



COME AND JOIN US ON Tuesday 9th June



Screenshot of some who took part in our virtual meeting last Wednesday, 13th May, unfortunately it does not show everyone, just those who were on screen at the time, in all there were 23 involved.

During the meeting we received an excellent presentation by E Comp Mike Caddock, Past Deputy Grand Superintendent, about the Suffolk Accident Rescue Service (SARS), a charity that relies on fundraising to maintain its emergency response service.

Following the meeting we all enjoyed a convivial DIY Festive Board which included a quiz and an online

raffle and agreed unanimously that the collection in lieu of normal dining plus the proceeds of the raffle should be donated to SARS. The collection amounted to £255 and the raffle raised £55 so £310 has therefore been paid into the Provincial Covid-19 Fund for onward donation to SARS with the possibility it will be match funded by the MCF.

If you didn't manage to join us this time our next virtual meeting will be on **Tuesday the 9th June** and details will be circulated nearer the time, please give it a try.

Fraternal best wishes and stay safe - Mike



Dear Companions

I do not wish to inundate you with information that can change daily, but in this letter my wife and I with my executive wish to pass on our best wishes to you all to stay healthy and safe.

We spend so much of our busy adult lives looking for a moment to try new things. Whether it's painting, learning a new language, or getting out into the garden, now is the time to give it a go! Sales for puzzles have rocketed these past couple of weeks and it's no wonder. If you're in need of some low-tech mental stimulation, dust off the old boxes of Jigsaws, Scrabble, etc, and enjoy some peace and quiet. Keeping fit? Get creative with a workout routine at home instead, I know many of you take the dog for a walk and inform me the dog knows more ritual than you do! There are live exercise classes online and you can always find something new on YouTube or Google! --- be careful most of us have not seen much exercise for years. Get lost in a great story with Audible.com. You'll find selection of audiobooks in six different languages completely free, or even listen to the radio. Social distancing is key right now but so is keeping in touch with loved ones and fellow Freemasons. Stay at home and play games over Skype or download the Zoom app and get chatting, even a phone call can be an encouragement.

David

Suffolk Provincial Covid-19 Response

I IMAGINE that every Suffolk freemason will be delighted to learn that the Province is setting aside funds as well as undertaking a range of direct activities to provide support and mitigate the effects on the population of the virus.

Support and appreciation for the efforts of key workers and NHS staff is in the forefront of minds, but I would like to draw your attention to the work done by the volunteer clinicians in the aptly-named SARS (Suffolk Accident Rescue Service). The volunteer doctors are well-known as the emergency response in cases of serious accident and operate throughout the county. What is probably not appreciated is that these doctors are currently working in hospitals, in ambulances, or providing remote clinical support to help combat COVID-19. I have included a photograph of a friend "toggled up" in "Covid kit". Whilst the NHS itself is funded by taxes, SARS is a charity and relies on fundraising to maintain its emergency response service. The burden placed on the charity by the additional demands has depleted the charity's funds significantly. I wonder therefore whether:

1. The Province might shortlist the charity for support
2. Individual Chapters might consider a donation
3. Individual members might make a donation or take up the challenge described below.

SARS itself is raising funds by challenging the public to a "virtual race round Suffolk" whereby people are asked to walk, run, cycle, a distance the equivalent of the Suffolk boundary, 220 miles, all within the social distancing rules. The challenge finishes on Suffolk Day, **21st June**. The money raised will provide PPE, a portable ventilator, and other vehicle and equipment costs. The link to the SARS Just Giving Page is: www.justgiving.com/campaign/racear



oundsuffolk which includes details of how to become a fundraiser. Gwen and I have set up "Team Tom Peck's" and we aim to beat the target by miles. Should anyone wish to support us our page is www.justgiving.com/fundraising/TeamTomPecks and we would be greatly boosted by any support received.

Looking forward to meeting everyone again later in the year.

Best wishes. Yours sincerely and fraternally

Mike Caddock, PDGSupt

In memoriam

E.Comp. **Brian William Keable** -

St. Michael's 305 Brian died on the 20th April 2020.

E.Comp. **Val Overett** -

Phoenix and Ala Chapter 516.

Val was, as many of us will remember, Scribe E and the Director of Ceremonies for Ala Lodge for many years and was responsible for the standard of ritual performed by many of the senior members of the Chapter and Lodge who worked under his tutelage.

Val resigned some time ago when he fell victim to Dementia. He was a lovely man, an excellent Mason and Companion and I know that you will be saddened by his passing.

Val died on the 1st April 2020 in the Finborough Court Care home. There will be a private cremation with a celebration of Vals life to be held at a future date.

Donations if wished to The British Heart Foundation care of Andrew Bingham, independent funeral service, The Nutshell, Milton Road South, Stowmarket.

Comp. **Barrie Michael Chester** -

White Rose 1008. Barrie died on the 14 April 2020.

