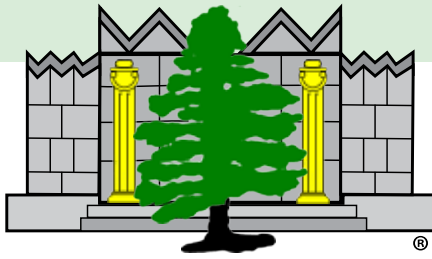


# THE CEDAR DIGEST

*2022 Officers and Goodwill Ambassador, Dakota Fortier*





## The Cedar Digest

Spring Summer 2022 Cedar Digest Volume 54 Issue No. 1  
A publication of the Supreme Forest Tall Cedars  
of Lebanon of N. A.

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Please note: The deadline for the next issue Fall/Winter will  
be June 30, 2022

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

We appreciate the numerous submissions we receive for  
consideration. We apologize, but due to space constraints we  
are not able to publish every submission we receive.



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**The 2022 convention will be held October 6-9 in  
Ocean City, Maryland.**

**There are many proposed changes to our By-Laws and  
Constitution. This is your opportunity for your voice  
to be heard.**

Visit [www.TallCedars.org](http://www.TallCedars.org) if you would like to receive an  
electronic version of our magazine.



It's a GREAT day to be a Cedar!

Happy 2022 to all in the Cedar Kingdom and to those other Brothers and Sisters and family and friends who may be reading this magazine.

With the NEW YEAR comes the time for CHANGE! The No. 1 rule of change is you must have support from the top! You have that support! From the line officers, the Board of Directors, the committees, and every elected and appointed officer, we are here to help. If you have an issue or request, bring it up to your District Deputy Supreme Tall Cedar. They are there to assist you as the local Supreme Forest Officer. To the Supreme Forest Officers and committees, again, we are a team. If you don't have the answer, ASK! Let's bring back the Fun, Frolic, and Fellowship in a strong way in 2022.

Our new Membership Chairman has a lot of great ideas. Some may work, some may not, but we are trying to think outside of the box.

Please add the Supreme Forest line and appointed officers to your communication lists, especially if you have newsletters, email blasts, magazines, etc. We enjoy reading them all and seeing what is going on in the Kingdom. Let us or the office know about special events as far in advance as

possible so that we may consider attending.

We are still in some tough times but are trying to move on with life. Please stay in contact with your Forests and if you feel safe to do so, attend as many functions as possible. Remember to invite your family and friends to all open events so they too can enjoy the Fun, Frolic, and Fellowship.

We have a lot of remarkable things happening this year. Extension nationally and internationally, a new online membership system from Groupable, and more importantly, Forests getting back to safely having in person meetings and events!

As we transition to the new online membership portal this year, please make sure that your Forest Scribe has your current email address. This will assist in you receiving all future communications from your Forest, the Supreme office, and the Foundation. If you have not been receiving communications and you have email, make sure your Scribe has the correct or updated address. Remember, it is up to YOU to make sure the Scribe has your correct or updated contact information.

The theme chosen for this year is "Let Your Light Shine". Matthew 5:15-16 states, "Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

We need to "Let our Light Shine" as men and women, as Masons, and especially as Tall Cedars and Cedarettes as we go out into the world and in our everyday lives.

Let's make 2022 the best year yet for Cedarism!

Cedarly,  
Joseph S. Russell Supreme Tall Cedar



Brothers All,

It is indeed a great time to be a Cedar. There is a new atmosphere of hope throughout the Kingdom.

The Boards are all working together toward a common goal along with the Supreme Officers. That goal is to be able to reach out to persons in need who are afflicted with neuromuscular diseases at a local level. The Muscular Dystrophy Association has not been able to fill that need.

Membership has been an issue and on a steady decline for decades. This is true of all our Masonic Associations, not just the Tall Cedars. We must have tangible results that can be seen in our communities to make a difference. Relationships need to be established and nurtured to have long term results. The Supreme Forest recognizes that they must support the local Forest in their search for membership. We are working on a program to aid financially in that endeavor.

