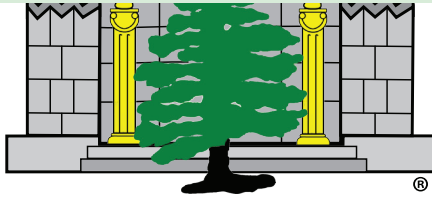


THE CEDAR DIGEST

*Eric Becker , PGTC No.
Supreme Tall Cedar 2021*





The Cedar Digest

Spring Summer 2021 Cedar Digest Volume 53 Issue No. 1
a publication of the Supreme Forest Tall Cedars
of Lebanon of N. A.

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For any comments, good or bad, you may also email, write
or call to the above information.

Please note: The deadline for the next issue Fall/Winter will
be July 31, 2021

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Spring Summer 2021 Cedar Digest issue of The Cedar
Digest published semi- annually by the Supreme Forest Tall
Cedars of Lebanon of N. A., 4309 Linglestown Road, Suite
116 Harrisburg, PA 17112

Articles and photographs to be considered for publication
should be sent to the attention of the editorial staff.

We appreciate the many submissions we receive for consid-
eration. We apologize, but due to space constraints we are
not able to publish every submissionwe receive.



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Richmond Forest
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View the magazine online!

If you would prefer to receive an electronic version of
the magazine for your convenience and to save the
Tall Cedars printing and mailing costs, sign up for the
electronic version of the magazine is also available
online at www.TallCedars.org.

Supreme Tall Cedar, J. Eric Becker, PGTC No. 13

Greetings Tall Cedars, Cedarettes, Grand Masters, and friends of cedarism.

As I sit here thinking about what kind of words of wisdom to invoke upon you, all I can think is how this last year has affected all our lives. How easy it is for the people and things we love and often take for granted to be taken away.

Now for some good news. In the beginning of February we instituted, initiated, and installed 54 new members of a new forest in Mexico City, Mexico, known as Mexico Forest #221. The entire process was done via ZOOM and viewed by many Tall Cedars. My thanks go out to our Supreme Scribe Bob Hahn for making that happen. I also have to thank Karen in the office, and the entire installation team for a job well done. I have participated in many ZOOM meetings.

Brother scribes and Grand Tall Cedars, please include me in your ZOOM meetings, my E-mail is oldbonez2021@gmail.com so I can join in, thank you. If you are beginning to meet in person send me an invite. I look forward to seeing as many of you as I possibly can. I am really missing traveling to forest events this past year.

I was very fortunate to be able to help Trenton forest #4 with their Easter egg hunt on April 3rd, they even dressed me up as the Easter bunny. (yes there are pictures). This was a great event with a great turnout, even my 2 grandsons were there. There is nothing better than bringing Masonic families together for FUN FROLIC AND FELLOWSHIP.

My committee and I are working to bring you a convention in late August, hopefully by then, with vaccines now in progress, restrictions will be loosened and we will be able to meet. I have been invited to the Demolay conference in June in Dallas Texas and look forward to going.

Remember to please invite me to your forest meetings and any other activities you are holding, I will do my best to attend. Finally, please stay safe and follow COVID guidelines so we will all be able to meet again in person soon.

YOURS IN CEDARISM

J. Eric Becker Supreme Tall Cedar

What a GREAT day to be a Tall Cedar !

As I sit here on this cool, rainy March Sunday morning in Kansas City writing this message to you all, my heart is warm knowing that this pandemic is improving and that we are starting to, once again, fellowship in person. As we do so, please make sure to continue to follow all of your local protocols and wear your mask.



I am also finalizing the contract for the 2022 Midwinter Conference being held in Kansas City, Missouri from January 13-16, 2022, and cannot wait to have all of you come out and visit the Heart of America so make sure to mark the dates on your calendars NOW.

It has been great to not only be able to keep in touch with many Forests virtually throughout the Winter, but also see the proactive, forward planning that has been taking place to schedule in person events and try to get back to some normalcy later in the year.

I would be remiss if I did not say BIENVENIDO or WELCOME to Mexico Forest #221. The newest Forest in the kingdom and the FIRST located in Mexico City, Mexico. The excitement already seen coming out of this Forest from its members is promising and I, for one, cannot wait to see what great things they do to promote Tall Cedars in the future.

Finally, to the best of your ability as a Mason and Cedar, I ask that you continue to LET YOUR LIGHT SHINE to those around you as best you can.

Cedarly,

Joseph S Russell
Junior Deputy STC

Junior Deputy Supreme Tall Cedar, David Manter, PGTC No.

Cedars All,

Well, finally we can resume our in-person meetings. I know that in talking with some of our fellow Cedars, it has been a struggle to break the routine of staying home. This being said, there has to be a good reason to get out and go to any function no less a meeting.

I would like to challenge all Grand Tall Cedars to have a meeting with a purpose not just have a meeting. That is not an original challenge, the first time I heard that expression used was at a Board of Directors meeting and it was said by PSTC Mark Brumaghim . That phrase holds even truer today. We all need a purpose or a good reason to leave the house.

We have a new Membership Chairman in Pocono Forest #124. He also happens to be the incoming GTC for 2022. His name is Richard Pierce. He is lining up speakers for the forthcoming year. Every meeting will be an open meeting with a program attached. There will be correspondence to all the Blue Lodges in the 50th Masonic District. There will be an open invitation to all Master Masons to attend all meetings, after all that is where we get our members. Please try this with your Forest as well. We need to put in the effort to get the positive results we are looking for.

We must kindle the fire of our excitement about the future of our organization and that fire must be carried into our everyday recruiting efforts.

The Supreme Forest leadership understands how hard it has been for not only us, but all fraternal organizations and we are working on a plan to help with your recruiting efforts. Information will be forth coming as it unfolds.

In speaking with our brothers from Mexico, specifically the Grand Tall Cedar of Mexico Forest 221, Roberto M. Sanchez, I asked him what has reignited the interest in Masonry. The answer was short and sweet “A return to traditions.”

In response to that answer, we feel we need to get back to the basics and to that end we will be having a HOBBO installation in region 5. It will be in honor of our PSTC Richard Baringer and will be conducted under the reign of our King PSTC Bud Willard AKA Spike. Information will be forthcoming. A HOBBO reunion is being planned for 2022 with a train ride in Jim Thorpe and a helping of Hobo Stew afterwards.

If you have any ideas that you think will help the fraternity, please bring them forward. If you have a problem with anything going on in the fraternity, please express that also. The only request that I have is if you have a problem, please bring a solution to open our discussion so that we can bring the situation to a resolve.

Please also know that no one person can make an organization successful. It takes all of us working together and it takes planning. The planning part we are working on, the Senior Deputy Supreme Tall Cedar and I are in contact with each other at least 3 times a week and we have included the Junior Deputy Supreme Tall Cedar Elect in those conversations also. We are planning for the future of the Tall Cedars, help us.

As it has been stated by a good friend of mine, PGTC of Pocono Forest and world renown jazz musician Mark Kirk. “They will never know how good the show is if you can’t get them in the door”.

We must all work together to get them in the door.

