

**ROYAL ARCANUM**  
AN INTERNATIONAL FRATERNITY  PROVIDING FAMILY PROTECTION



# Bulletin



**Spring Edition 2020**



Official Publication of the  
**Supreme Council of the  
Royal Arcanum**

.....  
**Fraternal Services to Our  
Members Since 1877**

# NOMINATIONS AND ELECTIONS OF OFFICERS

Section 19 (I), 20, and 21 of the Constitution

The offices, including the committees, shall remain the same.

By July 15 of the year of the Supreme Council Session, the Chairperson of the Supreme Council Executive Committee shall appoint a Committee on Nominations consisting of four Supreme Council Session members (current or past), representing the diversity of our Order, plus the Supreme Regent, who will serve as chairperson for the purpose of developing a slate of officers for the ensuing Supreme Council Session. It is suggested that an announcement of this appointed committee and the nominations procedure be included in the "CALL" to the Session and the procedure included in the Spring Edition of the Bulletin.

At the REGISTRATION DESK on OPENING DAY of the Supreme Council Session a list of the Nominations will be distributed to the representatives. It is recommended that a brief bio of not more than 75 words for each nominee be included. Only for those officers seeking Election to an Executive Committee position, a biography of no more than 200 words is recommended. Lengthier submissions will not be evaluated.

On THE SECOND DAY of the Supreme Council Session additional nominations may be made from the floor. All those being nominated shall have been contacted by the member making the nomination in order to insure that those being nominated are willing to have their names on the slate. A bio on each nominee of not more than 75 words would be helpful. (A resolution will be presented at the beginning calling for nominations on the second day).

On THE THIRD DAY of the Supreme Council Session, printed ballots including the names of all nominees shall be distributed. In the case of the Line Officers and the Executive Committee, there must be individual ballots (unless the Constitution is changed), but the other committees may be elected on one ballot. Additional nominations will not be entertained at this time. Delegates will cast their votes, which will be counted by the two appointed tellers and the Judge of Elections, who will count the votes. (A resolution will be presented at the beginning to nominate and elect all Committeepersons and Trustees, collectively unless there is a contested election. In the case of the two Finance Committee Members, Supreme Trustees, Committee on Juniors and Committee on Appeals, if there are more than four nominees, the four receiving the highest vote will be declared winners).

THE NOMINEE with the majority of votes based on our established ratio between delegates and officers, shall win the election to his or her respective office. In the case of the committees, the required members for each committee with the highest number of votes shall be elected (the four Supreme Trustees, the three members of the Committee on Laws, the two additional members of the Finance Committee, the four members of the Committee on Juniors, and the four members of the Committee on Appeals).

Send bios to Chairman James O'Neill, 6196 Kaski Court, San Jose, CA 95123 or email to: [oneillje@comcast.net](mailto:oneillje@comcast.net).  
**Bios should in the Chairman's hands by June 30, 2020.**

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**Bulletin Deadline**

Articles and photos must be in the editorial office by **July 8, 2020**. Mail to the Royal Arcanum Bulletin, Home Office, 61 Batterymarch Street, Boston, MA 02110-3208.  
**Next Publication Date: August 19, 2020**

# A Salute to Distinguished Service

This issue is dedicated to the many members of the Society who have given their service to help the Royal Arcanum grow and prosper. We feature here our Brothers and Sisters who have distinguished themselves by introducing new members to the Order over the past years.

The highest award is given to the members who have earned the Founders' Ring of Distinction Award. The second highest level of achievement is the '1105' Royal Purple Achievement Award, followed by the Legion of Honor. Other members who have earned between one and twenty diamonds are awarded the Distinguished Service Award.

The Royal Arcanum is pleased to recognize the distinguished service of all our award recipients.\*

*\* Does not include production from current campaign*

## FOUNDERS' RING OF DISTINCTION AWARD



August Magnotta  
Claremont CI  
New York  
(Center Diamond)  
(L. of H. Circle-6)



Paul F. D'Emilio  
Integrity CI  
Pennsylvania  
(Founders' Ring W/Diamond)  
(Center Diamond)  
(L. of H. Circle-7)

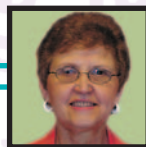


Cynthia A. Macon  
Versatility CI  
New Jersey  
(Founders' Ring W/Diamond)  
(Center Diamond)  
(L. of H. Circle-9)

## '1105' ROYAL PURPLE ACHIEVEMENT AWARD



Joseph R. Macon  
Bayonne CI  
New Jersey  
(L. of H.-10)



Frances Magnotta  
Claremont CI  
New York  
(L. of H.-10)  
(L. of H. Center Diamond)



Kenneth J. Kolek  
Pawtucket CI  
Rhode Island  
(L. of H.-10)  
(L. of H. Center Diamond)





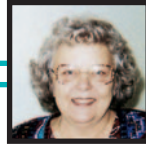
## LEGION OF HONOR AWARD



Peter D. Young  
Coronation CI  
Ontario  
(L. of H.-4)



Gary D. Dotson  
Rhododendron CI  
Carolinas  
(L. of H.-2)



Louise Reynolds  
Treasure Coast CI  
Florida  
(L. of H.-10)



Conrad Bolduc  
Jacques Cartier CI  
Quebec  
(L. of H.-2)  
(deceased)



Donald Harman  
Harrisburg CI  
Pennsylvania  
(L. of H.-9)



B. Joe Merrill  
Rhododendron CI  
Carolinas  
(L. of H.-2)



Genevieve A. Macon  
Versatility CI  
New Jersey  
(L. of H.-1)



*Engraved by John A. Lowell & Co Boston.*



Morgan Young  
Coronation CI  
Ontario  
(L. of H.-1)



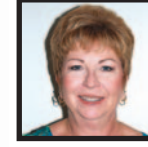
Marie Cavallo  
Claremont CI  
New York  
(L. of H.-2)



William J. Wire  
Medora CI  
Illinois  
(L. of H.-6)



Donald Ferry  
Alpha-Agassiz CI  
Massachusetts  
(L. of H.-1)



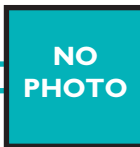
Deborah L. Young  
Coronation CI  
Ontario  
(L. of H.-9)



Carl Krzystofczyk  
Medora CI  
Illinois  
(L. of H.-4)



Ralph Ferrara  
Integrity CI  
Pennsylvania  
(L. of H.-9)



David Hryniewich  
Alpha-Agassiz CI  
Massachusetts  
(L. of H.-10)



Richard Slawinski  
Woodside CI  
New Jersey  
(L. of H.-10)



Maria DiBartolo  
Claremont CI  
New York  
(L. of H.-5)



Gregory Hahn  
Medora CI  
Illinois  
(L. of H.-3)



# A Salute to Distinguished Service



## DISTINGUISHED SERVICE AWARD

### TWENTY DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
John Crisanti	Alpha-Agassiz	Massachusetts	Carmen Rodia	Integrity	Pennsylvania

### EIGHTEEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Errica Conforto	Claremont	New York	Lillie Mae Panichelli	Integrity	Pennsylvania

### SIXTEEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Antal Basa, Jr.	Alpha-Agassiz	Massachusetts			

### FIFTEEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Stella Rakowski	Versatility	New Jersey (deceased)	Loretta Wehbe	Integrity	Pennsylvania

### FOURTEEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Ellen Phillips	Railroad	Colorado	Perry Whisenant	Catawba	Carolinas

### TWELVE DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Joyce A. Crawford	Germantown	Pennsylvania	Blanche Vicinanza	Sun Coast	Florida
Louis Marchesano	Horsetooth	Colorado			

### ELEVEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Robert H. Law III	Dobbs Ferry	New York	Ivan Snyder	Integrity	Pennsylvania
Joe Tedesco	Integrity	Pennsylvania			

### TEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Dotti Pagnani	Alpha-Agassiz	Massachusetts	Joseph Smeraglia	Woodside	New Jersey (deceased)

### NINE DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Herbert G. Chronister	Yorktowne	Pennsylvania	Andrew Madonna	Williamsbridge	New York
Loretta DiGianivittorio	Integrity	Pennsylvania	Ethel Reitsema	Merritt	New Jersey
Peter Ferrara	Integrity	Pennsylvania			

### EIGHT DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Charlotte Brill	Treasure Coast	Florida	Joseph Panzarella	Claremont	New York
Roger Gudenkauf	Denver	Colorado	Carol Zavitz	Coronation	Ontario

### SEVEN DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Herbert J. Snyder	Integrity	Pennsylvania			

### SIX DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Rosella Berger	Woodside	New Jersey	Raymond Raniszewski	Bayonne	New Jersey
David Covelli	Ft. Dearborn	Illinois	Matthew D'Emilio	Integrity	Pennsylvania



# A Salute to Distinguished Service



## DISTINGUISHED SERVICE AWARD

### FIVE DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Carmine Campo	Claremont	New York	Richard J. Macon	Bayonne	New Jersey
William Grimwood	Republic	Ohio	Carmen Toma	Alpha-Agassiz	Massachusetts

### FOUR DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Helen Bartolet	Penn Laurel	Pennsylvania	Robert Marcella	Mattatuck	Connecticut
Richard H. Blase	Alpha-Agassiz	Massachusetts	Jane Merrill	Rhododendron	Carolinas
James Donati	Rhododendron	Carolinas	Gerard Pelletier	Maisonneuve	Québec
Arlayne Skridulis	Mattatuck	Connecticut			

### THREE DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
James Boufford	Coronation	Ontario	Richard Phillips	Railroad	Colorado
Inge Huber	Claremont	New York	Michele N. Rhode	Ft. Dearborn	Illinois
Antonio Perillo	Claremont	New York	Robert W. Rowlands	Hoboken	New Jersey

### TWO DIAMONDS

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
Ann Antuzzi	San Jose	California	Randolph P. Kriz	Coronation	Ontario
Sharon Bayliss	Coronation	Ontario	Thomas H. McGruddy	Integrity	Pennsylvania
Janice Brazas	Detroit	Michigan	John B. Opitz III	Merritt	New Jersey
Eleanor Clark	Penn Laurel	Pennsylvania (deceased)	Kevin Power	Alpha-Agassiz	Massachusetts
Elizabeth Delgado	Claremont	New York	Helen Spinelli	Claremont	New York
Gloria Donaldson	Coronation	Ontario	Patrecia Tindell	Railroad	Colorado
Kathleen Doyle	Mattatuck	Connecticut	Marjorie Trout	Harrisburg	Pennsylvania
Grace Gavin	Versatility	New Jersey	Harry Uberroth Jr.	Germantown	Pennsylvania

### ONE DIAMOND

NAME	COUNCIL	GRAND COUNCIL	NAME	COUNCIL	GRAND COUNCIL
George Arseneault	Dependable	Massachusetts	Carl Petlik	Bayonne	New Jersey
Arlene Baker	Regina	Ontario	Stella Pettinelli	Penn Laurel	Pennsylvania
Nicholas Benoit	Pawtucket	Rhode Island	Babette Quinn	Horsetooth	Colorado
Heidi L. Bonness	Lakewood	Ohio	Judith Relovsky	Versatility	New Jersey
Glenda Cole	Catawba	Carolinas	Ann Rescigno	Claremont	New York
J.A. Dehainout	Medora	Illinois	Rosalie Rinaldi	Mattatuck	Connecticut
Madeline Dumouchelle	Coronation	Ontario	Joseph Riolo	San Jose	California
Mary Ann Emrick	Detroit	Michigan	Leonard Rowlands	Metuchen	New Jersey
Alan S. Foote	Merritt	New Jersey	F.B. Seeley	Royal York	Ontario
Robert Galdon, Jr.	Bayonne	New Jersey	Robert Shea	BH Web	Connecticut
Robert Koval	Bayonne	New Jersey	Lucille Stewart	Germantown	Pennsylvania
Jeannette Murray	Milette	New Hampshire	Pauline Thomas	Harrisburg	Pennsylvania
Robert Musso	Bayonne	New Jersey	Nancy L. Tucker	Germantown	Pennsylvania
Carl Nelson	Woodside	New Jersey	Johnsie Waddel	Rhododendron	Carolinas
Chris O'Neil	Coronation	Ontario	Alan White	Coronation	Ontario
James E. O'Neill	San Jose	California	Eleanore Yelenovsky	Versatility	New Jersey
Walter J. Pagurek	Bayonne	New Jersey	Margaret Cameron	Coronation	Ontario
John Parris	Rhododendron	Carolina			

## THE ROYAL ARCANUM EFFECT

I am going back to the mid 50's. We would go to picnics, Christmas parties and other activities connected to my "dad's lodge." In the fall of 1956 I received a package in the mail that contained some important looking papers that my parents put away for safe keeping, along with a pin and a very nice bracelet. The bracelet was too big but could be adjusted for me to wear. It was then I learned what it was all about. In 1956 the Supreme Council Session voted that girls under the age of 16 could become Junior members of the Royal Arcanum. The organization was no longer just my "dad's lodge".

In the 1960's we'd travel to different towns in Ohio where the men would host meetings and the ladies would socialize at the pool or play cards. In the evening, we'd all gather for a banquet. When adult ladies were granted membership my mother enrolled to make us a 100% Royal Arcanum Family.

In 1972 I married my high-school sweetheart Ed and our membership grew again. In 1977 our son, Andy, became a Junior and in 1982 Ruth joined the ranks. Another addition was in 2010 when our son-in-law Brent enrolled.

In 1984 Ed was elected Grand Regent of Ohio-Michigan and our family attended our first Supreme Council Session

in Miami Beach. This was the beginning of a wonderful new bushel of memories. When we got to Miami, I probably only knew a handful of other folks there but when we left, the kids had so many adopted aunts, uncles, and grandparents that I lost count. Anyone who was there could tell you about the little girl who was placed on a baby grand piano while all the folks sang "Baby Face" to her. Since that year either as a family or I, alone have attended many sessions and mini vacations.