The 2023 Committee has created a contest to help motivate our search for new members. The 2023 Supreme Tall Cedar trip is going to be a weeklong trip to an all-inclusive resort in Aruba. The person who generates the most new initiates over a minimum of 25 will win that trip including airfare for 2 persons.

The key to any program is communication, membership is no different. We are finally coming out of our mandatory -isolation and beginning to have face-to face meetings. These meetings need to have a draw to them not just a meeting because you are supposed to have one. Some of the greatest meetings I have attended were through zoom. Massasoit Forest # 91 has zoom meeting that I look forward to each month and change my schedule so that I can attend.

Our Membership Chairman is Richard Pierce and he can be reached at 570-656-6016 or by email at richardpierce0314@gmail.com. He has some great ideas that have worked locally and we anticipate that they will work at a national level. Contact him and he will share what he has learned. If you have ideas that have worked, please share them with Rich so that he can share with others. We are in this together and the only way we can perpetuate our fraternity is to work together one step at a time. The operative word is work. There is nothing that will be accomplished without effort.

Our new membership program is up and running. As with any new program there are some kinks that need to be worked out. I want you all to know that Karen and Bob Hahn are working feverishly to streamline this program.

The Supreme line has taken council with some of our Past Supreme Tall Cedars, it was through a zoom meeting that we were able to interact with each other. I want to thank all those who participated. Your thoughts and guidance are greatly appreciated.

Thank you for the opportunity to serve this great organization and though the grace of God lead in a just manner.

If you have any questions or comments positive or negative, please contact me at 570-350-9171 or at davidmanter2023@gmail.com





Cedars all,

Our midwinter went very well, and I do believe that everyone in attendance had a wonderful time. We have an excellent group of Supreme Officers that are working together for the future of the Tall Cedars. Nobody likes to change, but it is necessary for our future. We must try new ways to promote the Fun, Frolic, and Fellowship. Please think outside the box. Your Supreme Officers are doing just that and are looking for new ways of supporting our MDA kids at a more local level.

The Supreme Officer line is a quick 3-year line. I believe that in this quick line you are not there to change the world and make yourself stand out, but you are to help create and have a long-term plan. It is not about me; it is about our future as an organization that does great work in fighting MD.

I am looking forward to seeing everyone at the Wreath Laying Ceremony in March and throughout the year. I am also looking forward to more traveling as winter breaks. We are here to support each other!

Jim Marion, JDSTC, Scribe Adoniram 209

Embrace tradition. Plan for the future

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



Brother Cedars,

It was great to have a Midwinter with in-person meetings again.

Our new membership program, Groupable, is now up and running. There was a Scribe's orientation session at Midwinter and a recording of the session is available online in the Scribe's area: <https://tinyurl.com/ForestScribes>.

The Forest Scribes will have more control in managing their member information. Please check with your Scribe to be sure your information is up to date.

There are Tall Cedar events and activities planned throughout the Cedar Kingdom for the upcoming year. Convention will be in Ocean City, MD, October 6-9, 2022, and many District and Forest have planned activities. Please try to attend some of the functions.

I am redesigning the forms to make them easier to use. There will be a link to the new location for the forms.

I would like to thank the Forests who continue to provide information about their activities. Please keep sending your Forest events and photos to be included in the Cedar Digest.

Remember to send in your dues and assessments. We are still missing some.

Please spread the word about how much Fun, Frolic, and Fellowship we enjoy so you can involve more members.

