



# Lodge Bulletin

May 2024

[www.AW22.org](http://www.AW22.org)

# Master's Message

Dear Brethren,

I hope this message finds you well and enjoying the warmer weather of spring!

## **Mental Health Awareness Month**

As you may know, May is Mental Health Awareness Month and we will highlight AW22's Mental Health Initiative which began in 2021. This month's Stated Communication will feature a program titled, "*Supporting the Temple from Within: Addressing Mental Health as Freemasons*" presented by our Junior Warden, Brother Jonathan Siudmak.

This initiative aims to achieve two important goals:

- **Destigmatizing Mental Health:** Open and honest conversations are crucial for removing the stigma surrounding mental health struggles. By sharing experiences and fostering understanding, we can be better enabled to support our brothers.
- **Providing Resources:** We want to equip our brethren with the knowledge and resources they need to navigate mental health challenges, whether they face them personally or support loved ones in need.

I urge you to join us at this month's Stated Communication and actively participate in this important discussion. But in the meantime, visit our website at [www.AW22.org/mentalhealthinitiative](http://www.AW22.org/mentalhealthinitiative) for more information about the initiative.

## **Annual Spring Cookout**

With the warmer weather upon us, it's time for our annual cookout! Mark your calendars for the Annual Spring Cookout on Saturday, May 25th, at 11:00 AM at the GWMNM Parking Lot. This event is open to everyone so please bring your spouse, kids, and friends. Please also invite prospects who may be interested in joining our great fraternity.

Thank you all for the support you give our Lodge and I hope to see you around this month!

Sincerely and Fraternally,

Nelo Allen Hamilton, Jr  
*Worshipful Master*  
Master@AW22.org  
202-856-4686





# May 2024

*May 9*

**6:30 PM | Fellowship Dinner**

**7:30 PM | Stated Communication**

**Closed Program by Bro. Jonathan Siudmak**

*Supporting the Temple from Within:*

*Addressing Mental Health as Freemasons*

*May 13*

**7:00 PM | New Mason Education Session**

**Entered Apprentice Degree 101**

**GWMNM**

*May 18*

**7:00 AM | ALIVE! Volunteer Day**

**Food Distribution**

**Leonard "Chick Armstrong Recreation Center**

*May 20*

**7:00 PM | Esoteric Corner**

**The Scottish Rite Degrees So Few See**

**by Bro. Michael P. Lamb**

*May 25*

**11:00 AM | AW22 Annual Spring Cookout**

**GWMNM | Back Parking Lot**

**Save the Date**

**October 13 | AW22 Symposium**

**October 14 | Mount Vernon Cornerstone Dedication Ceremony**

*Details are forthcoming.*

- Catechism Schools are every Thursday night at 6:30 PM and Saturday morning at 10:00 AM unless otherwise noted. Ritual Schools are every Thursday night at 7:30 PM unless otherwise noted. All masons are welcome.
- To follow the Master's personal Masonic schedule. Please view the Master@AW22.org shared Google Calendar.

# The Trowel

*By Bro. Rob Swanson, Lodge Education Officer*

Before we delve into the meaning of the Trowel we first must note the iconic [George Washington Trowel](#)<sup>[1]</sup> kept in our Archives. This Trowel was used by Brother George in the laying of the Corner Stone of the Capitol Building and many other



Iconic Buildings. If you follow the hyperlink above, a brilliant history of the GW Trowel can be found on the AW22 website.

We as Masons should be examples among our neighbors, friends and loved ones on how to unite our communities by what we have in common, not by what separates us. This is exactly why we engage the public and are outbound in our charity to our local community! How can we unite a community if we sow the seeds of disharmony?

