is suffering from financial hardship, can we as an organisation help? Maybe the Lodge can forgo its fees, and offer relief from Capitation fees under Rule 120 of the Book of Constitutions, which is available for Brothers who genuinely need help. A member or Lodge should not feel ashamed to apply when necessary and the Lodge must be proactive in offering assistance. When a Brother is back on his feet and his monetary issues are behind him, he can resume payment of fees.

Where disputes occur in a Lodge, I am amazed at the intransigence that is evident in many who are involved. I have sat in many meetings with Brothers who feel aggrieved by the actions of others. By the very nature of our organisation we should be able, in many cases, to put these disagreements behind us and move forward. When a falling out has occurred, we should all recognise that mistakes, misunderstandings and bad behaviour can generally be resolved. When impacted members are trying to resolve problems constructively they will portray compassion, rather than taking a stance and refusing to accept another's views. This allows for a member to demonstrate the true character of Freemasonry.



Above: RWBro. Bruce Cowie, Grand Secretary



Above: RWBro. Max Norris with his daughter Beverley Lello, who saw him honoured in Wodonga
Photo Credit: The Border Mail: www.bordermail.com.au

Celebrating RWBro. Maxwell Norris – 75 Year Jewel

KELLY LEVENTIS
FMV MARKETING AND ADMINISTRATION
COORDINATOR

Three quarters of a century ago, RWBro. Maxwell Norris, PJGW joined the world of Freemasonry following his father's footsteps. During WW2, Max was part of the air force and initially used Freemasonry to help him through the years of war. He was initiated on 17 November 1942 and to this day, at age 94, he is still a proud member of the brotherhood.

His 75-year service was honoured at the Huon Daylight Lodge No. 874 in Wodonga, which was a first for North East Victoria. WBro. Clive Johnson, PGStdB presented Max with his Jewel, and had the pleasure of presenting him with his last three badges. "And I just hope that in five years' time, that you and I are both still around to get to 80," Clive said to him.

"There's something about Freemasonry that you soon connect with Brethren who have a regard for one another" said Max. "It's been something that I've treasured and I got great support from my dear wife."

Max was extremely humbled during this milestone event, as was his daughter and son-in-law, Beverly and Chris Lello. A self-described people's person with a strong presence at the local church, a vivid supporter of arthritis charities and a WW2 hero, Max's 75-year Jewel is worth celebrating.

MWBro. Bruce Bartrop, PGM and VWBro. David Pratt OAM Receive 60 Year Jewels

KELLY LEVENTIS
FMV MARKETING AND ADMINISTRATION
COORDINATOR

On Saturday 16 December 2017 MWBro. Don Reynolds, Grand Master, presented a 60-year Jewel to MWBro. Bruce Bartrop, PGM. Afterwards MWBro. Bruce Bartrop presented a 60-year Jewel to VWBro. David Pratt OAM, PGIWkgs. David and Bruce met some 70 years ago at the age of 11, where they both attended Ballarat Grammar. They were then both initiated at Sturt Lodge, and currently are both members of Sturt-Buninyong United Lodge No. 23 and Letchworth-Kilwinning Lodge No. 2.

As 18-year-olds, both became National Service Trainees at Puckapunyal in the same platoon and each continued following Puckapunyal with National Service. Bruce was at NCO/Sergeant level riding a Harley Davidson and David was proceeding to Officer Training.

At the age of 16, Bruce left school and was employed at his father's real estate business. He has been the state president of the Real Estate Institute where he is a life member and over many determined years, has been titled the Legend of the Property Values Institute. He is also

a life member of Apex, a recipient of the Paul Harris Fellow in Rotary and a frequenter of many sporting activities – especially golf.

In an article in The Age dated 21 March 2005 "Bruce Bartrop recalls when he was four years old his father Edgar, the Master of Ballarat's Sturt Lodge, gave him a glimpse of the life of Freemasonry." Bruce notes that awe is the word that describes how he felt when his father took him to the Lodge Room and was shown the Master's chair, and in 1970, he became the head of Sturt Lodge as Worshipful Master.

Bruce has enjoyed an admirable Masonic journey being active in many Ceremonial Teams and the Grand Team. He was president of the Board of Benevolence in 1990 and a member of the board of management at the Freemasons Hospital. In 2005, he was elevated to the coveted position of Grand Master of the United Grand Lodge of Victoria where he was supported by his wife Adela. Subsequently, David joined the District Co-ordination Committee and immediately following Bruce's retirement from Grand Master, David accepted the position of District Co-ordinator,

a position he held for many years attaining the rank of Very Worshipful Brother. Aside from his Masonic achievements, David meritoriously served his community through an association with his church and was honoured one year ago with the chivalrous award of OAM.

The close friendship of David and Bruce continued particularly through their connection to Freemasonry, and as the years progressed, their ties became even closer on a business and social level. Bruce was honoured to be asked by David to act as his best man at his wedding with Bev.

These milestones can be depicted as temporal landmarks. Just as physical landmarks define the boundary of an area of land, temporal landmarks define a significant moment in time. They allow us to demarcate the passage of time while accounting for a specific duration. We should all admire the Brethren who reach these milestones and be inspired by their commitment to Freemasonry while guiding our own pursuits to give substance to our efforts.



Above: MWBro. Don Reynolds, GM, MWBro. Bruce Bartrop, PGM and VWBro. David Pratt OAM, PGIWkgs with their respective partners.

