



VOL. III, ISSUE 2

THE PILLAR

FEBRUARY 2015

DIVISIONAL WINNER FOR BEST GROTTO NEWSLETTER 2013 & 2014

MONARCH'S MUSINGS

By Pro. David Andrew Labagh, Potent Monarch

First thing's first... Sorry for cancelling the last meeting because of the "snow". It was done in an effort to keep everyone safe but, as it turns out, the snow completely bypassed our area and we would've been just fine. My bad. That's the last time I ever try to make a responsible decision as Monarch.

Now onto more important business... Membership! Petitions for our March Ceremonial are due at our next meeting on February 22nd. Start twisting some arms so we can bring in another eclectic herd of new Prophets to join in on our Grottoing at Ubar. And on that same note, I'd like to place a bounty on the petition of Brother Scott Matincheck. Whoever brings me Matincheck's petition will not only be in my good graces but I will personally pay for your meal and drinks all night at the March Ceremonial meeting where Scott could potentially join.*

We'll have a lot to catch up on at our February meeting including potential fundraising ideas from our Fundraising Committee chairman, Dan Loughin, and another personal challenge I have for the Grotto involving Enchanted Lanterns that I'll be issuing to everyone, but you'll have to be at our meeting to hear about it. I'm looking forward to joining everyone at our meeting later this month for some sympathy and good fellowship... well, that is as long as we don't cancel this meeting too.



Good talk. See you out there.
THE MONARCH

**Bounty offer excludes Pro. George H. Hindson, PM.*

SYMPATHY

GOOD FELLOWSHIP

The Pillar is the official publication of Ubar Grotto, MOVPER, located in Elizabethtown, PA. Constituted July 23, 2011. Stated Meetings held on the 4th Sunday of each month, beginning at 6 PM, except July, August, and December.

DRINK HEALTHY—ENJOY WHISKEY!

Found on the Internets by Pro. Mark Mattern, Master of Ceremonies

Whiskey is one of the best alcohols you can drink. Not only is it the least likely to give you a hangover, but it's also one of the healthiest around. You'll find that having a few fingers of whiskey every week can help to:

1. **Avoid Weight Gain** – Whiskey is a low-calorie alcohol, especially when compared to the many cocktails, beers, and wines you can find on supermarket shelves. You can drink a tumbler of whiskey without worrying about packing on the pounds thanks to its low sugar content.
2. **Boost Heart Health** – Did you know that drinking whiskey can actually make your heart healthier? Aside from wine and dark beer, what other alcohols can claim that? Not only will whiskey reduce the risk of blood clots, but it will lower your stroke and heart attack risk as well. The antioxidants in whiskey stop cholesterol from clogging your arteries, and it can even boost your good cholesterol.
3. **Fight Cancer** – Whiskey is rich in antioxidants, particularly one known as ellagic acid. This antioxidant stops your body's DNA from coming in contact with cancer-causing compounds, reducing the risk of carcinogens forming. It can also protect your body from chemotherapy, and will reduce oxidation in your body.
4. **Improve Brain Health** – A study conducted in 2003 discovered that drinking whiskey reduces your risk of Alzheimer's and dementia. If you're worried that your brain is slowing down in your old age, it's time to start drinking whiskey to protect your very important organ from damage.
5. **Reduce Stroke Risk** – Whiskey not only helps to prevent cholesterol from building up in your arteries, but it can actually help to get rid of any cholesterol present in your blood vessels at the moment. It will also help to relax the walls of your arteries, ensuring that your blood can flow without obstruction. One of the greatest health benefits of whiskey is the reduced stroke risk, and we can all drink to that!
6. **Fight Stress** – Stress can cause a wide range of health problems in the human body, but thankfully we've got whiskey to kick stress' butt! Whiskey helps to reduce anxiety and stress, calming your nerves and helping to relax your body. It can increase circulation throughout your body, providing your organs with fresh, oxygenated blood. A serving or two of whiskey can help to calm stressed nerves effectively!
7. **Boost Memory** – The antioxidants in whiskey can help to improve the health of your brain, and the circulation-boosting effects of this alcohol will boost your memory at the same time. The same properties that help to reduce your risk of Alzheimer's and dementia will also keep your brain active and young.
8. **Aid in Digestion** – Did you know that whiskey has long been drunk as a digestive aid? It was usually consumed after a meal, helping to relax the body after eating heavy food. It can also help to shut down your appetite, preventing you from overeating. Best of all, it will aid in digestion, reducing your risk of stomachache or indigestion after a heavy meal.
9. **Lengthen Lifespan** – Whiskey is loaded with healthy antioxidants, and these nutrients can help to increase your lifespan by reducing your risk of disease. By protecting your body against disease, you prevent the slow breakdown of important cells in your body—thereby helping you to live longer.
10. **Great for Diabetics** – Whiskey is a zero-carb alcohol, so you can drink it without worrying about the effect it will have on your blood sugar levels. If you suffer from diabetes, a finger or two of whiskey will be the right choice for you!