In *The Craft and Its Symbols*, author Allen E. Roberts notes of the trowel that a Master Mason “is taught to use it differently than his operative brethren. Instead of spreading cement, the Master Mason uses it symbolically to spread Brotherly Love and Affection. By doing this the Mystic Tie of Freemasonry becomes more binding. Its members are truly united into a Temple of Living Stones.”<sup>[2]</sup>

Our local community is no longer that 10-mile radius around our homes. Our communities are broader and can often be found online. As such, it is imperative that we should always hold ourselves and each other to a higher standard. Whatever we do, be it online, or out in public, we represent not only our Lodge (and what a Lodge it is!), but the entire Craft. Mackey’s explanation is one of my favorites on this subject.

In his *Revised Encyclopedia of Freemasonry*, Albert Mackey suggests that the trowel is especially appropriate for the Master Mason, “because, in Operative Masonry, while the Apprentice is engaged in preparing the rude materials, which require only the gage and gavel to give them their proper shape, the FellowCraft places them in their proper position by means of the Plumb, Level, and Square; but the Master Mason alone, having

# The Trowel

(Continued...)

examined their correctness and proved them true and trusty, secures them permanently in their place by spreading with the trowel, the cement that irrevocably binds them together.””[3][1]

What does all that mean? I contend Brothers that it exemplifies that there is so much more that unites us than separates us. It is our duty as Masons to ensure we seek that out and be the cement that binds together. If you ever get the chance to read Wilmshurst, and I hope you do, Wilmshurst makes the argument in “Meaning of Masonry” that we ourselves are the Temple (not made with hands) which we are laboring to build. Only in harmony and not disharmony can we achieve that goal.

[1] [AW22 Website “History of the Silver Trowel”](#)

[2] The Craft and its Symbols by Allen E. Roberts Page 65

[3] Mackey’s Revised Encyclopedia of Freemasonry volume two, page 1056



Have you paid your dues?  
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the QR Code:





According to Mental Health America, 50 million US adults suffer from some form of mental illness. That's 19.86% of the adult population that struggles in some way with a mental health condition, of which, more than half do not receive any sort of treatment. With nearly 1 in 5 American adults having a diagnosable mental health condition, the need for mental health awareness grows with every passing day.

With most physical, chronic illnesses, like Cancer, Asthma, Heart Disease, or Crohn's Disease, treatment begins immediately to address the symptoms and provide greater longevity to those suffering. When someone begins to experience the beginning stages of a disease and exhibit symptoms like shortness of breath, a tightening chest, or stomach pain, care is taken to quickly treat those symptoms so that they do not turn into something greater.

The same mentality should be taken when addressing mental health conditions. As soon as someone begins to exhibit symptoms such as, feeling depressed, feeling sluggish all the time, feeling anxious, losing sleep, or thinking of committing suicide, it is imperative to provide that same intervention as one would when being treated for something physical. Initially, early symptoms may be fleeting, and possibly may even go away on their own. However, when the symptoms do not disappear, ignoring them without the right treatment can cause them to manifest into something much more devastating, that not only affects the individual, but those around them, too.

Our goal at Alexandria-Washington #22 is to provide insights into various mental health conditions so that those struggling can identify how they are feeling, and seek the proper treatment available. As a fraternal organization, we are charged with looking after one another as much as we can, and as far as our abilities may permit. We aim to assist those in need, and want to offer information that may prove beneficial to those looking for assistance, to provide that support that will help those in living full and rewarding lives.

Visit [www.AW22.org/MentalHealthInitiative](http://www.AW22.org/MentalHealthInitiative) to learn more.

