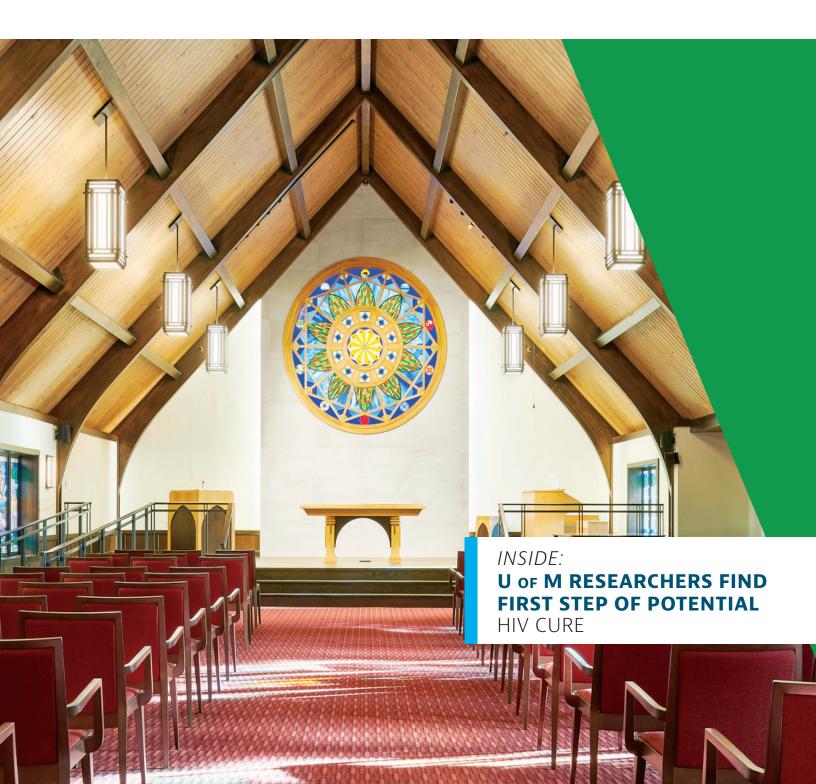
THE

PILL & RS

MINNESOTA MASONIC CHARITIES





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# A Message

# From Your Chairman

In the Middle Chamber lecture of the Fellow Craft degree, Masons are informed, "On the mind all our knowledge must depend; what, therefore, can be a more proper subject for the investigation of Masons? By anatomical dissection and observation, we become acquainted with the body, but by the mind alone, we discover its powers and principles." Modern medicine still has much to learn about how the anatomy determines those powers and principles. With the support of Minnesota Masonic Charities, the Masonic Institute for the Developing Brain at the University of Minnesota is working to determine how the anatomy of the human mind does precisely that. As an example, Dr. Damien Fair, co-

director of the MIDB, related the story of a man in his 50s who had been diagnosed with and suffered from severe depression since his early teenage years. Throughout his life, he has been treated by various modalities, including institutionalization, medications, and Electroconvulsive Therapy, with limited or no success. His



depression was so severe he attempted to take his life on more than one occasion. At the MIDB, Dr. Fair and the medical team, via modern medical technology and new groundbreaking methods, were able to identify the EXACT area of the brain responsible for his depression. With pinpoint accuracy, the malfunctioning area of his brain was treated. During the treatment, the man began to cry, and when asked why, he responded that it was the first time he could remember the feeling of actual joy. The gentleman has remained depression free and can now function in society. Although our Middle Chamber lesson is metaphorical, it is a perfect example of discovering the anatomy of the mind and its direct relation to its power and principles.

One can only imagine the potential of further studies and treatments made possible by the continued generous support of Minnesota Masons through Minnesota Masonic Charities to the MIDB, the Children's Hospital, the Cancer Center, scholarships, and the Masonic Home. We should be proud and honored to be generous supporters of MMC and the great work made possible by that support. I know I am.