Fraternally,

David Manter JDSTC



Supreme Scribe, Robert T. Hahn, GTC No. 61

Brother Cedars,

We had a great Midwinter and a lot of Tall Cedar events and activities coming up throughout the Cedar Kingdom. The Convention in Wildwood, the Gun Raffle in July, and the many District and Forest activities. Hopefully that you were able to attend some of these functions. We need more members to spread the word how much Fun, Frolic, and Fellowship we have to get more members involved.

As you noticed we redesigned the Cedar Digest. Karen and I have put a lot of thought and time into the new design. Let us know what you think. The Roster Book has also been redesigned, it's now a larger format and easier to read.

I would like to thank the forests who sent in information about their activities.

There is a new area for the forest scribes to get the necessary forms. We are redesigning some of the form to make it easier. You will be receiving emails update information, be sure we have your correct email address.

There was be a scribes training session at the Midwinter a recording of the session is available online in the new scribes area.

And don't forget to send in your dues and assessments we are still missing some.

Robert T. Hahn, GTC

Supreme Scribe



Supreme Treasurer, Brian K. Van Scyoc, PGTC No. 145

Fraternal Greeting Brothers,

A few thoughts from the desk of the Supreme Treasurer as we start 2021.

First I would like to say congratulations to PSTC Williams Martz on your trying year as Supreme Tall Cedar and wish you the best of luck. Secondly, congratulations to the Supreme Officers, Directors and Foundation Board members, both new and returning brothers. I am looking forward to working with all of you in the coming year.

With the new year comes a new hope. As most of you will probably not argue with me when I say 2020 will not be a year that is soon forgotten. But we managed to get through it, hopefully a little bit stronger. Unfortunately there were some significant losses, but that is the one thing about this fraternity, we come together and support our brothers and fellow man. I am looking forward to being able to once again get out and visit with my brothers and hope to see some of you soon.

The Supreme office has continued to operate within the requirements of the government orders. Last year was again a good year for the Supreme Forest financially, but that was due mostly to the restrictions. Even with these constraints, the office has worked to find new ways of using the funds more efficiently and continue to look for opportunities to decrease costs where possible.

Some good things have transpired in the past year. The MDA Telethon has returned with a new host and I hope that it is revived and continues to spread the word regarding our cause. And as you have probably heard, the beginning of 2021, the Supreme Forest instituted a new forest in Mexico City. This is an historic event; with the advancement in communication technology we are able to do more things remotely. This technology enables our organization to expand into new area, however we as an organization need to continue to advocate for our current forest. So I encourage you to talk to that brother sitting next to you in Lodge about Tall Cedars and what the organization is about. Remember our objective as Tall Cedars is to support the Foundation and work towards a cure. You can find information on the website about our organization and tailor your own 60 second promotional.

Finally, brothers and ladies please be safe out there and I hope to see you soon. And I wish you the best for 2021.

Fraternally,

Brian K. Van Scyoc, PGTC

Supreme Treasurer





Junior Deputy Supreme Tall Cedar Elect

It is my honor to submit myself as a candidate for the position of Junior Deputy Supreme Tall Cedar. I was born in Valparaiso, Indiana on a sunny August day in 1962. I have lived in Northwest Indiana my entire life and graduated from Portage High School in 1980. I attended Purdue University Calumet for two years and then to Indiana Vocational Technical College for two years. All this led to my career at US Steel in Gary, Indiana where I have been employed for the last 26 years in the maintenance dept.



My masonic life started when I was raised to the sublime degree of a Master Mason in 2004 at ML McClelland Lodge #357 in Hobart, IN. I served as the Worshipful Master in the years 2009 and 2016 and currently serve as the treasurer. I have also served on numerous committees for the Grand lodge Of Indiana. I am a Life member of Bannack Historic Lodge #3-7-77 located in Bannack, Montana. I am a proud member of the South Bend Scottish Rite where I was crowned with the 33rd degree on August 27th 2019. I am also a charter member and a Past Venerable Master of the Knights of Saint Andrew in South bend, IN. I am currently the Director of the Orak Shrine in Michigan City, IN. and a member of the Motor Patrol and Sportsman's Club. I am also the current Director of Court 43 Royal Order of Jesters. I am also a member of the Valparaiso York Rite Bodies. I am a past Sovereign Master of Valparaiso Allied Masonic Degrees (AMD) #470 and a member of the Valparaiso Knight Masons. I am also a charter member of Frates

Immortalis Chapter of Widows Sons. I served as the Worthy Patron of Hobart Chapter 314 Order of the Eastern Star for numerous years. I am a Charter Member of Adoniram Forest 209 which was constituted on Oct, 10th 2010 in Hobart, IN. I have served as the treasurer, GTC and am currently the scribe. Yes, I'm still the scribe. I am also currently serving as your Region 10 Director.

I would appreciate your vote of confidence as my goal is to Grow the Tall Cedars of Lebanon westward and to keep our current forest strong.

Jim Marion

Director Region 10



Tall Cedar Foundation

Naomi



Naomi was born July 14, 2009 to our already little family of three. We had some issues with decreased fetal movement during the pregnancy, but otherwise she came out a big eyed, smiley little elf. We were doing so well post c-section they talked about an early discharge, until the neonatal pediatrician came to talk to us. They wanted to keep Naomi for another day or so because they believed she had bilateral hip dysplasia and would need leg bracing. They finally sent us home though and had us return for a hip ultrasound when she was two weeks old, which she passed with flying colors. We didn't know that the first two signs of her disease just went over all our heads.

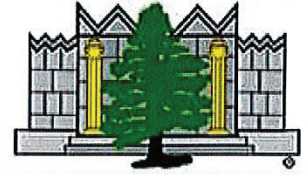
Naomi took her first steps a week after her first birthday. She got around pretty well, but she fell an awful lot. So much so that we mentioned it to her pediatrician at her 18-month check, again at her two-year-old check, and yet again at her 3-year-old check. We were told that toddlers "toddle, that's why they're called toddlers", that Naomi was perfectly fine and would stop being so "klutzy" one day. We trusted what they had to say, but always felt deep down that something wasn't right.

In July of 2013, just before her fourth birthday, we signed Naomi up for ballet. During her recital, we all realized there was something wrong with Naomi. She was now not only falling all the time, she couldn't get up off the floor, stairs were hard for her, and she couldn't hop or skip. We watched her pediatrician, who had been taking care of Naomi her entire life, turn gray after observing her and turn to tell us that "I think Naomi has Muscular Dystrophy." We were sent to CHOP to see a Neuromuscular Specialist and a year later after countless appointments, tests, false leads, a muscle biopsy and finally a full DNA panel she was diagnosed with Bethlem/Ullrichs Myopathy, a rare form of Muscular Dystrophy. It's a progressive disease, and each year we see her strength wane and her abilities become fewer and fewer. Naomi utilizes a power wheelchair if she needs to walk longer than a few minutes, stairs are impossible and she needs help with all the little daily tasks we all take for granted. She wears day and night leg braces, uses a chair lift to access the stairs and has a hospital bed to elevate her at night. Her type of MD affects the lungs, so we have to be vigilant for sleep apnea and anytime she's ill it's all hands-on deck with round the clock nebulizer and cough assist treatments that clear her lungs of fluid to keep her out of the hospital.

