

Companions,

I trust that the new year finds each and every one of you with Health and Happiness for the new year. This is the time of the year that we can reflect with pride and honor about our past and look forward with hope and ambition for a great year.

Our chapter will have the homecoming for our DDGHP at our January Stated Convocation. **Rt Ex Ralph Woodrow** will share the highlights for the new Capitular Year.

The next three months will be busy for our chapter. Activity highlights include the "Festival of Rites" and the Grand High Priest visit.

I look forward to seeing each and everyone supporting our chapter activities. Please remember with the winter season upon us, that your safety is paramount. If you need a ride or can not make an event, please do not hesitate to contact me. It is important for everyone to stay safe during the inclement weather.

Wishing everyone a prosperous 2009.

S&F  
Mark A. Harford, HP

**"New Vision For 09"**

**"Be A Part Of it"**

### **Trestle board**

Remember, we serve refreshments at 6:30 before every Arlington 35 meeting.

14 January. Stated. DDGHP visit 7:30  
4 February. District School at Annandale  
7 P.M.

11 February. Stated.  
11-14 February Masonic Week in Alexandria.  
Hilton Mark Center 5000  
Seminary Road

### **Laugh of the month:**

If you remember the Original Hollywood Squares and its comics this may bring a tear to your eyes. This great question and answer is from the days when "Hollywood Squares" game show responses were spontaneous and clever, not scripted, Peter Marshall was the host asking the questions

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

### **From the editor:**

Companions as I have stated previously, my access to less expensive copy services has come to an end. While I used to make copies for 5 cents, the cost now is 14 cents. Currently 13 members receive copies via e-mail. We also post the newsletter to [www.varorkrite.org](http://www.varorkrite.org) **If you would like to join the electronic distribution, either via e-mail or thru the web, please contact me.**

John Bullach. Editor at  
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### Fifty Year Members

John P. Funkhouser	1949
David H. Graham	1950
Elgin B. Kirby	1950
Henry J. Bausili	1952
Oscar L. Buchanan	1945
Robert A. Kelly	1949
Elwood S. Nichols	1949
William T. Guise	1950
James W. Brown, Jr.	1951
Robert L. Connor	1951
John E. Wise	1952
John G. Dudley Jr.	1953
Walter W. Cosby Jr.	1955
Wilbert Kahoun	1954
Cleveland F. Oliver	1955
James W. Smith	1956
Wallace D. Thompson	1956
James H. Banton Jr.	1958
Robert F. Brown	1958
Roland R. Russell	1958

### **Educational point:**

#### **Recognizing a stroke**

Ask a suspected stroke victim to:

#### **Smile**

**Talk.** Speak a simple sentence

**Raise** both hands

**Stick out tongue.** It should be straight not crooked or going to one side or the other.

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Companions, if you would like to contribute a laugh, educational point or "Did You Know" to the newsletter, please send them to John Bullach, the Editor. Share your views.

## **Capitular Birthdays**

### **JANUARY**

<b>Walter W. Cosby Jr.</b>	1955
<b>Robert F. Brown</b>	1958
<b>Howard E. Pirkey</b>	1961
<b>George D. Gilbreath</b>	1977
<b>John D. DeMartini</b>	1980
<b>M. Mickey Ander</b>	1986
<b>Larry K. Bellos</b>	1986
<b>Sheldon H. Avenius</b>	2002
<b>Christopher M. Humphreys</b>	2005

### **Did You Know**

**Chipmunk** (also chipmuck) is an American English word, first written chitmunk, that was borrowed from the Algonquian word atchitamun, meaning 'one who descends trees headlong'. It is a species of ground squirrel also called chipping squirrel, hackee, and striped squirrel. The first record of the word in writing is around 1841, though chitmunk was written about in 1832.