In September 2020 I will have been a member for 64 years. Ed and I were blessed to be behind the camera for several years getting to know the Arcanians. When our son Andy passed away and then Ed, the Arcanum family was there for me with love and support. I have benefitted by being an officer of the Subordinate, Grand and Supreme Councils.

To all: remember that you are a special group of people and a very special family. Please continue making Arcanian memories. You have made an impact on my life. I hope you continue to do that for others. This is a benefit that I have learned to love.

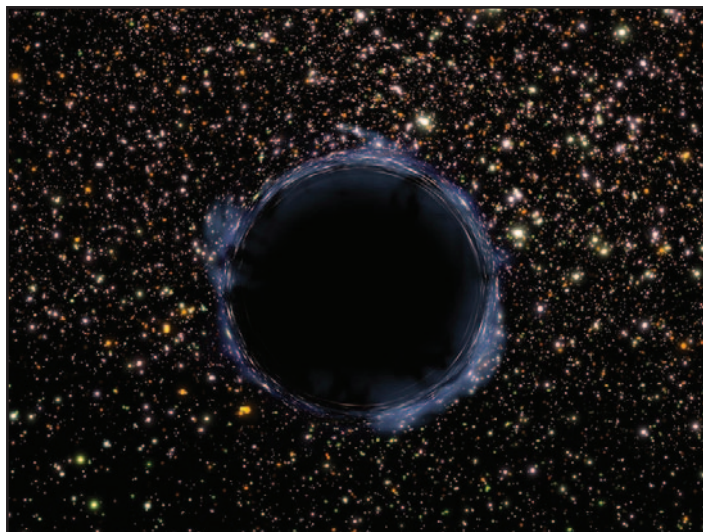
*Submitted by: Diane Calain*



## BIGGEST BLACK HOLE EXPLOSION EVER

Imagine an explosion. A big one. Are you thinking of a nuclear bomb? Think bigger. As the U.S. News & World Report website reports, astronomers have detected an explosion in the distant universe that blasted a crater in the hot galactic gas around it large enough to hold 15 Milky Way galaxies. That's big—the biggest ever discovered, in fact.

A supermassive black hole in a galactic cluster some 390 million light-years away was responsible for the blast. Black holes don't just suck matter in—they also spew matter and energy out. This one is at the center of a group of thousands of galaxies



known as the Ophiuchus cluster, and was discovered by scientists using NASA's space-based Chandra X-Ray Observatory, in cooperation with ground telescopes in Australia and India, along with a European space observatory.

The explosion was five times the size of the previously-known biggest outer space explosion. More recent observations show that no more jets of energy and matter came from the black hole after the event. Scientists plan to make further observations in different wavelengths to better understand the causes of the colossal blast.



# PENNSYLVANIA VOLUNTEERS

Members of Integrity Council #586 volunteered at United Methodist Church's Grace Café on Arch and Broad Street in Philadelphia. The café provides "hands on" direct service to help neighbors who are currently homeless and struggling with food insecurity. These guests are welcomed for dinner and fellowship in a safe place.

A fraternal effort was coordinated by Past Supreme Regent Herb Snyder. On February 9th, Integrity

volunteers prepared dinner and dessert as a community service project. Students from Drexel University joined the members in greeting and serving nearly 130 people who were in need of a warm, nutritious meal and friendly conversation. From start to finish it was a heartwarming experience for all who participated.

*Submitted by: Joseph Tedesco*



**Joan Tedesco busy at work cooking for the council's service project.**



**Herb Snyder and Jay Newlin arrange trays for baking.**



**Above - Pete Ferrara assists a café volunteer with the desserts.**

**Right - Joseph Tedesco, Jay Newlin, Lillie Mae Panichelli, Nettie Malone, Peter Ferrara and Herb Snyder are "on deck" volunteers for Integrity's community programs.**



## DIGITAL SIGNING IS JUST AN EMAIL AWAY

The Royal Arcanum has always been focussed on using technology to provide better service to our members. Our most recent innovation is the implementation of Adobe Sign.

Adobe Sign is a web based application that allows for documents to be legally signed wherever you are.

Now, your insurance and annuity applications can be completed in minutes while you sit in the comfort of your home. All you need is an email address to get started. Call us today!!



## FOUR BASIC TRAITS TO GET AHEAD IN LIFE

Too often when we talk about success, we get stuck on titles, salaries, and office sizes. We tend to overlook a few basic characteristics necessary to get ahead in life or any profession:

- **Self-confidence.** You were hired for the job, so even if it's challenging and you're being stretched, believe in yourself and your ability to overcome the challenges you face, and grow from the experience.

- **Interpersonal skills.** The most successful people are those willing to get along with their colleagues and collaborate across departments or teams. At least eight hours of your day are spent in the office. Know the names of the people you work with, say "Good morning," and find the common ground that will help you connect with the people in your workplace, regardless of their position or yours.

- **A sense of right and wrong.** Successful people don't compromise their values for a paycheck. They know what they stand for and what they won't stand for, and their integrity is always on display in how they conduct themselves in their workplace and among their colleagues.

- **Grit.** Successful people know that failure isn't the end of the world, and neither are mistakes—they are minor setbacks or learning opportunities. They possess the willingness to try again, the courage to ask for help, and the drive to keep moving forward toward their goals and objectives.



# ANNUITIES

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# SIMPLIFIED ISSUE PLAN

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and death benefit never  
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## PROGRAM BENEFITS INCLUDE

- \* No increase of premium
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CERTIFICATE LOANS  
PAYMENT TO BENEFICIARY

## SIMPLIFIED APPLICATION

- \* Full underwriting not required
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- \* Subject to contestable period in first 2 years

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## EXERCISE LOWERS DEPRESSION RISK

If you or someone you know suffers from depression, this news could help. An article on the MedicineNet website reports that 35 minutes of exercise a day could help lower the risk of depression, even among people with a genetic predisposition for it.

Researchers at Massachusetts General Hospital in Boston analyzed two years' worth of medical records and genetic information from close to 8,000 people. They calculated a genetic risk score for each person that predicted the likelihood of depressive episodes. The data showed that people

with a higher genetic risk were likely to be diagnosed with depression within two years, but physically active people with the same score—or even a higher one—were less likely to suffer from depression. For every four hours of exercise a week, the risk of depressive episodes decreased by 17%. Both intense, aerobic workouts and low-intensity practices like stretching and yoga showed the same effect.



Getting active may be the key to mental as well as physical well-being.

## AWARD PRESENTED IN NEW YORK

A highlight of the New York Grand Council's February dinner meeting at Juliano's Caterers in New Rochelle was the presentation of a Royal Arcanum Junior Writing Award to Daniela DiBartolo of Claremont Council #1655. Members were delighted to congratulate Daniela

on achieving the award and also acknowledge her participation in the council's charitable service projects for the Bronx community.

