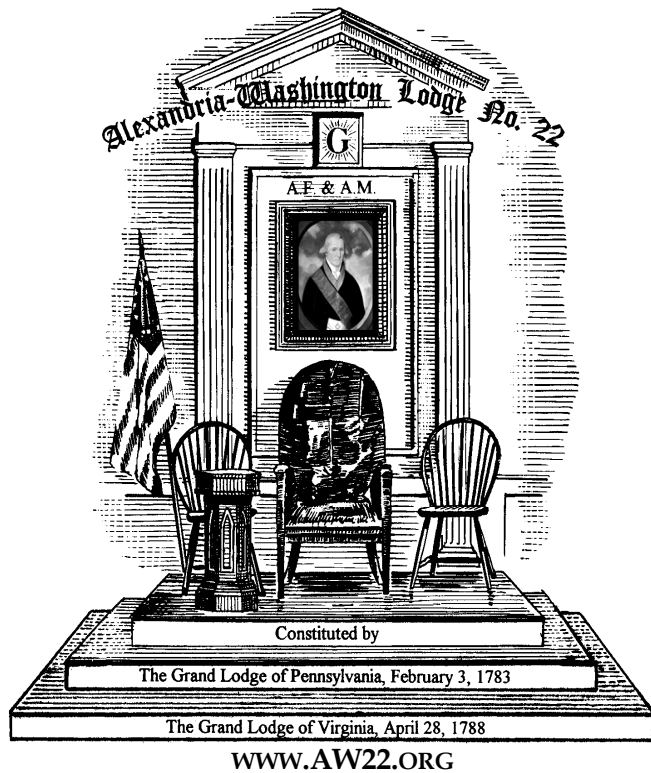


# Master's Message



## Lodge Bulletin

JUNE 2022

Brethren—

Hello Brethren! I hope this message finds you all in good health and great spirit. The summer is finally here and with it, nice weather. I am not a big fan of heat and humidity per se, but I will take it over rain or cold, on any day of the week. The month of June is packed with events for us and we look forward to sharing some quality time with you all. We will hold our “Family and Friends Cookout” on June 5. We are excited to honor that specific date as it marks 100 years since the groundbreaking for the George Washington National Masonic Memorial. We are kicking things off at noon, so please join us if you can. For questions or to give us a heads up you are coming, email [reservations@aw22.org](mailto:reservations@aw22.org).

As most of you know, June is a special month for Alexandria-Washington lodge and we will be having two stated meetings this month. Our usual meeting on the second Thursday will fall on June 9 and will start as usual at 7:30 PM. Dinner will be served at 6:30 PM and we will have an open program prior to the business meeting. We are honored to have Wor. Alton Miller, who will take us on the next chapter of physical and mental wellness, and share with us his way of keeping healthy, which I find quite unique and inspiring.

The second Stated meeting this month will be on June 24, when we will hold our traditional annual meeting at Gadsby's tavern celebrate Saint John's Day as well as honor our beloved Brother George Washington. We are honored to have Most Worshipful Richard Elman as the key note speaker of the night and I couldn't be more excited about it.

Finally Brethren, to keep the good news coming – a quick update on the ritual health of the lodge. We have an amazing team of officers and catechism coaches that work tirelessly every Thursday evening and Saturday morning to keep AW22's ritual at its best. On May 26, we initiated three candidates into the mysteries of Freemasonry and the degree was fantastic. Everyone did a great job and I am so proud of the team. I welcome you all to join us at our practices and learn or refresh some of your ritual as well. Candidates are once again lining up at our doors and we can use all the help we can get, as we guide them on the road to becoming true and faithful Brethren among us.

Be safe Brethren enjoy the nice weather and I look forward to seeing you throughout the month of June.