With high regard,

### Paul Himmler

Chairman, Minnesota Masonic Charities

# A Message

# **From Your CEO**

Serving as CEO of Minnesota Masonic Charities is a privilege, and I'm grateful to have the opportunity to lead this extraordinary organization. The past couple of months have been an inspiring eye-opener for me.

For almost 20 years, I've been fortunate to meet countless people whom I consider MMC's "secret sauce." People who generously give their time and resources to make Masonic Charities the transformational community resource that it has become.

This issue of Pillars highlights various people and organizations that perfectly embody the generosity I refer to.

The Order of the Eastern Star has contributed nearly \$1,000,000 to various MMC

endeavors, including cancer projects, special programs at the Masonic Home, and our beautiful OES Chapel. In addition to their contributions as an organization, individual members of OES have contributed some of the most significant personal gifts we have ever received, and others have made incredibly generous planned gifts.

This issue highlights Barb Weisman's 40+ years of service. Barb is one-of-a-kind, and anyone who knows her understands precisely what I mean. She's the most incredible combination

of thoughtful, caring, feisty, and fun. She's not alone. I appreciate the opportunity I've had to get to know the key leaders of the Masonic Home. These leaders' loyalty and compassionate professionalism make our "Best Care Center in the State" recognition easy to understand.

I also want to acknowledge the successful leadership of Board Chairman Paul Himmler, Grand Master Dayton Berg, and MMC's Founding President and CEO Eric Neetenbeek as their roles evolve. Paul served the Board for nine years and was Chairman during the transition to a new CEO (great choice, by the way!). MWB Dayton Berg's enthusiasm for the Fire Suppression Program has propelled this new endeavor into a program that promises to connect Masons to the community in new and meaningful ways.

Lastly, the impact of Eric Neetenbeek is simply indescribable. Under his strategic leadership, Minnesota Masonic Charities has, for many people, become "Minnesota Masonry's charity of choice because of the difference we make." There have been many significant decisions over the past 20 years. They have all been excellent ones.

Serving as CEO of Minnesota Masonic Charities is an honor, allowing me to witness firsthand the remarkable generosity and dedication of individuals and organizations who make our work possible. As we move forward, I am grateful for the legacy they have built and excited for the future of Minnesota Masonic Charities.

Fraternally,

John Schwietz CEO, Minnesota Masonic Charities



# U OF M RESEARCHERS FIND FIRST STEP OF POTENTIAL HIV CURE



Researchers at the University of Minnesota have found a potential first step toward an HIV cure, although they admit it's still years away from being a viable option. Currently, those living with HIV can take medication to help suppress symptoms, but there is no cure.

Using white blood cells the body naturally produces called "Natural Killer" or "NK" cells, along with NK cells from a close relative and a drug to increase NK activity, researchers found a decreased amount of the HIV virus in a study of six people living with HIV.



"In the HIV setting, we're hoping that we can activate these NK cells to now target the reservoir, the residual infected cells in patients living with HIV."

JEFF MILLER, M.D.

"It's within reach," Dr. Joshua Rhein, Assistant Professor of Medicine in the Division of Infectious Diseases and International Medicine, said. "It's really within reach for the first time in a long time."

These NK cells are not a new medical development and have been studied for years in cancer patients.

Dr. Jeff Miller, deputy director of the Masonic Cancer Center from the University of Minnesota, has studied those cells for decades.

"In the HIV setting, we're hoping that we can activate these NK





"We are in a great time and place to achieve this."

JOSHUEA RHEIN, M.D.

cells to now target the reservoir, the residual infected cells in patients living with HIV," Dr. Miller said. "If there was an easy way to do this, with minimal risk, this could change some paradigms for future therapy."

It's a potential game-changer for HIV patients, but both doctors are cautious

to say that this will be the cure – emphasizing that this is just the first step.

"These all take, separate research questions," Dr. Rhein said. "We are in a great time and place to achieve this."

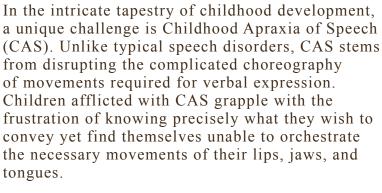
The Foundation provided funding for the grant for AIDS Research.