Awards for Service: November 2017 - January 2018

	Name	Lodge	No
50	November		
	WBro. GA Bishop	Brighton Grammarians' Lodge	433
	WBro. AR Blake	Samaritan Lodge	380
	Bro. GA Cacavas	Lodge of Rapport	920
	Bro. NA Carpenter	Union Lodge of North Gippsland	62
	RWBro. BW Dowsing	Mount Franklin-St.George Lodge	12
	RWBro. RE Fullerton	Seymour Lodge	87
	WBro. E Jensen	Allara Lodge	855
	WBro. ID Kaye	Footscray St. John's Lodge	71
	WBro. KH McKeekin	Guiding Star Lodge	922
	Bro. RE New	Lodge of Rapport	920
	Bro. AK Porter	Woodend Daylight Lodge	403
	WBro. EG Ripper	Lodge of Good Companions	647
	VWBro. RL Saunders	Warragul Lodge	677
	WBro. JF West	Jubilee Lodge	125
	December		
	Bro. IWG Edward	Williamstown Lodge	16
	VWBro. A Else	Woodend Daylight	403
	WBro. KA Hillebrand	Gippsland Lakes	715
	WBro. BR Hoey	Henty Lodge	279
WBro. LG Stendt	Geelong Lodge of Unity and Prudence	5	
January			
WBro. KG Halliwell	Antient York	80	
60	November		
	RWBro. EE Bell	Southern Cross Lodge	24
	VWBro. RW Bragge	Brae Dale Lodge	936
	WBro. RW Chalmers	Sir John Quick Lodge	933
	RWBro. NR Dack	Bendigo City Lodge Lodge	714
	RWBro. RWR Halliwell	Allara Lodge	855
	Bro. AC Harding	Richmond Lodge	89
	Bro. JE Harding	Richmond Lodge	89
	RWBro. K Field	Sturt-Buninyong United Lodge	23
	WBro. DL Honybun	Rutherglen Lodge	188
	WBro. JH Hughes	Kyneton Lodge	192
	RWBro. KA Lawrence	Barwong Lodge	868
	WBro. BC McAliece	Moorpanyal Lodge	467
	WBro. JB Marsh	Gippsland Forest Lodge	101
	RWBro. SD McKeown	Lodge of the Great Ocean Road	886
	WBro. IM Movitz	The King David Lodge	460
	WBro. GS Nelson	Warrawee Park Lodge	863
	WBro. E Pollock	Stewart Lodge of St. Arnaud	61
	WBro. JR Regan	Allara Lodge	855
	RWBro. TC Reynolds	Macedon Ranges Lodge	97
	WBro. DR Ridgers	Richmond Lodge	89
	WBro. JW Scheurer	The Sunshine Wisdom Lodge	226
	RWBro. GA Stevens	Creswick Havilah Lodge	26
	Bro. FL Tatt	The Doutta Galla Lodge	902
	WBro. S Watt	Mooroopna Lodge	131
	Bro. BG Wootten	Robbie Burns Phoenix Lodge	88
	WBro. EL Wootten	Robbie Burns Phoenix Lodge	88
	December		
	MWBro. BE Bartrop	Letchworth-Kilwinning Lodge	2
	RWBro. RJ Brown	Woodend Daylight Lodge	403
	Bro. JSG Bunting	Essendon Daylight Lodge	861
	WBro. BC McAliece	Moorpanyal Lodge	467
	VWBro. DL Pratt, OAM	Letchworth-Kilwinning Lodge	2
	WBro. ECW Smith	Sir Dallas Brooks Daylight Lodge	888
	Bro. FL Tatt	The Doutta Galla Lodge	902
	January		
	WBro. RW Chalmers	Sir John Quick Lodge	933
	RWBro. RL Collins	Yarraville Lodge	164

Awards for Service: November 2017 - January 2018

	Name	Lodge	No
65	November		
	RWBro. WE Church	Yarrowonga Lodge of St. David	103
	WBro. GLT O'Reilly	Lodge of Concentration	753
	Bro. BL Rodda	Lodge of Welcome	510
	RWBro. RJ Storey	Antient York Lodge	80
	WBro. RN Tait	Williamstown Lodge	16
	December		
	VWBro. WJ Bustard	Leura Lodge	50
	RWBro. HH Fennell, JP	Duke of Abercorn Lodge	137
	Bro. LJH McCoubrie	Robbie Burns Phoenix Lodge	88
VWBro. RP Edmonds	Baden Powell Lodge	488	
Bro. JN Robertson	Eureka Daylight Lodge	881	
VWBro. JWB Tippet	Sir Dallas Brooks Daylight Lodge	888	
WBro. MR Wildie	Maroondah Daylight Lodge	607	
January			
RWBro. GH Bowden	Antient York Lodge	80	
RWBro. J Huxtable, OAM	Morwell Lodge	202	
RWBro. DN McQueen	Lodge of St. Mark	591	
70	November		
	WBro. DE Miller	Antient York Lodge	80
	WBro. RS Mitchell	Richmond Lodge	89
	December		
	Bro. LN Glass	Middle Park Lodge	206
	RWBro. KM Lindner	The Brighton District Lodge	37
	WBro. AP Mann	Rutherglen Lodge	188
	RWBro. BL Robinson	Dromana Lodge	511
	RWBro. FV Treble	Maryborough Lodge	22
	January		
WBro. GFM Caldwell	Richmond Lodge	89	
RWBro. KG Garner	Gippsland Lodge	51	
RWBro. RL Whelan	Yarrowonga Lodge of St. David	103	
75	November		
	RWBro. AR Conn	Wimmera Lodge	70
	VWBro. LC Marks	Brighton Grammarians' Lodge	433
	RWBro. CB McLaren	Canterbury Lodge	312
	RWBro. MR Norris	Huon Daylight Lodge	874
	January		
	Bro. EO Rowley	Morwell Lodge	202