Promotions and Appointments 2020-2021

Most Excellent Grand Superintendent E. Comp David J Boswell

Deputy Grand Superintendent* Raymond K Pascoe - **Second Grand Principal*** Roger E Nash - **Third Grand Principal*** Paul A Norman

APPOINTMENTS TO ACTIVE RANK:

Scribe Ezra* Nick B Le-Gryns
 Scribe Nehemiah Roger ES Cawston
 Treasurer* Roger M Young
 Registrar Ron H McLean
 Director of Ceremonies* Nigel WG Gregory
 Sword Bearer Michael C Beckett
 Deputy DC* Jamie BS Gwatkin
 Deputy DC Stephen P Faulkner
 Almoner* Paul Wreathall
 Charity Steward* Brian G Simpson
 Principal Sojourner John E Shaw
 1st Assistant Sojourner Mervyn R Wake
 2nd Assistant Sojourner Robert J Earey
 Assistant Scribe Ezra* Kelvin J Larcombe
 Standard Bearer J David Sharples
 Standard Bearer Colin L Kennedy
 Standard Bearer Peter L Taylor
 Organist* Graham J Colthorpe
 Assistant DC James F Orlopp
 Assistant DC Ian S Gray
 Steward Paul M Royal
 Steward Chris E Wilson

Steward Chris P Grant
 Steward Michael Smith
 Steward Steve J Horne
 Janitor Peter D Farthing
 *denotes Re-Appointment

PROMOTIONS TO PAST RANK:

Scribe Nehemiah Tom W Starling
 Scribe Nehemiah David J Hickinbottom
 Scribe Nehemiah Richard J Hayes
 Scribe Nehemiah David W Durrant
 Grand Registrar Ray P Seale
 Grand Registrar Peter E Sutters
 Grand Registrar David Hepburn
 Sword Bearer Les J Bailey
 Sword Bearer Richard G Roper
 Sword Bearer Adrian Nicholls
 Sword Bearer Brian L Locksmith
 Deputy DCs Keith Webber
 Deputy DC Ron W Cobbold
 Deputy DC Bob M Lee
 Deputy DC Bruce E MacPherson
 Principal Sojourner John W Took


Principal Sojourner Matthew J Millson
 Principal Sojourner Alex W Workman
 Principal Sojourner Stephen P Ascott
 Principal Sojourner Bill TC Bowman
 Principal Sojourner Simon P Wicks
 Principal Sojourner Ray E Waterman
 Principal Sojourner George L Slaughter
 Principal Asst. Sojourner Stuart C Andrews
 Principal Asst. Gerald Dowe
 Standard Bearer Peter RD Wood
 Standard Bearer Derrick A Garwood

1ST APPOINTMENTS TO PAST RANK:


Standard Bearer James A King
 Assistant DC Roger PJ Dor
 Assistant DC Paul A Page
 Assistant DC Fred A Albrow
 Assistant DC Barry M Stone
 Assistant DC Geoff J Wilson
 Assistant DCs Simon D Fitzpatrick
 Assistant DC Carl J Spriggs

MEGS CERTIFICATE OF COMMENDATION:

Rodney A Chapman




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75 VE DAY

The 8 May as well as being the 75th anniversary of VE Day would also have been the 100th birthday of my father, Excellent Companion **Denis Bridle, Past Z of Phoenix and Ala Chapter. I doubt many** Companions will remember him as it was back in 1986 or 1987 that I introduced him as a joining member. Since I couldn't attend due to working in London, he didn't stay long, but went on to found both Lodge and Chapter of Wisdom. He was a joining member of Lodge of Perfect Friendship, where he became Charity Steward.

He was initiated into Old Colfeian Lodge in London, achieving the chair in 1974, the year he initiated me into the Craft. By good fortune his Senior Warden was unable to progress, so he remained in the chair for a second year to pass and raise me.

When he was 18 Dad started at London University to read physics, unfortunately part way through his first year, his Father, aged 46, died of liver cancer. As



a consequence Dad had to give up his studies to go out to work to support his mother and younger brother

He started work at Woolwich Arsenal, in the chemistry laboratory. As the laboratory was in a munitions factory, I assume he worked on improving bombs,

a particularly dangerous role. However, because he had signed the official secrets act, he never spoke about it afterwards. Thus when the war started he found himself in a reserved occupation and not liable to be called up.

While this may have pleased his mother, it wasn't as great as it sounds. One day at the cinema, because he wasn't in uniform a lady handed him a white feather, symbol of cowardice, thinking he was a conscientious objector.

By night he was an ARP Warden, so he certainly did his bit.

Denis Bridle

Sadly he passed away 26 years ago with the craft rank of Past Provincial Senior Deacon and Chapter rank of Past Provincial Grand Registrar. I often think about him and wonder what he would have made of all the change since then. He was a very practical man, an electrical engineer by profession; he could turn his hand to any branch of engineering, cars, plumbing, electrical and electronic. I miss him still.

Ex.Comp. Peter Bridle

LETTERS... LETTERS... LETTERS...

Dear Raymond,

Please find attached a letter of thanks from Matron Morelos, and the photograph which was taken of you delivering the items with some members of our staff.

Thank you once again, and please pass on our thanks to all Members of the Adair Royal Arch Chapter for their kind donation.

Kind regards Maria

