

The Wandering Divan



Issue No. 2



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"Stronger Together"

www. facebook.com/mazolshrinersnl/

Fellow Nobles, it gives me great pleasure to present to you the second issue of **The Wandering Divan**, a newsletter of the Divan of the Mazol Shriners.

Each of our newsletters will have a central theme. This newsletter's primary focus is on Membership, and while we are not in any real difficulty at this point, the warning signs are alarming. We must reverse the current downward trend in our membership numbers if our Temple is to continue the work we are doing for the kids that need our help in this province. Our Membership chair, Noble Brandon Pike, has taken on that task and has a plan in place to address the issue. Like all plans it will only work if we all participate in its implementation. We only have one source for new members and that's our blue lodges, so in some respects that makes it easy. To be successful we must convince more of our Masonic brethren that the Shrine is an excellent place and cause for their support. We also must make them welcome and ensure there is a meaningful place for them at our table. Take a good look around your lodge and invite any brother that you think may be interested, to google "Shriners International" or "Shriners Hospitals for kids" or "Mazol Shriners", then get their info and pass it on to Noble Brandon or ask them to contact Brandon directly.

Also in this issue is a touching story by one of our patients, Katherine Cole.

Nobles, with your help we will get our message out and get our numbers stable and growing.

Thank you, ILL. Sir Rolly Card



Illustrious Sir Rolly Card & Lady Helen





Lady Helen's Butterfly and Bookmark Project







At the Annual meeting, Lady Helen addressed the Nobles and Ladies, and told everyone about the special project she had taken on to commemorate her and ILL. Sir Rolly's year as Potentate, by doing something for our Shriners Hospitals. Her project is to sell a Butterfly Pin which comes with a Bookmark.

She said, "I chose a Butterfly pin because the Butterfly represents new beginnings. Just when the caterpillar thought it had reached the end of its time, it turns into a beautiful Butterfly, and so it is with our daily lives. Sometimes when we are down and least expect it, something changes, and we are off to a new beginning. It's also analogous to the hope and opportunity that our philanthropy, Shriners Hospitals for Children, provides to the children we help every day".

Helen's Pin and Bookmark are displayed. She had 750 produced to sell as a fundraiser this year. The funds raised will go to purchase specialized equipment for research at our Montreal Shriners Hospital, as noted on the bookmark. The pin and the bookmark are being sold for \$10 each (bookmark + pin) and are available from helenmcard@gmail.com or at each visitation.



Canada



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Lodge Northcliffe Presentation to ILL. Sir Rolly Card of Donation for the Montreal Shriners Hospital



L TO R: ILL. Sir Rolly Card Receiving Donation to Shriners Hospital from Bro. Paul Evans, Master of Lodge Northcliffe



On March 6th and 7th, ILL. Sir Rolly Card attended the Regular Meetings of Botwood Lodge and Lodge Northcliffe in Grand falls, where he did presentations on Shrine Membership. Both presentations were well received with lots of questions being asked at the end of his talk.

At the Northcliffe meeting he was presented with a cheque for our Montreal Shriners Hospital for \$500.00. This donation will be presented to the Hospital Board at the Board March meeting by ILL. Sir Roger Tinkham.

Thank you Lodge Northcliffe.



The Long Range Shrine Club Increases its Membership

I had the pleasure to visit the Long Range Shrine Club (LRSC) on Wednesday March 8th and attend their monthly meeting. Three new nobles were created that night. They are Nobles Keith Goulding, Ben Simms and Lloyd Morgan. Thanks to Noble Lloyd Walters for doing the organizing, not once, but twice. It had been planned to do the initiation in February but bad weather at the last-minute lead to a cancellation.

The LRSC Nobles Ladies were in attendance and the new Nobles were fezzed by their Ladies. A big thank you to Noble Lloyd and Lady Linda for ensuring that finger foods and refreshment followed the Initiation Ceremony. Thanks also to the LRSC Nobles who participated in the ceremony. Congratulations to the new Nobles and their Ladies and welcome to the Shrine and our Mazol Temple. Our numbers are growing.