A more extensive study is planned, pending funding approval from the National Institute of Health.

- IAN RUSSEL, KARE11

# Unveiling the Enigma of Childhood Apraxia of Speech:

# A JOURNEY INTO SPEECH SCIENCE



Recognizing the gravity of this disorder, the Once Upon a Time Foundation has embarked on a pioneering research endeavor to explore the optimal dosage of therapy for CAS. This ambitious study promises to refine treatment protocols and empower speech-language pathologists (SLPs) with evidence-based interventions tailored to the intricate needs of children battling CAS. Among the vanguard of this quest is Sorina

Larson, a dedicated speech-language pathologist hailing from the MN Masonic Children's Clinic in Duluth, MN. Selected from a pool of national applicants, Sorina emerged as the sole representative from Minnesota, epitomizing the clinic's commitment to advancing the frontier of CAS research.

Nicole Lampi, the clinic's Director, expressed her elation at the clinic's participation in this pivotal research initiative. "The Once Upon a Time Foundation's dedication



to unraveling the mysteries of CAS through clinical research is truly commendable," Lampi remarked. Sorina's dedication and expertise epitomize the spirit of our clinic, poised to make significant strides in the realm of CAS treatment."

For Sorina, the decision to embark on this journey of discovery was fueled by a convergence of passion and opportunity. "When I first learned about this research study at an advanced Apraxia conference, I was immediately captivated," Sorina shared. "As someone with a background in psychology, the prospect of contributing to

"When I first learned about this research study at an advanced Apraxia conference, I was immediately captivated!."

groundbreaking research in my field was an irresistible call to action."

What sets this research apart is its unique approach of integrating community





clinicians as researchers, bridging the chasm between academia and real-world clinical practice. "This study represents a paradigm shift in CAS research," Sorina affirmed. "By harnessing the insights from clinicians immersed in the daily challenges of CAS therapy, we can ensure that our findings resonate authentically with the realities of clinical practice."

Moreover, Sorina's involvement in the study has afforded her invaluable training in a specialized treatment approach known as Dynamic Temporal & Tactile Cueing, enriching her arsenal of therapeutic techniques for addressing CAS.

As Sorina embarks on this transformative journey, her dedication serves as a beacon of hope for children and families navigating the challenges of CAS. With each step forward, she brings us closer to unraveling the enigma of childhood apraxia of speech, illuminating a path toward brighter futures for future generations.

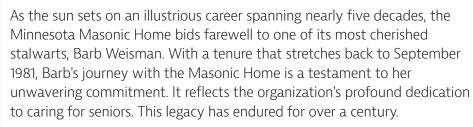


# MINNESOTA MASONIC HOME

# **CELEBRATING 43 YEARS OF DEDICATION:**

# A Tribute to Barb Weisman







Barb's journey began with her initially aspiring to pursue a career as a legal secretary; Barb's path took an unexpected turn when she encountered a friend working at the Masonic Home. Recognizing the opportunity before her, Barb embraced the chance and commenced her tenure as a secretary. However, it was in her subsequent role as an activity director that Barb found her vocation, dedicating herself to enhancing the lives of residents.

Barb witnessed the organization's evolution throughout her tenure, navigating through pivotal milestones that shaped its trajectory. From leadership changes to shifts in nursing care practices, from modernization efforts to the establishment of independent living townhomes, Barb played an integral role in steering the Masonic Home through these transformative phases.



Reflecting on her journey, Barb reminisces about the transformative shifts she's witnessed, none more profound than the burgeoning regulatory landscape. "I got into this role to spend time with residents," Barb reflects, "but the influx of regulations has somewhat reduced that time." Yet, amidst the regulatory complexities, Barb's dedication to fostering genuine connections with residents and families remained resolute—a hallmark of the Minnesota Masonic Home experience.