Naomi doesn't let any of this get her down. Although her body may fail her, she's just like any other 11-year-old girl. She is the middle sibling of two sisters and loves to tease them, but also loves them fiercely and would defend them with all her might. She loves playing with her baby cousins, reading, watching Anime, painting and playing video games on her Nintendo Switch. Naomi also has two dogs, a cat, a Conure parrot and 24 chickens! She goes to public school, has some very close friends who don't see her disability, participates in Student Council and gets into plenty of mischief. She is also an ambassador for the MDA and works side by side with the Harley Owners Group of Williams Harley Davidson in Lebanon NJ to spread awareness for Muscular Dystrophy. She gets to participate in the Ride for Life annual event along side other MDA ambassadors where the Harley owners raise money for research for a cure. Naomi is also the inspiration for "Team Naomi" and every year we raise money for the MDA in the annual walk. Her most favorite thing is to go to MDA Camp where she gets to be with other kids just like her. She has told us it's a week where she can forget that she's not a "regular kid". Her favorite camp activities are arts and crafts, swimming, and fishing, but mostly she loves being with the lifelong friends she's made there. Naomi dreams of one day becoming a Graphic Designer, although she'd probably make a good writer as she comes up with some pretty amazing stories! No matter what, we are sure that Naomi will make her mark in some way on this earth and that no place will be dull and boring with her around.



2022 TALL CEDARS MID-WINTER CONFERENCE



JANUARY 14-16, 2022

Supreme Tall Cedar – elect

Joseph S Russell

and his 2022 Committee invite you to the

Heart of America

CLOWN school! Learn how to become a clown and start your own Forest unit to support our charity!



Tour **DeMolay**
International !

for some **Fun, Frolic, and Fellowship** at the 2022 Tall Cedars Midwinter Conference being held at the Hilton Kansas City Airport Hotel in Kansas City, Missouri.



WW1 MUSEUM



ZONA ROSA



DEMOLAY INTERNATIONAL



2022 TALL CEDARS MIDWINTER CONFERENCE

January 14 - 16, 2022



Hilton Kansas City Airport Hotel
8801 NW 112th Street, Kansas City, MO 64153

2022 Supreme Tall Cedar Joseph S Russell and his 2022 Committee invite you to the Heart of America for some **Fun, Frolic, and Fellowship** at the 2022 Tall Cedars Midwinter Convention being held at the Hilton Kansas City Airport Hotel in Kansas City, Missouri

Room Reservations are to be directly made with the Hilton Kansas City Airport Hotel. You either can make reservations by calling 1-800-HILTONS and ask for the 2022 Tall Cedars of Lebanon Midwinter Conference OR you can go online and make your reservations at:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=MCIAPHF&groupCode=TCL112&arrivaldate=2022-01-12&departuredate=2022-01-16&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Room rates are \$99.00 plus taxes and fees.

Food Reservations:

Pricing, inclusive of fees, with the exception of beer, wine, and alcohol:

Friday night installation dinner: \$55.00 pp
Saturday Breakfast Buffet: \$30.00 pp
Saturday Ladies / Men's Luncheon: \$25.00 pp
Saturday theme dinner: \$55.00 pp
Sunday Breakfast Buffet: 30.00 pp

Select meals that you will attend:

Cedar	Lady	
		Friday Installation Plated Dinner (cash bar)
		Saturday Breakfast Buffet
		Saturday Men's and Ladies' Luncheon
		Saturday Theme Plated Dinner (cash bar)
		Sunday Breakfast Buffet

TOTAL DUE: _____

Please identify any Dietary requirements: _____

Check for meals is payable to the "2022 Committee" and mailed with this completed form to Bobbie White
3406 NE 56th Terrace, Gladstone, MO 64119

(Questions? Contact Bobbie at kcbobbie@gmail.com or 816-694-9243.)

DEADLINE for both Rooms and Food:
December 22, 2021
NO REFUNDS AFTER JANUARY 1, 2022

Forests Award Credit in 2020

Their generous support of the Tall Cedar Foundation is greatly appreciated.

Forest Name	Amount Contributed	Award Received
Trenton Forest No. 4	\$40,306.78	Poster Child
Brandywine Forest No. 20	\$975.00	Diamond
Penn Forest No. 21	\$2,667.00	Poster Child
Lancaster Forest No. 27	\$2,158.00	Diamond
Norristown Forest No. 31	\$1,999.25	Jerry Lewis
Neversink Forest No. 32	\$1,294.00	Emerald
Harrisburg Forest No. 43	\$8,438.20	Emerald
Baltimore Forest No. 45	\$9,565.00	STC
Evergreen Forest No. 49	\$5,465.00	STC
Richmond Forest No. 66	\$1,457.00	Diamond
Massasoit Forest No. 91	\$815.00	Emerald
Hagerstown Forest No. 95	\$3,843.00	Jerry Lewis
Chesapeake Forest No. 115	\$2,050.00	Poster Child
Nutmeg Forest No. 116	\$20,476.00	Poster Child
Pocono Forest No. 124	\$855.00	Diamond
Annapolis Forest No. 126	\$670.00	Diamond
Frederick Forest No. 132	\$489.00	Diamond
Montgomery Forest No. 134	\$2,806.00	Poster Child
Prince Georges Forest No. 139	\$5,325.00	Poster Child
Har-Ce Forest No. 142	\$5,694.48	Poster Child
La-Me-Bu Forest No. 144	\$738.00	Diamond
Wa-Cha-Gree Forest No. 149	\$1,275.00	Emerald
Shenandoah Forest No. 150	\$885.00	Emerald
Pittsburgh Forest No. 160	\$1,040.00	Jerry Lewis
Suncoast Forest No. 165	\$620.00	Jerry Lewis
North Central Forest No. 179	\$90.00	Diamond
Georgia State Forest No. 181	\$715.00	Diamond
Ohio Northern Forest No. 188	\$750.00	Emerald
Seminole Forest No. 193	\$3,805.00	Poster Child
Tamiami Forest No. 205	\$2,594.50	Poster Child
Palmetto Forest No. 206	\$1,821.00	Diamond
Sullivan Forest No. 210	\$1,220.00	Jerry Lewis
Harry S Truman Forest No. 212	\$475.00	Emerald
West Tennessee Forest No. 213	\$1,490.00	Emerald
Hudson Valley Forest No. 215	\$1,933.60	Jerry Lewis

Around the Kingdom, Richmond Forest No. 66



Manchester Road Race

An article in Journal Inquirer (Manchester Connecticut local newspaper) about donations associated with the Manchester Road Race. Although the road race had to be canceled for the 2020 Thanksgiving Road Race, by the generosity of the race sponsors, MDA in Connecticut will receive \$10,000.00 this month. Generally MDA receives \$20,000.00 per year but as the 2020 road race had to be canceled, we are so lucky to get this donation.

Let's hope this coming Thanksgiving the Road Race will be able to be held once again.

The Road Race was started (after a period of years) By Nutmeg Forest #116 in 1945. The race brings about 15,000 runners from all over the world and Olympic runners each year. This year they held a "virtual " road race that had 2,000 registered runners.

I think this is fantastic considering the circumstances!

Fraternally,
William L. (Bill) Greene
Supreme Director Region #11

4 TUESDAY, MARCH 16, 2021 / JOURNAL INQUIRER

Road race donates \$40,000

By Journal Inquirer Staff

MANCHESTER — Although the Manchester Road Race wasn't held in its traditional format last year, the organizing committee continued the practice of making donations to local non-profit organizations.

