

# Medford Lodge No. 178 F. & A. M.

## Trestleboard

February 2022 / AL 6022

**Grand Master of Masons of New Jersey**  
**M.W. Robert V. Monacelli**



**CONSTITUTED**  
**MARCH 11, 1903**

MEETS SECOND MONDAY  
(EXCEPT JULY & AUGUST)

**25 BANK STREET**  
**MEDFORD, NEW JERSEY**  
**PHONE: (609) 261-2411**

**MAILING ADDRESS:**  
**25 Bank Street**  
**Medford, NJ 08055**

[www.MedfordLodge178.com](http://www.MedfordLodge178.com)

[secretarymedford178@gmail.com](mailto:secretarymedford178@gmail.com)



**The Lodge had a visit George Washington**  
**On Feb 14 we are having a visit from**  
**Ben Franklin**

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# Message from the East



Greetings Brethren,

Is Freemasonry Good for Your Health?

The short answer: It is likely very beneficial.

Let me explain. Interrupting our daily routines not only adds variety to our lives but attending a Regular Communication can also interrupt the usual flow of stress in our daily lives. There is something soothing just in the act of walking into a Lodge room.

There is also a strong social aspect to Freemasonry that should not be overlooked. Attending a regular communication breaks the isolation that the last few years have imposed on us. In fact, psychological studies indicate that people with more social support tend to live longer and social engagement is correlated with a stronger immune system. In addition, interacting with others increases feelings of well-being and decreases feelings of depression (Psychology Today). Research studies have shown that “an active and socially integrated

lifestyle in late life might protect against dementia.”

Recent research studies also indicate that remaining mindful in certain activities, most likely in our case, during ritual, can lead to short and long-term improvement in sustained attention. Mindfulness can be defined as awareness that arises through paying attention, on purpose, in the present moment, and without judgment. I believe that mindfulness occurs when we become proficient at attending less and less on our own thoughts and concerns and focusing more and more on the present moment. Those in the chairs quickly learn that becoming distracted by our own thoughts can often lead to missing cues and late responses.

Brain research is demonstrating that mindfulness can lead to beneficial structural changes in our grey matter. According to Sara Davin, PsyD, MPH, data shows that meditation might serve to slow down or even prevent age-related thinning of the frontal cortex. This area of the brain contributes to the formation of memories. Dr. Lazar and her team also discovered that those who meditated in their 40’s and 50’s had the same amount of grey matter as those in their 20’s and 30’s.

I am including a questionnaire called the FFMQ, which you can use to assess your own levels of Observing, Describing, Acting with Awareness, Nonjudging of Inner Experience and Nonreactivity to Inner Experience.

See you on February 14, 2022, dinner at 6:30 PM and Meeting at 7:30 PM. Ben Franklin will be joining us.

Fraternally,  
*WM John Quintana*

# Calendar of Events



## Dates to Remember — February 2022

Day	Date	Time	Event	Location
Tuesday	1st	6:30 PM	<b>District Lodge of Instruction</b> Dinner 6:30pm - DLI Opens 7:15pm Officer Expected to Attend / Master Mason Encouraged Dress: Business	<b>Mt. Moriah Lodge</b> 121 Farnsworth Ave Bordentown, NJ 08505
Saturday	5th	7:00 PM	<b>OES Dog Racing - See attached Flyer</b>	<b>Medford Lodge</b> 25 Bank Street Medford, NJ 08055
Wednesday	9th	7:30 PM	<b>OES—Master Mason Night</b> Dress Masons: Business See Attached Flyer	<b>Medford Lodge</b> 25 Bank Street Medford, NJ 08055
Monday	14th	6:30 PM	<b>Regular Communication—</b> Special Speaker: Ben Franklin (Robert Devitis) Dinner/Fraternal Networking 6:30 pm / Open 7:30 pm Dress Officers: Formal / Masons: Business Dinner Catered by Femmina - Bro. Franco Coppola	<b>Medford Lodge</b> 25 Bank Street Medford, NJ 08055



