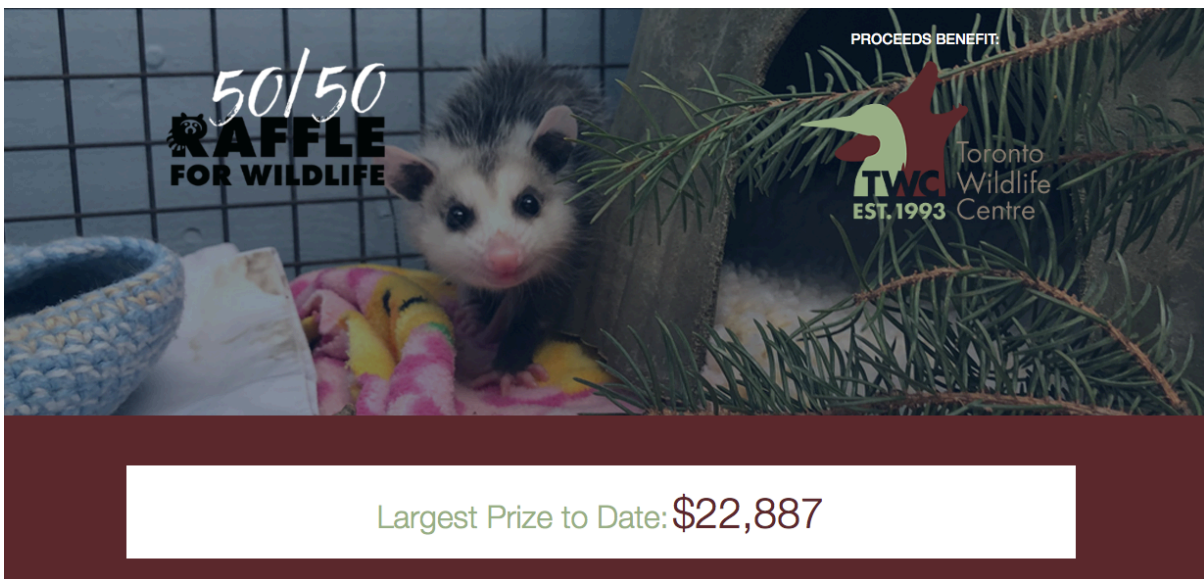


Hiram's Lighthouse



Largest Prize to Date: \$22,887

PROVIDING MASONIC *LIGHT* FROM TORONTO EAST DISTRICT

DDGM:

RW. Bro. Gilbert Carreiro

ddgm@torontoeastdistrict.com

District Secretary:

W. Bro. Gerry Campbell

secretary@torontoeastdistrict.com

Toronto East District

www.torontoeastdistrict.com

This Week in Toronto

egoodwin@rogers.com

Grand Lodge Website

www.grandlodge.on.ca

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Nullius in verba

... by the Lighthouse Beam

Administration



To the Brethren of Toronto East District;

I would like to take this opportunity to say thank you to everyone who voted in the election. It was a new experience for all of us and I believe it went off fairly well for a first time event. I received so much support from so many people outside of my own lodge that it would take up far too much space here to thank them all by name, you know who you are. But in particular I would like to thank the Brethren of Universe Lodge for their enthusiastic and undying support for over two years as I embarked on this journey.

I can't express how honoured I am to have been selected as the new DDGM for Toronto East District for the upcoming Masonic year, it is something I will cherish always.

I would like to take this opportunity to introduce W. Bro Michael Henderson of Universe Lodge 705 who will be acting as the District Secretary in the upcoming Masonic year.

For the district charity I have chosen the Wounded Warriors of Canada, a wonderful organization that works with Vets and Front line workers. I chose this particular charity because of a friend of mine, who is a firefighter in Oshawa, Often after some horrific incident he would tell me the story of it, day after day he would relive it in the retelling . I realized this was one of the ways he would deal with what he saw. There was an occasion that one of his stories caused me to have nightmares, I can't imagine dealing with what these brave souls deal with on a daily basis. I encourage you all to have a look at their website to get a glimpse of the great work they do.

<https://woundedwarriors.ca>

During the last year Toronto East District has been a shining light of Masonic fortitude. While many areas throughout the country languished with inactivity. The TED was held up as a beacon, an example of what can be accomplished by a group of determine men. Under the guidance and foresight of our current DDGM we have maintained our tight Masonic Bonds while others drifted aimlessly. This brings me to what our focus will be for the upcoming year, in conjunction with the mentorship committees I will be focusing on getting those Masons who have drifted away, back. You can't mentor people who are not here. We have a great number of new masons as well as older who are feeling abandoned, we need to let them know we have not forgotten about them.