The committee announced that it will donate a total of \$40,000 to four organizations this month:

- \$20,000 to the Manchester Area Conference of Churches food pantry to combat food insecurity in the community that has been exacerbated by the pandemic and its resultant economic impact.

- \$10,000 to the Muscular Dystrophy Association to support its research efforts. The fight against the crippling childhood disease has been a primary charitable objective of MRR sponsors since the early 1950s.

- \$5,000 to the Manchester Police Activities League.

- \$5,000 to Dinda House, a transitional living facility for veterans that is located in Manchester.

"We are able to make these contributions thanks to the tremendous generosity of our financial sponsors and virtual road race entrants," said Dr. Tris Carta, president of the Manchester Road Race Committee. "Because of the devastating economic conditions caused by the pandemic, the race committee believed that it was imperative to provide whatever financial support we could this year."

The principal financial spon-

sors of the 2020 Virtual Manchester Road Race were Pratt & Whitney and Eastern Connecticut Health Network.

Carta noted that the committee also sponsored a highly successful blood drive in conjunction with the Connecticut Chapter of American Red Cross on the day after Thanksgiving. A total of 306 pints of blood were collected, which will help 918 hospital patients in need of blood, plasma, and platelets.

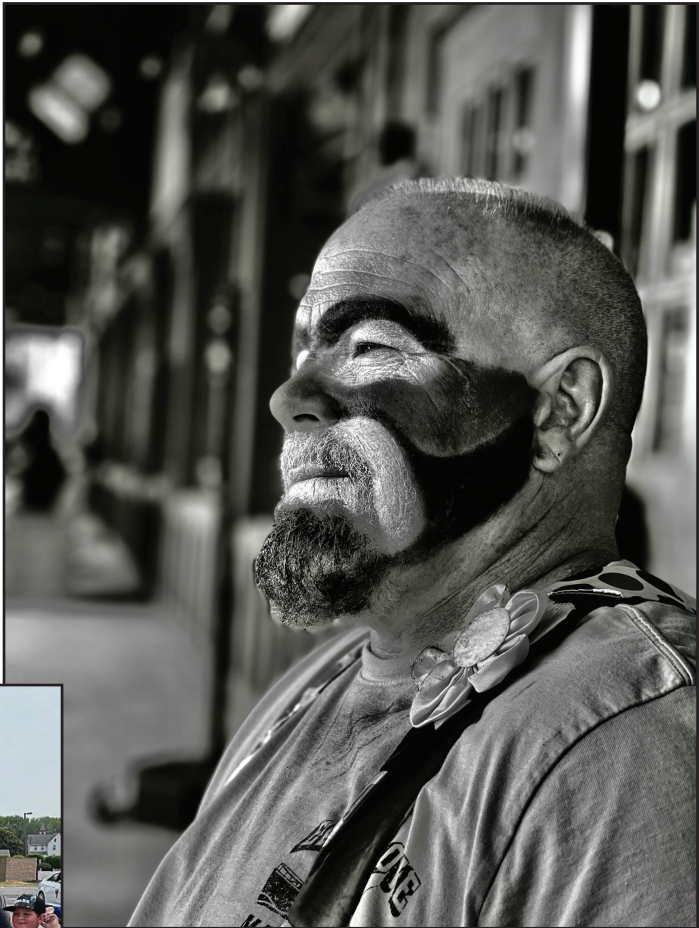
Officials canceled the traditional Turkey Day run because of the COVID-19 pandemic — the first time since 1945 that the annual holiday race was not held in Manchester on Thanksgiving morning.

The committee held a virtual road race instead, which attracted approximately 2,000 registered runners who used the MRR's proprietary app on their smartphones while they ran the 4.748-mile distance at locations throughout Connecticut, the United States, and in several foreign countries during the week prior to Thanksgiving.

Carta said that the committee will begin planning for November's 85th annual MRR shortly.

"We will be consulting soon with officials from the state and the Town of Manchester and will make an announcement as soon as we feasibly can," Carta said. "Public health and safety will be our only concern, but we are obviously hoping and praying that we'll be able to hold the road race on Main Street on Thanksgiving morning."

Glassboro Forest No. 1 Raising Money for M D



Evergreen Forest No. 49

TALL CEDARS

100th.

ANNIVERSARY

CELEBRATION

NEW DATE

Saturday –October 9, 202

Social @ 4:00 p m **Introductions** @5:00 p m **Dinner** @ 5:30 p m

UNION LODGE No. 7

1478 Wyoming Mill Road
Dover, DE 19904

Prime Rib Augus Plated meal

or a Pasta dish With Chicken

OPEN BAR (all evening)

Special Entertainment planned and a commemorative publication.

Ticket costs: only \$ **25.00** person

Reservations to

Richard G. “Dick” Feeser

By September 25, 2021

11311 Marina Dr. # 49

Berlin, MD 21811-9220

dfeeser@cbmove.com.



Les Metcalf presenting the 2019 Oakie Doaks Award to David Melvin

Around the Kingdom, Tuckahoe No 216 Laurel Forest No. 130

David W. MacDonough, Degree in the Woods



A Mental Health Moment Pandemic Fatigue Michael Johnstone, Senior Deputy Neptune Forrest

As the pandemic continues and Mental Health Month upon us, I felt it fitting with being your mental health professional to share some tips with coping with our health crisis. We are in month 14 of the COVID-19 outbreak and has radically altered nearly every aspect of our daily lives. Social distancing, face covering, cleaning measures, and other restrictions have directly impacted each and every one of us. The way we interact, meet, dine, and function has been dictated and modified as health consideration changed. Quite frankly it has become exhausting and frustrating. Exhausting because the restrictions continues and change frequently. Frustrating to keep up with these changes and efforts to find a sense of normalcy. These feelings have led many people into Pandemic Fatigue. Pandemic Fatigue can be viewed as wrestling with intense emotions day after day which drains your energy and causes changes in normal routine. Fatigue can stem from a number of emotions during this pandemic to include:

- Fear
- Anxiety
- Loneliness
- Hopelessness

Signs of Pandemic Fatigues

One significant sign of fatigue is a sense of inner weariness. You may feel any of the following:

- Helplessness
- Sadness
- Worry
- Frustration
- Irritability

You may notice the following symptoms:

- Significant changes in appetite and/or sleep. This could include eating or sleeping more or less than usual.
- Trouble focusing, completing tasks, or getting distracted easily.
- Feeling nervous, restless, edgy
- Feeling irritable, snapping or arguing with people, quick to anger.
- Lack of motivation.
- Racing thoughts or unable to control thoughts.
- Withdrawing from others.