*Submitted by: Errica Conforto*



**Award recipient Daniela DiBartolo, Past Grand Regent Maria DiBartolo, Grand Regent Freddy DiBartolo and Junior Director/Past Supreme Regent Errica Conforto.**

## SOCIAL MEDIA USE IN THE PAST YEAR

Adult use of social media stayed the same in the past year compared with 2018, according to the Pew Research Center. Facebook and YouTube are most popular, with 69% of respondents saying they visit Facebook and 73% enjoying the video sharing site. Among younger adults 18–29, Instagram and Snapchat lead the pack; 67% use Instagram and 69% frequent Snapchat.

Among other platforms:

- **Pinterest.** More women than men use Pinterest, 42% to 15%.



- **LinkedIn.** Half of college graduates and people in high-income households use LinkedIn, with 10% or fewer of people without some college or in lower-income households doing so.

- **WhatsApp.** The messaging app is particularly popular among Hispanics, 42% of whom use it, compared with 24% of African Americans and 13% of non-Hispanic white people.

## BAYONNE COUNCIL HELPS SHELTERS

The members of Bayonne Council #695 in New Jersey continue organizing projects for **'Planting Seeds Together'** to help the homeless. In addition to providing new and gently used clothing articles for men, women and children, the fraternalists prepared bath and shower kits with hygiene essentials, flip flops and towels and then delivered the parcels to shelters in Hudson, Essex and Bergen counties.



## CALM YOUR FEARS ABOUT AIRLINE TRAVEL

Flying may be the safest way to travel, but getting on an airplane still makes many people nervous. If you're one of them, remember these basic tips for ensuring a calm, safe flight:

- **Fly nonstop when possible.** Crashes and accidents are rare, but they're most likely to occur during takeoffs and landings. Look for nonstop flights (remember that direct flights aren't necessarily nonstop, even though you may not change planes).
- **Keep your seatbelt fastened.** Yeah, you know this already, but it's still important advice. Sudden turbulence can cause an injury, even when you're sitting in your seat, if you're not buckled in.
- **Know your exits.** If you have to evacuate quickly (and evacuations, along with the deployment of emergency oxygen, are the most common emergency situations you're likely to encounter, although most of the time they're preventative measures), you don't want to waste time. Knowing the location of the nearest exit is an excellent precaution.

- **Keep your children safe.** When traveling with a baby or toddler, a child restraint system like a car seat is a must. Check the labels to make sure it's certified for use on aircraft. Measure the width of your car seat before boarding: if it's 16 inches or less, it should fit into any airline seat.

- **Don't obsess over finding the safest seat.** Though you may want to be closest to the emergency exit, the fact is that no one seat is safer than any other on an airplane. For example, in some emergencies passengers are better off remaining in their seats—wherever they are—than trying to scramble off the plane.



# 20 PayLife

for Adults & Juniors

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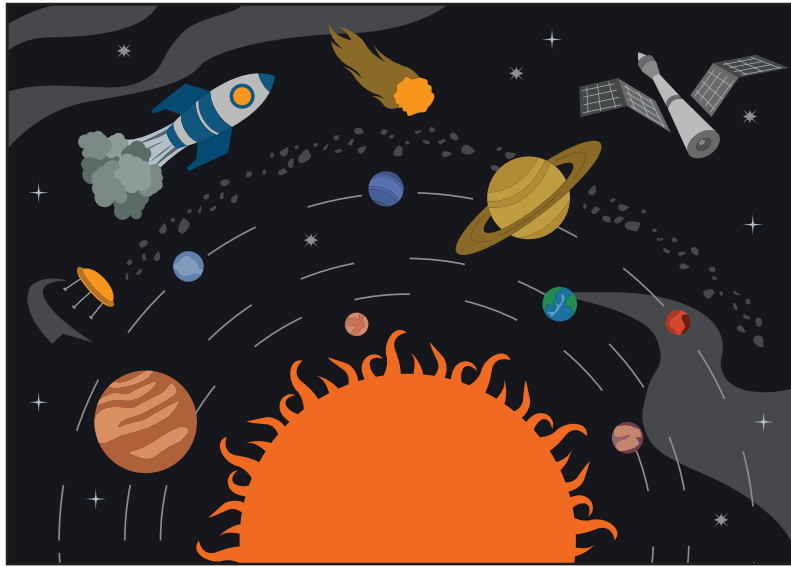
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college for the kids,  
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# EARTH-LIKE WORLD DETECTED LIGHT-YEARS AWAY

The hunt for Earth-like worlds outside our solar system has reached another milestone. The Science Daily website reports that NASA's Transiting Exoplanet Survey Satellite (TESS) has discovered an Earth-size planet in a star's habitable zone, the orbital area where conditions could be right for life.



of the energy that our sun provides to Earth. It and other planets in the system appear to be tidally locked, meaning as they circle in their orbits, one side is constantly bathed in daylight.

It's the first time TESS has discovered an Earthlike planet. Other such planets have been detected by NASA's Kepler Space Telescope.

Although many extrasolar worlds have been found, few the size of Earth have been seen in the "Goldilocks zone"—an orbit that's neither too close to a sun nor too far away, but "just right." The planet, TOI 700 d, is 100 light-years away in the southern constellation of Dorado. It orbits its sun every 37 days and receives 86%

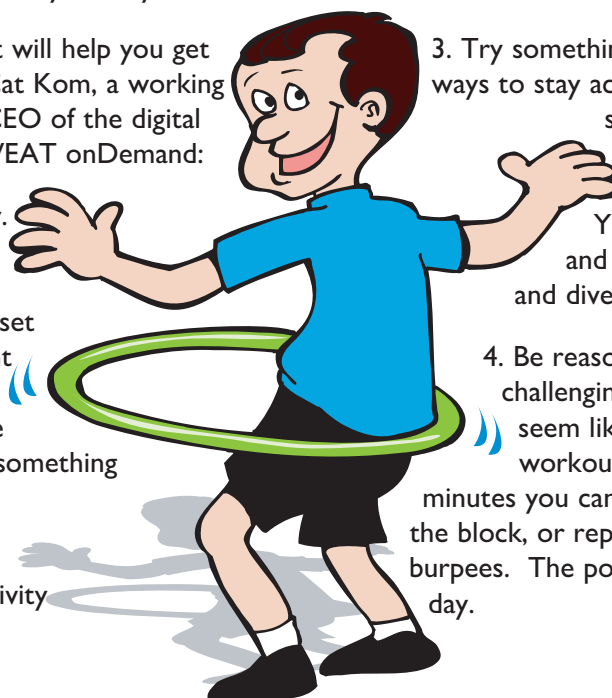
Fun fact: the star was initially classified incorrectly in the TESS database as being similar to our sun, which made its planets appear bigger and hotter than they actually are. One of the researchers who identified the error was a high-school student.

# MAKE FITNESS A PART OF YOUR DAILY ROUTINE

The warm sunny days of May invite us to go outdoors and play. It's also National Physical Fitness and Sports Month, so you have no excuse to be sitting on the couch doing nothing. Even if you think there's not enough time in your busy day to squeeze in a workout, you can find the time to make fitness part of your day.