Welcome our New Members

Masonic Prefix	First Name	Last Name	Lodge	No
Bro.	Alexandrius	Alba	Berwick Balcara Lodge	359
Bro.	Richard Earl	Alcantar	Footscray St. John's Lodge	71
Bro.	Christoph	Beluz	The Clifton Hill Lodge	90
Bro.	Edward	Bennetts	Henty Lodge	279
Bro.	Bernard	Borovic	Keysborough Lodge	912
Bro.	Petru	Bradea	Blackburn United Lodge	915
Bro.	Samuel	Cerio	Dandenong Lodge	635
Bro.	James	Constance	Geelong Lodge of Unity & Prudence	5
Bro.	Shane	Cutajar	Robbie Burns Phoenix Lodge	88
Bro.	Richard	Dahl	Portland Lodge of Victoria	6
Bro.	Daniel	Deryan	Middle Park Lodge	206
Bro.	Valentine	Devadason	The Clifton Hill Lodge	90
Bro.	Darren	Devlin	Traralgon Lodge	925
Bro.	Emerson	Domingo	Robbie Burns Phoenix Lodge	88
Bro.	Ali	Elhage	Glenroy Lodge	748
Bro.	Tristan	Evans	Warrnambool Lodge	34
Bro.	Stewart	Forbes	Carisbrook Lodge	405
Bro.	Michael	Gulo	Middle Park Lodge	206
Bro.	Roland	Hamouche	Geelong Lodge of Unity & Prudence	5
Bro.	Shane	Henderson	Mildura Lodge	170
Bro.	Campbell	Henderson	Keysborough Lodge	912
Bro.	James	Henderson	Williamstown Lodge	16
Bro.	Leif	Henricksen	Dimboola Lodge	144
Bro.	Luke	Hine	The Melton Lodge	367
Bro.	Jon	Hodson	Victorian Naval and Military Lodge	49
Bro.	Yoon	Loh	Henty Lodge	279
Bro.	Matthew	MacGregor	Antient York Lodge	80
Bro.	Glen	Mackay	Point Nepean Lodge	371
Bro.	Michael	Marcou	Footscray St. John's Lodge	71
Bro.	Stewart	McGilvray	Sunbury Lodge	854
Bro.	Clinton	McLean	Peace and Loyalty Lodge	261
Bro.	Jacques	Mohun	Pakenham Lodge	496
Bro.	Daniel	Orr	Lodge of Australia Felix	1
Bro.	Andrei	Pal	Brae Dale Lodge	936
Bro.	David	Phillips	Pakenham Lodge	496
Bro.	Mitchell	Poulton	Benambra Lodge	153
Bro.	Bradley	Pritchard	Lodge Devotion	723
Bro.	Paul	Simons	Goulburn Valley St. George Lodge	73
Bro.	Matthew	Simpson	Mildura Lodge	170
Bro.	Joel	Strebrenmuller	Glenroy Lodge	748
Bro.	Joshua	Topui	Robinvale Lodge	684
Bro.	Syed	Umair Naseem	The Clifton Hill Lodge	90
Bro.	Adrian	Veloso	Cohuna Lodge	227
Bro.	Mark	Ventura	Robbie Burns Phoenix Lodge	88
Bro.	Nicholas	Waldhauser	Macedon Ranges Lodge	97
Bro.	Kieron	Younger	Lodge of Australia Felix	1

The Importance Of Moving From Self-Judgement To Self-Compassion

BRO. ANDREW POWER
HEAD OF MEMBERSHIP AND MARKETING

We hear a lot about how important it is to be compassionate toward others, and indeed it is an extremely important part of anyone's development. The trouble is that you might not be able to honestly feel compassion toward others until you can feel compassionate toward yourself.

In the 17 years that I have been practising as a therapist, I've discovered that one of the most common underlying cause of anxiety, depression, addictive behaviour and relationship issues is self-judgment.

Among the most common self-judgment is: "I'm not good enough."

There are plenty of varieties of this core shame belief:

- "I'm not lovable."
- "I'm unworthy."
- "I'm flawed."
- "I'm not important."
- "I'm wrong."
- "I'm a failure."
- "I'm stupid."
- "I'm not okay."
- "I can't do anything right."

No matter how you choose to phrase it, it is saying the same thing: It is a profound judgment against who you really are and it is the opposite of self-compassion.

The moment we judge ourselves, we are saying to ourselves that we have no valid reasons for our feelings and behaviour – that we are simply unworthy. Our attitudes and behaviour always come from our belief system. When we are feeling bad and behaving in unloving ways toward ourselves and others, it is always because we are operating from fallacies about ourselves and others.

If instead of judging ourselves for our feelings and behaviour, and we were able to move towards compassion for ourselves, we would

open up the door to learning about the views that are causing our pain.

What is your first response when someone else blames you for something? Do you judge yourself or judge the other person or both? What happens when you judge yourself or the other person? The chances are that the interaction is not a healthy one.

What would happen if, when someone blames you for something, you open up to compassion to your feelings of being criticised?