# Happy Masonic Birthday



**Bro. Donald Gardner Hicks Jr.** May 14, 1962, 62 years  
**Bro. Frank Lee Ballenger III** May 22, 1967, 57 years  
**Bro. Donald Smith Kenney** May 22, 1967, 57 years  
**Rt. Wor. Donald Leo McAndrews** May 22, 1970, 53 years  
**Bro. Richard Robert McElwee** May 01, 1975, 49 years  
**Wor. Alton Levern Miller Jr.** May 14, 1975, 49 years  
**Bro. John Joseph Cornell Jr.** May 17, 1976, 48 years  
**Bro. Charles Albert Gorton** May 12, 1977, 17 years  
**Bro. Robert Arthur Smith** May 12, 1979, 45 years  
**Bro. A. Vincent May** May 19, 1979, 45 years  
**Bro. Arthur Willard Pierson** May 01, 1981, 43 years  
**Bro. Charles Leander Moore Jr.** May 29, 1986, 38 years  
**Bro. James Robertson Kent Jr.** May 27, 1987, 37 years  
**Bro. Philip Grant Graessle II** May 06, 1991, 33 years  
**Rt. Wor. Mark Wayne Underwood** May 11, 1992, 32 years  
**Bro. Chester Claude Cook** May 23, 1992, 32 years  
**Bro. Conor Torquil Sinclair** May 15, 1999, 25 years  
**Bro. Wade Stuart Alexander** May 15, 2000, 24 years  
**Bro. Thomas Lee Ammazalorso** May 16, 2005, 19 years  
**Bro. Ferdinand Charles Petito** May 21, 2007, 17 years  
**Bro. David Scott Shaver** May 21, 2007, 17 years  
**Bro. Richard Kern Salazar** May 17, 2008, 16 years  
**Bro. Phillip John Ferraro** May 14, 2012, 12 years  
**Bro. Stephen Christopher Melone** May 28, 2015, 9 years  
**Bro. Arash Aaron Habibipour** May 21, 2019, 5 years  
**Bro. Nathan Dean McGillis** May 19, 3 years



# 2024 Lodge Officers

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Wor. Nelo Allen Hamilton, Jr - Worshipful Master

*Mobile : 202-856-4686 Email: Master@AW22.org*

Bro. Phillip Adam Smartt - Senior Warden

Bro. Jonathan Joseph Siudmak - Junior Warden

Wor. Michael Lee Bailey, PM - Treasurer

Wor. Daniel Elias Froggett, PM - Secretary

*Phone: 757-656-1838 Email: Secretary@AW22.org 101 Callahan Dr., Alexandria, VA 22301*

Rt. Wor. Granville Clayton "Jack" Canard, Jr, PDDGM - Secretary Emeritus

Bro. Ronald Earl Craft, Jr - Senior Deacon

Bro. Jakob Aonghus Zilinski - Junior Deacon

Wor. Denislav Valeriev Dantev, PM - Chaplain

Bro. Daniel Ryan Gordon - Senior Steward

Bro. Thomas Harrison Lynch - Junior Steward

Bro. James Henry Ferguson - Marshal

Bro. Naaren Juloori - Musician

Wor. Pablo Alejandro Rocha, PM - Tiler

## Board of Trustees

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Bro. Jeffery W. C. Conn (Chair) - 2024

Wor. James Berkley Stone, PM - 2025

Wor. Jesse T. McMahan, V, PM - 2026

Wor. Nikola N. Nikolov, PM - 2027

Wor. David G. Bella, PM - 2028

## Living Past Masters on the Rolls

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1975 - Donald M. Robey, PGM

1976 - James B. Stone

1991 - Earl C. Million

1992 - Granville C. Canard, Jr. PDDGM

1995 - George D. Seghers, PDDGM

1996, 18 - Mark W. Underwood, PDDGM

1997 - Walter L. Margeson, II

1998 - Philip J. Hays

1999, 17 - Michael P. Bible, PDDGM

2000 - Terry L. Gigure

2001 - Brent N. Campbell

2002 - Daniel M. Clark, PDDGM

2003 - James M. Stevenson

2004 - Frank Skwirut

2005 - Jesse T. McMahan, V

2006 - Thomas G. Little

2007 - Robert G. Watkins, PDDGM

2009 - Heber C. Willis, III

2011 - John P. Olson

2012 - Michael L. Bailey

2013 - Joshua D. Adler

2014 - Robert T. Weston

2016 - Stephen J. Pezzetti

2019 - Nikola N. Nikolov

2020 - Daniel E. Froggett

2021 - Michael T. Huff

2022 - Denislav V. Dantev

2023 - David G. Bella