Here are seven healthy ways to cope with Pandemic Fatigue:

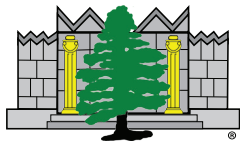
- Take care of your body. It is easy to get wrapped up in other concerns, news events, family, and the like. It is even easier to forget taking care of oneself. Ensure that you get enough sleep and eat meals on a regular schedule. Some form of exercise like swimming, walking, dancing, and similar are important as well.
- Limit your news intake. The news outlets are available 24 hours a day and it is easy to overload yourself which causes negative emotions, drain your energy, and increase stress. The TV, radio, and cell phone all have off buttons, use it.
- Lower your stress lever. Focus on activities that are calming and things that are enjoyable. Consider the following:
 - Breathing exercises
 - Yoga
 - Medication
 - Nature walks
 - Reading
 - Cooking
 - Listening to music
- Connect with others. We as human beings are social creatures and desire social interaction. Consider making phone calls, video chats, online classes, and online religious services. Seeking social interaction while limiting physical contact.
- Accept your feelings. Challenging situation stir up mixed emotions. Ignoring your feelings can cause more stress. Acknowledge your feelings and allow yourself to have them.
- Seek positive self-talk. Fear and anxiety can lead to negative thoughts. Seek to replace the negative thought with positive statements. Replace thoughts of acquiring COVID-19 with thoughts of how I can remain safe.
- Finally, create new traditions. Create new routines, joyful times, and traditions such as creating time for family visits, self-care, and/or activities. Focus on existing hobbies, create a new hobby, home projects, or something that makes you feel good.

Pandemic Fatigue is a serious social concern and requires your attention. Now more than ever self-care should be your focus to help yourself and care for others in your immediate circle. Seek the assistance of a mental health or primary care provider as needed.

Michael Johnstone, Senior Deputy

Neptune Forrest

Proposed Supreme Forest Constitution & By-law Changes



Supreme Forest of the Tall Cedars of Lebanon
of North America
Established 1902

Date: July 2021
To: Supreme Forest Members
From: Robert T. Hahn, Supreme Scribe
Subject: Proposed Supreme Forest Constitution & By-law Changes

The following proposed changes to the Constitution and By-Laws of the Supreme Forest have been properly submitted in accordance with the Supreme Forest Constitution and By-laws.

These proposed changes will be acted on at the 118th Annual Session of the Supreme Forest on September 13th 2021 at Zembo Shrine, in Harrisburg, Pennsylvania.

The Supreme Tall Cedar requests all Tall Cedars to wear their pyramids at all Supreme Forest Sessions.

Registration Badges will be required at all social functions.

* * * * *

It is important for every Supreme Forest member & Delegate to have his credentials validated by the Credentials Committee so that he can vote in the annual election. Members who do not have a current dues card will not be issued Credentials.

Credentials Validation Schedule
Sunday, September 13th 2021 - Zembo Shrine, Harrisburg, PA 8:00 A.M..

Proposed Changes to the Supreme Forest By-Laws

20-2 ARTICLE X- SUPREME FOREST CLUBS AND EVENTS

G. The Supreme Forest does hereby recognize the Cedarette's as an auxiliary group of Women that support an individual Tall Cedar Forest. (This is only a recognition and does not imply any rites, responsibilities or privileges as a Tall Cedar) .

(Proposed changes will be effective immediately upon approval.)

Signed By:

Proposed Changes to the Supreme Forest By-Laws

Title

Article I- Appointed Officers and Duties, Sections F& H –Supreme Historian & Supreme Chief Clown,
Article IX – Constituent Forests, Section B. Membership, 9. Member-At-Large,
Section E. Calendar Year and Special Observances,
Section G. Miscellaneous Provisions, 4. Participation in Public or Private Affairs

TALL CEDARS OF LEBANON ~~OF NORTH AMERICA~~ INTERNATIONAL BY-LAWS

ARTICLE I—APPOINTED OFFICERS AND DUTIES

F. Supreme Historian shall:

1. gather all important historical data relating to the Tall Cedars of Lebanon ~~of North America~~ International and, from time to time, prepare the same in permanent form to be kept in the Archives of the Supreme Forest.

H. Supreme Chief Clown shall:

1. encourage Constituent Forests to organize and develop Clown Units.
2. annually conduct and supervise such regional and national competitions as are necessary to determine national champions of the Tall Cedars ~~of North America~~ International individual and Forest classifications.

ARTICLE IX – CONSTITUENT FORESTS

B. MEMBERSHIP

9. Member-At-Large

a. Any Master Mason who resides one hundred (100) or more miles from the nearest Constituent Forest and is in good standing within a Masonic Lodge recognized by the Grand Lodge of his ~~state~~ jurisdiction which recognizes the Tall Cedars of Lebanon ~~of North America~~ International may be made a Tall Cedar of Lebanon “Member-at-Large” upon meeting the following conditions.

6. Failure on the part of the new “Member-at-Large” to present himself within twelve (12) months of being accepted into the Tall Cedars of Lebanon ~~of North America~~ International will result in his forfeiture of all monies paid by him.

E. Calendar Year and Special Observances

2. Tall Cedar Week shall be observed during that week in which the 18th day of March occurs, and each Constituent Forest should endeavor to promote and sponsor activities throughout the entire week to enhance the Fun, Frolic, and Fellowship, and propagation of the Tall Cedars of Lebanon ~~of North America~~ International.

G. Miscellaneous Provisions

4. Participation in Public or Private Affairs

a. No Constituent Forest, officer or member of Tall Cedars of Lebanon ~~of North America~~ International, shall parade, or participate in any public or private demonstration, either in civilian clothes or uniform, without written dispensation from the District Deputy Supreme Tall Cedar. The foregoing, however, shall not apply to any Tall Cedar’s attendance at or participation in church services.

Signed by:

William W. Martz
Robert T. Hahn

Hagerstown Forest No. 95
Bethlehem Forest No. 61

Proposed Changes to the Supreme Forest Constitution

20-1 ARTICLE VI - ELECTED OFFICERS-THEIR DUTIES-VACANCIES

- B. Duties of elected officers
 - 7. Board of Directors
 - G. Meetings

Meetings of the Board shall be held quarterly at a time and place designated by the Supreme Tall Cedar with the approval of the Board during the Midwinter Conference in January, and the months of March, June, September, and ~~December.~~

Signed By:

Proposed Changes to the Supreme Forest Constitution

20-3 ARTICLE VI -- HEADGEAR

- B. Color and Trimmings
 - 25. Grand Master while in office - Blue Pyramid (medium blue}, Yellow Tassel, Gold Trimming, Yellow Lettering/Grand Master.
 - 26. Past Grand Master- Blue Pyramid (medium blue}, White Tassel, Gold Trimming, Yellow Lettering/Past Grand Master.

(Proposed changes will be effective immediately upon approval)

Signed By:

Proposed Changes to the Supreme Forest Constitution

Heading, Preamble,
Article I- Name,
Article II - Objectives,
Article IV – Elected Officers, B. Duties, 1. Supreme Tall Cedar

TALL CEDARS OF LEBANON ~~OF NORTH AMERICA~~ INTERNATIONAL

SUPREME FOREST CONSTITUTION

PREAMBLE: To provide for social entertainment and innocent fun; to provide a wider acquaintance and friendship among men already bound together by fraternal vows; to perpetuate itself as a fraternal and social organization and to provide for its orderly government; the Tall Cedars of Lebanon ~~of North America~~ International does hereby ordain and establish this Constitution as the Supreme Law of the Order.

ARTICLE I--NAME

- A. This organization shall be known as The Supreme Forest of the Tall Cedars of Lebanon ~~of North America~~ International.