Sincerely & Fraternaly,



Denislav V. Dantev  
Worshipful Master  
[Master@AW22.org](mailto:Master@AW22.org)  
703-649-1509





**JUNE 2022**

*June 2*  
6:30 p.m. Catechism School  
7:30 p.m. Lodge Ritual School

*June 4*  
10:00 a.m. Catechism School

*June 5*  
Noon Friends & Family Picnic  
*parking lot of the George  
Washington Masonic National  
Memorial*

*June 9*  
6:30 p.m. Dinner  
7:30 p.m. Stated  
Communication  
**Physical Wellness  
& Martial Arts**  
**Wor. Alton Miller**

*June 16*  
6:30 p.m. Catechism School  
7:30 p.m. Lodge Ritual School

*June 18*  
10:00 a.m. Catechism School

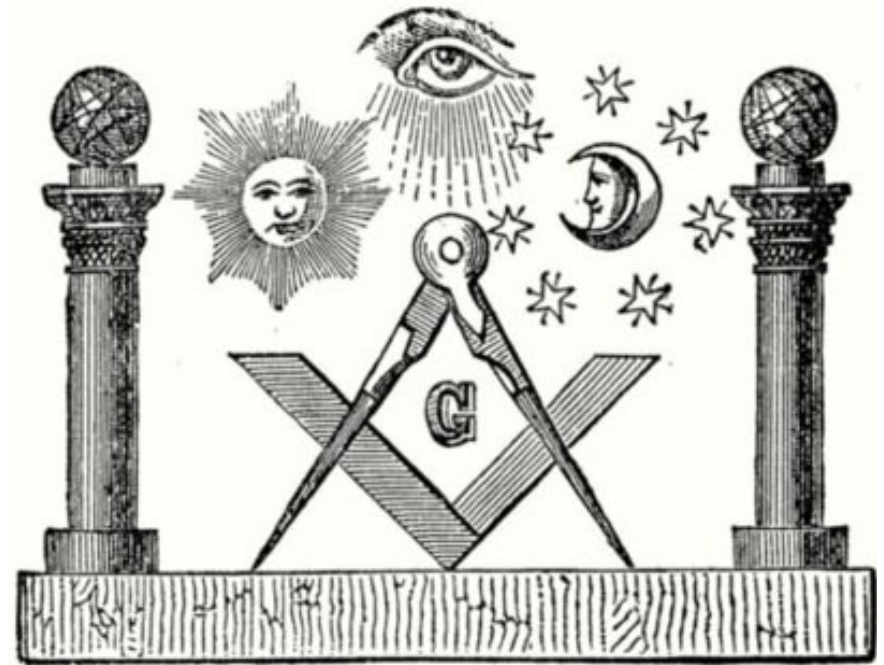
*June 23*  
6:30 p.m. Catechism School  
7:30 p.m. Lodge Ritual School

*June 24*  
7:00 p.m. St. John's Day Table  
Lodge  
**Gadsby's Tavern**  
*tickets available at AW22.org, \$50*

*June 25*  
10:00 a.m. Catechism School

*June 27*  
6:30 p.m. Catechism School  
7:30 p.m. Lodge Ritual School

*June 30*  
6:30 p.m. Catechism School  
7:30 p.m. Lodge Ritual School



**Bill of Fare**

**JUNE 9, 2022**

**STEAK FRITES**

*Grilled New York Strip steak,  
crispy skin garlic potatoes, herbed garlic butter*