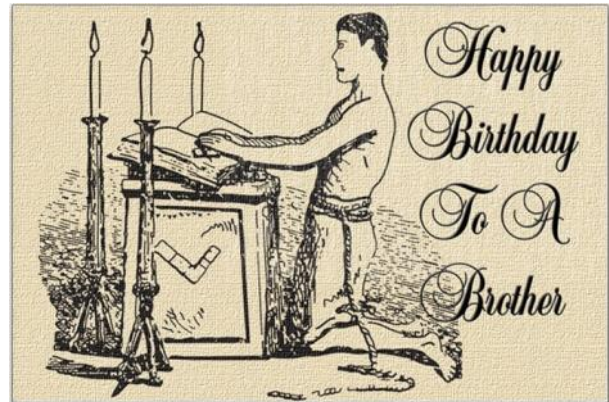
**BEN FRANKLIN IMPERSONATOR  
ROBERT DEVITIS**

# Medford Lodge No. 178



## Masonic Birthdays

Brother	Raised	Years	Brother	Raised	Years
E. Robert Barrall	2/18/1958	64	Albert E Freeman II	2/10/1975	44
William Dewey Campbell	2/25/2008	14	Herman Kruckner	2/15/1957	62
James Brian Campbell, Jr	2/25/2008	14	Edward A Penberthy	2/12/1968	51
Russell T Carvin Jr.	2/10/1975	47	William John Sawyer	2/10/2011	6
Richard N Chandler	2/24/1997	25	T. Frederick Small	2/3/1984	35
Anthony S. Cannistraci	2/22/16	6	Theodore B Wells III	2/28/1988	34
Peter M DeStefano	2/24/1997	25	Theodore B Wells Jr.	2/15/82	40
Joshua D. Diamond	2/22/2016	6	Richard L. Weldon	2/22/16	6
Conrad W Dombkiewicz	2/11/2002	20	Steven D. Zumwalde	2/25/2016	6
John A. Farrace	2/22/2016	6			



## Making Good Men Better

<b><u>PETITION FOR MEMBERSHIP:</u></b>	Mr. Vincent J. Pichini III of Richland, NJ Works at Archway Programs as Social Worker
<b><u>PETITION FOR DUAL MEMBERSHIP</u></b>	Wor. Bro. Ralph Baron, PM Beverly-Riverside Lodge # 107

# Notes From The Worshipful Master



## *Notes from the Worshipful Master:*



My Dear Brothers,

Congratulations to Brothers Bharat Mehta, Hunter Van Schiver, Michael Chadwick, and Paul Pierce for successfully completing the Master Mason Exam.

Thank you to George Washington (Sam Davis) for his excellent presentation and for pointing out that the most reliable officers in the Continental Army were Masons. Also, thank you to all the brethren in attendance at the Regular Communication in January and for their excellent questions to George Washington. Brother Paul Pierce asked a very thoughtful question and brought home a book about George Washington supplied by Br. Sam Davis.

On February 14, we will meet again for our Regular Communication and this time we will be joined by Ben Franklin, in the person of Robert DeVitis. The following are some of the comments I've heard about his portrayal of this Founding Father and Mason: "The looks, mannerisms and especially the wit of Ben Franklin come to life as if he were here today." Robert DeVitis researched Ben Franklin "in depth to give tribute to this great man. He is the Ben Franklin of today."

Thank you to Brother Rudy Hatala for organizing the current food drive to benefit the Wiley Food Pantry and for his work on Mason of the Month. Congratulations to Brother Joseph Duffy, the Mason of the Month for February 2022.

We wish WB Rick Young a speedy recovery from his present illness and he remains in our minds and prayers.

Finally, thank you to all the current officers, who never fail to amaze me with their dedication and commitment to Medford Lodge.

