

The Masonic Pioneer



The Summer Special

Brethren – We are quickly approaching the Summer Solstice – June 20th at 10:41 PM. The summer solstice marks the official start of astronomical summer and the longest day of the year. It occurs when one of Earth's poles is tilted toward the sun at its most extreme angle, and due to Earth's tilt, this happens twice a year.



One of the most well-known sites in the world for the Solstice is Stonehenge, located in England. Stonehenge was built to align with the sun on the solstices. On the summer solstice, the sun rises behind the Heel Stone in the north-east part of the horizon and its first rays shine into the heart of Stonehenge. On the winter solstice, the sun sets to the south-west of the stone circle.

An internet search combining Freemasonry and Stonehenge will provide many results that detail many “connections”, but the best information is that it leads you on a quest that may provide information that helps you learn something new. Give it a try.

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The Masonic Gardener – Keeping Healthy

Have you been shoveling mulch, planting flowers, pulling weeds, or lugging around a watering can lately? Getting your yard ready for summer might feel like a chore, but all that effort is actually a solid workout and could even be the secret to a longer, healthier life. Let's explore the health benefits of digging in the dirt, soaking up sunshine, and growing something good.



Gardening offers a meaningful way to stay active—so much so that the American Heart Association recognizes it as a form of moderate exercise. Movements like squatting, digging, and weeding help keep muscles and joints engaged while improving strength, flexibility, and coordination. It's also a great way to relieve stress, boost your mood, and support better sleep. For much more information on healthy gardening and many other wellness subjects, go to healthymonday.com.

What Exactly is the Autopen?

With all the talk in the news about the use of the Presidential autopen, I thought I would look into the details. The constitutional right of the president to sign a bill with the autopen has neither been challenged nor tested in court. The constitutionality of a proxy signature has most certainly been challenged, with some legal experts asserting that the problem is not the use of a proxy, but that the principal (in this case, the president) and the proxy (the autopen) are not together at the time of signing.



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Explore the Heart of Southeastern Massachusetts

A treasure trove of experiences nestled in Bristol County. From the charming cities of Fall River, New Bedford, Mansfield, and Attleboro, to Taunton, our region promises an array of unforgettable experiences. Discover our rich history, natural beauty, and vibrant local dining scene, all within easy reach of Boston, Cape Cod, and the Islands. For more information go to visitsemass.com – where you can view the entire calendar.

Here are some other links for local events:

<https://www.vivafallriver.com/events/>

<https://explorenewbedford.org/events/>

<https://allevents.in/attleboro/all>

<https://districtartcenter.com/events>



Dune Brothers – Seafood – Worth the Ride

Today I went to the old Crescent Park Carousel area in Riverside, RI and tried the Riverside Shack (which used to be the Blount's Shack) – anyway, even though the prices are a little on the high side – the tastes are incredible. My wife had the Dune Dog which she said was great and I had a couple of clam cakes – big, loaded with clams and “secret” herbs. It was the best “fancy” clam cake ever.

If you're in the area check it out. Plus Bullocks Point Park is right there! dunebrothers.com

A chalkboard-style menu item. It reads "• Dune Dog 9 -" in a large, white, handwritten font. Below it, in a smaller, white, handwritten font, are the ingredients: "crispy shallots, chow chow, curry ketchup, garlic aioli".

• Dune Dog 9 -
crispy shallots, chow chow, curry ketchup, garlic aioli

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Hurricane Season Will be Here Soon - Prepare!

It's time once again to remind everyone not to take everything we have around us for granted. In our area, one of the main threats are major storms, such as hurricanes and blizzards. I looked outside today, and I think it might be hurricane season coming up. Don't wait until the forecast has it coming up the coast – prepare today and relax tomorrow. A quick kit you can put together is pictured below. The items won't set you back as far as cost and can all be stored easily. Just make sure you have enough for your whole family.

If you really want to prepare – go to pioneerlodge.org and you can download the free survival book I put together that covers every scenario (hopefully). It's 773 pages of reading pleasure. If you're smart – you will print out 50 pages a day until you put the whole thing in a big binder. Remember – when the power goes out (or cell phones are all down) you can't go to YouTube.

Preparations



☐ **Assemble your basic needs**

- Everyone should have the following items at all times
 - Water
 - Food
 - First Aid kit
 - LED flash lights (with extra batteries)
 - Emergency crank radio



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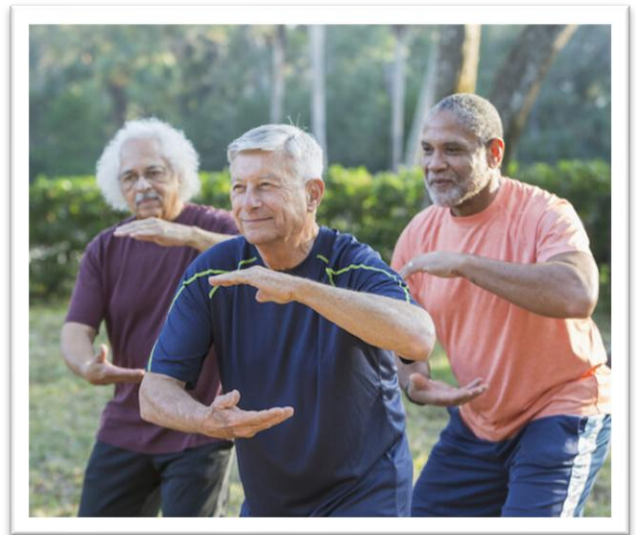
Tai Chi (for senior and out-of-shape) Masons

Let's admit it – some of us can use a little help about treating our bodies as a temple instead of a tent (as Jimmy Buffet would say).

Tai chi is a traditional Chinese practice that combines slow, flowing movements, meditation, and controlled breathing to balance the body's energy, known as qi. It's often referred to as "moving meditation" due to its focus on mind-body coordination.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears."

As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.



Check out –

<https://www.healthline.com/health/senior-health/ta-chi>

<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>

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A New Day – Every Day
– Make it Count

Join the Freemasonry Goes Viral Facebook Page!

Now is a great time to join the Freemasonry Goes Viral Facebook page. It was started in 2020 (you know that year....) and has grown since. You can find lots of information to make yourself a better man and check out music from around the world on Music Mondays. Go to Facebook and search the Freemasonry Goes Viral name to join – and it's free!

As a Freemason – Get Involved!

One of the best things you can do for yourself as a Freemason is to get involved. I'm not talking about joining in with everyone else on a project or event (which is also a great idea) – but to start an idea, a movement, a project, or anything you can think of. Even something as simple as meeting every Tuesday night (or any day) at a park at a designated time and place, to sit have a picnic supper and just chat and enjoy the fresh air, is a great way to begin relationships. You can invite another friend, couple or family to meet you there! You would be amazed on how it grows. You might ever find that a group of retired seniors and their significant others, would love a pot-luck group for Friday afternoons in the park. Start something!



Colt State Park, Bristol, RI