Let's take an example of how different an interaction would be with self-compassion rather than self-judgment. In the following communication, John attacks Mary for being over-drawn in their bank account. In the first example, Mary goes into self-judgment. In the second example, Mary goes into self-compassion.

John: Mary, we are overdrawn in our account again because you forgot to transfer money to the right account. What is the matter with you? Are you stupid?

Mary: (thinks to herself, "I'm stupid. I can never do anything right." She defends herself and attacks John). "I just forgot. What's the big deal? I've been too busy caring for your stuff. If you did more around the house, I wouldn't forget things like that."

John and Mary wind up in a fight.

John: "Mary, we are overdrawn in our account again because you forgot to transfer money to the right account. What is the matter with you? Are you stupid?"

Mary: (Mary tunes into how badly it feels to be attacked by John. She has compassion for her feelings of hopelessness and isolation at being attacked by someone whose love is essential to her). "John, this feels awful inside. My stomach

hurts when you attack me this way. I'm ready to talk with you about the banking, but not when you are attacking me. Please let me know when you are prepared to speak with me about this without criticising me."

Because Mary moved into compassion for her own feelings, she had the capacity to react to John in such a way that was loving to herself and to him.

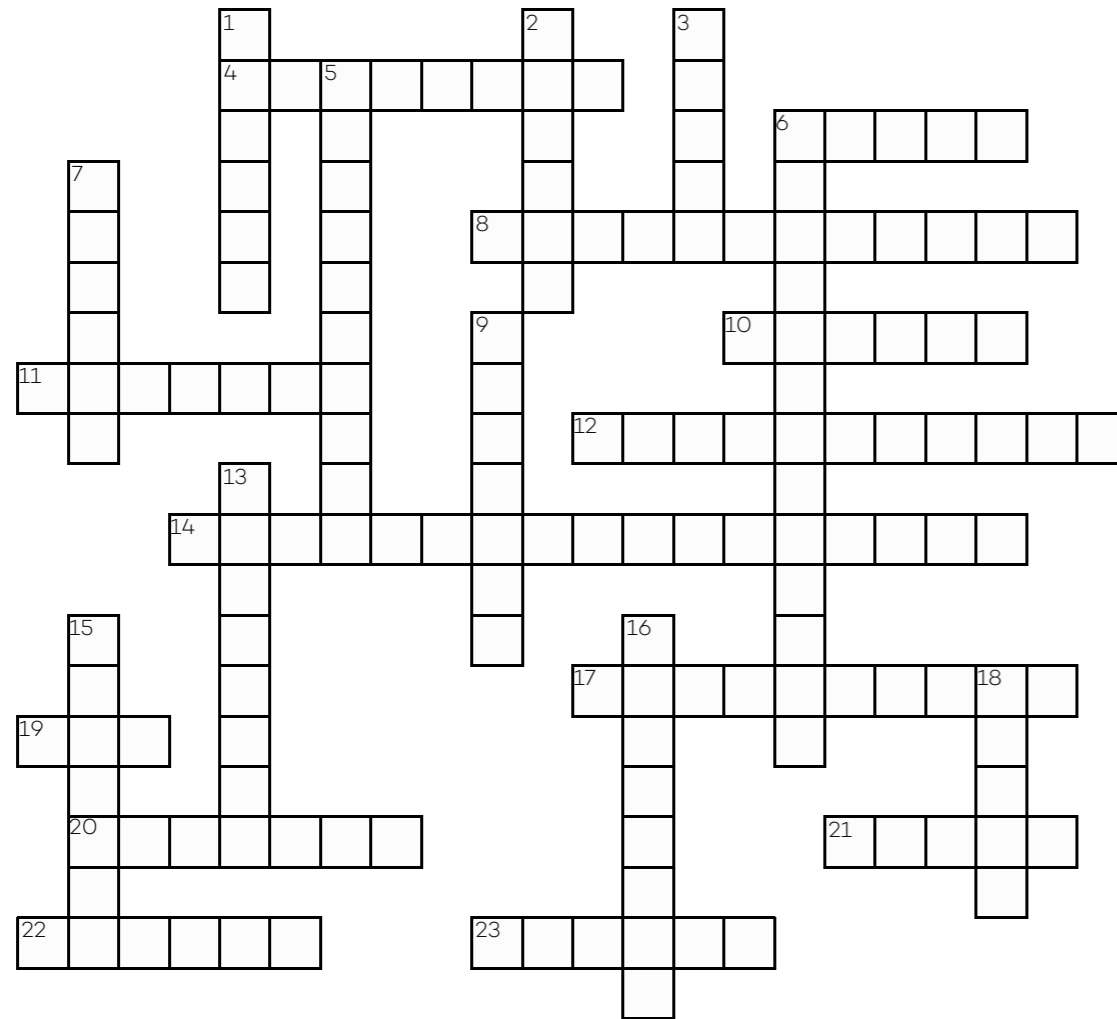
Moving out of self-judgment and into self-compassion takes much practice. Many of us have been practising self-judgment for so long that it has become our default way of being. It takes much awareness to shift into self-compassion, but with practice, you can move out of your automatic judgmental scrutiny and into a conscious and compassionate reflection.

This shift in your thinking will generate a significant positive change in your life (and result in less fights about banking!).