I will close this now with my sincere Thanks once again. My trestle board awaits my attention, If any brethren have any comments or ideas please feel free to email me at Scott.wilson@execs.com

Fraternally
W.Bro Scott A. Wilson
DDGM (elect)

Events Calendar

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

EVENTS

Grand Lodge Voter Registration
July 12 9AM -
July 18 4PM

Grand Lodge Voting
July 19 9AM -
July 20 3PM

Annual Communication
July 21 9AM

[Click Here to Print Calendar](#)

...Now here's a Lodge in



**Stopford Rd,
St Helier,
Jersey
JE2 4LB,**



Around and About
(News & Notices)

Prince Hall Grand Masons Lodge Calls for Members to End the Violence by Putting Down Weapons in Observance of Juneteenth

PHILADELPHIA , June 18, 2021 /PRNewswire/ -- "Lay Down Weapons" is a call by Worshipful Grand Master of Prince Hall Grand Lodge , free and accepted Masons of Pennsylvania , in honor of Juneteenth to all Heads of Houses of Prince Hall Pennsylvania. They will be asked to also participate in a social media campaign to invoke the message: END THE VIOLENCE.

When: 9:30 am. on JUNETEENTH (Saturday, June 19, 2021)

What : Members of the Master Masons and Eastern Stars and their families will circle the grounds of the Grand Lodge 3 times and then enter the grounds where they will witness a reading of a Proclamation read by the Most Worshipful Grand Master Jones that will address many community concerns but leading with Stopping the Violence and calling for all to put down arms and worship life – not violate it.

The Proclamation will also call on all members of Master Masons and Eastern Stars and their loved ones to end every message they post on all social media to include a STOP THE VIOLENCE personal sign off.

Gun locks will be distributed.

Where: Grounds of the Prince Hall Grand Lodge, 4301 North Broad Street, Philadelphia

Who: Most Worshipful Grand Master, the Honorable Donald C. Jones , calling on all Prince Hall Grand Lodge Masters and Eastern Stars to come fully regaled to participate in Juneteenth.

Why: It was on June 19, 1865 , when a Union General and his mostly Colored Troops freed the last vestige of slavery in the state of Texas. On June 17, 2021 , the President of the United States , Joe Biden , signed the bill calling Juneteenth National Independence Day (June 19] commemorating the end of slavery as a National Holiday.

This Month in History

July 5 - Birthday - Civil War Admiral [David Farragut](#) (1801-1870) was born near Knoxville, Tennessee. He is best remembered for his yelling "Damn the torpedoes, full speed ahead!" during an attack on his fleet by the Confederates.

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

July 10, 1973 - The Bahamas gained their independence after 250 years as a British Crown Colony.



Please take the time to log in and review the new Grand Lodge website.
www.grandlodge.on.ca

Nature & Science

How the Science of Fractal Design Became Relaxing Screensavers

(excerpts below - click link for full article)



Nature's beauty is profound. Yet it is often overlooked when building the environments in which we work and live. This is surprising given that some of the health and well-being problems we face today have been growing steadily through the years due to rapid globalization, urbanization, digitalization, social shifts and environmental imbalance.

Three years ago, a unique art-design-science collaboration was formed to address the environmental, social and individual challenges we collectively face by using a holistic approach to architecture and design. A central goal of this collaboration is to develop design strategies based on scientific studies of stress-reduction in the built environment – especially in the workplace. Projects focus on the impact of specific patterns occurring in nature in which people have little or no access to in the built environment.

APPLYING FRACTAL DESIGNS TO COMMERCIAL FLOOR COVERINGS

Known as the ScienceDesignLab (SDL), the team is led by Professor Richard Taylor from the University of Oregon / Fractals Research (USA), designer Anastasija Lesjak and architect Martin Lesjak from the design studio 13&9 and architecture firm INNOCAD (Austria). The first designs are being applied to floor coverings as part of an exclusive collaboration with [Mohawk Group](#) because floors are one of the largest surfaces in a room.

HOW FRACTAL DESIGN ENCOURAGES WELL-BEING

Scientists have been studying the healing qualities of nature for more than fifty years. Although pioneering, these experiments left the vital piece of the puzzle unsolved – what is it about nature that triggers these remarkable effects? Fractals are patterns that repeat at increasingly fine sizes, creating shapes of rich visual complexity – some examples include clouds, trees, and mountains.

Starting with a NASA-funded project aimed at keeping astronauts calm, Taylor's experiments show that adaptation to nature's fractals influences many stages of the human visual system—from how the eye moves when acquiring the visual data of fractal patterns through to how the brain responds when processing their characteristics.