For Barb, the essence of the Masonic Home lies not only in its picturesque grounds or stellar home health aides but also in the cherished relationships cultivated over decades. "Our relationships with residents and families are natural," she affirms, "and it's what sets us apart." As she fondly recalls browsing through the organization's rich history preserved in the museum, Barb acknowledges the Masonic visionaries' foresight in prioritizing senior care long before it became a societal imperative. Dispelling misconceptions, Barb emphasizes that affiliation with Masonry is not a prerequisite for residency—a testament to the Masonic Home's inclusive ethos.

Looking ahead to retirement, Barb envisions a future adorned with moments spent with loved ones, indulging in home projects, and embarking on new







adventures, most likely in Florida. "As I reflect on almost 43 years," Barb muses, "the memories evoke laughter and tears alike. I've had multiple family members reside here, and even my Father-in-law lives here now, this place has been my second home, and the stories I could tell!" Indeed, Barb's legacy transcends mere years of service—it embodies the enduring spirit of compassion and camaraderie that defines the Minnesota Masonic Home.

As Barb bids adieu to a storied chapter in her life, her impact reverberates throughout the corridors of the Masonic Home—a beacon of warmth, empathy, and unwavering dedication. Here's to Barb Weisman—a true embodiment of the Masonic values and a cherished guardian of the Masonic Home legacy.

"I admire and respect how hard Barb has worked over her long career at Masonic Home. She touches and changes lives for the better, whether you live at Masonic, work at Masonic, or are lucky enough to be a lifelong friend of Masonic."

- Susette Simon, IT





# PROFILE IN PHILANTHROPY

The Guiding Light of Philanthropy: Order of the Eastern Star's Enduring Impact on Minnesota Masonic Charities

Since its inception, the Order of the Eastern Star (OES) has been a beacon of hope and charitable giving, illuminating the lives of countless individuals through its unwavering commitment to service. Founded on strong faith, belief, and benevolence principles, OES has channeled support towards

various projects to better communities and uplift those in need. Nowhere is this dedication more evident than in the profound impact they have had on Minnesota Masonic Charities over the years.

Since 1993, OES has channeled over \$959,000 in donations to support the noble endeavors of Minnesota Masonic Charities. These contributions have been instrumental in funding a diverse array of projects, each serving a unique purpose yet united in their mission to make a meaningful difference in the lives of others. Among the notable initiatives supported by OES donations are providing service dog support for veterans, contributions to University



of Minnesota Masonic Cancer Center, funding for the Rose Window Project for the OES Chapel, and numerous enhancements to the Masonic Home, just to name a few. These endeavors have enriched the recipients' lives and served as a testament to the Star's commitment to philanthropy and community service.

DR. PARSONS AND KATHIE BROWN

The process of selecting projects for support is thoughtful and deliberative, overseen by the OES's Worthy Grand Matron (WGM). Each year, the WGM assesses various causes and determines where to allocate the funds, ensuring they support initiatives aligning with the organization's values and priorities. While some projects may span multiple years, new

causes arise, reflecting the community's evolving needs. For instance, this year, Worthy Grand Matron Sharon Barlow has focused on supporting the Alzheimer's Association, highlighting the organization's adaptability in addressing emerging challenges.

The OES is an inclusive organization, open to both men and women, committed

to the Masonic tenets of faith, belief, and charitable giving. With 35 chapters in Minnesota alone, OES fosters friendships and camaraderie among its members, creating a supportive community bound by shared values and common purpose: shared values, common purpose, and steadfast commitment to positively impacting the world.

Looking to the future, OES will focus on revitalizing its membership and expanding its reach within the community. Recognizing the importance of engaging new members, the organization actively seeks ways to make meetings more compelling and attract passionate individuals. One shining example of success is the Martha Chapter, which has thrived thanks to innovative initiatives such as Jerry Oliver's Food Truck, a beloved fixture in the neighborhood. By fostering





connections and actively participating in community events, the Martha Chapter exemplifies the OES's vision for the future – one where philanthropy is not only a guiding principle but also a source of inspiration and unity.

