



Ancient, Free and Accepted Masons

## The Grand Lodge of Saskatchewan

*To be the Fraternal Organization of choice for men in the Province of Saskatchewan*



**June:** is named after Juno the queen of the Roman gods. In Roman mythology Juno was the protectress of women and marriage. In modern times June is often referred to as the bridal month.

**Brethren:** The month of May has been quite a mixed bag of weather. It is not unlike the COVID situation with a lot of lows and highs. Let 's hope June will bring warm showers to give some relief to the crops, grass and trees. We are in a drought for most of Saskatchewan, and Prince Albert is dealing with a major fire as I write this Musings. Snow flurries are forecasted for this weekend, but we will take it. Any moisture is good moisture.

The positive for June is that the COVID rates are going down and the vaccination rates are going up. In-person lodge meetings this month will allow lodges to install officers if they so desire. I realize that there are candidates waiting patiently to be Passed or Raised, but we must remain cautious. I will be tasking the Committee on Lodge Development and Renewal to help lodges who request assistance when we get back to full scale operations. The long break of no in-person meetings, and not attending lodge might hurt attendance. I encourage Worshipful Masters of lodges to reach out and ask for help whether it is for assistance with educational programing or degree work. Quality lodge programing will make lodge brethren excited to attend and will develop a healthier lodge.

I want to recognize and thank RW Bro. Frank Atchison for his ingenuity, energy and dedication in helping the youth of this province. He is walking 260 km to Regina and has raised just about \$30,000 for the hospitals so far. Those wanting to donate may go to the Jim Pattison Children's Hospital website or the Wa Wa Shrine website.

### Laughter is the best medicine

Scientific researchers have demonstrated that laughing and maintaining a sense of humour ward off stress, fight illnesses and promote overall mind and body health.

**Lowers blood pressure and improves cardiovascular health:** Laughing increases the heart rate and improves blood circulation. Research also shows that the physical effects of laughter last for up to two hours after you stop laughing.

**Boosts the body's immune system:** Laughter can increase the body's level of T-cells, which attack virus-infected cells.

**Relaxes muscles:** Laughing works at least five different muscle groups throughout the body and improves muscle tone.

**Helps control pain and makes you feel good:** Your body releases a shower of adrenaline and endorphins when you laugh. Except when you bruise your ribs trying to be young again.

**Decreases hormones that cause stress:** These include dopamine and epinephrine.

**Prevents heart attacks:** Laughter's ability to reduce stress, tension and anger can actually safeguard the heart.

**Stimulates the brain:** Researchers have discovered that laughter changes brain-wave activity.

**Burns calories:** When you laugh regularly and for long stretches, your metabolism and body temperature increase.

**Aids in digestion:** Research indicates that laughing can stimulate enzymes that act as natural laxatives.

**Relieves depression:** Laughter helps you get your mind off your troubles and helps control physiological factors



*Stay safe, and Happy!*

*WOW Bro. Dan Olmsted, Grand Master, 2020-2021*