Here are four strategies that will help you get active. They're inspired by Cat Kom, a working mom, physical trainer, and CEO of the digital exercise platform Studio SWEAT onDemand:

1. Make it a part of your day. Check your schedule and you're sure to find 30-minutes to an hour you can set aside for a workout. It might not be the same time each day, but surely you have free time you can commit doing something for your health.
2. Do what you love, and then some. Start with an activity



you like and will be easy for you to commit to. Once you've found your groove and your plan is become a consistent part of your routine, begin to incorporate some different workouts to make sure you are addressing all muscle groups. Don't forget to make warmups, cool downs, and stretching a part of your routines.

3. Try something new. There are so many different ways to stay active these days and you should try some of them. Consider spinning, hula hooping, working out with resistance bands, or a cardio-trampoline class. You'll never get bored trying new things, and it will help you continually develop fun and diverse goals.
4. Be reasonable. Some weeks will be more challenging than others, and there just won't seem like there is enough time to squeeze in a workout, but you can. If you only have 15 minutes you can jump rope, hula hoop, walk/jog around the block, or repeat a circuit of push-ups, planks, and burpees. The point is to do something physical every day.



# Whole Life Plan



Royal Arcanum Whole Life is the plan for those who want a reasonably priced insurance policy. The death benefit can be used to pay off a mortgage, pay your child's college tuition, help your spouse to live in comfort, or simply pay funeral expenses.

Although the primary reason for buying life insurance is the death benefit it provides, the policy will also build cash value which you can borrow from to help with life's expenses.

**Whole Life Insurance builds a lifetime cash value that can be borrowed against to help with some of life's needs and offers financial security to your family when you are gone.**

# 10 CREATIVITY HACKS

Oh, no! You're stuck, blocked, in a slump. The distance grows between you and your goal with each passing minute. What can you do?

First of all, breathe. Center yourself, and then try one of the following tips to tap into your creative groove:

**1. Take a doodle break.** You don't have to draw well to take pen or pencil to paper and see what happens. Work in big bold strokes with dry erase markers and a whiteboard, or grab the chalk and draw something on the sidewalk. It doesn't have to be a masterpiece, just an original outpouring of creative expression.

**2. Change your work venue.**

Unplug from your desk and move to a different workstation or workspace. Go off-site to a coffee shop or library. Sometimes a change of scenery can inspire fresh ideas.

**3. Play your theme song.** If playing "Eye of the Tiger" gets you fired up, then by all means, crank it up and dance around to tap into your energy.

**4. Daydream.** Take a few minutes to check out and think of something else or nothing at all. Let your mind wander and see where it leads you. Try working once you come back to yourself.

**5. Just walk away.** They say that when you find yourself in a hole you should stop digging, so if you

feel stuck in a rut while seated at your desk, get up and walk away. Stay gone for several minutes to give yourself a chance to reset before returning to the task at hand.



**6. Let it go and let it flow.** Open the floodgates of ideas by allowing them to pour forth in a stream of consciousness. Go on until you feel as if you've purged. You can return to your project at that time or mine your idea dump for possibilities.

**7. Work toward an alternative goal.** Change the focus of your project so that you are working toward a different endgame, such as a smaller goal on the same path.

**8. Go with your gut.** Maybe you're approaching your

project in a counterintuitive fashion. What would happen if you did things a different way and ignored the constraints that are preventing you from being productive?

**9. Take an exercise break.** Release pent-up energy as well as the endorphins that will make you feel groovy and inspired. Run or work out to a playlist of your favorite songs for an extra boost.

**10. Primal scream.** Sometimes all you need to do is make a big, loud noise before you can sit down and get down to business, so go ahead and let it out.

# LET CHILDREN HELP OUT IN THE KITCHEN

You want your children to be independent and responsible. One area of the house that they should become familiar with is the kitchen. Meal planning, prep, serving, and cleaning up provide wonderful opportunities to help children learn the basics of nutrition, budgeting, organization, and sanitation. Here's what to do:

- **Start with the menu.** Give children a voice in what to have for dinner when you make out the weekly menu and plan your grocery list. Though most kids love hamburgers, hot dogs, and chicken tenders, they just might surprise you in what they begin to request for meals. If you feel it necessary to

guide them toward balanced and healthy choices, allow them to pick from categories such as proteins, vegetables, and grains.

- **Let them help with prep.**

Grating vegetables, measuring out ingredients, and tossing salad greens are tasks

most children can easily do, so let them.

- **Don't forget about setting the table.** This is an easy chore for younger children that will help them understand the importance of different serving and eating utensils, while providing an opportunity for them to make the dinner table orderly yet inviting. You just might be pleasantly surprised when

your 8-year-old begins to show a flair for origami napkin folding.

- **Decide what to do with leftovers.** Will you or your spouse take leftovers for lunch the following day, or will you serve them again for the next day's meal? Did you make a big casserole and decide to freeze half of it? Maybe you baked a chicken and will use what is left over to make a soup or a chicken salad. It's good for your children to see what happens with food that doesn't get consumed during the evening meal so they begin to understand portion sizes, waste, and the possibility of future meals.



- **Clean up.** What happens after dinner will go a lot faster if your family works together to clear the dinner table, load the dishwasher, wipe down surfaces, sweep the floor, and tend to the garbage and recycling.

- **Plan balanced lunches.**

Brown-

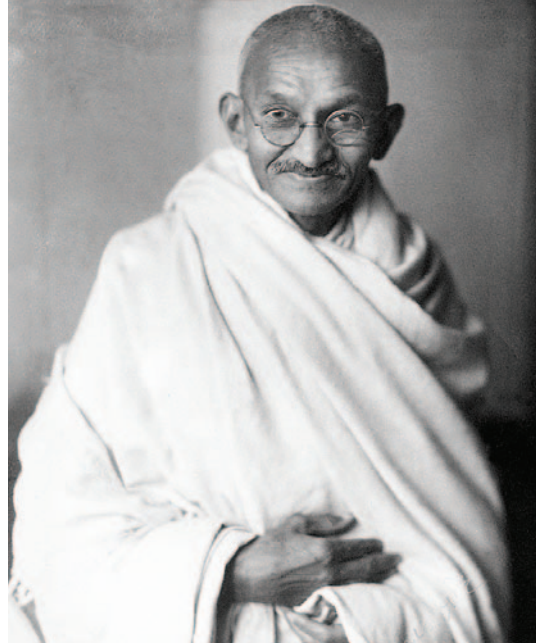
bagging it is the best way to control unnecessary amounts of sugar and sodium found in some school lunches and snacks. Everything your children are learning by helping out in the kitchen just might prompt them to take more control over what they eat for lunches and snacks.