*John Q.*

**MEDFORD LODGE #178**  
**FREE & ACCEPTED MASONS**  
**MedfordLodge178.com**  
TO BE ONE, ASK ONE  
MEETS SECOND MONDAY (EXCEPT JULY & AUGUST) CONSTITUTED MARCH 11, 1903

# Officers & Committees



## 2022 Medford Lodge

### Worshipful Master

John A Quintana  
Email: [john@johnquintana.com](mailto:john@johnquintana.com)

### Senior Warden

Rigil Abellanos

### Junior Warden

Hugh Christine

### Treasurer

WB Daniel O'Brien

Email: [Treasurer.Medford178@gmail.com](mailto:Treasurer.Medford178@gmail.com)

### Secretary

RW HowardBlack III PGM

25 Bank Street, Medford, NJ 08055

Email: [secretarymedford178@gmail.com](mailto:secretarymedford178@gmail.com)

### Senior / Junior Deacon

Rudy Hatala  
Joseph "Kip" Duffy

### Senior / Junior Master of Ceremonies

Michael Chadwick  
Joshua Diamond

### Senior / Junior Steward

Anthony Canistraci  
Bharat Mehta

### Chaplain

Thomas Beamer

### Marshal

George Massey

### Tyler

J. Gary Hicks, PM

### Historian

WB J Edward Hunt, PM

### Proxy to Grand Lodge

Rudy Hatala

## Committees

### Lodge Trustees

Joseph F. Alter (1)  
RW Jeremiah Phillips (2)  
Harry Srolowitz (3)

### Temple Trustees

WB John Ellor, PM (1)  
WB Frederick C. Young Jr., PM (2)  
WM Larry Vernamonti (3)

### Sickness & Distress

RW Howard I Black, 2<sup>nd</sup>  
WM Larry Vernamonti  
Rudy Hatala

### Audit Committee

WB Daniel Nemcek  
DB Russ Carvin Jr  
William "Bill" Crozier

### Ritual Committee

WB David Carvin, PM  
WB Daniel E O'Brien  
RW Jeremiah Phillips

### Relief Committee

WM F L Vernamonti

### By-Laws

WB David Carvin, PM  
WB George Wigginton

### Hospitality Committee

Hugh Christine  
RW Jeremiah Phillips  
Franco Coppola Stewards

### Educator & 1st Responder Scholarship

Joseph "Kip" Duffy



# Grand Lodge & District Info

**Most Worshipful Robert V. Monacelli**  
**Grand Master of Masons of the State of New Jersey**  
The Grand Lodge of New Jersey  
327 Willow Grove St., Hackettstown, NJ 07840  
(609) 239-3937



[2021GMNJ@gmail.com](mailto:2021GMNJ@gmail.com)

**Masonic Outreach Hotline**  
800-792-8690 (NJ Only)  
All others call 609-387-1333

**District Deputy Grand Master**  
of the 19th Masonic District  
**RW Richard F Labaw Jr.**  
31 Tall Timber Lane  
Burlington, NJ 08016-9756  
609-902-7516 (c)  
[rflabawjr@comcast.net](mailto:rflabawjr@comcast.net)



**District Ritual Instructor**  
of the 19th Masonic District  
**RW Steven E. Martin**  
17 Devonshire Drive  
Westampton, NJ 08060  
609-440-5269 (c)  
[semartin5016@gmail.com](mailto:semartin5016@gmail.com)



## Lodges of the 19th District

### **Beverly Riverside #107**

Meets 3<sup>rd</sup> Thursday  
621 Chester Avenue, Riverside, NJ 08075

### **Burlington #32**

Meets 2<sup>nd</sup> Tuesday  
2308 Mt Holly Rd, Burlington, NJ 08016

### **Central #44**

Meets 3<sup>rd</sup> Wednesday  
23 Plum Street, Southampton, NJ 08088

### **Maple Shade Moorestown #281**

Meets 1<sup>st</sup> Thursday  
15 North Fellowship Road, Maple Shade, NJ 08052

### **Medford Lodge #178**

Meets 2<sup>nd</sup> Monday  
25 Bank Street, Medford, NJ 08055

### **Mount Holly #14**

Meets 3<sup>rd</sup> Monday  
15 Garden Street, Mount Holly, NJ 08060

### **Mount Moriah #28**

Meets 2<sup>nd</sup> & 4<sup>th</sup> Wednesday's  
121 Farnsworth Avenue, Bordentown, NJ 08505