Trivia Master

Crossword

16



Down

1. First Prime Minister of Australia (last name) (6)
(Fun fact: He was a Freemason)
2. The 2011 Grand Master (last name) (6)
3. Number of Lodge rooms in the new Bayside Masonic Centre? (5)
5. Sympathetic pity and concern for the sufferings or misfortunes of others (10)
6. Name of the new Masonic Centre in Traralgon (7 + 6)
7. Name of the Lodge that members are initiated in (6)
9. Person who reports on the sick brethren of the Lodge (7)
13. Archaic plural of brother (8)
15. Abbreviation for Past Grand Inspector of Workings (7)
16. Famous Freemason nicknamed Chas (last name) (8)
18. The three Great Principles of Freemasonry: Brotherly love, relief and _____ (5)

Across

4. Antient Free and _____ Masons (8)
6. A place that Freemasons meet (5)
8. The milestone that UGLE celebrated in 2017 (12)
(Hint: 300)

10. A hall within the Royal Freemasons Homes named after a notable Freemason (last name) (6)
11. Longest serving Australian Prime Minister (last name) (7)
(Fun fact: He was a Freemason)
12. Most widely held belief is that modern Freemasonry evolved out of _____' guilds in 17th century England (plural) (11)
14. Event at the Crown Entertainment Complex that Freemasons Victoria is hosting in April 2018 (5 + 12)
17. An organisation, society or club of men associated together who share a common interest and offer mutual support (10)
19. Number of Grand Lodges in Australia (3)
20. Famous Freemason that won 6 Gold Logies (last name) (7)
21. A Place where the Freemasons retire after Lodge (5)
22. A stone which symbolises man's moral and spiritual life that comes in two forms – rough and smooth (6)
23. 19th governor of Victoria at which a Masonic Centre was named after - Dallas _____ (last name) (6)

All answers will be published in Engage on 30 March 2018
and on the FMV website at
fmv.org.au/autumn-journal-trivia-master/

Name the Famous Freemason

6 Points - I was born on 3 January 1903 in Coogee, NSW

5 Points - At the age of 18, I volunteered for war service overseas with the Royal Australian Air Force.

4 Points - I was inducted into the Logie Hall of Fame in 1994.

3 Points - In 1957, I moved to London where I acted for 16 years before moving back to Australia to star in the long running TV show, Homicide.

2 Points - I starred in all four films of the Miss Marple series portraying Inspector Craddock .

1 Point - I am Charles...?

Matching the Famous Freemason



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

Name Bank:

- Graham Kennedy
- Major General Lachlan Macquarie
- Sir Edmund Barton
- Sir Donald Bradman
- Sir Charles Kingsford Smith
- Reginald Leslie 'Snowy' Baker

All answers will be published in Engage on 30 March 2018
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17

Liam's Christmas Angel

Supporting Monash Children's Hospital is a cause close to Liam's heart

LAUREN ALLNUTT
FOUNDATION COMMUNICATIONS
COORDINATOR AT MONASH HEALTH

"We will never forget how fortunate we were to have the expert care for Sienna and Rebecca at Monash Medical Centre. I am proud to be a Freemason and for Freemasons Victoria to be such an integral part of the future for Monash Children's Hospital, supporting thousands of children like Sienna."

Bro. Liam Cole

Bro. Liam Cole is a dedicated father and Freemason Lodge member at Traralgon and Sale. Supporting Monash Children's Hospital through Freemasonry is a cause close to his heart.

"I feel privileged to be able to give back to the place that helped my family," says Liam. Liam's daughter, Sienna, was born prematurely at Monash Newborn almost 8 years ago.

"It was a stressful time. Rebecca's waters broke at 30 weeks and she was taken by ambulance from Gippsland to Monash Medical Centre in Clayton."

Rebecca was in hospital for another two weeks before Sienna entered the world. At 7.40am on Christmas morning, Sienna was born weighing a tiny 4 pounds.

"Nothing compares to the relief that you feel when your child cries for the first time. She was tiny but perfect - we fell in love with her instantly," reflects Liam.

Sienna spent her first 6 weeks of life in a Humidicrib in the special care nursery. She was dependant on the expertise of the Monash Newborn

staff and the support of medical equipment, including a Humidicrib, to give her the best possible start to life.

"The care at Monash blew us away. There was a doctor and two nurses for Rebecca and a doctor and two nurses for Sienna. They talked us through the machines Sienna was hooked up to, and how they were helping her. But they also ensured we could be involved in the first milestones like nappy changing and feeding."

Sienna rushed into the world and has been running ever since. Liam describes her as a "little pocket rocket", always running around, full of energy, with her beautiful, flowing red hair.

"Whilst it was a daunting experience to have a premature baby, it has made us appreciate how precious life and family is. Sienna is our Christmas Angel, every year we celebrate both the day of her birth and Christmas on December 25."

The Cole's recently celebrated Sienna's 8th birthday - a day when those memories of Monash Newborn come flooding back.

"We will never forget how fortunate we were to have the expert care for Sienna and Rebecca at Monash Medical Centre. I am proud to be a Freemason and for Freemasons Victoria to be such an integral part of the future for Monash Children's Hospital, supporting thousands of children like Sienna."

To be involved in the partnership between Freemasons and the Monash Children's Hospital you can donate, fundraise, or volunteer your time at an upcoming fundraising event. Contact the friendly team at the Monash Health Foundation on (03) 9594 2700 or email foundation@monashhealth.org to find out more.