NOTICE OF MEETING

A stated meeting (see note about meals and beverages below) of Ubar Grotto, MOVPER, will be held Sunday, February 22, 2015 beginning at 6 p.m. at the Spring Garden Conference Center located at 901 Spring Garden Drive, Middletown, PA 17507

Program:

By Order of: Pro. David A. Labagh, Monarch
Attest: Pro. Seth C. Anthony, PM, Secretary

Meal Information: Cost of the meal is \$20 and includes the items below. If you'd like to reserve a meal for this meeting register at <http://tinyurl.com/mbg6zyc>

Menu: Chicken Cacciatore, Italian Meatballs, Baked Pasta, Steamed Vegetables, Salad, Rolls, Dessert, Cash Bar
Payment via card will be tested this month.

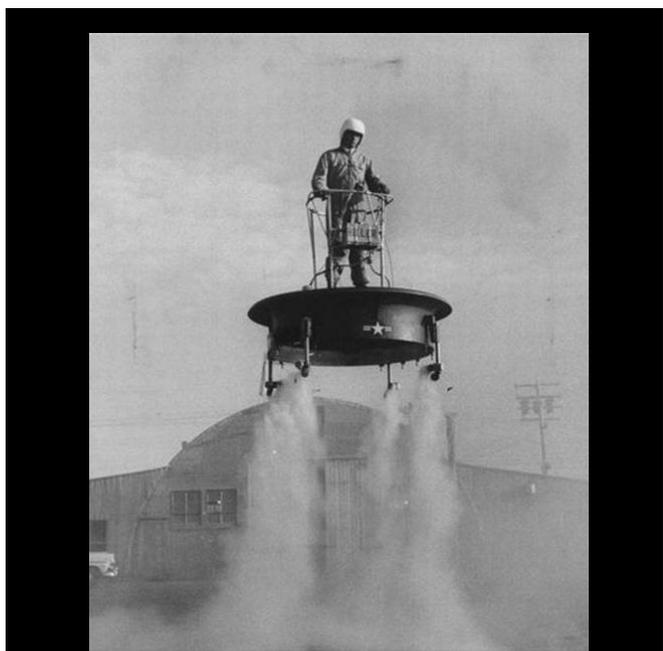


Grotto always gets picked last for sports... but always first in line at the bar.

evilpete '15

FAILED UNITS

Wherein we imagine Grotto Units that failed to capture the attention of the Prophets.



Ubar Grotto Hover Car Unit

One brief moment of glory captured on camera. Resulted in 3 injuries and the death of a badger.

MASONIC JOKES

One day a Doctor was asked to give a Jewish fellow a physical. The fellow informed the Doctor that "I will only allow myself to be examined by someone with Kosher hands". Realizing how much this meant to the fellow, the Doctor asked the staff if there were any Jewish Doctors on any of the floors of the hospital. He was told that there was a Jewish Doctor that worked on the 8th floor. The Doctor called him and explained his situation and asked if he could come to the 2nd floor and perform the examination for him. The Jewish Doctor exclaimed " I have my own problems here to take care of, I have 5 Catholics who won't pee in a mason jar!"

Two non Masons were passing a lodge after have quite a few drinks. "What do you think goes on in there?" asks one. I don't know but I am going in to find out, said the other.