ILL. Sir Rolly Card



L TO R: Nobles Lloyd Walters, Jeff Mitchell, ILL. Sir Rolly Card, Keith Goulding, Lloyd Morgan, Ben Simms, Llew Hounsell, Tom Goulding, & ILL. Sir Douglas Rowe



L TO R: Noble Keith Goulding and Lady Muriel (Keith's Mom), ILL. Sir Rolly Card, Noble Ben Simms and Lady Debbie & Noble Lloyd Morgan and Lady Paulette.



Membership By Noble Brandon Pike



Thank you to all the Nobles that worked so hard, so far this year, to help recruit new members, as well as retain those who, for many reasons, were about to be removed from the membership role.

I was honored to attend the membership conference last September in Tampa. We were presented with some staggering statistics. Though I knew the Shrine, overall, was experiencing a decline in membership, I didn't know the numbers. I feel it is important that all Shriners know what is the actual condition of our membership. I have decided to share these statistics with you.

The last 5 years have shown a steady decline in Mazol membership, beginning at 547, and falling to our current number of 460, a 15.9% decline. At this point in the article, many of you are cringing. Don't! There are many positives for future growth.

- This year we reported 1 suspension, last year 8, and a 5-year average of 5 per year.
- Demits are likewise down this year with 3, last year 10, and a 5-year average of 7 per year.
- Resignations are staying balanced this year with 3, last year 8, and a 5-year average of 3 per year.



The black camel has taken many of our fine Shriners who contributed to the order. This is an average of 11 per year, which may not decline in the near future. Roughly 20% of the Nobility are over 80.

This being said, we have seen improvement in the past statistics. We have had a decline in membership of -15.9% in the last 5 years, -8.51% last year, to a decline of -3.37% in the past 12 months. This is showing great improvement as we move towards our goal of stopping the decline and starting growth.

Shriners International has challenged Mazol to try and make a Gold Membership banner this year, and is giving us the guidance to do so, but this requires the help of every Noble. Year to date, with the aid of the Divan, we have attended a number of Lodges and given our new and updated presentation; this has been received very well at the Lodges, and we now have a number of new applications. If you know of a Lodge that would like to receive our presentation, please contact me.

The best way to promote our fraternity from within is to attend our Lodge meetings, and be a role model of an active Mason and Shriner. In the banquet hour, speak to old and new members about the advantages of being a Shriner, and what happens at a meeting.

We need to go to them!! The old saying, "If you build it they will come", works well in the movies, but maybe we need to let the brethren know, we have built it.

Take a few minutes and think about, how being a Shriner, has helped you become a better Mason, or how it has enhanced your Masonic experience. We do this for the children who need our help, our prime objective. That is what you want to relate to the prospective member.

Tell the Brother why you and I are Shriners. The "what we do", and "how we do it", can be left for another conversation.

Nobles, we can create a change, we can stop the bleeding and experience growth. It just takes a little extra effort from many to achieve our goal. We can do this!!

Noble Brandon D Pike Membership Chairman <u>brandondpike@hotmail.com</u> 709-765-0963



Example 2.1 Katherine Cole's Story As Read by Noble Ralph Miller at the Annual Installation Banquet

Due to bad weather, Katherine could not be at the banquet to tell her story. Katherine is from the West Coast of Newfoundland.



Good Evening,

I would like to start off this evening by saying thank you for this opportunity, my story is something that is not easy for me to talk about. However, the Shriners have changed my life so much that I am more than happy to be able to give back to them in this small way. They will always hold such a special place in my heart. I hope that my story will inspire people who are struggling, and shed light on all of the incredible work that the Shriners do, and the impact that they have.

My story starts back when I was 13 years old. I started developing scoliosis, and at this point it was becoming more and more severe. All the local doctor's I saw sent me to physiotherapy, whom in turn blamed me for my bad posture, everyone seemed to believe that I was choosing to not stand up straight. They all thought that I was simply being lazy. All of this blame had such an impact on me. It took a huge hit on my self-esteem. I remember getting rid of all of any clothes that I had that you could see the shape of my back, because I was so self-conscious that people would notice. After countless doctor's appointments, my grandfather suggested that I be seen by a specialist. My grandfather was a Shriner; the late Ralph Nichols who was very involved with all of their work. I remember he got all of the paperwork that we needed in order to get the process started.