# Past Masters



## In Honor of our Living Past Masters

Richard S. Dellmyer	1966 (+)	William J. Ward, Jr.	2005 (A)
Calvin Walters	1974	Jerry S. Albrecht	2005
Robert S. Middleton, <b>PGC</b>	1977, 79	A. John Ellor	2006 (D)
Richard A. Godin	1980	Conrad Dombkiewicz	2008
Ralph H. Berringer	1980 (D)	Joseph W. Keresztury Jr.	1976, 2009 (DMT)
J. Edward Hunt	1981	David M. Carvin	2010, 14
John F. Hall, <b>PGC, PDGI</b>	1982 (D)	Roy A. Winter, <b>DRI</b>	2010, 14 (D)
Wayne Hartman	1983 (D)	Joseph A. Knecht	2014 (D)
Alfred D. "Gov" Gilmour	1985	Mark K. Crosby	2011
Frederick L. Schmidt	1986	Edwin A. Michaloski	2012
Howard I. Black 3 <sup>rd</sup> , <b>PGMar</b>	1987	Daniel L. Nemcek	2013
David B. Stoneback	1989	Russell A. Bauer, <b>PGC</b>	2015
Richard B. Lechner	1990	Robert Shestack	2016 (D)
Owen D. Brennan, <b>PGSB</b>	1990 (+)	Jeremiah H. Phillips, <b>PJGD</b>	2016
Howard I. Black 2 <sup>nd</sup> , <b>PJGS</b>	1991	Jonathan Murray	2017
William B. Watson	1995	John Bradshaw, <b>PSGD</b>	2017, 2019 (D)
Dennis J. Coloski	1996	Daniel O'Brien	2018
Charles F. Markelwith	1996 (D)	Frederick C. Young Jr.	2019
Allan D. Kline	1997 (DMT)	F. Lawrence Vernamonti	2020, 2021
John T. Kubit	1998	John A. Quintana	2022
Richard D. Dolbec	1999 (EXP)		
Borys I. Umyn	2000		
George J. Wigginton Jr	2001		
Stephen C. Sweeney	2002		
Peter M. DeStefano	2004		

(+) = Affiliated

(DMT) = Demitted

(D) = Dual

(S) = Suspended

(EXP) = Expelled

## In Memoriam — 2022

Gerald A "Jerry" Mountford  
December 6th, 2021





# Past Masters



## In Memory of our Deceased Past Masters

Frank A. Braddock	1903	Norman R. DeLong	1954
Samuel A. Garwood	1904	Henry Emenecker Sr, <b>PGC</b>	1955, 64
William D. Cowperthwait	1904, 40	A. Robert Merrion	1956
J. Maurice Garwood	1905-06	Jerald Carey	1957, 63
Harry Brick	1907, 37-38	Harold E. Easlick <b>PGC</b>	1958, 62
Alfred E. Darnell	1909-10	Kenneth G. Rixon ( <b>D</b> )	1958, 80
Carlton J. Garwood	1911	Dean W. Cramer (+)	1958
Charles J. Hollingshead	1912	Gordon L. Beeler	1959
Wilbert F. Branin	1913	Herbert M. Hays	1960
C. Edgar Haines	1914	George D. Richer Jr	1961
Albert F. Kirby	1915	Fred A. Sharkey III	1965
Isaac E. Ballinger	1916	David C. Morton	1966
E. P. Warner	1917	Richard S. Dellmyer (+)	1966
S. Thackara Haines	1918	George W. Beisley	1967-68
Fred W. Branin	1919	William L. Springman	1969
Charles H. Griscom	1920	Arnold Earle (+)	1969
Henry S. Lippincott	1921	Benjamin J. Amadio	1970
Eckard J. Ballinger	1922	Thomas J. Fitzgerald (+)	1970
Clinton H. Cowperthwait, <b>PSGS</b>	1924, 47	Oscar Cahall	1971
Charles F. Clymer	1925	Carl P. Rehor	1972
George M. Hiles	1926	William H. Moffett (+)	1972
Francis Mickle	1927	John D. Cooper	1973
William C. Griscom	1928, 39	Richard B. Snavelly (+)	1974
Lawrence G. Mingin	1929	Ernest L. Seth	1975
Garfield Alloway	1930	Frederick D. Domako ( <b>D</b> )	1977
Harvey Hiles	1931	C. William Cornelssen	1978
Karl G.J. Bingemann	1932	Wilhelm Launhardt (+)	1980
Charles H. Leeds	1933	Paul D. Garlanger <b>PDDGM</b> (+)	1981
Ralph E. Curry	1934	Russell C.S. Williams	1982
Fred R. Boyd	1935	Orrin Dillabough	1982 ( <b>D</b> )
Robert N. Henderson	1936	Joseph W. Siatkowski	1983
Edwin M. Johnson	1941-44	V. James Minerva	1984
George W. Otto (+)	1941	Edwin E. Wood III, <b>PSGM</b>	1988
George Korradi (+)	1942	Frederick H. Tillwick	1992
Harry T. McNeill	1945-46	Ronald L. Hodge	1993
Edwin Holzschuher	1948	William E. Stockum	2003
Joseph E. Bealer Jr	1949	Robert E. Seufert	2003-04 ( <b>A</b> )
E. Lester Small	1950-51	Thomas Wright II, <b>PJGD</b>	2007
Harold S. Farrow	1952		
Charles N. Parker	1953		