ARTICLE II--OBJECTIVES

- A. The objectives of this organization shall be:
1. the propagation and perpetuation of a social and fraternal order to be known as the Tall Cedars of Lebanon ~~of North America~~ International.
 2. to enact such legislation and perform such acts as may further its purposes and 3. to enact such legislation and take such action as may advance the objectives of the Tall Cedar Foundation.
 4. to enact such legislation and take such action as may advance the membership, programs and activities of Masonic Youth Organizations.

ARTICLE VI--ELECTED OFFICERS--THEIR DUTIES--VACANCIES

- B. Duties of elected officers
1. Supreme Tall Cedar shall:
 - a. represent the Tall Cedars of Lebanon ~~of North America~~ International as its Chief Ceremonial Officer at all fraternal, state, and social functions when such is appropriate and necessary.

Signed by:

William W. Martz
Robert T. Hahn

Hagerstown Forest No. 95
Bethlehem Forest No. 61

Proposed 2022 Budget

Income

Membership Fees	\$128,000
Management Fees	\$2,000
Publication Fees	\$500
Sales	\$3,000
TCL Functions	\$30,000
Interest Income	\$30,000
TCF Fees	\$0
Miscellaneous	\$500
Total	\$194,000

Expenses

Administrative Operations	\$45,000
Building	\$20,000
Appointed Officers	\$2,000
District Deputies	\$4,000
Committees	\$2,000
Elected Officers	\$22,500
Office	\$20,000
Public Relations	\$12,500
Publications	\$30,000
Purchases for Resale	\$2,000
TCL Functions	\$30,000
Miscellaneous	\$2,000
Total	\$192,000

Net Income/Loss	\$2,000
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Agenda For Convention 2021 One Day Only

General Session
September 14th 2021
Zembo Shrine
Harrisburg, Pennsylvania.

Recess at approximately Noon & Reconvene at 1:00 P.M. if needed

Open Session:

Opening

Introductions of Supreme Forest Board of Directors
Introduction of Past Supreme Forest Officers
Introduction of Distinguished Guests
Introduction of 2021 Goodwill Ambassador
Key Club recipients' recognition
Supreme Forest Memorial Service

Proposed Agenda

Present 2021 Budget
List Candidates and receive nominations
Voting on Supreme Forest Officers
Voting on changes to the Constitution & By-laws
Committee Report
Results of Election

Other Convention Activities

Sunday September 14, 2021

8:30 A.M.

Credentials & Convention Registration Convention Center
Vendor area Open – Convention Center
Supreme Forest Board of Directors Meeting
Tall Cedar Foundation Board of Directors Meeting

9:00 A.M.

Saturday, September 13, 2021

9:30 A.M. Supreme Forest Office

Supreme Forest Board of Directors Meeting
Tall Cedar Foundation Board of Directors Meeting

2021 Convention Recommended Dress Code

Sunday September 14, 2021

Supreme Forest Session

Supreme Forest Officers – Tuxedo (white coat)

Supreme Forest Members – Business Casual (no jeans or T-shirts) Officers
and Members – Wear Pyramids

Evening Events - Casual

Be Proud

Wear Pyramids At All Convention Events Even Walking On The Boards

Supreme Tall Cedar 2021 Cruise

DISTRICT No. 22 NEWS

As reported by DDSTC Lewis E. Watson

Al-O-Mon Forest No. 138

On Aug. 19 the Forest entertained their Ladies. A corn roast was held at Rainbow Gardens in White Oak Borough. Dinner was served from 5 p.m. to 7 p.m. From 7 p.m. until 8:30 p.m. the members and their ladies were free to try out the amusement rides; at 8:30 p.m. until midnight a Square Dance was held in the roller rink. It was a very delightful evening.

On Aug. 26 the Family Picnic was held at Kennywood Park. Dinner was served from 5 p.m. to 6:30 p.m. for those who did not desire to take a picnic lunch. At 8 p.m. the Season's Parade was presented by the park. The parade featured each month of the year.

On Sept. 3, the Chanters held a surprise party for their Director Dave Sneddon, at his place at Spillway Lake, Pa. Dave was transferred to Baltimore, Md. by his employer. It was a complete surprise. Dave will be missed by the members of Al-O-Mon Forest but the best to him in his new home.

On Sept. 6, Al-O-Mon Forest attended the White Barn Theater performance. Grand Tall Cedar, Robert Lenk, had arranged for the entire house and part of the house for the following Sat. Sept. 10. It was a very pleasant evening for the members and their ladies.

On Sept. 13, ten buses left McKeesport to attend a Pittsburgh Pirates ball game. Four hundred members and their ladies made up the group. A pleasant evening was enjoyed even though the Pirates lost.

On Oct. 7, the Degree team held a Square Dance at Renzie Park, McKeesport.

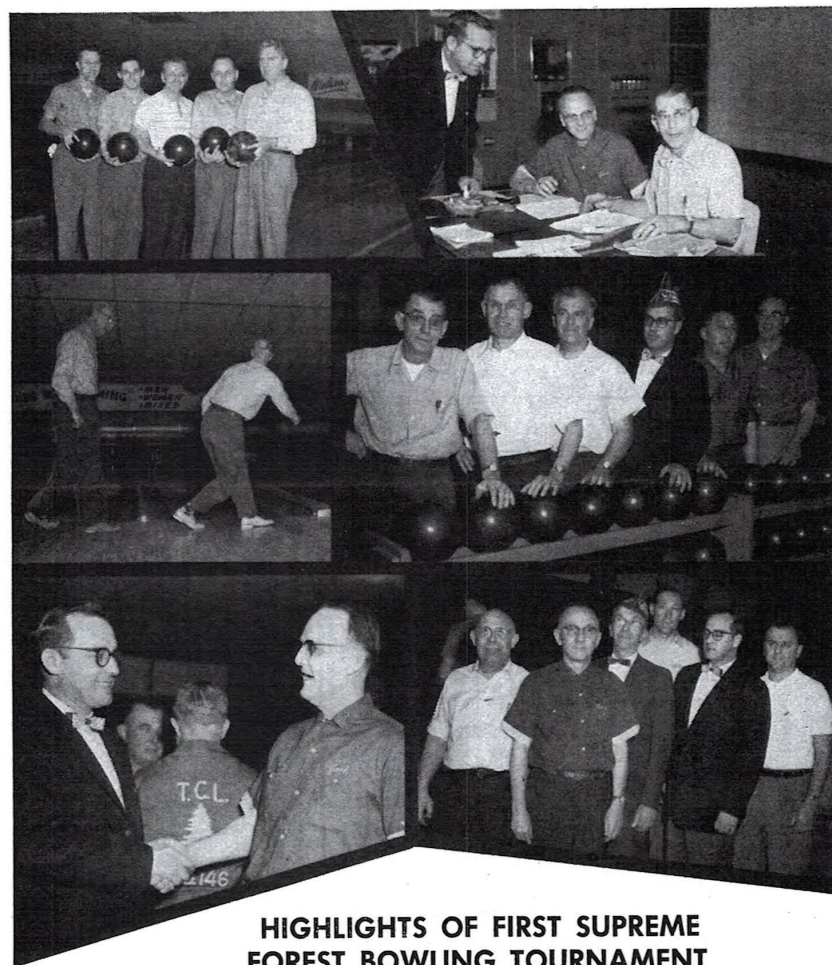
On Oct. 21, Al-O-Mon Forest held a dance at Youghiogheny Country Club. The music was furnished by the new dance orchestra from the Brass Band. They made a very nice appearance in their new uniforms and their music was enjoyed by all present.