The first time I saw a doctor from the Shriners was in Gander, at one of their outreach clinics. They took me seriously which was something I had not experienced with any of the other doctors. Rather than blame me, they worked with me, to figure out exactly what was going on. They found out that I had Scoliosis, Kyphosis and Lordosis. My back was over compensating for all of the different curves and rotations that were forming. My lungs were becoming compromised and there was potential for heart problems. They told me that I would need surgery as soon as possible. March 17, 2010, I had my first posterior spinal fusion at the Shriners Hospital in Montreal. They straightened my spine out with titanium rods and pedicle screws. That was the day that everything changed for me, some things good, others bad. I've never experienced that level of pain in my life before. The doctors tell you what to expect but nothing compares to enduring it. The thing that made the experience better was the staff at the Shriners Hospital. They are truly incredible. I've never met such understanding and kind hearted people. They see you at your most vulnerable, at a time when you are miserable, suffering, and in unimaginable pain, and yet they show you nothing but kindness and compassion. Whenever I needed them, it didn't matter what time of the day it was, they were by my side helping me in any way that I needed.

There are a lot of things that I wish I could forget about, but the staff of the Shriners are not one them. For me, recovery was such a long hard process. An expected 6-week recovery period turned into 15 weeks' instead. I had to learn how to do everything all over again. It is funny the things we take for granted without even realizing. I remember having to have to relearn to walk. It was so challenging, and hard to get used to. My body felt so strange and stiff with all of the metal. I remember one time I dropped something on the ground, and automatically I tried to pick it up and I brought up solid, I couldn't reach it anymore. Throughout the next year, I continued to recover. I had many post op visits to Montreal, and whenever we had any questions or concerns, we were able to keep in touch with my doctors, which was a huge help. Over the next year and a half, although my surgery was a success, I was in more and more pain. It continued to get worse and they figured out why. Dr. Ouellet always listened to me when I had concerns and never gave up on me.

On June 5, 2012, my surgeon decided to do an exploratory surgery to find the cause of my pain. He discovered that the metal was causing damage to my muscles, more specifically, my shoulder blade, so he decided to remove the metal in hopes of getting rid of my pain. Just two weeks into recovery my spinal fusion broke, and I fractured a few vertebrates in the process. Over the next year my spine shifted.

On May 1, 2013, I had my latest surgery where I had to get more metal put back in to correct the break and secure the fused portion of my spine. I think one of the things that helps families out the most while their child is at the hospital is knowing that they don't have to worry about any financial burden while they are there; The Shriners covered all costs of flights and accommodations. It is such a weight lifted off of people's shoulders, when they don't have to worry about that when their child is sick. I'd be lying if I said that any of my recoveries were easy. They were all extremely painful, and took a very long time to get back to normal, however, the one thing that helped was the support of the Shriners. They never gave up on me. They listened, and they did everything in their power to make my experience the best one possible.

We've had so many trips to Montreal over the last 9 years, but the hospital was always a happy place with lots of familiar faces. One of the coolest things was to witness the new hospital being built, each trip there would be more and more added on. Although I've never been to the new hospital, it's incredible to see exactly what all of the fundraising had gone towards. I hope one day to be able to visit the hospital, and see all of the lives that they continue to change. I have a tattoo on my back that says, "Pain is Inevitable, Suffering is Optional"; it is one of the most meaningful quotes to me. Although I will never be able to control the level of pain my back puts me in, I will always have the ability to control my outlook and attitude, which is something the Shriners have taught me.

Thanks to you all, I have been able to pursue all of my dreams; I completed my Baking and Pastry Arts Management Program in Toronto, I have been able to pursue my dream of selling my artwork, I got engaged last October to the most amazing guy, and I have been able to live a healthy and happy life. I owe this all to the Shriners, if it wasn't for them I would, without a doubt, be living in a wheelchair, and I wouldn't have the opportunity to have the life that I do.



NSA 2019 By Noble Robert Barrett Assistant Rabban



The NSA committee continues to move forward with plans for the 2019 Fall Field Days. Tickets have now been printed and will be circulated shortly to all clubs to start our major fundraiser.

