



A N O K A M A S O N I C L O D G E # 3 0 A . F . & A . M .

**Address: 1900 3<sup>rd</sup> Ave. Anoka, MN, 55303 Phone: (763) 421-3357**

**Greetings Brethren of Anoka Lodge #30!**

November is upon us! The weather is cooling off and we are coming up to Thanksgiving. I always look forward to the family gatherings and Thanksgiving dinner. It is a time for us to think about all we have in our life, and to be thankful and appreciate all the good things. It is a time to celebrate our families, friends, Brothers, and anything else that makes your life brighter and happier.

This month at the Anoka Lodge there are two big events. The Stated Meeting in November is the election of Officers for 2016. There is a great core group of Officers here at Anoka Lodge and I look forward to seeing them continue working in the quarries as they continue their contributions and work for the Craft. I know that they will do a great job next year to keep Anoka Lodge a vibrant and active part of both the Masonic community and our surrounding community of Anoka and the NW Metro.

The second big event for me in November will be the Master Mason degree on Wednesday, November 18<sup>th</sup>. This is the biggest event for me all year as I will have the honor and privilege of raising my oldest son to the Sublime Degree of a Master Mason, while I am Master of the Lodge. I am not sure how I will feel or act that day, but I am really looking forward to the degree that day. It will be a day I will long remember, and I hope my son will too.

Other events are happening at the Lodge, some like the Pancake Breakfast on Nov.15<sup>th</sup>, sponsored by the Lodge, and others sponsored by other groups that meet at the Lodge. Please be sure to come to these events to support our

Anoka Lodge family, also watch for Holiday treats and decorations being sold by the different groups. A great way to show our support is to buy the things being sold as fund raisers to help these groups continue the fun activities. Our good relations between all the groups that meet at our Lodge building is something that makes Anoka Lodge stronger.

My year as Worshipful Master is quickly coming to an end. It has been a fun and interesting year. Have a great Thanksgiving Brethren. I hope to see you at the elections and the Master Mason degree.

Fraternally,

**Lee E. Kielblock  
Worshipful Master**



**Greetings from the West!**

**Nothing to report in the West, All is Quiet on the Western Front!**

**Love and Respect**

**Paul Agustin  
Senior Warden**



**Chaplin's Corner:**

**Father Thomas is the Anoka Lodge Chaplin and Chairman of the Sunshine Committee. If you or someone you know in the Masonic Family are in need of support, please contact Father Thomas at (612) 702-4770**



**Bones Brothers Upcoming Events:**

**Though the Bones Brothers are sort of dark at the moment, don't forget you can always stop by their site and order some Swag to help support them!**



[https://www.asbaces.com/newaces/\(S\(lfuuqtrbfkz0zvpni0toni\)\)/storefront.aspx?CatalogID=4796&PageNumber=1&SubCatID=&SavedCart=N](https://www.asbaces.com/newaces/(S(lfuuqtrbfkz0zvpni0toni))/storefront.aspx?CatalogID=4796&PageNumber=1&SubCatID=&SavedCart=N)

**SPECIAL EVENT:**

**Some Brothers are going to the Thursday Night/Friday Morning showing of the New Star Wars Movie on December 17<sup>th</sup> at 12:45am. (Yes, after Midnight) There are still seats available at the printing of the S&C and 14 Brothers have tickets to go. WB Todd Mayer is opening his house for folks to come over and watch some of the first movies early that night. Please contact him for more info!**



**Greetings from the South!**

If you have read a few of these columns, you know that I have been writing about the subduing of passions, internal harmony, and clarity of thought, purpose, and communications. What I am writing about this month is when our internal harmony becomes discordant and destructive.

I view myself as a fair typical man. I go to work to provide for my family, I have taken on responsibilities to assist others, I have assumed the role of caretaker for ailing family members, and I have made heart-wrenching end of life decisions for my family when my parents were in hospice care. But, I am a man, and we are taught that we must shoulder these burdens with a stiff upper lip. Crying is a sign of weakness, and we MUST NOT be weak.

Is it any wonder then, why the topic of men's depression is so taboo, so secret, and so verboten that we can barely talk about it or even acknowledge that it exists?

In 2014, we lost over 40,000 people to suicide. By way of comparison, in 2014 there were only just over 12,000 homicides nationwide. Yes, you read that correctly, people are almost 4 times more likely to end their own life than be killed by another. Also, while women attempt suicide at a high rate than men, men complete the act much more often, so much so in fact, that men end their lives 1.9 times more often than women. Why then is depression most associated with women's health?

One factor may be that men and women manifest symptoms of depression differently. Women most associate depression with feelings of sadness and despair. However, we men are biologically disposed to Fight or Flight responses in the face of stress. Sadness and despair do not trigger the responses to which we are most accustomed, so we cleverly convert those feelings into anger or apathy.