This has led to the “fractal fluency” model, which declares that human vision has become fluent in the visual language of nature's fractals and can process their features efficiently, creating an aesthetic experience accompanied by a decrease in the observer's physiological stress-levels.

BRINGING THE BENEFITS OF FRACTAL DESIGNS TO THE BUILT ENVIRONMENT

Based on these findings, spending more time outdoors surrounded by nature's fractals will enhance well-being. However, people often face work restraints that limit this possibility. Although more challenging, incorporating fractal patterns into the built environment will be impactful.

The World Health Organization views stress to be the “Health epidemic of the 21st Century.” The covid pandemic has accelerated this crisis.*

“One of the best pieces of news from our psychology research is that you do not need to be exposed to fractal patterns long to get the positive effect,” Taylor said. “And these patterns might help reduce your level of stress by up to 60 percent.”

“As people increasingly find themselves surrounded by urban landscapes, they can risk becoming disconnected from the relaxing qualities of nature's fractals. In response, designers and architects will need to rise to the inter-disciplinary challenges and rewards of creating fractal designs informed by the art and science of fractal aesthetics”, Martin Lesjak said.



How Generosity Shows Up in the Nervous System

New research explores how parenting and children's physiology may influence how much they share.

Generosity not only feels good—to the giver and receiver—it has a host of other benefits for children, including promoting healthy friendships. But what makes kids generous, and can we as parents help encourage them?

A recent study explored how different factors contribute to young children's development of generosity. Researcher Jonas Miller and his colleagues studied children—who were mostly white and from middle- to upper-middle-income families—first when they were four years old and again when they were six.

At both times, children played different activities to earn tokens that they could later exchange for a prize. Once the children earned all their tokens, the researchers explained to the children that they could donate some, none, or all of their tokens (if they wanted) to other children who were sick and in the hospital or having a hard time.

Using an electrocardiogram, researchers took multiple measurements of children's respiratory sinus arrhythmia (RSA)—the way our heart rate changes when we breathe in (getting faster) and breathe out (getting slower). RSA is related to emotion regulation and social engagement. Decreases in RSA suggest a physiological capacity to respond to a challenge, while increases in RSA suggest a perception of safety. An RSA that changes flexibly indicates that our nervous system adapts well to the changing circumstances of life.

The researchers calculated changes in children's RSA across different parts of the study visits: when researchers were giving them instructions, when children were deciding whether to donate their tokens, and at the end of the visit.

The children's mothers also completed a questionnaire about their own propensity for compassionate love, by rating statements such as "I tend to feel compassion for people, even though I do not know them" and "I often have tender feelings toward my child when she/he seems to be in need."

The findings?

On average, children donated 25% of their tokens when they were four years old and 20% of their tokens when they were six years old. Although individual children varied quite a bit in how generous they were, the researchers found that each child's generosity tended to be somewhat stable from preschool to kindergarten. In other words, children who were more generous at four years old tended to also be more

generous when they were six years old.

When it came to physiological patterns, children tended to show a decrease in RSA between receiving instructions and deciding on donating, and an increase in RSA between deciding on donating and ending the study visit. Those who had a greater decrease in RSA when deciding about donating were, on average, more generous.

This offers some evidence that flexibility in children's parasympathetic nervous system could support generosity.

After they decided to donate, more generous kids had a greater increase in RSA—a return back to baseline—through the end of the study visit. This recovery suggests that children experience a physical sense of soothing after they give, a benefit that can “serve as a physiological reinforcement of helping others,” Miller and his colleagues explain.

What's more, among six year olds who had a greater decrease in RSA when deciding about donating, those with more compassionate mothers were even more generous. Miller and his colleagues explain, “Compassionate parenting and RSA reactivity may serve as external and internal supports for prosociality [kind and helpful behavior] that build on each other.”

All this suggests that young children can show a predisposition toward acts of generosity, and its corresponding physiological patterns.

What can you do to nurture your child's compassionate instinct? Be generous in showing them compassion when they're struggling—their experience receiving your warmth and tenderness will prepare them to extend care to others, in turn.

Leadership Development

This is what separates high-performing teams from all the rest, says Stanford psychology expert



Nir Eyal is a behavioral psychology expert and former lecturer at Stanford University's Graduate School of Business. He is the author of the best-selling books "[*Indistractable: How to Control Your Attention and Choose Your Life*](#)" and "[*Hooked: How to Build Habit-Building Products*](#)." He has written for Harvard Business Review, TIME and Psychology Today. Follow him on Twitter [@NirEyal](#).

What does a [highly successful team](#) look like? You might imagine a bunch of extroverted rock stars with stellar resumes — all born with the natural gift of being indistractable.

