



# The *Almoners* Almanac

ISSUE 1 - APRIL 2015

## Prostate Cancer - a hidden danger

Prostate cancer is the most common cancer in men in the UK, with over 40,000 new cases diagnosed every year, so don't ignore it if you think you may have symptoms.

Prostate cancer usually develops slowly, so there may be no signs you have it for many years. Symptoms often only become apparent when your prostate is large enough to affect the urethra (*the tube that carries urine from the bladder to the penis*).

When this happens, you may notice things like an increased need to urinate, straining while urinating and a feeling that your bladder has not fully emptied. These symptoms shouldn't be ignored, but they do not mean you definitely have prostate cancer. It is more likely that they are caused by something else, such as benign prostatic hyperplasia (*also known as BPH or prostate enlargement*).

### Living with prostate cancer

As prostate cancer usually progresses very slowly, you can live for decades without symptoms or needing treatment. Nevertheless, it can have an effect on your life. As well as causing physical problems such as erectile dysfunction and urinary incontinence, a diagnosis of prostate cancer can understandably make you feel anxious or depressed. You may find it beneficial to talk about the condition with your family, friends, a family doctor and other men with prostate cancer. Financial support is also available if prostate cancer reduces your ability to work.

For a copy of the Know Your Prostate booklet go to <http://prostatecanceruk.org/prostate-information/our-publications/publications/know-your-prostate>

### What to look for

Changes to look out for include:

- needing to urinate more often than usual, including at night – for example if you often need to go again after two hours
- difficulty starting to urinate
- straining or taking a long time to finish urinating
- a weak flow when you urinate
- a feeling that you're not emptying your bladder fully
- needing to rush to urinate – sometimes leaking before you get there
- dribbling urine after you finish.

If you think you might have a problem with your prostate, talk to your GP.

You can also speak to Prostate Cancer Specialist Nurses, in confidence, on 0800 074 8383.

# Welcome from the Met. Grand Almoner



Welcome to our first edition of The Almoners' Almanac. I hope you find the information of use. Our aim is to issue The Almoners' Almanac on a quarterly basis and use it as a vehicle to provide guidance on important topics that may affect our members. This will be in addition to what is provided on porchway. I would like to take the opportunity to thank you for taking the important office of Almoner. Remember there is a wealth of knowledge in the team, so don't be shy to ask for help if needed, we are all here to help each other.

WBro Peter Huddleston  
MetGAlm PAGDC

**Are you aware of MAF?**  
MAF is the Metropolitan Almoners Fund. It can be used to support a brother in times of an emergency. Initially, the member's Lodge or Chapter will be at the forefront of any help provided. MAF will support an application and where appropriate provide supplementary assistance.

Have you joined the Almoners Lodge  
- Florence Nightingale No. 706?

If the answer is no and you are interested interested please contact  
Don Foster at:  
donfoster@btinternet.com

# The Almoners' Workshops Programme (The Almoner workshop and the ALO Workshop)

Our workshop programme has been updated and now consists of two workshops.

The first workshop is the main workshop for Lodge and Chapter Almoners and is referred to as The Almoner workshop. On successful completion of the workshop and having completed a short assessment you will be presented with your Certificate of Achievement by the Metropolitan Grand Almoner.

The Almoner Workshop is an excellent platform for Almoners looking to become more proactive and effective in their approach to the office and will focus on the role of the Almoner including basic record keeping. It also focuses on the Almoners reporting in open lodge. The workshop will also include details and guidance when dealing with our charities and applying for grants.

The second workshop in our workshop programme is the ALO workshop which is designed specifically for those Almoners who would like to take on the role of Almoner Liaison Officer. This workshop will focus on the administrative side of the role including how to promote successful grant applications with our charities.

Almoner Workshops are not just for new Almoners - attendance is open to non-Almoners as awareness to the role is key to providing the correct level of support to all freemasons and their dependants.