**BLACK GARLIC ROASTED CHICKEN**

*Chicken marinated in a black garlic and herb rub*

**GARLIC MASHED POTATOES**

*Red bliss potatoes whipped with garlic butter  
and finished with fresh cream*

**SAUTEED GREEN BEANS**

*Pan roasted green beans and sauteed onions*

Suggested Donation \$10.00  
Please RSVP to Reservations@AW22.org

# Happy Birthday

<b>Mark Mathew Adams</b> 3 years June 20	<b>Leslie Harold Gilbert</b> 63 years June 18	<b>John Pipta</b> 58 years June 22
<b>Joel Scott Armstrong</b> 27 years June 21	<b>Paul Hamlett Goforth</b> 41 years June 15	<b>Richard Samuel Rankin</b> 73 years June 30
<b>Robert Blaine Baber Jr.</b> 47 years June 30	<b>Rufus Baxter Griffith Jr.</b> 47 years June 23	<b>Matthew Roman</b> 18 years June 15
<b>Michael Lee Bailey</b> 16 years June 1	<b>Nelo Allen Hamilton Jr.</b> 3 years June 20	<b>Robert William Rondeau</b> 25 years June 30
<b>David Gabriel Bella</b> 4 years June 7	<b>Kevin Edward Jackson</b> 4 years June 21	<b>Douglas Jeffrey Snow</b> 26 years June 15
<b>William John Black</b> 49 years June 19	<b>Donald Saunders Litman</b> 36 years June 9	<b>James Madison Snyder</b> 70 years June 16
<b>Pascal Bussiere</b> 24 years June 25	<b>Charles William McElwee</b> 52 years June 4	<b>Luis Angel Vega Jr.</b> 23 years June 2
<b>Keith Ross Butler</b> 19 years June 16	<b>Christopher Norton</b> 25 years June 7	<b>Emerson Norman Wetzel</b> 62 years June 21
<b>Thomas Eugene Diaforli</b> 46 years June 21	<b>Demetrio Papadimitriu</b> 23 years June 21	<b>Larry Edward Williams</b> 39 years June 7
<b>James Timothy Edwards</b> 4 years June 28	<b>Bruce Harrison Phillips</b> 46 years June 30	

# Mental Health: Fulfilling Our Obligation by Aiding a Distressed Brother



By Nelo Allen Hamilton, Jr – Junior Warden



As Freemasons, we are taught to aide those in distress, more especially a brother Mason. When imaging someone in distress, we often think of someone with a broken-down car or an individual approaching us on the street to ask for money. It is important, however, to recognize that the signs of distress aren't always so obvious. As a fraternity, Masonry should cultivate an environment and foster relationships where the Brethren feel that they can be honest and open with one another about their mental health without stigmas or judgement being attached. It should also equip our members with the knowledge and skills to aide a Brother who confides in them.

A study by the Boston School for Mental Health found that 32.8% of adults in the US experienced elevated symptoms of depression in 2021. Additionally, 27.8% of adults in the US reported elevated symptoms of depression in 2020, compared to 8.5% before the COVID-19 pandemic, indicating that depression rates are poised to remain high. According to the Centers for Disease Control (CDC), the overall percentage of adults with recent symptoms of anxiety or a depressive disorder increased from 36.4% to 41.5% from August 2020 to February 2021. Considering the challenges we've faced as a country and society over the last couple years, including the COVID-19 Pandemic, civil unrest, a contentious election, social isolation, the fact our lives have changed so drastically for such a long period of time and ongoing economic uncertainties, there is little surprise that we would feel some drastic effects on our mental health.

The Worshipful Master's mission this year is a significant first step in creating an environment where mental health is both normalized and prioritized, especially among men. Speaking openly and honestly about our mental health is a critical step towards removing the stigma surrounding it. It is incumbent upon our leadership and members to hold honest conversations about depression and anxiety in order to create an environment where a struggling Brother feels comfortable seeking support. Although it may be outside the primary

AmazonSmile is an easy way to generate donations to a charity of your choice every time you shop on Amazon, at no additional cost to you. As a 501(c)(3) organization, the AW22 Foundation has been registered with AmazonSmile and all members are encouraged to consider this convenient way to support our Lodge.

On the Amazon app:

- Open the app and tap the main menu icon (=) in the bottom right corner.
- Click Settings and then AmazonSmile.
- Click Turn On AmazonSmile and when prompted, search for "Alexandria-Washington Lodge No 22 Foundation Inc."

For every eligible purchase you make on the app, Amazon will donate 0.5% of the price to the AW22 Foundation. This percentage may seem small but it can accumulate quickly, especially as more Masons and families sign up to support AW22.



theme of their year, moving forward it is crucial that future Masters of AW22 continue to highlight mental health and establish the Lodge as a support system.