Some future dates for the Forest will be election and installation of officers at Renzie Park, McKeesport on Wed. Dec. 14, and the year will close with a Christmas Party at the Memorial Theater at McKeesport on Dec. 17.

Wa-Cha-Gree Forest No. 149

On Aug. 10, the Forest held its annual picnic at the City Park in Washington, Pa. This has become a highlight in Wa-Cha-Gree's year. They had a splendid turnout for the afternoon and evening. After the evening meal, the children were taken to the upper floor of the main pavillion and the adults on the lower floor for games. Later all joined on the upper floor where entertainment was enjoyed by all present.

On Aug. 13, Wa-Cha-Gree took part in the Sesqui-Centennial Parade in Washington, Pa. They entered a float that took first prize and had an excellent turn out. The Rangers, in their new summer uniforms, made a very nice appearance. Four members of Al-O-Mon Degree Team rode the float. The following officers joined with the officers of Wa-Cha-Gree. From Al-O-Mon, Olin E. Bell SDGTC; Clyde D. Cady, JDGTC; Elmer Virag, Chief Sidonian; from Pittsburgh Forest Harry Keller, G.T.C. and F. Luckock,



HIGHLIGHTS OF FIRST SUPREME FOREST BOWLING TOURNAMENT

Top Row Left: The Norristown No. 31 team: Harold Ziegler, Ken Curll, Kermit Angstadt, Lou Rahmer, John George. Top Row Right: The Execs of the Tournament—Grand Tall Ike Moyer, Chief Committeeman Jack Beatty from York and Lou Biehl of Norristown No. 31. Middle Row Left: John Daywalt looking at John Daywalt missing a spare. Middle Row Right: The local committee—Lou Biehl, Harold Frankenfild, Vern Watson, Ike Moyer, Sal Fiorillo and Hen Shenkle. Bottom Row Left: Grand Tall Ike says thanks for a job well done to "Chief" Jack Beatty of York Forest. Bottom Row Right: Some of the "hottest" names in the Tournament—Robert Quay, Spring City; W. T. Wastler, York; Frank Gresh, Norristown; Wm. Strickler, Harrisburg; Ike Moyer, Norristown; Jim Mull, Spring City.

JDGTC; also Lewis E. Watson, DDSTC of District No. 22. Music was furnished by the combined Brass Bands of Wa-Cha-Gree and Al-O-Mon Forest.

On Sept. 10, Wa-Cha-Gree held a couples' affair at the home of Mr. & Mrs. Bolman at Spillway Lake, Pa. It was a very pleasant evening with excellent hosts. The Grand Tall Cedar George Mudrick made a very good short order cook, and no one needed bromo-seltzer.

On Sept. 24, the Rangers of Wa-Cha-Gree Forest entertained their ladies at the Chareroi Elks Club. After dinner in the private dining room they adjourned to the club room for an evening of dancing.

On Oct. 22, the Rangers and their ladies held a Hallowe'en party at the home of the Nagy's at Washington, Pa. It was a very fine evening.

On Nov. 4, Wa-Cha-Gree will hold

their Fall Dance for our National Charity Objective at the George Washington Hotel, Washington, Pa.

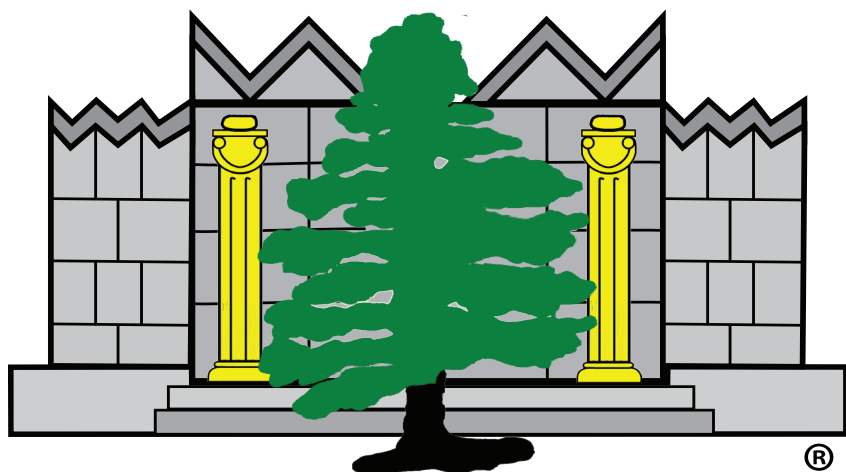
Dec. 2 is the date for the annual election and installation of officers. They will close their year with the Family Christmas Party Sunday, Dec. 11.

Pittsburgh Forest No. 160

The Forest opened its Fall affairs with a Square Dance Oct. 7.

On Oct. 16, the officers arranged for its members to join in the Fall Foliage Train Excursion of the Pittsburgh Chapter of the National Railway Historical Society. They had two reserved cars on the train, which left Pittsburgh at 9 a.m. and returned at 10 p.m. The train traveled over 200 miles to Brookville, Pa. The scenery was beautiful.

On Oct. 29, Pittsburgh Forest held a Hallowe'en Dance at Monroeville, Pa. This turned out to be a very fine evening.



59th Annual Supreme Forest Bowling Tournament

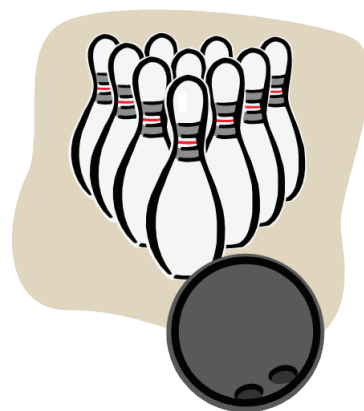
April 25th & 26th, 2020

Laser Alleys

3905 E. Market St.

York, PA 17402

**Come for the
Fun, Frolic
and
Fellowship!**



**Contact Bob Hopkins, 717-368-9774, nittanybob17@gmail.com
Deadline – April 10th, 2020**

**59th Annual Tall Cedars of Lebanon
Supreme Forest Bowling Tournament
April 25th & 26th, 2020
Hosted by
York Forest No. 30**

Entry fee is \$17.00 per man per event

All Events is \$2.00 additional
Prize Fee \$6.75
(Prize fee returned 100%)
Bowling Fee \$9.25
Expense Fee \$1.00

Mail applications with check payable to:

**York Forest No. 30
Send to: Bob Hopkins
2985 Broxton Lane
York, PA 17402-3824**

Entries close April 10th, 2020

Team event is \$68 per team (4 person teams)

Doubles event is \$34 per two people

Singles event is \$17 per person

All Events is an additional \$2.00 per person

Total cost for one bowler to enter all 3 events & All Events is \$53

Do not write in this space

Entry No _____

Date Rec'd _____

\$ Rec'd _____

Team Name _____

Captain's Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Please circle preferred times

Team Event: Saturday – 10:00 AM - 1:30 PM Sunday – 9:00 AM – 1:00 PM

Doubles and Singles Events: Saturday – 10:00 AM - 1:30 PM Sunday – 9:00 AM – 1:00 PM

Roster for Team Event

List bowlers in order of bowling

#	Bowlers Name	Average	All	Events
1			Yes	No
2			Yes	No
3			Yes	No
5			Yes	No

Roster for Doubles and Singles

List bowlers in order of bowling (must bowl both events)

#	Bowlers Name	Average	All	Events
1			Yes	No
2			Yes	No
3			Yes	No
5			Yes	No

59th ANNUAL SUPREME FOREST BOWLING TOURNAMENT
Tall Cedars of Lebanon of North America
April 25th & 26th, 2020
Laser Alleys
3905 E. Market St.
York, PA 17402
Souvenir Program & Booster Promotion

To all Tall Cedars in the Cedar Kingdom:

Cedarly Greetings,

In years past, your bowling committee has had the voluntary support of the Constituent Forests in promoting our Annual Bowling Tournament. The advertising in the souvenir program is one of the means. Many Forests purchase space in the program to express their support and indicate participation by their members. They also use it to publicize special events, or to identify their Forest Officers and supporting individuals.