Dates for the above courses are:

**Almoner Workshop -**  
Tuesday 14th July + 10th November  
**ALO Workshops -**  
Monday 15th June + Wednesday  
30th September

# New Kid On The Block

Newly appointed Assistant to the Metropolitan Grand Almoner, Bob Tuthill was born in Redhill, Surrey in 1947 and by 1957 had already shown an interest in art and photography by winning several national art and photographic competitions. He studied photography at Ravensbourne College of Art and Design in Bromley, Kent where he graduated with a BA (Hons). Bob is a Freeman of the City of London and is currently the



Senior partner in Allsorts Design. He has been a Freemason since 1982 and in the Craft has the rank of SLGR in London and Past Provincial Senior Grand Deacon in West Kent. He is active in the Royal Arch, Mark, Red Cross of Constantine, Royal and Select, Order of the Secret Monitor, Allied, Knights Templar and Athelstan and holds either Grand or Provincial rank in every order.

The main photographer for the Met Mess and the Provincial Photographer for Surrey, Kent and Sussex and also produces web sites for various degrees in these Provinces.

He lives in Surrey and is married with three children and eight Grandchildren. Many famous people such as Baroness Thatcher and Nelson Mandella have been on the receiving end of his camera and Bob himself has appeared on Television talking about and demonstrating photography. Bob is a qualified sub-aqua diving instructor, yachtsman and pilot and is currently an instructor for the Royal Yachting Association.



# A HISTORY OF FLORENCE NIGHTINGALE LODGE NO. 706

On May 21st 1857 W.Bro Laird of Union Waterloo Lodge No 13 announced his consent to form a new Lodge in Woolwich. A meeting of the Brethren was called for on the 4th June to consider the formation of the new Lodge to be called "Florence Nightingale" named for the dual purpose of commemorating the Crimean War, and handing down to posterity (Masonically) the name of that distinguished Lady, who devoted her time and talents to alleviate the sufferings of our brave soldiers in the Crimea

A partition was drawn up and sent to The Most Worshipful the Grand Master and in due time a letter was received from the Grand Secretary confirming approval. The Lodge number was to be 1008.

The inauguration took place on the 4th August 1857 in the Town Hall, Woolwich and was attended by many distinguished guests. The Brethren consisted of officers and men from the Royal Artillery and indeed the first Worshipful Master was Brother George Harrison L. Forbes Captain of the R.A and the first Senior Warden was Brother Edwin Wodehouse. Lieut-Colonel of the R.A

Owing to service demands there were many postings of Officers from the Woolwich Garrison and many resignations. In 1863 the Lodge passed a motion to admit Brethren attending short courses at the Garrison as joining members. It was at this time the Lodge number changed to 706. I cannot find any explanation for this in our records.

In 1891 "Florence Nightingale" and "United Military No 1536" were both considering a need for a new Lodge to meet the

requirements of brethren working in the Ordnance store department or serving the Ordnance Store Corps. Following various meetings it was agreed to proceed and after the approval of the Most Worshipful the Grand Master the Ordnance Lodge No 2399 was consecrated on the 22nd April 1891.



Florence Nightingale Lodge continued on an uneventful period of years moving to various locations in the Woolwich area before moving to our present location in 1902. The 1914-1918 war brought many difficulties including a move to the Holborn restaurant in 1922 the year we became a Hall Stone Jewel lodge, before returning to Freemason's Hall in 1934. The Lodge continued without a break during the second World War and enjoyed a glorious 100th celebration in 1957. At this time our membership was around 100 but in common with other London Lodges we have experienced a steady decline in our numbers.

A memorable meeting was held on the 21th

November 2005 when a new Banner was dedicated, the Chairman of the Zetland Group, V.W.Bro Peter Tydeman PGSuptWks and many other distinguished Brethren were in attendance.