But who is on a team matters less than how the team members interact, structure their work, and view their contributions.

After more than five years of studying the traits of [extremely focused people](#) and the [root causes of distractions in the workplace](#), I've found that the highest-performing teams work in an environment in which they feel that management is genuinely listening to their concerns and feedback.

This isn't as easy as it sounds. In fact, a lot of leaders only *think* they're doing what it takes to create this type of culture. But that's usually not the case; most don't actually listen (or do much to show that they are) to employees.

Fixing distraction is a test of company culture

When people don't have a way to affect change at work, they feel frustrated and powerless. So an employee who feels as if he has little influence will be driven to seek a sense of control in other ways.

Often this manifests in [distracting](#), corrosive behaviors such as corporate politicking and other time-wasting "pseudo-work" activities — unintentionally making work not aligned with their company's real objectives.

The solution can be found in a [2012 study from Google](#), which attempted to understand the drivers of employee retention and quality of team outcomes. The researchers found five key dynamics that set successful teams apart.

The first four were dependability, structure and clarity, meaning of work, and impact of work. However, the

fifth was without doubt the most important (and actually underpinned the other four). It was something called psychological safety.

As Julia Rozovsky, a researcher on the project, [explained](#): “Individuals on teams with higher psychological safety are less likely to leave Google, and more likely to harness the power of diverse ideas from their teammates. They bring in more revenue, and they’re rated as effective twice as often by executives.”

Psychological safety leads to long-term success

The term “psychological safety” was coined by [Amy Edmondson](#), an organizational behavioral scientist at Harvard University.

In her [TEDx talk](#), Edmondson defined psychological safety as “a belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns, or mistakes.”

Speaking up sounds easy, but if you feel you don’t have psychological safety, you’ll keep your concerns and ideas to yourself. That’s because humans are reluctant to engage in behaviors that could negatively influence how others perceive their competence, awareness and positivity.

“Although this kind of self-protection is a natural strategy in the workplace, it is detrimental to effective teamwork,” according to Rozovsky. “On the flip side, the safer team members feel with one another, the more likely they are to admit mistakes, to partner, and to take on new roles.”

Great leaders understand that fostering psychological safety is imperative to building a culture where employees are motivated to do their best work.

Here are some ways to do that:

1. Frame the work you do as a “learning problem,” not an “execution problem.” Because the future is always uncertain, you must emphasize to your employees that “we’re all in this together” and that you want — and *need* — their unique and valuable contributions.

2. Take action. Action speaks more powerfully than words. If you say you’re going to do something to address an employees’ concerns, don’t dilly dally — see things through. Losing their trust can have a drastic effect on team morale, and result in a domino effect that leads to poor performance and productivity.

3. Never penalize an employee (or make them feel as if you have) for sharing feedback. At some point, you will almost certainly receive feedback that feels personal and painful. When you do, commit to hearing it with an open mind, and refrain from any sort of backlash toward the employee.

4. Practice humility. Don’t be afraid to make mistakes, to say “I don’t know,” and to be vulnerable with your employees. Not only will they feel more comfortable doing the same, they will also trust you more and stay more open to learning.

5. Model the behaviors you want to see. This is perhaps the most important thing you can do to encourage employees to prioritize focused work. Be transparent with your schedule; let them know when you need to be offline. And of course, don’t interrupt people during their focused work time or off-hours.

"All fixed set patterns are incapable of adaptability or pliability. The truth is outside of all fixed patterns."



-Bruce Lee

... by the Lighthouse Beam





The Mathematics of History | Jean-Baptiste Michel | TED

Administration

NOTICE: Hiram's Lighthouse is currently looking to expand its Editorial Board, should you or someone you know be a good candidate, please contact the editor at hramslighthouse@gmail.com with a brief bio.

ADMINISTRATION:

Hiram's Lighthouse is your newsletter. It is published on the last day of every month. If Hiram's Lighthouse does not have the content you would prefer, it is because the editor does not have that content available. If you want something more, please submit it. Please feel free to offer suggestions, submissions for ... by the Lighthouse Beam, book and film reviews, and topics of Masonic interest.

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Anyone wishing to get on the subscription list should personally send a message to hramslighthouse@gmail.com including your full name, lodge and lodge location with a subject of Newsletter.

To get a notice into the newsletter at least one month before the event, send a message to hramslighthouse@gmail.com with all the information and we'll run it every month until the function is past.

Moving? Changing service providers? Remember to send in your new snail-mail and email addresses to both your lodge secretary and Hiram's Lighthouse - hramslighthouse@gmail.com

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