When a Brother reaches out, our first priority should be to listen. This does not mean offering advice or opinions, but instead actively listening to what is being said and offering understanding. According to the Mayo Clinic, listening and understanding can be a powerful healing tool. After that initial conversation, keep an open line of communication and check in often to see how they are doing. Encourage further help and point them towards organizations such as the National Alliance on Mental Illness ([www.nami.org](http://www.nami.org)). Familiarize yourself with the resources available. As individuals, we must be aware of our own wellbeing while also educating ourselves on how to be there for our Brethren. When we recognize a Brother is exhibiting symptoms of depression or anxiety, be proactive by genuinely asking how they are and lending a listening ear. Remember your obligation.

The harsh reality is that, according to the American Society for Suicide Prevention, suicide is the 12th leading cause of death in the United States, with 45,979 Americans dying by suicide in 2020 and a staggering 1.2 million attempts. Of these, men died by suicide 3.88 times more than women. Let those numbers sink in for a moment. For some men, the Lodge is their primary - or only - support system; we must be there for one another.

In addition to further promotion of mental health, AW22 will be working to compile a list of helpful resources to be made available for the Brethren on the Lodge's website. Let's challenge ourselves to continue having these conversations and equip our Lodge with the working tools necessary to go out of our way to aide our distressed Brethren before its too late.



## 2022 LODGE OFFICERS

Wor. Denislav Valeriev Dantev.....	Worshipful Master
<i>Mobile: 703-649-1509 Email: Master@AW22.org</i>	
Bro. David Gabriel Bella.....	Senior Warden
Bro. Nelo Allen Hamilton, Jr.....	Junior Warden
Wor. Michael Lee Bailey, PM.....	Treasurer
Wor. Daniel Elias Froggett, PM.....	Secretary
<i>Phone: 703-549-9234 Email: Secretary@AW22.org 101 Callahan Dr., Alexandria, Va. 22301</i>	
Rt. Wor. Granville Clayton "Jack" Canard, Jr., PDDGM.....	Secretary Emeritus
Bro. Phillip Adam Smartt.....	Senior Deacon
Bro. Jonathan Joseph Siudmak.....	Junior Deacon
Bro. Abdullah Khodadad.....	Chaplain
Bro. Ronald Earl Craft, Jr.....	Senior Steward
Bro. Pascal Bussiere.....	Junior Steward
Bro. Christopher Gared Sterbling.....	Marshal
Bro. Sean Phillip O'Shea.....	Musician
Wor. Pablo Alejandro Rocha, PM.....	Tiler

## BOARD OF TRUSTEES

Rt. Wor. Daniel M. Clark, DDGM.....	2022
Rt. Wor. Mark W. Underwood, PDDGM.....	2023
Bro. Jeffrey W. C. Conn.....	2024
Wor. James Berkely Stone, PM.....	2025
Wor. Jesse T. McMahan, V, PM.....	2026

## LIVING PAST MASTERS ON THE ROLLS

1975	Donald M. Robey, PGM	2004	Frank S. Skwirut
1976	James B. Stone	2005	Jesse T. McMahan, V
1988	William A. Jones	2006	Thomas G. Little
1991	Earl C. Million	2007	Robert G. Watkins, PDDGM
1992	Granville C. Canard, JR, PDDGM	2009	Heber C. Willis, III
1995	George D. Seghers, PDDGM	2011	John P. Olson
1996,18	Mark W. Underwood, PDDGM	2012	Michael L. Bailey
1997	Walter L. Margeson, II	2013	Joshua D. Adler
1998	Philip J. Hays	2014	Robert T. Weston
1999,17	Michael P. Bible, PDDGM	2016	Stephen J. Pezzetti
2000	Terry L. Gigure	2019	Nikola N. Nikolov
2001	Brent N. Campbell	2020	Daniel E. Froggett
2002	Daniel M. Clark, DDGM	2021	Michael T. Huff
2003	James M. Stevenson		