## Florence Nightingale - The Person

- 1820: Born 12th May in Florence, Italy as the daughter of wealthy parents
- 1844: Against her parent's wishes she decides to become a nurse
- 1851: After bitter family arguments, she finally gets her way, and becomes a nurse at a small London hospital
- 1854: She asked to go to the Crimean War to take charge of nursing soldiers. After just one month in the Crimea, the nurses have more than 5000 wounded men to look after.
- 1856: Florence works 20 hours a day to improve the conditions and the care given to ordinary soldiers. She visits all wards herself and is affectionately known as "the lady of the Lamp"
- 1857: Florence Nightingale Lodge was consecrated as Lodge 1008
- 1860: Recognised as a national heroine and given £45,000 by the people. She spends the money on a training school for nurses at St Thomas's Hospital
- 1901: Goes blind but keeps working, she trains nurses, midwives and district nurses, and continues to work to improve the welfare of soldiers.
- 1907: Becomes the first woman ever to be awarded the Order of Merit.
- 1910: Dies August 13, Park Lane, London at the incredible age of 90
- 1910: Buried: August 20, St. Margaret of Antioch Churchyard, Wellow

## Pre-loved Regalia

Wow, what a busy and successful first six months we have had at Pre Loved Regalia! We must thank everyone who has purchased regalia from us, as well as all those who have donated regalia and other items to us, because without both we would have been unable to achieve what we set out to do. We have tried very hard to offer a good and reasonable priced service to all London Freemasons. Pre Loved Regalia is a real work in progress, although the Ebay Shop

([www.stores.ebay.co.uk/prelovedregalia](http://www.stores.ebay.co.uk/prelovedregalia)) has worked well in getting us up and running, the facilities it offers are quite costly, so we have decided to start our own website [www.prelovedregalia.com](http://www.prelovedregalia.com) which will be up and running soon.

For a while both sites will run in tandem but once we know that the new website is running well and that we have no hiccups, the Ebay site will then be closed. When the new site is

live, it will be linked via Porchway, in the same way as the current site is accessed.

It is very important to note the following:- All Proceeds from the sale of regalia go to the Metropolitan Masonic Charity. We have so far raised £1500.00 for MMC. Information regarding donation is available from Darrel Palmer on 07801 348798 or Colin Ring on 07771 538382



# Dental Care

## restoring dental function

The Masonic Samaritan Fund provides health and care grants for applicants to receive treatment and care without undue delay or expense.

Freemasons (initiated into a Lodge under the English constitution), their wives, partners, widows and dependents can apply for a grant if they have a diagnosed health or care need and, faced with over 12 weeks wait for treatment or support, are unable to easily afford their own private care.

To restore dental function and promote good dental health, dental grants are available for:

- Functional treatment clinically necessary for good dental health
- Treatment which costs in excess of NHS charging rates

Grants are not available for cosmetic treatment or where the applicant simply

prefers to receive private treatment.

In order to confirm what treatment is needed applicants are required to have a consultation with the dental specialist who would conduct the dental work.

If faced with a wait of 8 weeks or longer for an assessment, the MSF may be able to provide a Consultation and Assessment grant.

Grants previously offered have included:

- NHS Band 3 Dental Treatment
- Root canal treatment
- Crowns
- Orthodontic
- Bridgework

### MSF Eligibility Calculator

The calculator will assess your eligibility to apply for a Masonic Samaritan Fund grant to fund private treatment, care or support. The questions should be completed by, or on behalf of the person seeking assistance.

The MSF Eligibility Calculator asks ten questions in order to ascertain the applicant's

- Masonic connection
- Assistance required
- Financial circumstances

Based on the information you provide, the calculator will outline what steps you are required to make prior to making an application. If you then choose to continue, it will tell you if you are eligible to apply for assistance.

We encourage all applicants to submit the information they provide once completed regardless of the outcome as we are always happy to discuss our eligibility criteria in more detail.

To assess your eligibility to apply for a dental grant, please contact the Fund or complete the online eligibility calculator which can be found at: [www.msfund.org.uk/eligibility-calculator.php](http://www.msfund.org.uk/eligibility-calculator.php)

*the Metropolitan Grand Almoner and his team:*

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