**SPOUSES AND FAMILIES TAKE NOTE!**

When we get moody and snappy, especially at our own failings, or when we get distant and apathetic about our own well-being, we are exhibiting symptoms of depression! This doesn't mean that we are suicidal, just that we are down and need understanding and potentially help. Left unchecked;

however, we like, women, can spiral into suicidal thoughts and acts.

Very rarely do we men actively seek help. We are pig-headed and stubborn, and depression is weakness and we have to be strong for our families, and what will the neighbors think, and we can solve this on our own, and we have to be stronger, harder, and, and, and, and, And we are fools. We are merely human.

I am a typical man and I struggle with depression. There is no shame in this. I am not less of a man because I can admit it. I go through "black moods" when the self-recrimination and self-hate is intense. But, my wife Cassie, knows the signs and she helps me when I least want it, yet need it most.

We as a Masonic family, can make a difference in each other's lives, reach out to your friends, and actually mean it when you ask, "How are you doing?" Be aware that men demonstrate symptoms of depression differently than women. And just be there for each other!

The Grand Lodge of Minnesota has been working with a local organization, The Face It Foundation on men's depression. The Face It Foundation provides resources, counseling, and will host talks regarding men's depression free of charge.

They can be reached at [www.faceitfoundation.org](http://www.faceitfoundation.org). Also, if you reading this and are in a crisis, the suicide prevention hotline is 1-800-273-TALK (8255) or please call me at 612-801-4843. The work that we do in this Gentle Craft is important and we need all of our craftsmen to do it.

As usual, feel free to contact me directly at [Timothy\\_Carney@hotmail.com](mailto:Timothy_Carney@hotmail.com) or 612-801-4843

Thank You!

Tim Carney  
Junior Warden



## Some Anoka Lodge Events in Pictures!



**A Great gathering for WB Don's Special Night!**



**It was a wonderful gathering!**



**Current, Past and Future Past Masters!**



**And the social hour treats were great!**



**Brothers and Friends from all over came out!**



**WB Don Nolley receives the Hiram Award!**



**All in honor of the man of the evening!**



**Anoka Lodges Newest Fellow Crafts!**



The Traveling Man group got over to NE-Winslow Lewis Lodge #125 located in Osseo last month and we were surprised to be there on a night were they were receiving a number of Grand Lodge officers. The meal was great and the fellowship even better!

For November we will be heading out to Monticello Lodge #16. If you want to car pool, meet me at the lodge around 5pm and attending dinner at 6pm. The Stewards are requesting we give them a number of guests for dinner, so please respond to the Facebook invite or contact me directly.

Thomas Senenfelder  
Traveling Man Coordinator



Visiting NE Winslow Lewis #125!



Anoka Chapter DeMolay:



Anoka DeMolay Halloween Party!

**SAVE THE DATE!!!!!!:**

The Anoka DeMolay is spearheading an All Anoka Masonic Family Dinner for Saturday, January 9<sup>th</sup>, 2016. More Details will follow!



Anoka Coffee Clutch:

Please join us on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of every month for coffee, donuts and fellowship at the lodge. We will be meeting at 9am and stay till the last one leaves.

It is our hope to meet up and perhaps take care of some of those lodge duties that need to get done, including vacuming and dusting upstairs.

Since we no longer have offical cleaners, it's up to us, it's members to pitch in and keep our home clean. Please come join us for some morning fun.

Please contact WB Dave Emery at 763-755-2431



**Job's Daughters of Bethel #48:**

**Hello all, my name is Kaitlyn Braunschweig. I am currently the Grand Bethel Jr. Princess and I am also a Past Honored Queen from bethel 39 and 16. I'm currently Chaplain for bethel 48 and so far this term we have had a bunch of fun!**

**We had Down on the Farm Jobie camp in August where we joined other bethels around the state for a 4 day weekend of fun! Our most famous event this term so far as you know, was when we kidnapped the Master, Lee Kielblock.**

**We have a lot planned term including making goodies for the Halloween Parade, the Halloween Parade itself, selling butter braids (which if you'd like to buy some contact any of the girls in the bethel soon!) and much more! It means a lot to have the support we do from you guys! I do not know of any other Lodge that would let their girls kidnap their Worshipful Master, dress him up, put makeup on him, and make him dance in a store where people will give him funny looks.**

**Thank you for all of your support to the bethel and all of the Masonic bodies! We look forward to working with you guys more in the future!**

**Respectfully submitted,  
Kaitlyn Braunschweig  
GBJP, PHQ #39 & #16**



## Order of the Eastern Star, Martha Chapter #32



It's November, the trees are all standing like sticks, the smell of food is different and food is better than any other time of the year. This month we give thanks for the many blessings that our heavenly Savior has bestowed upon us.