Robert T. Hahn, GTC

Supreme Scribe

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

Fraternally,

Brian K. Van Scyoc, PGTC

Supreme Treasurer



## Supreme Forest Directors



Directors in Attendance at Midwinter 2022

*Back Row:* Alex J. Dueñas, Region 1; Michael A. Youse, Region 2; James O. Walmer, Region 3; Paul L. Wolf, Region 5; Irvin R. Hopkins, Region 8; William L. Greene, Region 11

*Front Row:* Linda Youse, Martha Walmer, Joanne Wolf, Sandie Greene



## Tall Cedar Foundation Directors



Foundation Directors in Attendance at Midwinter 2022

*Back Row:* Robert Willis, Region 10; Arthur Pokorny, Region 8; Bruce Gratz, Region 5; Michael Hallman Region 9; Thomas Hartford, Foundation Treasurer

*Front Row:* Al Cass Foundation Chairman, Dee Cass, Janet Gratz, JoLana Hartford



## Tall Cedar Foundation Chairman, Al Cass, PGTC No. 181



Greetings to all brother Tall Cedars and Cedarettes from your newly installed foundation board. Finally, we were able to meet as a board during the recent mid-winter convention both in person and on zoom. It was a pleasure to get to know each other for the first time in almost three years. We are busy getting our Policies and By-Laws updated. We hope by the next meeting we will be able to share some progress toward increasing awareness with the public and other Masonic bodies the work our forests have been doing for over five decades to support our charity, muscular dystrophy.

During this time, Covid prevented our many Forests from meeting and enjoying fellowship with each other and continued to surge forward and change the lives of so many families and individuals. It is our fervent hope each of you will rededicate your efforts to regain the momentum necessary to do more than ever before. Please fan the ember in your hearts to a brilliant glow so we may show we still care about those who are victims of all neuromuscular diseases.

“It’s all about the kids” my cedar mentor told me when I became a Tall Cedar.

While I still believe “It’s about the kids” I am also aware of the stress and strain

born by the families and caregivers. They are the real heroes. We need to show them our support as well. Our board will also address ways we may begin to assist them as well. Please assist us in thinking about new ways to accomplish this on a local basis.

I welcome your input always. Remember we must work within the guidelines of a 501c3 corporation. To all Grand Tall Cedars, I ask your help in making sure each meeting has an educational component about our charity in it. Your

Foundation Regional Director and Trustee are ready to assist you as well. Each forest should appoint a local chairperson to assure your focus is on fund raising for our charity. This will help us move forward with great strides in 2022.

Remember our masonic heritage teaches the greatest of acts is charity. May God continue to bless each of you with good health and make us ever more mindful that it is more blessed to give than to receive.

Cedarly yours,

Albert (AL) Cass, Chairman

Tall Cedar Foundaiton



### Dakota Fortier

*Birthdate:* November 9, 2004

Parents: Dale and Cheryle Elliot

Dakota is the current Ambassador for Laurel Forest # 130 in Wallingford, Connecticut. I met Dakota and his parents Cheryle and Dale Elliot, who is a member of the Forest, last year while attending the virtual meetings they held every month. I got to know the family through these meetings, keeping up with him on facebook (<https://www.facebook.com/DakotaFortiersAdventures>), and speaking to them on several occasions. What has inspired me about Dakota is the fact that he has not let his disabilities stop him or slow him down from enjoying life and living life to the fullest. Just take a look at his facebook page!

Dakota has:

Congenital Myotonic Muscular Dystrophy

DiGeorge Syndrome aka 22q

PDD Autism

Polymicrogyria

Whole between his aorta in the heart

Dysphagia

He is fully in a wheelchair and uses a stander and walker with AFO's.

Dakota is an Ambassador for:

MDA (shamrocks, Fire Department)

Life Vac ( Dakota1 Discount Code) Team Impact Alumni

American Legion 275 Beads of Courage

22q foundation Give Kids A World Alumni

Tall Cedars Laurel Forest #130 Channel 3 Camp

Make A Wish Alumni

Requests for Dakota to attend a Tall Cedar event or function should be directed to:

Lawrence L. Brandolini, PGTC No. 130, 475-313-8267 E7WALNUT@aol.com

### Thank You

Thank you everyone for all that you do. Dakota is already asking to go away again. He really took every moment into consideration and every time his name was announced, he lit up from ear to ear. You all went above and beyond as well as the hotel. We so gratefully thank you all for a well-accomplished Ambassador welcome.