Minnesota Masonic Charities is deeply grateful for the steadfast support of the Order of the Eastern Star and its members. Their generosity and dedication have transformed countless lives, from funding vital medical research to enhancing the quality of life for residents at the Masonic Home. As we look ahead, we are honored by the OES's commitment and grateful for the enduring partnership between our organizations. Together, we will continue to shine brightly, illuminating the path toward a brighter and more compassionate future for all.

Special thanks to the following individuals whose contributions and leadership have been instrumental to the Order of the Eastern Star: Past Worthy Grand Matron Kathy Foster, PGM; Pam Leech, PGM; Kathie Brown, PGM (2021); Mary Hanson, PGM (1991); Ginny Vandervest, PGM (1995); Worthy Grand Matron Sharon Barlow (2023); Joyce McCurdy, PGM (2004).





# **CHILDREN AND LONG COVID-19**

# M Health Fairview opens clinic to treat symptoms

By FOX 9 + University of Minnesota Staff Writer

In the wake of the COVID-19 pandemic, the Twin Cities hospital system observed a surge in patients experiencing symptoms akin to long-term COVID-19, such as brain fog, extreme fatigue, and headaches.

Among those affected is Anna Burt, who has been contending with postural orthostatic tachycardia syndrome (POTS) symptoms, including extreme fatigue and brain fog, since 2020. However, a dedicated clinic now assists children and teens like Anna to access comprehensive care in one location. This clinic is staffed with a multidisciplinary



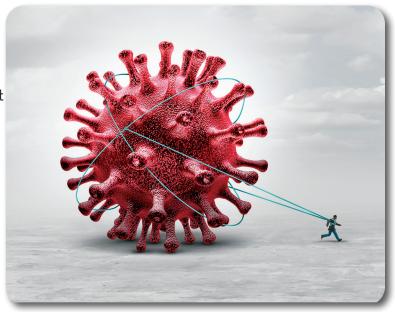
team of specialists, including cardiologists and physical therapists, offering patients a streamlined pathway to treatment.

Anna, whose symptoms were triggered by a COVID-19 infection, has made enough progress to launch her slime business. "My fatigue is better, my stomach pain is better, my brain fog is better," Anna expressed.

M Health Fairview Masonic Children's Hospital recently inaugurated Minnesota's first clinic to treat postural orthostatic tachycardia syndrome (POTS), a chronic condition exacerbated by COVID-19, affecting heart rate, respiration, and digestion. Given that many POTS patients also suffer from long COVID-19, the clinic serves as a one-stop destination for patients to consult with doctors and receive treatment.

Postural orthostatic tachycardia syndrome (POTS) occurs when the autonomic nervous system isn't working quite right. This system regulates breathing, heart rate, and other bodily processes one doesn't have to think about consciously. Symptoms of POTS often begin in adolescence and may last for years, with people assigned female at birth being most affected. The condition manifests in various ways, but the common thread is that symptoms typically worsen upon standing. Symptoms can include dizziness, brain fog, a fast heart rate, sweating, fainting, difficulty breathing,

headaches, stomach discomfort, interrupted sleep, and purple discoloration on the legs or hands. This combination of symptoms can significantly impact daily life challenging tasks such as attending school or working a job. POTS symptoms also tend to worsen in hot temperatures, with physical activity, and right before a menstrual period. While POTS itself may not require hospitalization, it can drastically affect the quality of life, underscoring the importance of treatment.



Dr. Matt Ambrose, a pediatric cardiologist with M Health Fairview, has worked with numerous patients grappling with this medical issue. "We've seen an explosion in the number of adults and children who have these longstanding chronic symptoms after COVID-19," Ambrose remarked, anticipating an increase in such cases.

Managing POTS starts with an accurate diagnosis, a tailored care plan, and ongoing support. The team at the POTS Clinic can analyze a person's set of sometimes vague symptoms to confirm a diagnosis and then customize a care plan to meet the individual's needs. However, patients often need to make significant lifestyle changes as well.