# FRATERNAL DEPARTMENT NEWS

Dear Sisters and Brothers,

Thoughts of treasures and charms usually bring to mind an heirloom or collectible and even a four-leaf clover, rabbit's foot or golden horseshoe. Some think these objects have "good luck" associated with them. There are players who "panic" if they misplace a "lucky" troll or penny to position on their boards at a weekly Bingo game. During this extremely difficult time of the COVID-19 pandemic, we can pause to reflect on life and what really matters.

World leader from India, Mahatma Gandhi said, "It is health that is real wealth and not pieces of gold and silver." We are witnessing the reality of this view more today than we ever would have imagined. Good health is truly a blessing money can't buy. The shift in our daily routine to shelter-in-place has disrupted lifestyles and social interaction. This is a very different concept than our fraternalists are accustomed. As an extended family, Royal Arcanum members have always been there for each other and for community, doing whatever and wherever we can with a benevolent spirit and generous heart.



I thank all councils who participated in the 'Sharing and Caring' program in 2019. Congratulations to Bayonne #695 (NJ) and Medora #1648 (IL) for being selected in the random drawing for the '**Planting Seeds Together**' fraternal campaign. Both programs will continue this year. Contact the Home Office (1-888-ARCANUM) for instruction forms. Additionally, the IFS Program contributed over \$15,000 to charitable causes being supported by our councils. These examples are a testament of the allegiance we demonstrate to our Society's founding principles of 'Virtue, Mercy and Charity.'

Now, what can we do during this time of unprecedented challenge, anxiety and fear? Although the coronavirus impact is emotionally draining and difficult, we need to keep our faith and have hope. We must believe that we'll overcome this ordeal as stronger and better

individuals, families and friends. Our fraternal and charitable volunteerism will resume and most, if not all of us, will develop a deeper appreciation for good health and for those with whom we interact every day. Hippocrates, the ancient Greek physician who is known as the Father of Medicine

wisely stated, "Health is the greatest of human blessings." Let us do what we can for keeping our families and neighbors, near and far, healthy. Being a laboratory worker, I kindly ask if you are physically able, today or anytime in the future, to consider donating blood/blood products at your local blood bank or blood drive location. Sadly there are many days when critically needed blood supplies are depleted. The ravaging coronavirus has also strained blood banking services, world-wide.

As we experienced these last several weeks, changes were rapidly made to our familiar routines. We commend the efforts of Chief Operations Officer Nick

Benoit, particularly for his advance preparedness. The emergency plan which was executed helps keep our staff safe while enabling the work of the Boston office to be completed in a productive manner.

On behalf of the Fraternal Department, we sincerely thank our associate, Gloria Lee. Her knowledge, professionalism, dedication and friendship to our members will always be appreciated and we wish her good health and happy ventures as she begins retirement this spring.

Please stay safe and be well. Let us pray in unity for a healthy and bright future.

In friendship,

*Cynthia A. Macon*

Cindy Macon



## VERSATILITY'S HEARTS DAY PROJECT

Members of Versatility Council #2501 in New Jersey celebrated Valentine's Day by assembling 'Sweets and Treats' totes that were packed and delivered to veterans throughout the garden state.

The Community Outreach Committee promoted the Grand Council's "Get Involved" initiative for this veterans' appreciation project and gladly welcomed Arcanian family support and participation to make it a success.



Members coordinate their chocolate and cookie shopping lists.



A tote of Valentine treats ready to go!

## LIBRARIES STILL HEALTHY IN THE U.S.

Those of us who worry that libraries are on their way out should take heart from a recent survey reported on the CNN website. In 2019, more Americans went to the library than to movies, live sporting events, museums, concerts, casinos, and other places.

U.S. adults reported that they visited the library 10.5 times on average last year, almost twice as many visits as trips to the movies. That was followed by live or theatrical



events and visits to national and historic parks (about four times), museums and casinos (2.5 times) and amusement parks and zoos. The majority of library goers are 18-29.

Libraries offer more than just books, of course, likely a factor in the almost-monthly visits.

These days most libraries offer free Wi-Fi, children's activities,

movie rentals and more, which are attractive to young adults, women, and people on a low income.

## CHIEF OPERATIONS OFFICER CORNER

We are in unprecedented times not only in North America, but in the world. Every aspect of one's life has changed from a personal side with family to the professional, due to the COVID-19 virus. As an operation, we shifted to a nearly exclusive remote model with only a few associates going into the office to complete on-site required tasks such as sorting and scanning mail to certain bank transactions. We enacted our Business Continuity plan, enabling our home office associates to continue servicing our members' and agents' needs by completing assigned tasks and responsibilities remotely. This model has been successful and we have continued to complete tasks within established cycle times. I'm proud of how our associates have been able to adapt to the situation and continue to persevere each day. We're lucky to have such a great group of professionals in the office ensuring that we continue to succeed and get the job done.

Our Executive Committee meeting that was scheduled in March had to be cancelled due to COVID-19 and was replaced with a nearly day-long conference call. The decision to cancel the in-person meeting was a difficult decision to make, however Chairman Jim O'Neill did so for the health and safety of all attendees. Our #1 priority is the health and security of our members. We are aware of the many financial hardships this pandemic has caused for many of our members. If you have faced such a hardship such as a job loss due to this pandemic, we will work with you to ensure you have the ability to maintain your policy. Please contact the Home Office at (888)-272-2686.



In the first quarter of 2020 our insurance application volume and first year premium both increased by over 10% compared to the first quarter of 2019. Many of the enhancements we made to our insurance operation such as the new adobe e-app have started to show dividends in 2020. I'm cautiously optimistic we will continue to exceed our production goals in 2020, which includes increasing our first year and renewal premium.

There are many unknowns due to COVID-19, which being an insurance person I don't like, however we are prepared to continue to persist and continue moving forward. The home office will continue to operate Monday through Friday from 8:00-5:00EST. Should you have any questions or concerns, we ask you call the office (888)-272-2686 or e-mail [info@royalarcanum.com](mailto:info@royalarcanum.com).

Our website and Facebook page are great tools to find information about products, benefits, historical information as well as the latest happenings. If you are looking to make a change to your policy, such as to change your beneficiary, address or set up electronic premium payments from your checking account, there is a forms section on the website that you can use.

Sincerely,

A handwritten signature in black ink, appearing to read 'Nicholas G. Benoit'. The signature is fluid and cursive, with a prominent initial 'N'.

Nicholas G. Benoit  
Chief Operations Officer

# JUNIOR DEPARTMENT NEWS AND VIEWS

It seems that our entire world has changed almost overnight due to this invisible enemy that has put limitations on all of us by paralyzing our entire society. The coronavirus has rapidly changed lives. Our local governments have asked us to adapt to the situation and do our part to flatten the curve. By staying home from non-essential work, keeping our distance from others, keeping kids from school, and college students returning home, we can help limit the rapid spread of the virus. The Home Office has been working in a limited capacity but continues to be very efficient, and has advised subordinate and grand councils to cancel meetings until further notice.

For the younger generations that have never gone through such a global crisis, this can be very overwhelming. At the same time, there is an opportunity to learn a lesson and respond in a positive way. Everyone can assist during the crisis by helping communities with acts of kindness, showing compassion toward the needy, and demonstrating respect and gratitude towards the medical professionals and others working hard during this time. If you are involved in any activities or plan with your council to help your community in some way, we would love to hear from you.