# Demolay & Rainbow



## DeMolay New Jersey

## New Jersey Rainbow



"In a world too often seen through a screen, DeMolay and Rainbow reminds us there are other choices".

Members of DeMolay (12-21) and Rainbow (11-20) develop civic awareness through community service projects, personal responsibility by planning and executing their own activities, and gain self-confidence through leadership and public speaking.



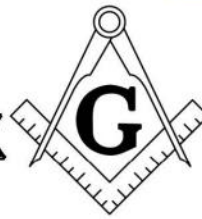
**For more information on these organizations** for your son, daughter, grandchild, niece, nephew or neighbor, please call or email me.

RW Rick LaBaw (609-902-7516) [rflabawjr@comcast.net](mailto:rflabawjr@comcast.net)

# Medford Lodge Food Drive



## MEDFORD LODGE'S FEBRUARY FOOD DRIVE



Thru February 2022



*Food  
Pantry  
Needs*

- Cereal
- Laundry & Dish Detergents
- Tissues
- Snacks
- Canned Soups
- Pasta Sauce
- Canned Ravioli / Spaghetti
- Paper towels
- Toilet paper
- Juice Boxes

### Collections benefiting Wiley Food Pantry

101 E. Main Street, Marlton NJ 08053

(856) 983-0506

Monetary donations accepted

*Please make check payable to: "Medford Lodge #178"*

*Please place in subject line " Food drive"*





## MEDFORD LODGE #178

Mason of the Month  
(February)



### Brother Joseph "Kip" Duffy IV

#### **Where were you born?**

I spent my childhood in Rising Sun, MD and moved to Lenola/Moorestown while I was in the 6th grade and graduated in 1994. I immediately left NJ for USMC boot camp at Parris Island, SC and didn't come back until 2015.

#### **What was your current / last occupation?**

I began as an apprentice electrician in high school. I was able complete my Journeyman Certificate while in the Marines. After which, I began my electrical career in Greensboro, NC. Following a visit with my sister in Las Vegas. I did a ride along with my brother-in-law who was a LVMPD police officer and I was hooked! I applied and was accepted into the academy in December 2000 where I also retired after 15 years of service.

#### **If you could meet any person (dead or alive), who would it be?**

Fred "Mister" Rogers. For many reasons, I would have loved the opportunity to speak with him.

#### **What is your favorite quote?**

*Something my father, Joseph F. Duffy III, once told me...* "If you can throw money or spend time at something, it's not a problem. Terminal cancer is a problem, something like your car not starting isn't. So don't get too upset about things that can be fixed."