The first step in POTS treatment typically involves aggressive hydration, with recommendations to drink at least 80 to 100 ounces of water daily, if not more. Increasing salt intake can also help maintain blood pressure. Attention to triggers such as temperature, physical activity, and sleep quality can also ease symptoms. Gradually increasing aerobic exercise and compression garments can improve blood flow and alleviate symptoms. Physical therapy is beneficial, and medications are available to help manage symptoms.

"It's so satisfying to watch this process happen," Ambrose said. "It's quite amazing watching people go from a wheelchair to coming in having baked me banana bread because they had the energy and the resources, and their symptoms were under control enough that they could do something fun like that."

By raising awareness and expanding access to specialized care, clinics like the one at M Health Fairview are helping to improve outcomes and quality of life for patients with POTS and related conditions.



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For tickets - call (612) 440-7529 or visit: **sidekicktheatre.com/lipitones** 



The show runs through May 19th; check the box office for show times.

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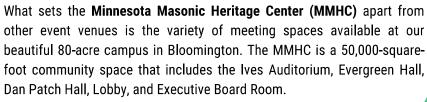
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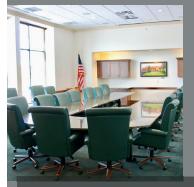


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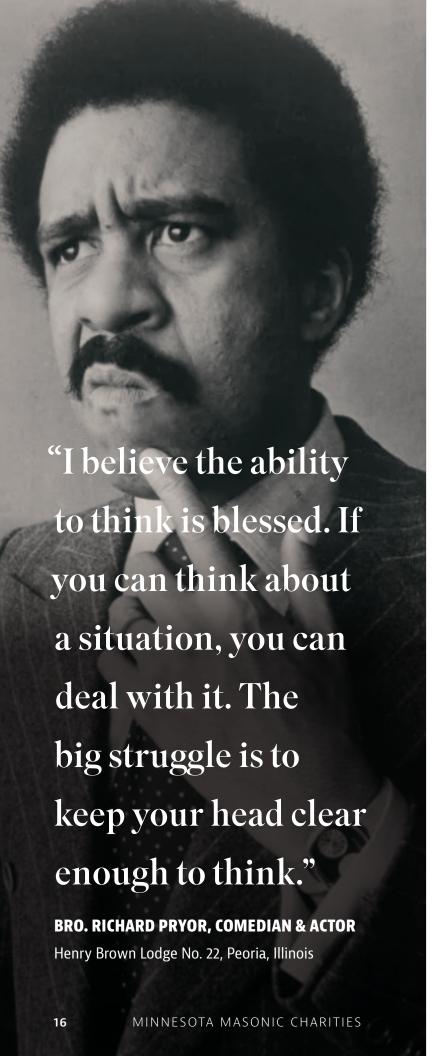


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All individuals who make planned gifts, bequests and unrestricted outright gifts of \$1,000 or more to the MMC Endowment fund are invited into the Pillars Society. For more information, contact John Schwietz, Chief Operating Officer, at 651.210.5240 or john.schwietz@mnmasonic.org.

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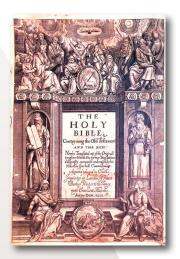
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# NOTES FROM THE STATES INTED ST

# **OF BIBLICAL PROPORTIONS:**

In the center of a Masonic Lodge is the altar of obligation upon which the Volume of Sacred Law, the Great Light in Masonry rests. In the Grand Lodge, Ancient Free and Accepted Masons of Minnesota, the VSL is the Holy Bible, specifically, the Authorized, also known as the "King James" version.



Why is that? First, it's Tradition to use the King James Bible (KJB) in Lodges. A second, and more modern-day reason, in my opinion, is more pragmatic: the text is not subject to copyright!

Due to the beauty of its prose, the KJB has been an unparalleled linguistic influence on the English language. You may be

surprised that many words and phrases we use today originated in this text. The "writing on the wall" comes from Daniel 5; "the powers that be," Romans 13; "scapegoat," Leviticus 16; "fly in the ointment" and "vanity of vanities," Ecclesiastes/Kohelet; "sign of the times," Matthew 16...these are just a few examples of how the KJB has entered our lexicon.

