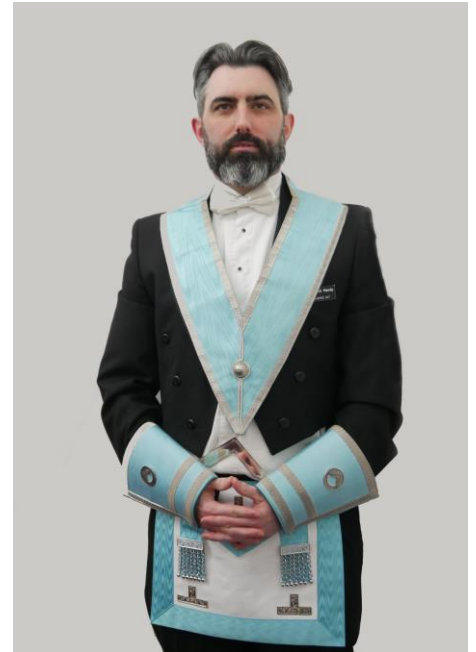


Homewood Herald

Report from the Master

Greetings Brethren,

As a Sign off for my last herald of my Mastership, I would like to start by thanking each of the Homewood Brethren, for their assistance over my term, and also like to mention the support of the Past Masters this year has been invaluable, stepping in to roles when needed due to sickness and alike so we could continue to do our ceremonies as smoothly as possible. We have had it tough this winter with sickness in our families and in the community and I really appreciate the members willingness to go the extra mile when needed. After our wonderful Scottish themed winter solstice dinner my daughter Cora has started with the Thistle Highland Dancers with a few lessons under her belt, she has also started teaching the other tamariki at her early child centre as they have some dance battles.



Looking to the future, Bro David Barnes will be going into the Chair of King Solomon on the 25th of August, Bro Barnes has a strong plan for his term and with our support and guidance great things will be achieved for our lodge. Not too far off, spring will be upon us, and we can say goodbye to the chill of winter and hopefully we can have a few more social activities in the mix next masonic year and include all members and families as well.

This month will be the Installation of Bro David Barnes as Master and the investiture of officers by one of our own Lodge Founders VW Bro Warwick Metcalf, Past District Grand Master who will be the Installing Master, VW Bro Warwick Metcalf was the 2nd Master of

Lodge Homewood in 1984 after the merging of Lodge Karori No 247 and Lodge Endeavour No 368 in 1983. It is always a special moment to have our Grand Lodge officers Involved in our Ceremonies and it will be a great night for the lodge.

*Ahdut Coah Hi
Worshipful Master
Warwick Henty*



TV Review – This is going to Hurt

A British short series on TVNZ ON Demand, this follows the life of Adam Kay as an Obstetrician in the NHS who is stressed out, burnt out and at his wits end. It follows him in multiple events around bringing babies into the world. It shows some confronting issues that affect nurses and doctors in Britain and likely here as well.

It is a dark humour series but still very very entertaining. The main character narrates as the programme goes on and they could not have picked a better actor for the role. Ben Whishaw is known for his role as 'Q' in the 007 films.

There are several underlying serious messages along with the reality of the NHS in Britain..

Adam Kay wrote his biography some years ago and this is based on the book.

Trailer is here – [This is going to hurt](#)

Freemasonry in Jamaica

The District is comprised of twenty-four (24) craft lodges and thirteen (13) Royal Arch chapters. The oldest lodge active in our district is the Royal Lodge #207, which has been meeting continuously since 1789! Jamaica was originally a Province from at least 1742 and in 1865, the Province was renamed to a District.

The District Grand Master is RW Bro Walter H. Scott. We have a rich heritage of strong District and Provincial Grand Masters, including RW Bro the Hon Sir John Pringle, RW Bro Thomas Howard, Earl of Effingham, Governor of Jamaica, RW Bro the Hon William Blake, Speaker of the House of Assembly, RW Bro Admiral Sir Peter Parker and RW Bro Dr. Robert Hamilton.

The role of Jamaica in freemasonry is a reflection of the pride of place the country served in the history of British involvement in the Caribbean. Jamaican freemasons played pivotal roles in the development of Mark Master Masonry in England as well as the Ancient and Accepted Rite for England and Wales and its Districts and Chapters Overseas. Our warmth of spirit is reflected in the unprecedented levels of inter-visitation between the three Masonic Constitutions; Out of Many, One People! We have freemasons who have sat in the Masters chair in all three constitutions; English, Scottish and Irish.

Embracing the spirit of a more open approach to freemasonry, we invite you to browse through the material provided. You will find that freemasonry is an open society; proudly and publicly tracing its heritage back hundreds of years. We take good men, and make them better. Freemasonry is a life-long commitment to improving the individual, and by extension therefore, the environment and communities within which we live.



Recipe – Baked Penne



Ingredients

- 1/2 pound lean ground beef (season with salt and pepper)
- 1/4 cup chopped yellow onion
- 1 clove minced garlic
- 1 jar (24 ounces) spaghetti sauce
- 6 ounces chive and onion cream cheese, divided
- 2 teaspoons Italian seasoning
- 1 cup shredded mozzarella cheese, divided
- 3 cups cooked Penne pasta

Method

1. Preheat oven to 350 degrees F. In a large non-stick skillet, over medium-high heat, cook and crumble ground beef, onion and garlic together until beef is no longer pink. Drain any grease. Stir in spaghetti sauce, 4 ounces of the cream cheese, Italian seasoning and 1/2 cup of Mozzarella cheese.
2. Cook and stir mixture until cheese is melted; about 5 minutes. Gently stir in the cooked penne pasta to combine. Carefully pour mixture into a greased 8x8-inch baking dish. Dot the rest of the cream cheese evenly over the pasta. Sprinkle the remaining 1/2 cup of Mozzarella cheese evenly over the top.
3. Bake, uncovered, for 20 minutes or until hot and bubbly. Let stand 10 minutes before serving. Enjoy!



Hearing aids can help you hear a lot better if you have hearing loss, they can improve your sense of wellbeing, independence and confidence.

There are various styles of hearing devices that vary in size, type, and technological features

LITTLE SHADOW

At Little Shadow we offer affordable counselling and support for parents experiencing perinatal distress, including baby loss and infertility. (Perinatal means anything to do with pregnancy, birth and the first years of a baby's life.) We provide you with a safe, non-judgemental space to seek healing, resilience and empowerment.

We also offer affordable counselling to Midwives and provide services for Workplace Wellness.

Our collective of counsellors are professionally trained to help you navigate those tricky times in life. From depression to grief, loss, anxiety and trauma and managing life's changes. Our team also have specialist training and professional development to help support those in the perinatal period. Our counsellors genuinely relate – many have experienced perinatal or other life periods of distress, and all of them are parents.

The cost of our counselling for Parents and Midwives is subsidised by our generous donors, fundraising events and grants.