Above: Rebecca, Sienna, Kobe and Bro. Liam Cole on holiday in Eden



Above: Sienna Cole, daughter of Bro. Liam Cole

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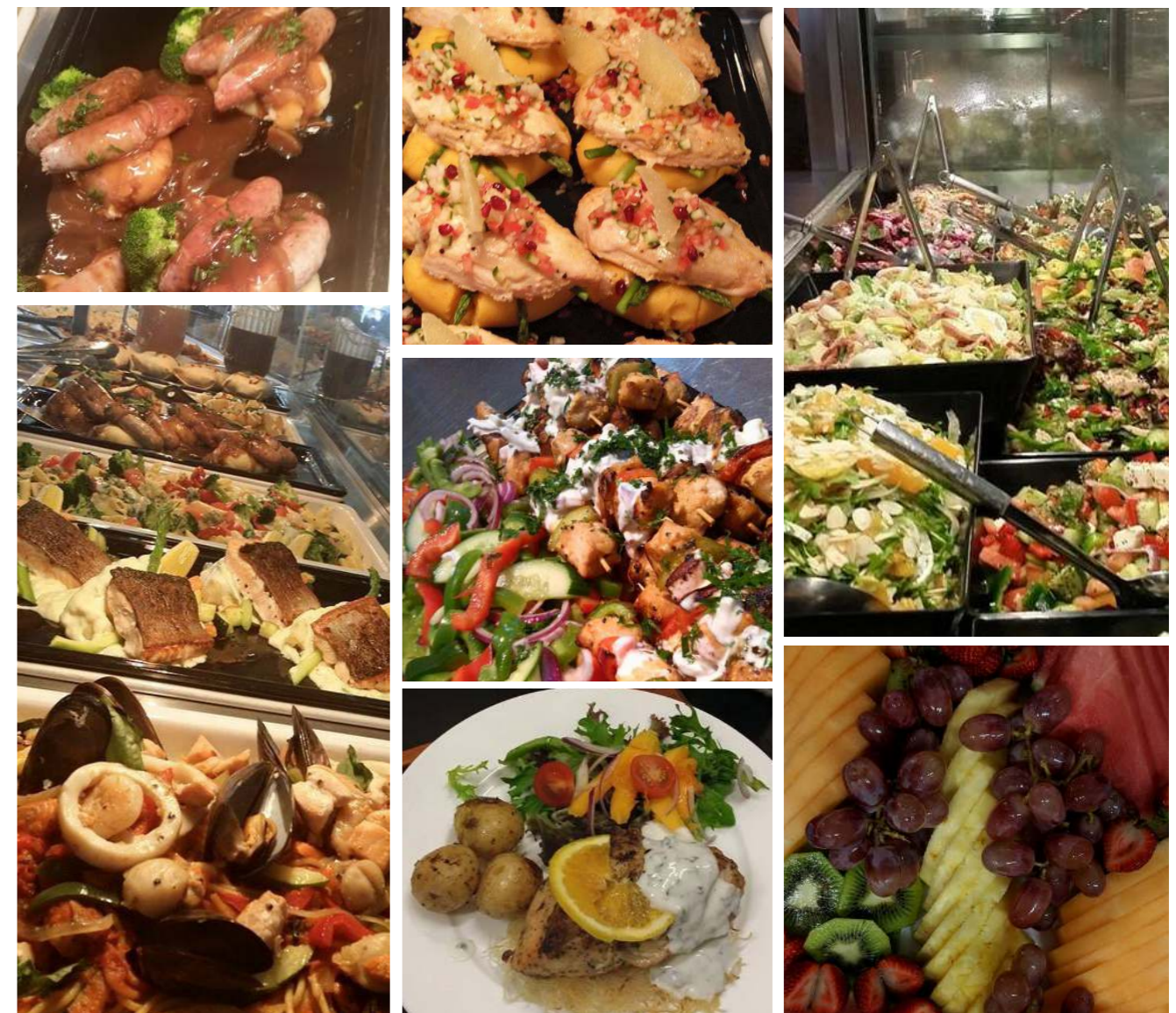
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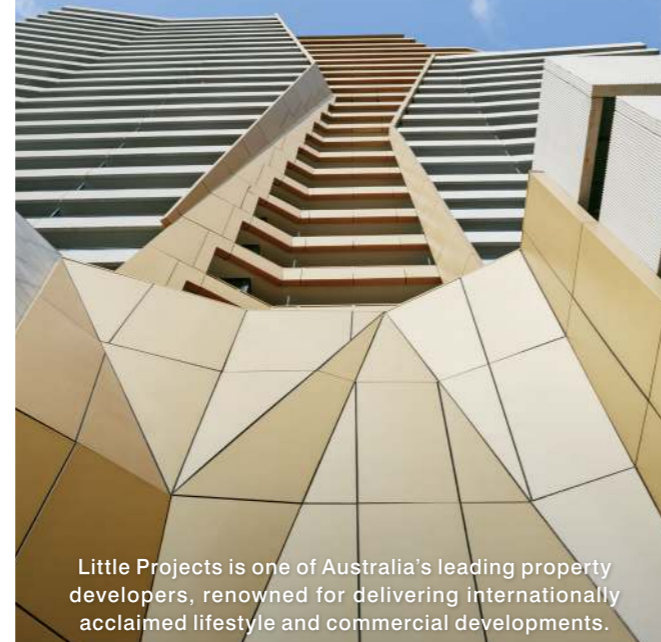


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Warrnambool Food Share Donation

Warrnambool Freemasons held their 2nd annual 'Racing for Food Share' on Melbourne Cup Eve to donate money to the local Food Share. There were fun activities planned for the social event including the Phantom Race Call, Mock Horse Races, and Fashions on the Field. Warrnambool Lodge No. 34 wanted to turn a social outing into something that could also raise money for a good cause. They picked Food Share since it was a local charity in the area that is close to everyone's heart. Warrnambool Food Share collects and distributes food to people in need. In the past two years Warrnambool Freemasons have donated a total of \$7,300 to Food Share with the help of the Freemasons Foundation.