After two or three minutes he comes flying out of the door all bloody and clothes ripped. "What happened to you?" asks the first. "Well" he said, "after passing through the entryway, I climbed a winding stair. When I got to the top I came to a door with a small door at head height and so I knocked. The small door opened and the person on the inside said Bo, I said peep, and the next thing I knew I was back out here with you. "

'15 DUES AND FEES

New members dues and fees:

| | |
|-------------------------|---------|
| Initiation Fee - | \$100 |
| Dues - | \$53.50 |
| 2015 Convivial Fee - | \$50 |
| Enchanted Lantern Fee - | \$1 |

Total New Membership Fee:
\$204.50

Total Existing Member Fee:
\$104.50 (w/o Lantern)
\$103.50 (w/ Lantern)

MEMBERSHIP

- As of 1/1/15: 105
- Demits since: 1
- Suspensions: 0
- Deaths since: 0
- Initiations: 0
- Affiliations: 0
- **Total Members: 104**
- Goal for the Year: 20
- Petitions on File: 12

Number to left to recruit
to reach 2015 goal:

20

CHARITY CORNER

- Number of members with Enchanted Lanterns:
66 out of 105
- Number of Enchanted Lanterns Purchased so far in 2015:
0
- Total Humanitarian Foundation Donations for 2015:
\$0

OFFICERS—ELECTED AND APPOINTED

Chief Justice

Pro. Peter J. Ruggieri
Contact information removed
from online edition for privacy.

Potent Monarch

Pro. David Andrew Labagh
Contact information removed
from online edition for privacy.

Master of Ceremonies

Pro. Mark G. Mattern
Contact information removed
from online edition for privacy.

Venerable Prophet

Pro. Shaun A. Sponagle
Contact information removed
from online edition for privacy.

Secretary

Pro. Seth C. Anthony, PM
c/o Ubar Grotto
P.O. Box 8
Elizabethtown, PA 17022
Phone: (717) 421-4546
Email: ubarsecretary@gmail.com

Treasurer

Pro. Douglas R. Harms
Contact information removed
from online edition for privacy.

Marshal

Pro. Jay M. Laser, SoU

Chaplain

Rev. Dr. Pro. Christopher D. Rodkey

Captain of the Guard

Pro. Christopher D. Reed

Sentinel

Pro. Horace W. Mason

Viziers

Pro. Andrew V. Sterling &
Pro. Chad J. McComsey

Supreme Council District Deputy

Pro. Victor L. Mann, PM (Azim)
Phone: (646) 423-8738
Email: mann@whafh.com

COMMITTEES, COORDINATORS, AND HONORS

Audit

Pro. Horace W. Mason, Chairman
Pro. Kimber D. Smith, PM
Pro. Bryan L. Hill

Charity & Community Service

Pro. Brian K. Shaffer
Pro. Galen D. Klienfelder
Pro. Michael E. Riggi

Fundraising

Pro. Daniel P. Loughin, Chairman
Pro. John W. Croumer
Pro. Scott A. Smeltzer
Pro. David P. Werner

Jurisprudence

Pro. John W. Croumer, Chairman
Pro. Allen D. Moyer
Pro. Seth C. Anthony, PM

Membership & Retention

Pro. Jeffrey A. Fulton
Pro. Steven D. Park
Pro. Abram M. Shaffner
Pro. Brian D. Smith

Trustees

Pro. Russell W. Baker, SoU (1 yr)
Pro. Tracy A. Bitner (2 yrs)
Pro. Teddy D. Sizemore (3 yrs)

Coordinators

Dr. of Smiles - Pro. Jack F. Harley
Enchanted Lantern - Pro. Jay M. Laser, SoU
Fraternal Relations - Pro. Russ E. Kratzer &
Pro. John T. Brobst
HF Rep and Liaison to Scott Matincheck -
Pro. George H. Hindson, PM

Coordinators (Cont.)

Highway Cleanup - Pro. Abram M. Shaffner
PM Jewel Fundraiser - Peter J. Ruggieri
Publicity - Pro. Seth C. Anthony, PM
Regalia - Pro. Arthur L. Dinger
Youth - Pro. Christopher M. Fry

Sheiks of Ubar

2012 - Pro. Thomas R. Labagh
2013 - Pro. Russell W. Baker
2014 - Pro. Jay M. Laser