## **Are there any random facts you can share about yourself with the brethren?**

During the 2008 election I was lead officer for then Senator Barack Obama when he was still relatively unknown. The entire protection detail at that time for him only consisted of two cops, two secret service officers and two armored limo drivers. I still smoked cigarettes back then and so did Mr. Obama but Mrs. Obama thought he had quit. Right before a rally, his aid asked if he could bum a smoke for the senator. I went over to him and we had a cig together.

Michelle Obama once made me stand a 48hr watch on the door to the roof of their hotel as a punishment detail because I was a bad influence on her husband! Me?! Hahaha!

In 2010 on Presidents' Day weekend former Presidents GW Bush, Bill Clinton, Senator Harry Reid and President Barack Obama were in town for separate town hall type meetings but all got together one evening for an unannounced small private family event. I was standing with them all on a loading dock waiting to go inside and Obama handed me a gift bag that had a carton of cigarettes and a \$90 gourmet cheeseburger and then they all sang happy birthday to me.

## **What keeps you engaged and active with the lodge?**

Having that feeling of brotherhood and knowing I can trust that my brother would stand with me when I needed him the most. I do my best to abide to the oaths we have taken and follow the Light that was given to me through the many lectures and charges.



## 43rd Annual Brotherhood Night

Hosted by The Grand Lodge of Delaware

Friday, March 18, 2022

**NUR Shrine Temple**

198 S. Dupont Highway

New Castle, DE 19720-4149

**Social Hour: 5:30 PM**

**Dinner: 6:30 PM**

**Tickets Available thru Grand Lodge of New Jersey**

**(Tickets are Limited)**

**\$45.00**

# Delaware Brotherhood Night



## Junior Grand Warden's Reception

### Clifton Lodge No. 203

Cordially invites you to attend the official visit of

## M.W. Robert V. Monacelli

Grand Master of Masons for the State of New Jersey  
and Masonic Charity Foundation Chairman

and reception in honor of

## R.W. Leonard Vander Horn

Junior Grand Warden of the Grand Lodge of New Jersey  
and Masonic Charity Foundation Trustee

Saturday, April 23<sup>rd</sup>, 2022

Fellowship Center 1114 Oxmead Road, Burlington, NJ 08016

Social Hour 5:00 pm Dinner 6:00 pm Reception 7:30 pm



Mail To: R.W. William Anderson 3 Middle Lane East, Port Murray, NJ 07865

Questions? Contact R.W. Bill Anderson @ (201) 522-6374 **Deadline:** April 8, 2022

Checks made payable to: "Clifton Lodge No. 203" *No tickets will be issued*

I would like \_\_\_\_\_ Reservations @ \$70 per person Total Enclosed: \$ \_\_\_\_\_

Please write the names of any additional guest/attendees that are part of this reservation on the back of this form

Name: \_\_\_\_\_ Guest: \_\_\_\_\_

District: \_\_\_\_\_ Lodge: \_\_\_\_\_ Title: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

# Delaware Brotherhood Night



FINALLY, THE DOGS WILL BE RACING AGAIN AT MEDFORD CHAPTER!



**SATURDAY, FEBRUARY 5, 2022 AT 7 PM**

**\$10 PP INCLUDES:**

**HOT DOGS WITH ALL THE FIXINGS**

**SOFT DRINKS (BYOB OKAY!)**

**DESSERTS**

**1 SHEET OF TICKETS FOR OUR BASKET AUCTION (ADDITIONAL TICKETS  
AVAILABLE FOR PURCHASE)**

**HOURS OF LAUGHTER, FUN AND FRIENDSHIP!**

**RSVP TO ANITA COLE**

**EMAIL: [un-cole-a@juno.com](mailto:un-cole-a@juno.com)**

**TEXT/CALL: 856-905-7277**



## **OUR MISSION STATEMENT**

***FREEMASONRY promotes a way of life that binds like-minded men with the principles of Brotherly Love, Relief and Truth in order to serve God, Family, Country, Neighbor and Self.***



***Find out more about us—***

***The Grand Lodge of New Jersey  
[www.newjerseygrandlodge.org](http://www.newjerseygrandlodge.org)***



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**Medford Lodge #178  
25 Bank Street  
Medford, NJ 08055**