Above: Photos from the Melbourne Cup Eve event in Warrnambool
Photo Credit: The Standard: www.thestandard.net.au

Freemasons Foundation Scholarships

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Above: Jemima Montag with M.W.Bro. Don Reynolds

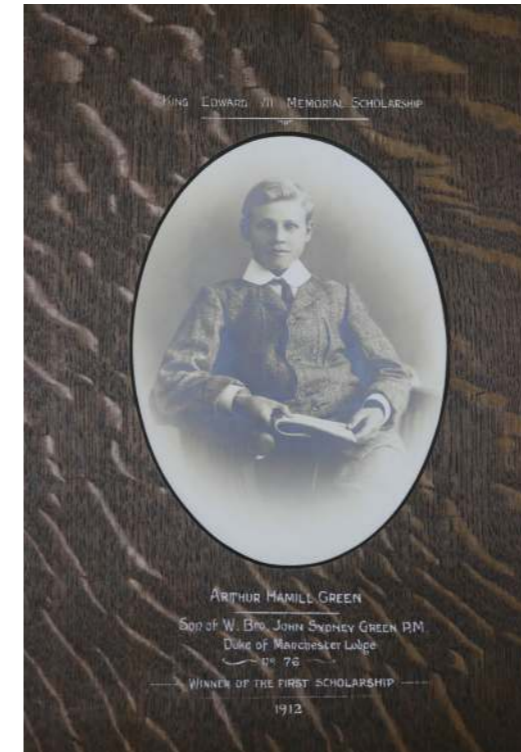
“I have thoroughly enjoyed my first year at university. I’ve had the time to fully immerse myself in a wide variety of university opportunities, such as a jazz music ensemble and the Spanish club as well as focus my academic studies. I have found university life very much to my liking. With the help of my Freemasons Scholarship, I have also had the time to devote to my athletics training and I hope to represent Australia in my first open age athletic team, either at the Commonwealth Games or the World Walking Cup. I very much look forward to the opportunity to address the Freemasons community and reflect on my past year. Thank you for this opportunity.”

Jemima Montag

May 10 2017 marked the annual Freemasons Foundation Victoria Scholarship and Awards night at MCEC. The night was a culmination of dedication and hard work by members of the Foundation and its Scholarship and Educational Support Advisory Committee. We thank them for their generous efforts and philanthropy in providing scholarships to over 100 students (80 secondary and over 40 entering tertiary studies) in excess of \$260,000 over one year, or \$320,000 over three years. The students were rewarded for their academic and civic achievements and encouraged to progress with their future aspirations. Andre Clayton, Chairman of the Freemasons Foundation, said “It’s not every day you get the opportunity to make a difference to the youth of Victoria and their future studies, dreams and aspirations.”

The Freemasons Foundation Victoria Scholarship is an award given to a determined student who is qualified to partake in an undergraduate degree at an approved tertiary institution. The award is tenable for the duration of the degree, valued at \$10,000 per year. Congratulations to Jemima Montag, of the University of Melbourne, currently enrolled in a Bachelor of Science. In 2016, Jemima was the dux of Wesley College, captain of the cross-country team and leader of the Symphonic Wind Ensemble.

The Roy Alderton Business Finance Scholarship is awarded to a student who has completed VCE or otherwise qualified for entry to an approved further education course. R.W.Bro. Roy Alderton, PJGW served on the Freemasons Board of Benevolence for 11 years and was the Grand Treasurer for five. He was instrumental in establishing the Freemasons Foundation Victoria Limited as the pre-eminent philanthropic organisation for FMV. The scholarship, valued at \$5,000 and tenable for the first year of a full-time tertiary course was awarded to Kathryn Ashe of Deakin University, studying a Bachelor of Commerce and Laws.

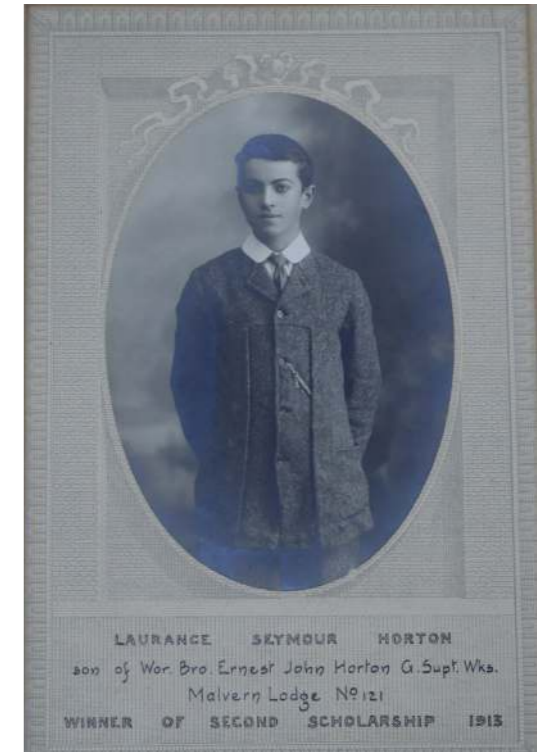


Winner of the first scholarship 1912
King Edward VII Memorial Scholarship:
Arthur Hamill Green
Son of W.Bro. John Sydney Green, PM
Duke of Manchester Lodge No. 76

Music scholarships were also distributed on the night. These scholarships are intended to allow a promising youthful musician to fully explore his or her chosen performing arts field and are subject to an audition. The recipient of the Dr Robin Gray Memorial Music Scholarship was James Earl of the University of Melbourne, an outstanding trumpeter who used his \$5,000 (tenable for three years) to purchase a flat trumpet.