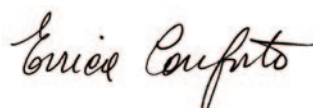
Last year we introduced a new program to publish stories and poems written by our Juniors in our Bulletin. I'm happy that this program has received wonderful feedback and continues to thrive as young members are sending us more material to be published. Two winners will be chosen for each Bulletin

publication and the remaining entries will go into a "pool" for future issues. To our young Juniors, please continue to send in the coloring and puzzle pages from the Bulletin. Last year the Royal Arcanum awarded 232 Amazon gift cards to Juniors who submitted the completed pages.

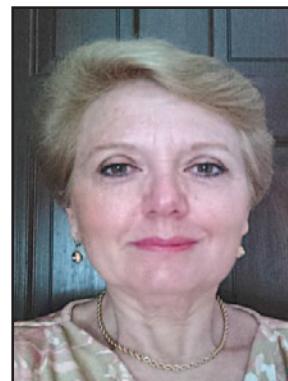
We will know the winners of this year's RA scholarships and grants at the end of May, and the Home Office in Boston will notify the winners. Remember that Royal Arcanum provides a \$50 reimbursement to assist high school students to improve their SAT or other college entrance test scores through test prep by forwarding your receipts to the home office.

Let's continue to stay home for a little longer and keep our distance, but also practice kindness towards the needy and the elderly during this global crisis.

Be safe and stay healthy,



Errica Conforto



**Junior Department  
Director  
Errica Conforto**



# JUNIOR WRITING SUBMISSION: AGRON BERISHA

Hello my name is Agron Berisha.

I will be telling you a story about when my parents told my brother and I that we are moving from the Bronx to New City. Just like any other Friday afternoon I was playing with my brother and my cousins in the yard. A little earlier than usual my mom told me and my brother to come inside. We were confused because it wasn't dinner time yet. She told us we were going out for dinner, and we were going to Manhattan to pick dad up from work and then eating at a fancy restaurant near his job. So we got to his job and then we went to the restaurant. We ordered drinks and appetizers then my whole world changed. My dad says, "Boys we have some news." My brother replies, "I think I know, mom



**Agron Berisha, a Junior member of Claremont Council #1655, New York is a freshman at Clarkstown South High School. He enjoys playing basketball and baseball. Agron volunteers with his family for several church ministries, including the food pantry and clothing program for the homeless. His favorite Royal Arcanum memory is attending the Session in Orlando and participating in the fun activities. He had a great time in Disney World, too.**

is pregnant." My mom said "No" then my brother said "Thank God!" My heart beating like drums, butterflies racing in my stomach, here we go. My dad says, "We are moving." My mind exploded. WHAT! A thousand questions raced through my mind. Where? Is the house big? Do I have my own room? Where will I go to school? In the end all my questions were answered and I was really excited for the new chapter in my life. One thing that I didn't like was that we were moving away from our cousins, but it was a sacrifice we had to make in order to live a better life. I was nervous about going to a new school for the first time in my life. Also we knew nothing about the area, we thought it would be really hard to adapt. We have only been living here for one year and we know the place like we lived here our whole lives.

## NEED A FRIEND? GO TO WORK

Are workplace friendships a good thing? A Randstad Work Watch survey of more than 1,000 U.S. workers suggests they are: sixty-seven percent of employees in the survey said that having friends on the job makes work more enjoyable; 55% said that friendships make their job more satisfying.

Employees do see the potential downside. Forty-four percent said that workplace friendships feed gossip, and 37% worried that they encourage favoritism; 35% said friendships can lead to conflicts of interest. But in the end, only 12% of workers said that making friends at work was a risk.





## Mr. Linden's Library

One lovely Saturday, a 10 year old girl named Kathy arose from her sleep and was ready to begin a new day. She went downstairs to eat breakfast with her parents. "Mmmmm! Thanks Mom for the delicious pancakes!" cried Kathy. "You're welcome sweetie," announced Kathy's Mom. When Kathy asked her Mom if she could go to Mr. Linden's library her Mom said yes. Kathy was joyful to go to her favorite library again.

Since the library was across the street Kathy just walked there. She opened the creaky old door and whispered, "Hello?" Mr. Linden stood up from his dusty chair and whispered, "Hello Kathy. You are free to choose whatever book you want. I have spooky Halloween books, fairy tales, nonfiction books, and picture books." "Hmmmm. I think I might want your most frightening Halloween book that would make me scream," announced Kathy. "Are you sure?" asked Mr. Linden. "You never know what eerie surprises could be in that book." "Yes, I will take it," Kathy whispered enthusiastically. She exited the library with her Halloween book and walked back home. "I think this will be a magnificently horrifying story!" exclaimed Kathy.

"Hi honey, and welcome back," Kathy's Mom cried cheerfully. Kathy went straight upstairs to her room and immediately took out her mysterious Halloween book. She read a couple of chapters and became glued to the book. Time kept passing and Kathy's Mom called Kathy down for lunch, but Kathy ignored her Mom. Kathy felt a little terrified after her Mom



**Marilou Decha, a Junior member of Versatility Council #2501, New Jersey is 11 years old. She is a 6th grade student at Sacred Heart School, Lyndhurst and is a member of the National Junior Honor Society. Her favorite subject is mathematics. Marilou enjoys the arts of painting, music, dance and story creating. She also likes horses, games, swimming, water parks and amusement parks.**

called her because long vines were growing out of the book.

"He warned her about the book. Now it was too late."