Three members of the NSA committee recently attended the mid-winter meetings for the upcoming NSA Fall Field Days which will be held this year in Ottawa. We learned a lot of beneficial information and also areas were identified that we believe will only improve our own.

The 2019 Fall Field Days will be a major event for us, and we know as Newfoundland and Labradorians that we will show all the temples from the Northeast that we know how to plan and put off a major event that will be long remembered.

Our ladies have formed a subcommittee that will focus on the development of an agenda focusing on a number of tours and functions. They will be reaching out to all the club ladies for assistance.



Corner Brook, and Newfoundland and Labrador, will host this event in our true and traditional fashion. One that will not be forgotten by anyone who attends.

I am encouraging all clubs and members to take an active part in this all-inclusive membership event. I know that we can show the CFA's what we are all about and leave a lasting impression on them.

The various committee heads have been chosen and volunteers assigned to the many subcommittees. As we say, many hands make light work, and I am sure that there is expertise within our clubs that can be an asset in our planning.

Our committee looks forward to hearing from you, and moving forward full speed toward 2019.



Think Outside the Box By Noble Bill Smith, Recorder



I am sure we are all very secure within our own personal space and sometimes we think that is as far as it goes. Likewise, I am sure we are all content within our own Shrine Center, and perhaps to narrow it down a bit, we are happy with our own Club. While there is nothing wrong with that we tend to forget the magnitude of the organization. Lady Betty and I just got back from attending the Recorders Seminar in San Diego. If you take a look at the map you will note that San Diego is almost as far away from Mazol as you can get and still be in North America. Shortly after arriving we visited Al Bahr, the beautiful Shrine Centre, and lo and behold there in a case, with all the others, is a fez from MAZOL. I can say in my thirty years as a Shriner, I have never been more proud.

The seminar was very informative and enlightening. The Imperial Potentate was there for one full day, the Imperial Recorder was there for the entire seminar as well as those in charge of various functions in the Shrine. John Piland, the COO, was there for the entire event, and was a wealth of information, providing direction in the correct operation of a Shrine Office.

We have all heard the shrine is constantly doing research and developing systems to improve the treatment of





the children we proudly serve. We all know that a common X-Ray transfers a considerable amount of radiation when they are done. We were told at this seminar the hospital system has developed a revised method of X-Rays, where only 10% of the radiation is used. When you consider the number of children within the system, and the fact their progress is measured frequently by this means, this is a significant step forward.





Hospital Report – January 2017



2016 was an incredibly busy year at Shriners Hospitals for Children – Canada – in fact it was one of the busiest ever.

There were **20 576** patient visits in Ambulatory Care, which represents a 20% increase over last year and a 38% increase in the last 5 years

8470 hours of rehabilitation – out of those 6065 are in physiotherapy an increase of 23% over last year and 83% in the last 5 years. Occupational therapy has seen a 19% increase over last year and a 73% increase over 5 years.

4875 new referrals – 39% increase over the last five years

1 053 surgeries (922 onsite and 131 at other facilities), a 24% increase over last year.

The hospital received the Press Ganey Guardian of Excellence Award®

This award honors hospitals who have reached the 95th percentile for patient experience, employee or physician engagement, or clinical quality performance — awarded annually based on one year of data

Activity overview basic research and clinical research

Presence at **35** international conferences including podium and poster presentations

Basic and clinical research activities thriving with funding from Shriners Hospitals for Children, Shrine Temples, CIHR, NIH, FQRS, Newton Foundation and TD Trust

Basic research

18 ongoing projects. 11 grants received, six of which are externally competitively funded for a total of \$**2 million** in new funding.

Clinical research

50 ongoing projects. In 2016, seven projects were funded out of a total 29 projects that are competitively funded. Total new funding in 2016 was \$706,610.

Director of Research, Dr. St-Arnaud received the C.P. Leblond award from the Network for Oral and Bone Health Research during the scientific day of the Network which was held at Shriners Hospitals for Children – Canada on March 11th. Dr. St-Arnaud made a presentation titled: 'Structure-function analysis of the alphaNAC transcriptional coregulator as a platform for drug development'. Note: Dr Charles Leblond worked at the Shriners up until his mid-90s.