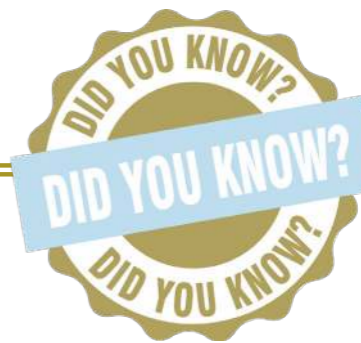
Hannah Heathcote, another outstanding musical talent, was awarded with the Eliezer Benedykt Memorial Scholarship in Music (\$1,500 tenable for one year). 2017 marked the 15th year of the award which aims to support students in their artistic endeavours. W.Bro. Eliezer Benedykt, PGStdB (1923-02) had a passion for music, partaking as a choir member with his synagogue and later commencing lessons on the electric organ. The scholarship is a wonderful way to highlight two of Benedykt’s passions, Freemasonry and music, and is most rewarding for his three sons to remember and honour their father’s memory.

We are extremely proud of all the recipients and believe that their achievements are a testament to their hard work and dedication. We thank the Freemasons Foundation, SESAC, Bro. Neil Cripps, MM, VWBro. Dr George Streitberg, PGIWkgs and VWBro. Myles King, GDC for all their efforts in bringing the night to fruition and look forward to the next awards night in May 2018.



Winner of the second scholarship 1913
King Edward VII Memorial Scholarship:
Laurance Seymore Horton
Son of W.Bro. Ernest John Horton, GSuptWks
Malvern Lodge No. 121

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Since 1912,
Victorian Masonic
scholarships have been
distributed to many
students, valued today
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MAKING GOOD MEN BETTER

Freemasons Cycling Club (Vic)



John Fowler of Le Pine Funerals with staff members of the Masonic Lodge.

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After a hugely successful 2017, members of the Freemasons Cycling Club are keen to get 2018 started. In 2017 the Cycling Club participated in the Ballarat Classic and Lake Hume Challenge in the beginning of the year to prepare for the Ride for Headspace. Later in the year, they participated in the Shepparton Fruitloop, Chiltern Mo-ride and Around the Bay. Along with the help of the Freemasons Foundation, the Freemasons Cycling Club raised over \$14,500. They are off to a great start in 2018 having participated in the Reach4Research Ballarat Classic and the Lake Hume Challenge again.

WBro. Malcolm Mann, a member of FMCC stated, "Just because we could, we pedalled hundreds of kilometres to raise awareness and funds in support of organisations that conduct research and provide support to cancer sufferers, those with mental health issues and others who just need a bit of help to achieve their goals. We achieved news media coverage and likes on social media all with the help and support of family and friends."

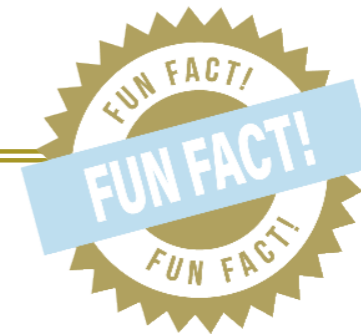
The Freemasons Cycling Club is a great way to stay physically and mentally fit as well as participate in all of the fun. Not only is the club incorporating compassion to donate to great causes, but there is also a sense of comradery around the club. They make sure no one gets left behind and really look out for each other during the rides.



Above: WBro. Rod Pilmore



Above: Bro. Matt De Natris, Bro. Cyril Land and WBro. Malcom Mann



With the help of the Freemasons Foundation, the Freemasons Cycling Club has raised over **\$14,500**

MAKING GOOD MEN BETTER



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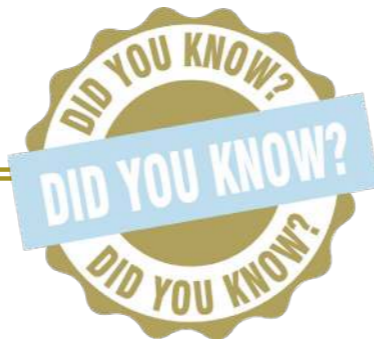
FMV Supports Good Friday Appeal

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Top left: FMV proudly supporting the Good Friday Appeal with Uncle Bob's Charity; Bottom left: FMV volunteering at 7/11 stores; Right: RWBro. Keith Murray and VWBro. Gary Edwards

Freemasons Victoria has been involved with the Royal Children's Hospital Good Friday Appeal, in association with Uncle Bob's Charity for over 15 years. The Good Friday Appeal is the largest fundraising event for the hospital and will take place on Friday 30 March 2018 where more than 100,000 volunteers will make the day possible. A record \$17,605,662 was raised in 2017, and Freemasons Victoria is proud to support the kids with the support of the FMV Taskforce.



More than **\$327 million** has been raised by the community since the Appeal began in 1931

MAKING GOOD MEN BETTER

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