

**WEBB LODGE #166 F. &A.M.  
MARCH 21st, 2022 TRESTLEBOARD (#409)  
3201 Wrightsboro Road, Augusta, Georgia 30909  
Mobile: 706-832-0339**

**Website: [www.webblodge166.org](http://www.webblodge166.org)**

**Email: [jackg112@comcast.net](mailto:jackg112@comcast.net)**



**MARCH HAPPY BIRTHDAYS !!**

**Birthday**

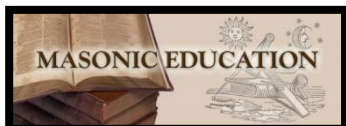
Jack Bradford  
Harry Richard Hill  
Alexander Fishman  
Walter Grant  
John Klingenfus  
Jerry Mansfield

**Masonic Birthday**

Jack Bradford  
Harry Carter  
Robert Elliott  
William Peeler  
Ed Presnell  
Warren Olin  
Harold Stokes  
Edward Svedres

On behalf of the Worshipful Master and Brethren of Webb Lodge #166, we wish you the very best on your Special Day and may you be blessed with many more happy years ahead! Please consider joining us at our next Communication at the Masonic Temple on Monday March 21, 2022 at 6:30 PM so we may congratulate you.

**WEBB LODGE HISTORY**



Webb Lodge was organized November 25<sup>th</sup>, 1819. Our Charter was granted December 2<sup>nd</sup>, 1829 as Georgia Lodge No. 19. In May 1830, records show that our number was changed to 10. Then the "Morgan Affair" hit the United States. More of your Lodge's history will be covered in future Newsletters. FYI – I'm thinking of a Masonic Quiz each month with answers the following month. Keep an eye out.

**The Healthy Freemason**

We've heard about the "Mediterranean diet" that included olive oil for years. A study published in "Clinical Endocrinology News", February 2022, states "Olive oil intake tied to reduced mortality from Cardiovascular disease (CVD), cancer, more". The study was not designed to provide conclusive data, but associative, or linked results. This means other factors (for example, people using higher levels of olive oil may also eat more vegetables and less processed food) could also impact the results reported. An observational study of 90,000 U. S. health care professionals, found consuming even small amounts of olive oil was associated with reduced total death rates. Compared with those who never consumed olive oil, those who consumed from 0.5 tablespoons (1.5 grams) per day to more than 7 grams per day had an almost 20% lower mortality risk over the 28 year study range. The average starting age of for those in the study was 56 years. Replacing 10 grams per day of margarine, butter, mayonnaise, or dairy fat with the same amount of olive oil was linked to an 8% to 34% lower risk of death from various causes. Olive oil's beneficial components are mono-unsaturated fats, vitamin E, and polyphenols, which contribute to anti-inflammatory and antioxidant properties. Real olive oil can be difficult to find. In the United States, companies are allowed to label a jar as "olive oil" even if it contains other, harmful oils (canola oil, palm oil, others). Look for countries of origin, harvested dated, and bottled date. Real olive oil leaves a bit of burning sensation. Thanks to Brother Sam Budenstein for this information.



**Happy   
St. Patrick's Day**

## UPCOMING EVENTS

We have just begun planning for a Festive Board and need your help! Your Lodge had a highly successful Festive Board last year at the Pinnacle Club. It was attended by the Grand Master and other Grand Lodge Officers, our DDsGM, Worshipful Master of the 10<sup>th</sup> Masonic District, Brothers from 10<sup>th</sup> Masonic District, and of course Brothers from Webb Lodge. If you missed it, you missed a great time. Feedback from Guests, Brothers, and Ladies was excellent. We also have a new Brother who has been Initiated as an Entered Apprentice. Additionally, we have two Master Masons working on their proficiency and will be returning at our March or April Communication. With the approval of the WM, we will be taking our newest Master Mason on "A Walk Through the Lodge" sometime after they return their proficiency. Something you'd like to see or hear, an education topic you'd like to discuss, or program you'd like to see again – like The Rusty Nail Night, please let us know. We'd like our Communications to be more than just reviewing business.

## YOUR NEWSLETTER

What would you like to see in your Newsletter? After all, we need to provide you with information you need to keep track of your Lodge and Programs within the 10<sup>th</sup> Masonic District. Please let us know your thoughts. We'll make it happen!!

## AROUND THE MASONIC TEMPLE

For your information, the Lodges of the Masonic Temple are having various difficulties and there is talk about combining or in other ways address the problems of finances, membership, and attendance. We need your voice because it is your Lodge and your Masonic Temple. Please come to our next Regular Communication and share your thoughts.



Editor & Secretary  
Jack P. Goldenberg, P.M.



Worshipful Master  
M. Steven Fishman, P.M.

**WEBB LODGE #166 F. & A.M. 2022 OFFICERS**

706-829-1155	M. STEVEN FISHMAN, P.M.	WORSHIPFUL MASTER
706-829-0216	RICHARD WILLIAMSON, P.M.	SENIOR WARDEN
706-831-2642	JONATHAN MINTZ	JUNIOR WARDEN
706-951-0232	RICHARD T. PACHECO, P.M.	TREASURER
706-832-0339	JACK P. GOLDENBERG, P.M.	SECRETARY
706-863-9459	TERRY M. DEWITT, P.M.	CHAPLAIN
706-831-2104	SAM BUDENSTEIN	SENIOR DEACON
706-651-0699	JACK BRADFORD	JUNIOR DEACON
706-951-7068	SAM ARAZIE	SENIOR STEWARD
706-799-3813	MARK JACKSON	JUNIOR STEWARD
706-736-4389	ROBERT A. ELLIOTT	TYLER

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(Return Service Requested)