L TO R: ILL. Sir Bill Miller with ILL. Sir Roger Tinkham

ILL. Sir Roger Tinkham presented a cheque for \$20,000 from the Boot Shrine Club to the new Hospital Board Chair, ILL. Sir Bill Miller



Leadership

Over the next three issues of The Wandering Divan you will be presented with three articles which portray what makes for good leadership in any organization. The articles are titled:

- Characteristics of a Team
- 11 Commandments of an Enthusiastic Team &
- Effective Delegation

These articles have been made possible through the Scottish Rite of Canada and we thank them for the articles. We hope that these articles will be of some help as you work hard together in your various clubs, doing your best for our cause, our Shriners Hospitals, and the children we serve.

Characteristics of a Team

- There must be an awareness of unity on the part of all its members.
- There must be interpersonal relationship. Members must have a chance to contribute, learn from and work with others.
- The members must have the ability to act together toward a common goal.

Ten characteristics of well-functioning teams:

- Purpose: Members proudly share a sense of why the team exists and are invested in accomplishing its mission and goals.
- Priorities: Members know what needs to be done next, by whom, and by when to achieve team goals.
- Roles: Members know their roles in getting tasks done and when to allow a more skillful member to do a certain task.
- Decisions: Authority and decision-making lines are clearly understood.
- Conflict: Conflict is dealt with openly and is considered important to decision-making and personal growth.
- Personal traits: members feel their unique personalities are appreciated and well utilized.
- Norms: Group norms for working together are set and seen as standards for everyone in the groups.
- Effectiveness: Members find team meetings efficient and productive and look forward to this time together.
- Success: Members know clearly when the team has met with success and share in this equally and proudly.
- Training: Opportunities for feedback and updating skills are provided and taken advantage of by team members.

Guidelines for effective team membership:

- Contribute ideas and solutions
- Recognize and respect differences in others
- Value the ideas and contributions of others
- Listen and share information
- Ask questions and get clarification
- Participate fully and keep your commitments
- Be flexible and respect the partnership created by a team -- strive for the "win-win"
- Have fun and care about the team and the outcomes.

Characteristics of a high-performance team:

- Participative leadership creating interdependence by empowering, freeing up and serving others.
- Shared responsibility establishing an environment in which all team members feel responsibility as the manager for the performance team.
- Aligned on purpose having a sense of common purpose about why the team exists and the function it serves.
- High communication creating a climate of trust and open, honest communication.
- Future focused seeing change as an opportunity for growth.
- Focused on task keeping meetings and interactions focused on results.
- Creative talents applying individual talents and creativity.
- Rapid response identifying and acting on opportunities.

Visit www.shrinersvillage.com See What is being done for Our Children



Facts About Backpacks

Shriners Hospitals for Children® is committed to making sure children stay as healthy as possible and develop good habits. Providing parents and children with some facts about backpacks can help eliminate some potential health problems.

Used correctly, backpacks can be a good way to carry all the books, supplies and personal items needed for a typical school day. Backpacks are designed to distribute the weight of the load among some of the body's strongest muscles. However, backpacks that are too heavy or carried incorrectly can injure muscles or joints and contribute to back pain and other problems.

The Proper Backpack is:

- · No wider than the user's chest
- · Worn no higher than the base of the neck
- Worn no lower than 2 to 4 inches below the waist
- · Supported by a waist or chest strap
- · Made of lightweight material

A Good Backpack has:

- · A padded back
- · Several compartments
- Side compression straps
- · A waist or chest strap
- · Reflectors
- · Two wide, padded shoulder straps

How to Use a Backpack

To Wear it:

- Face the backpack, bend your knees, hold the backpack with both hands, and straighten your knees to lift it to waist height.
- · Apply one shoulder strap at a time.
- · Be sure to always use both shoulder straps.
- Snugly adjust it between your neck and the curve of your lower back using the shoulder straps (the closer the backpack is to your body, the less strain it will cause).

To Load it:

- Keep it light pack only what is needed for the day.
- Place the heaviest objects so they will be closest to your back.
- Use compartments to distribute the weight and keep things from sliding.
- Hand-carry heavy books to avoid excessive weight in the backpack.
- Clean it out daily.