### UPCOMING EVENTS:

- October 22<sup>nd</sup> – Martha Club at Walker
- October 29<sup>th</sup> – 9:00 - Make Rice Krispy bars to sell at the Halloween Parade
- October 29<sup>th</sup> – 5<sup>th</sup> Thursday Social at Perkins in Anoka
- October 31<sup>st</sup> - Halloween Parade

**Bakeless Bake Sale (ongoing) - fundraiser for future kitchen remodeling project**

During the month of November we will be collecting Gift Cards for Family Promise. Please bring your Gift Cards and give them to Julia, they will be delivered to Family Promise at the end of November. These Gift Cards can be for Cub, Target, Wal-Mart, etc. for items that Family Promise cannot provide. Family Promise is very appreciative of all we do for them as our community need is so great.

### Chapter Meetings:

- November 4<sup>th</sup> – OES will provide the Oyster and Corn Chowder Dinner for the Masons
- November 5<sup>th</sup> - We will honor our Veterans
- November 19<sup>th</sup> - We will honor Esther
- December 3<sup>rd</sup> – Honor Line Officers

### Save the dates:

November 8<sup>th</sup> – Harvest Dinner with all the trimmings (11:00 to 1:00) – (*Portion will go the Masonic Children's Hospital Project*). Open to all, invite your family and friends.

- December 5<sup>th</sup> – Anoka Tree Lighting ceremony (6pm, outside the Anoka City Hall on N. 1<sup>st</sup> Ave).
- December 11<sup>th</sup> – Craft & Bake Sale at the Court House

We wish you all a very blessed Thanksgiving with family and friends.

See you at our Chapter meetings.

We're "Still Goin' Strong"

Bonnie Miller	Jordy Stradtman
Worthy Matron	Worthy Patron
763-784-8943	763-300-0884



### Stewards Corner!



For the November 4<sup>th</sup> Stated Meeting/Awards and Election Night, we will be having our traditional Oyster Stew along with something else tasty I am sure. All lovingly prepared by the ladies of the Martha Chapter OES #132. As always we are grateful for their continued assistance and dedication to the lodge.

For the November 18<sup>th</sup> MM Degree it will be our own Anoka DeMolay cooking up the grub in the middle of the Degree. As always these young men can use your support, so even if you can't make the 1<sup>st</sup> section of the Degree, come on down for dinner and help them do all the things they do!

Jeremy Hill  
Senior Steward

## Scottish Rite:



Brothers, the first Thursday in November is the Councils Feast for our Youth Leaders, one of them being our own WB Al Golder. After that we move into the 27<sup>th</sup> Degree, Knight Commander of the Temple which is directed by our own WB Don Nolley.

The only other Degrees this month due to Thanksgiving are the 28<sup>th</sup> and 29<sup>th</sup> Degrees, being the Knight of the Sun and Knight of St. Andrew. (Men in Kilts)

As always, if you have any questions or want to know more about the One Day (Two Day) coming up on December 11<sup>th</sup> & 12<sup>th</sup> or filling out a petition for the spring class, please don't hesitate to contact me.

Food for thought Brothers, this is the last chance to get in for the 100<sup>th</sup> Anniversary Class and receive the Medallion in honor of this auspicious occasion, as well as the cost of joining the Rite that may be going up next year.



**WB Terrance M Schaffer**  
**Double Eagle, Anoka Lodge #30**  
**Minneapolis Valley of the Scottish Rite**



## Upcoming Lodge Events:

Wednesday, Nov 4<sup>th</sup> – Coffee Clutch 9am  
Wednesday, Nov 4<sup>th</sup> – Anoka Stated 6pm  
Wednesday, Nov 11<sup>th</sup> – Officers Meeting 6pm  
Sunday, Nov 15<sup>th</sup> – Pancake Breakfast 8am  
Friday, Nov 20<sup>th</sup> – Calling Committee 6:30pm  
Wednesday, Nov 18<sup>th</sup> – MM Degree 4pm  
Wednesday, Nov 25<sup>th</sup> – Coffee Clutch 9am  
Wednesday, Nov 25<sup>th</sup> – Trustees Meeting 6pm

For more info see lodge calendar or Facebook

## Ad's:

### Lehmann's Power Equipment

Lawn Mowers - Riding Mowers - Weed Trimmers  
Snow Blowers - Garden Tractors - Chain Saws

**TORO.** Count on it.



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# Central Bank

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**Anoka Lodge's Members Celebrate WB Don's Hiram Award!**