Cheryle, Dale and especially Dakota

## Supreme Historian Roberto M. Sanchez, PGTC

Greetings Sidonians!

I greet you in the spirit of Fun, Frolic and Fellowship. For those of you that do not know me, my name is Roberto M. Sanchez and I am your Supreme Historian. I have been tasked with writing the History of our Order since our inception 120 years ago. Past Supreme Historian Larry Dipietro got us started with compiling the history, and I plan to pick up where he left off. During the next three years, I will be working with the Board of Directors and going through our archives to compile our history into a book we can reference and proudly display on our shelves. However, this is a task I will not be able to do alone. You see, our records at our headquarters in Pennsylvania will not tell us the story of the Tall Cedars of Lebanon in your area, nor of your individual Forest and members. Which is where I will need your assistance. I call for all the Forests in our Tall Cedar Kingdom to send me your stories, important events your Forest has experienced, major milestones your members have achieved, anything your Forest deems as noteworthy to be written about in our history book. As an example I will be sharing the story about my own Forest in this history book. I am a member of Mexico Forest No. 221, and our story is not one about being the first international Forest (that was in Canada). Our story is about being the first to experience its Institution and Constitution over zoom due to the current pandemic.



So my brethren, please share those stories with me so we can record them in the annals of time and keep them for future generations to come. Below are my email and cell phone number, please feel free to reach out, and share those stories for their preservation. Obviously, proper credit will be given to all who share their stories. I look forward to working on this project with all of you! Cedarly,

Cedarly,

Roberto M. Sanchez, PGTC

Supreme Historian



## Midwinter 2022 Installation







Midwinter General Session









## Midwinter Theme Party









## Ty Treutelaar, Grand Master of Missouri Initiation





**SUPREME FOREST  
OF THE  
TALL CEDARS OF LEBANON  
OF NORTH AMERICA**  
Established 1902

Email: [tclsf@verizon.net](mailto:tclsf@verizon.net) • Website: [www.tallcedars.org](http://www.tallcedars.org) • Our Charity – Muscular Dystrophy Research

4309 Linglestown Road, Suite 116 • Harrisburg, PA 17112 • (717) 232-5991 • FAX (717) 232-5997

### **Criteria for Scholarship**

The Tall Cedars of Lebanon of North America will award five \$1,000 Scholarships for a one-year period according to the following criteria.

A. Awarded annually to a member in good standing of a Job's Daughters Bethel, a Rainbow Assembly, or DeMolay Chapter in a state where a Tall Cedar Forest exists, or be the son, daughter, grandson, or granddaughter of a Tall Cedar in good standing. Previous recipients are not eligible. The states where Tall Cedar Forests are located are as follows:

Connecticut	Maryland	Ohio
Delaware	Massachusetts	Pennsylvania
Florida	Michigan	South Carolina
Georgia	Missouri	Tennessee
Illinois	New Jersey	Virginia
Indiana	New York	West Virginia

B Each candidate must:

1. be accepted at an accredited institution in any Associate Degree, Baccalaureate Degree, Technical or Vocation Program.
2. plan to attend on a full-time basis.
3. be of sterling character and personal integrity.
4. provide not more than four letters of recommendation. The letters must be from teachers, counselors, ministers, advisors of Masonic organizations, civic leaders, or heads of volunteer organizations in which the applicant is active. Attach all information to the application.
5. submit an official school transcript.

C Deadline for applications is April 1<sup>st</sup>, with the awards being made in April or May.

D All scholarship monies will be paid directly to the applicant.

All components of the application (i.e. application, letters of recommendation, etc.) must be submitted in one package to the Scholarship Chairman at the address printed above.

## PA Grand Assembly Rainbow Girls

### Supreme Forest Tall Cedars

On behalf of PA Grand Assembly International Order of Rainbow for Girls, I am enclosing a check for \$8,624.15 which was raised for Muscular Dystrophy under the direction of Steffanie Barth who was the Grand Worthy Advisor for the year 2020/2021 and with the combined assistance of the young ladies of the PA Rainbow for Girls.