Individual members may offer their support and receive recognition in the booster's section of the program. Booster names, at \$1.00 per name per line, will be listed in the program, and since this is a separate promotion, they will be listed in space other than advertising space, unless we are told otherwise. Thus, you will have two opportunities to publicize your Forest. Please remember to send us a complete list of all participating Tall Cedars. Please list all boosters on a separate sheet of paper. We would really appreciate your support in 2019.

Additionally, the souvenir program includes schedule and lane assignments for all events of the Tournament with space provided for individual score recording.

Advertising space prices for the 2019 Program will be:

Back Cover - \$60	7 ½ X 4 ½	Half Page - \$20	3 ¾ X 4 ½
Inside Cover - \$50	7 ½ X 4 ½	Quarter Page - \$10	1 7/8 X 4 ½
Full Page - \$40	7 ½ X 4 ½	Booster - \$1.00 Please list all names on separate sheet of paper.	

Please fill in all information below and make checks payable to: York Forest No. 30 and send to:
Bob Hopkins
2985 Broxton Lane
York, PA 17402-3824

Company or Organization: _____

Street _____ City _____ State _____ ZIP _____

Contact Person: _____ Phone # _____

Signature of Authorized Person: _____

Any advertising or booster received after **April 3th, 2020** is not guaranteed to be in the Program Booklet.

Thank you in advance for your support.

Deadline is **April 3rd, 2020**

Tournament Rules

1. Tournament will be conducted according to rules governing tournaments of the United States Bowling Congress, and all participants must agree to be so governed.
2. Any applicant who has been refused membership in the United States Bowling Congress for good and sufficient reason is not eligible to participate.
3. Teams may be made up of 4 Tall Cedars, or 3 Tall Cedars and 1 Master Mason/DeMolay, or 2 Tall Cedars and 2 Master Masons/DeMolay. Each bowler must be certified as a member in good standing by the scribe of the entrant's Forest. An entrant who is unable to bowl may be replaced by a qualified Tall Cedar in accordance with USBC regulations and these rules. Youth bowlers may not receive cash prizes however gift cards will be substituted.
4. **Beginning 2020 Cedarettes, Jobs Daughters and Masonic Youth are encouraged to register for this event.**
5. A bowler may bowl only once in each event.
6. All who bowl doubles must bowl singles and vice versa
7. Starting lanes and times will be assigned by tournament officials. All entries must bowl on lanes and at times assigned by these officers.
8. Tournament will be operated on a handicap basis of 90% of the difference between the individual average and 230 scratch.
9. A bowler's average as of January 1, 2020, must be for a total of twenty-one (21) games or more. If less than twenty-one games in a league, a bowler can add two or more leagues together to total the twenty-one games. Bowlers in more than one league must use the highest league average.
 - Average shall be certified by each entrant's league secretary.
 - Any bowler not having a league average shall be assigned an average commensurate with his ability, but not less than 150.
 - Bowlers who do not have a league average and have bowled in the Supreme Forest Bowling Tournaments, will be assigned an average compiled by averaging the last three (3) years bowled in a Supreme Forest Bowling Tournament.
10. Any bowler who reports a lower average than required, which changes his handicap classification, or who fails to report a prize of \$300.00 or more in any event in a tournament which has ended within the previous 12 month period, shall forfeit tournament entry fees and handicap prize winnings, Failure to use proper average, or to make corrections prior to completion of the first game of a series: Shall disqualify if submitted average is lower than actual average, or prize winnings will be based on submitted average if it is higher.
11. Tentative schedule of events (subject to change as required to accommodate all entrants):
 - Saturday 10:00 AM - 1:30 PM – Team, Doubles and Singles events
 - Sunday 9:00 AM - 1:00 PM – Team, Doubles and Singles events
12. Each team will indicate on entry blank preferred time for bowling. Entries from distant points will be given preference as to time whenever possible. Minor events must bowl both doubles and singles.
13. All captains must report one hour before bowling.
14. All individuals must report prior to bowling the doubles event.
15. Teams must bowl in the order names are listed on entry blank. Substitutions may be made (see rule 3), but entry blank will not be processed without team listing, including doubles and singles.
16. Tournament committee reserves all rights to govern this event.
17. An appeal or protest must be brought to the attention of the Tournament Manager within 24 hours.
18. Entries must be received by **April 10th, 2020.**

Trustee of the Year
Michael A. Youse, District No. 13

District Deputy Supreme Tall Cedar
Glenn W. Henry, District No. 11

Grand Tall Cedar of the Year
Michael R. Vellardi

Tall Cedar Award
Russel Urffer, Jr. Senior Deputy Grand Tall Cedar, Harrisburg Forest No. 43

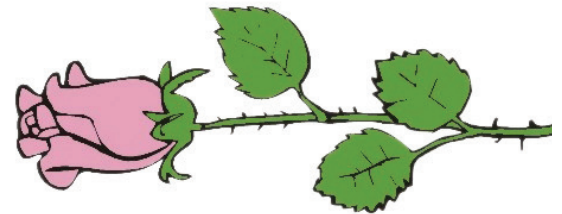
Tall Cedar Award
Walter Beddow, District Deputy Supreme Tall Cedar, District No. 2

Tall Cedar Award
Aaron Lyons, Evergreen Forest No. 49

MDA Appreciation
Ryker Lyons and His Family

Supreme Forest Tall Cedars of Lebanon Of N.A.
4309 Linglestown Road, Suite 116
Harrisburg, PA 17112

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
HARRISBURG, PA
PERMIT No. 802



The History of The Tall Cedar Rose

The main objective of the Tall Cedars is the fight against muscular dystrophy. One of our many fund-raising projects is the Rose Program. In 1979, the Rose Program was instituted as a new fundraiser for the Tall Cedars by Essex Forest No. 8. "Roses Against Muscular Dystrophy!" was accepted as a national program and offered for a donation on street corners and at special affairs of the Forests. This program remains much the same today.

Over the years, the Rose has become the signature of a Tall Cedar, and the Tall Cedars' purpose to find a cure for muscular dystrophy. We wear the rose as a reminder of our commitment to be there for the kids to the end.

So, be proud when you wear this rose and join in the fun, frolic and fellowship of Tall Cedarism and the fight against muscular dystrophy.