Recently, a copy of the KJB was rediscovered in the Nelson Library collection. While that fact may not strike you as earth-shattering, this find is

of great consequence. The KJB's original printing/publication was in 1611, and our copy is from 1612.

The aforementioned work, known as the "He" Bible, is an anomaly. There were an estimated 351 errors carried over from the first printing in 1611 into this one of 1612. The most notable inaccuracy in this variant, Ruth 3:15, reads: Also he said, Bring

thou hast put vpon thee, and hold it. And when she held it, he measured sixe measures of barley, and laid it on her: and hee went into the citie.

the vaile that thou hast put vpon thee, and hold it. And when she held it, he measured sixe measures of barley, and laid it on her: and hee went into the citie. The last phrase states "hee"; according to the Jewish Publication Society, the accepted translation is "she".

Unfortunately, we don't know much about the long-departed donor of this treasure. He inscribed his name on a flyleaf page, thus: Presented to Minnesota Consistory by Bro. Philip Wade, 32°. Beneath the inscription is a date stamp: July 28, 1926. There are two Phillip [sic] Wades in the Grand Lodge archives, both were members of Ancient Landmark Lodge No. 5, Saint Paul. They joined in 1915 and 1918, respectively. Both Philip Wades were born in England. They were probably father and son, and at least one belonged to the Ancient and Accepted Scottish Rite of Freemasonry, Saint Paul Valley (formerly Minnesota Consistory). Brother Wade's connection to England makes sense as to why we have this English book.

Because of its fragility, this volume will rarely, if ever, be on display. This is where a "new-to-us" tool we're testing helps us show this Bible to the public. The images of the 1612 Bible were

produced by a CZUR (pronounced see-zur) ET24 Pro overhead scanner on loan from Grand Lodge.

As you can see from the images, the clarity is remarkable. Surprisingly, each page takes only about 1.5 seconds to scan. The unit's software automatically corrects for curvature of the open book pages, so the end result is a





flat, legible likeness. Additionally, you may save the scanned images into a searchable PDF, thanks to the software's optical character recognition. The CZUR scanner is a game-changer, giving the public a way to view items that would otherwise never be seen.

Fiat Lux,

Mark A. Anderson, KYCH,OPC, 33° Library and Museum Coordinator, Col. James B. Ladd Museum and Charles W. Nelson Library Minnesota Masonic Heritage Center

For the extended version of this study, please visit the Heritage Center's online blog at: https://masonicheritagecenter.org/2024/04/of-biblical-proportions/



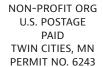
# ENHANCED LODGE HISTORICAL DIGITIZATION INITIATIVE BY CHUCK BRUST, JUNIOR GRAND WARDEN

Joining forces, the MMHC and the Grand Lodge of MN proudly unveil a groundbreaking initiative set to debut at the Grand Lodge Annual Communication. This innovative project equips Lodges and Masonic entities with cutting-edge technology including scanners, laptops, and more, empowering them to digitize their minutes and other historical documents for enduring preservation.

The Lodge Historical Digitization Initiative aims to rally every Lodge in MN towards the monumental milestone of scanning all their records by our upcoming 175th anniversary in 2028. This endeavor promises a multitude of advantages:

- 1. Resilience against calamities such as floods or fires, ensuring the perpetuity of records.
- 2. Preservation of Masters' photographs and other visual assets.
- 3. Enhanced search capabilities, enabling swift retrieval of information across a Brother's entire Masonic journey.
- 4. Facilitation of research endeavors, simplifying the composition of Lodge histories without jeopardizing the integrity of original documents.

Additionally, Mark Anderson's compelling article in this edition delves into the historical preservation and archival benefits of similar technology employed for scanning the 1600s King James Bible. This partnership between the MMHC and the Grand Lodge not only facilitates such monumental endeavors but also mutually enriches both institutions.





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