Here is a little bit of a background as to why Steffannie Barth picked MDA as her charity during her year as Grand Worthy Advisor. Steffanie has been assisting Westmoreland Forest 77 raise money for Muscular Dystrophy since she was a little girl. A few years ago, she assisted Westmoreland Forest 77 and District 19 serve dinner at the Muscular Dystrophy camp in Pittsburgh. Seeing how the kids interacted at the camp made a lifetime impression on her. From that day on she stated that she had to continue to help find a cure for Muscular Dystrophy.

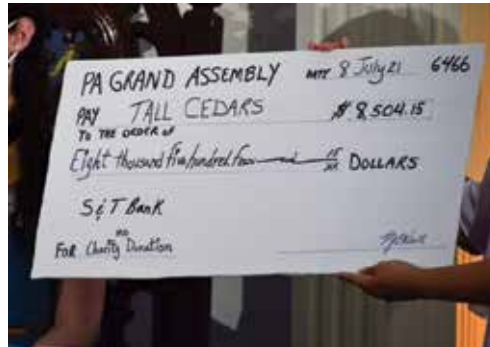
This is a prime example of how it is important for the Tall Cedars and Supreme Forest needs to be involved with our masonic youth. Visit their meetings. Ask them what they need and ask them to assist the Forests. If you need to find locations for local Chapters or Assemblies, we can help with that.