Backpack Weight:

If a backpack forces the wearer to lean forward, it is overloaded and some items should be removed. Carrying an overloaded backpack can cause discomfort and, over time, lead to back injuries and other problems.

If the backpack weighs more than 15 percent of the carrier's weight, it is too heavy. To determine the proper maximum weight for a backpack, multiply the user's body weight by 0.15. If a heavier load is unavoidable, consider using a backpack with wheels.

Carrying too much weight or wearing a backpack the wrong way can lead to:

- Muscle fatigue
- Poor posture
- Painful shoulders
- · Back and neck pain
- Injuries from tripping and falling

Shriners Hospitals for Children has created a convenient backpack fact card that includes these helpful safety tips and recommendations to protect children's backs and bodies from backpack misuse, along with a word search game kids will enjoy.

To order these fact cards to share in your community, or to download a PDF file to print, please visit our secure online ordering site at shrinershospitalsforchildren.org/education/backpacksafety.





The Shriners' Legacy Program:

Enriching our Families, Enriching our Story

As Shriners, we are part of an international organization that strengthens us individually, enhances our families and makes us part of a history of brotherhood and camaraderie. As Shriners, we also have the opportunity to be Legacies. The Legacy Program helps strengthen our fraternal bond with those closest to us, and allows members to honor the many men before us who laid the foundation of our great fraternity.

Promoting both membership and the Legacy Program will help ensure the future strength of this great organization that has enriched so many of our lives. Shriners International invites each of you to be part of the Legacy Program, and to encourage your family members to participate, as well.

Start Your Family's Legacy Today: Register on Shriners Village!

Step 1: Who is Eligible?

All family members who are Shriners, including: sons, sons-in-law, brothers, uncles, grandfathers, etc. are eligible to become part of the Legacy Program.

Step 2: Register on Shriners Village

When logging in to your account on Shriners Village (shrinersvillage.com), click on the "Membership" tab on the top of the web page. From this page, select the "Legacy Program" on the left-hand side of the screen. On the Legacy Program's main page you will have the opportunity to read more about the program and visit the registration page via the "click here" link.

If you are not already registered as part of a Legacy, your account will prompt you to click the link to "set up." Once in the "set-up" screen, your name will appear as the "current legacy" in your family. Once this step is completed, enter each of your Shriner family member(s) that are to be included in your family's legacy. If you should have any questions or need help during the registration process, please contact the membership development office at 813-281-8101 or membership@shrinenet.org.

Congratulations!

To commemorate taking part in this exciting program, each Legacy may download a certificate signed by the Imperial Potentate and Imperial Recorder. Shriners and their registered relatives will be eligible for a special gold Legacy pin that represents the pride they have in their Shriner heritage.

Strengthening our Bond

Each February, which is now recognized as Legacy Month, temples will be encouraged to host Legacy Nights to promote membership and honor the members who have taken part in this program. Shriners International will also share stories of Legacy families to celebrate their pride in the Shriners fraternity.

Register today to take part in this exciting program by visiting **shrinersvillage.com**.



Shrine Club News

This section is devoted to advertising any upcoming Club Events. Please submit your information in a timely manner. The next issue will be end of April or early May.



Ladies of the Sabre

Easter Afternoon Tea

Where: MAZOL SHRINE CENTRE 530 Topsail Rd, St John's NL When: April 8th, 2017 2 PM

Spins on Easter Baskets and prizes for Best 3 Easter Bonnets

COME BRING YOUR FRIENDS

Cost: \$10.00

FOR TICKETS PLEASE CALL Sylvia Downey 368-0696





L TOR: ILL. Sir Rolly Card, Noble Syd Dyke & Noble Allan Neil Salesman Hard at Work

Mazol Events to Remember



The Mazol web site can be accessed at www.mazolshiners.com/. Please visit the site to access the Mazol Mirror and other items that may interest you about our children and shrine activities. The site will be updated and improved throughout this year. Your PR Committee is working actively on your behalf. If you have any suggestions and ideas please forward to Webmaster, Noble Dave Reeves at dlmobil@warp.nfld.net.

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