Thank you

Bruce Neubauer Past Director Region 6



Check presented by PA Grand Assembly Rainbow Girls to Tall Cedars to benefit MDA



Steffanie Barth, GWA and Bruce Neubauer, Past Director Region 6



District 13 Joint Installation - Christmas Dinner





## Conference of Masonic Grand Masters of North America



*Above: Opening Conference of Grand Masters Wisconsin DeMolay Honor Guard.*

*Left: Milwaukee German Dinner with Milwaukee Krampus Eigenheit.*

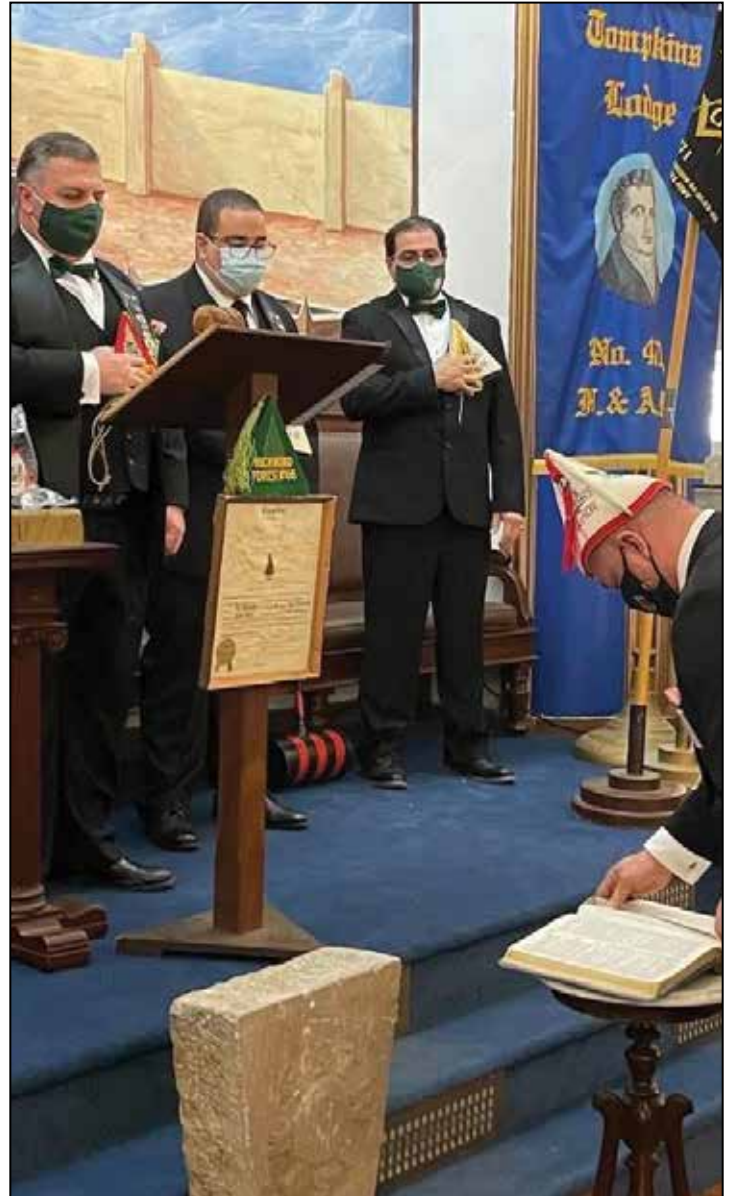
*Below: Conference Banquet*

*Bottom: Supreme officers at Tall Cedar Booth.*





## Around the Kingdom, Richmond Forest No. 66





### Future Tall Cedars



### Officer Installation





## Around the Kingdom, Pocono Forest No. 124

### David W. MacDonough, Degree in the Woods





## Around the Kingdom, Shenandoah Forest No 150

### Shenandoah Forest No 150 70th Anniversary Celebration



L to R: Ray Hedrick, Scribe; Gary E. Staubs, JDGTC; Nathan Harmon, Berkeley Co. Sheriff; Charles T. Welty, SDGTC; Lt. Rob Sell, Jefferson Co. Sheriff Dept.; Wayne C. Welty, GTC



Fundraiser at the Jefferson County, WV Fair



## Around the Kingdom, Evergreen Forest No. 49

### Sea Witch Parade



### Ocean City Christmas Parade



### Evergreen Forest No. 49 - Initiation of Four New Members in February and Birthday Recognitions





## Labor Day Rose Promotions at Redner's Market



## 100th Anniversary Celebration



## Family Picnic Sunday, July 25, 2021



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



Les Metcalf, PSTC presenting the 2019 Oakie Doaks Award to David Melvin



### **A Mental Health Moment Pandemic Fatigue Michael Johnstone, Senior Deputy Neptune Forest**

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 twenty-four of the COVID-19 outbreak which 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 is 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 level. 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 Forest

Glassboro Forest No. 1 Raising Money for M D



## Forests Award Credit in 2020

**The generous support of the Tall Cedar Foundation by our Forests is recognized and 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



## 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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**2020 Broughton Award**  
**William L. Greene, PGTC No. 130**  
**Supreme Director Region 11**

**2020 Grand Tall Cedar of the Year**  
**Ronald W. Harshman, Jr.**  
**Valley Forest No. 145**

**2020 DDSTC of the Year**  
**John R. Sollenberger, II, PGTC No. 95**  
**District No. 21**

**Harry E. Thoms, Jr., No. 31 Memorial Award**  
**Tall Cedar Foundation Trustee of the Year**  
**Arthur J. Ahrens, III, PGTC NO. 165**  
**District No. 26**

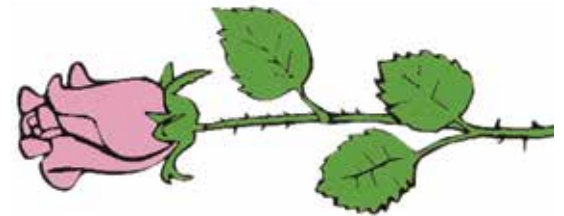
**2020 Tall Cedar of the Year**  
**Larry C. Heim, York Forest No. 30**  
**Walter J. Manhart, PGTC No. 50**  
**Gerhard H. Poch, PGTC No. 32**

**MDA Goodwill Ambassador**  
**William Alexander “Lex” Kishbaugh and his family**



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4309 Linglestown Road, Suite 116  
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### **The History of The Tall Cedar Rose**

The main objective of the Tall Cedars is the fight against muscular dystrophy. One of our fundraising 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 always.

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.