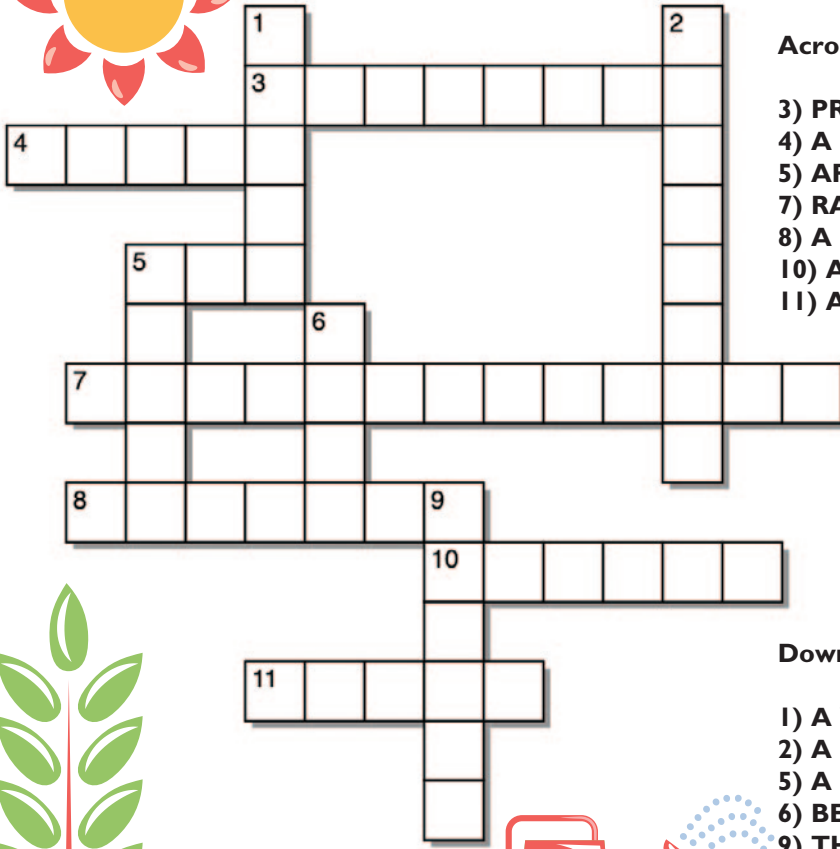
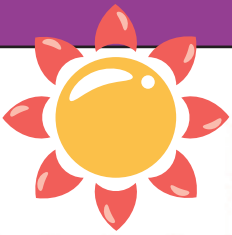
"Aaahhhhhhh!" screamed Kathy. The dangerous and horrific vines sucked her into the eerie book! Kathy appeared in a dark cave and couldn't see anything! Luckily, 8 candles lit up, but 3 ghosts and a black cat ran right in front of Kathy! They pulled Kathy and ran with her out of the cave and down a deep hole.

"Aaahhhhhhhh! Who are all of you?" Kathy shrieked. "Shhhhh," one of the ghosts whispered. "The Evil Witch is going to kill every good person or creature in the city!" another ghost shrieked softly. Kathy was

feeling very anxious. She was trying to take deep breaths, but no matter how hard she tried, she was too anxious. Suddenly, they heard evil cackling at the top of the hole. Kathy closed her eyes tight and prayed that she wouldn't die.

Kathy opened her eyes and was shocked to see that she was in her room instead of a hole. "Hello? Are you there black cat?" Kathy asked nervously. Kathy's Mom went upstairs to Kathy's room and spoke, "Hi Kathy. I know you didn't have lunch and was reading your Halloween book instead. Do you want to join Dad and I for dinner?" "Yes!" cried Kathy, and went downstairs to eat with her parents. At the dinner table Kathy spoke to her parents about the Halloween nightmare.....

# SPRING CROSSWORD



## Across

- 3) PROTECTION FROM THE RAIN
- 4) A SPRING BIRD
- 5) APRIL SHOWERS BRING THESE FLOWERS
- 7) RAIN
- 8) A BRIEF PERIOD OF RAIN
- 10) A SMALL POOL OF WATER ON A STREET
- 11) A DUTCH FLOWER FROM BULBS

## Down

- 1) A YOUNG RABBIT
- 2) A SPRING FLOWER
- 5) A MONTH IN SPRING
- 6) BEST FLOWN IN THE WIND
- 9) THE SEASON AFTER WINTER



## JUNIOR CONTEST RULES

Our rules provide that a Junior can win only one prize per issue of the Bulletin. Members from the same family can submit answers to same puzzles in order to win. Puzzle entrants are restricted to Juniors no older than 17 years 11 months. All entries must be received prior to distribution of the next Bulletin.

**All Junior entrants can earn a \$10.00 gift certificate award from Amazon.com!**



## Junior Must Submit:

Name \_\_\_\_\_

Age \_\_\_\_\_

Council \_\_\_\_\_

Email Address \_\_\_\_\_

**PLEASE SEND ALL ANSWERS TO:  
JUNIOR DEPARTMENT, ROYAL ARCANUM,  
61 BATTERYMARCH ST., BOSTON, MA 02110-3208  
OR EMAIL YOUR ENTRY AND ADDRESS TO  
INFO@ROYALARCANUM.COM**

# SPRINGTIME MAZE

**Help the farmer find the way to his field.**



# SPRING WORD SEARCH

U L H Q S T P Z T W I N D Y V H R R L O  
 B T U L I P D Q R H C O E N T Y V S I U  
 M W Y V O L N N V C X G H B U G S Q Q T  
 G W C E X G M C L P L I J F T X Y O Q S  
 Y H C M O U I I L P Y B I T A T H L A I  
 E P U D D L E S S L J Z H U D U V A V D  
 D C T X L X F X N E V B I O P G B D U E  
 H X V I B H X V O W W G W S O M J Y S B  
 X T V Z R U E J J D L A R Z L U Y B T K  
 B L O O M X T Y S W S Y U O E L T U K J  
 X T P E Y E D T C P D X T I W Q Y G G A  
 E F Q M Q D K S E N R P R S X Z Y S D C  
 A B T Z F E X Z F R J I P O U G H I Z K  
 O Y F A R M E R Y O F V N U U N A A B E  
 L M T L H E F E P J X L R G M E L T Q T  
 F S Q Z G Q M S I F T A Y L S V Y R P W  
 W D T G W A W A R M L X F S U F L Y C P  
 B T Z N U M B R E L L A R R J W E P E T  
 K Q J K A N S U N S H I N E B J A O C P  
 F L O W E R S Y T H H P I I T U A Y O R

**BLOOM**  
**BUGS**  
**BUTTERFLY**  
**FARMER**  
**FLOWERS**  
**GROW**



**JACKET**  
**LADYBUGS**  
**MELT**  
**OUTSIDE**  
**PUDDLES**  
**SPRING**



**SUNSHINE**  
**TADPOLE**  
**TULIP**  
**UMBRELLA**  
**WARM**  
**WINDY**



# JUNIOR SPRING COLORING





**ROYAL ARCANUM 105<sup>th</sup> SUPREME COUNCIL SESSION  
CROWNE PLAZA HOTEL  
ANNAPOLIS, MARYLAND  
SUNDAY, AUGUST 23 – THURSDAY, AUGUST 27, 2020**



<http://www.crowneplaza.com/annapolis/Crowne Plaza>

<b>Cost Per Person</b> <b><u>U.S. / Canadian</u></b>	<b><u>Occupancy</u></b>	<b>Points for Free Trip</b> <b><u>U.S. / Canadian</u></b>
\$499.00 / \$665.00	Double	710 / 950
\$419.00 / \$560.00	Triple	600 / 800
\$799.00 / \$1,065.00	Single	1,140 / 1,520

Please enter my reservation for the 105<sup>th</sup> Supreme Council Session at the Annapolis Crowne Plaza Hotel, 173 Jennifer Road, Annapolis, MD. 21401 (Phone: 1-410-266-3131)

My party will consist of the following persons: (type or print only)

M \_\_\_\_\_ Council No. \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Spouse (please enter first name) \_\_\_\_\_

Children (enter names & ages) \_\_\_\_\_

Request Room Share with (Please enter guest's name) \_\_\_\_\_

Room Type (circle):    (2) Double Beds                      (1) King Bed

Have you earned a prize trip?                      [ ] Yes            [ ] No            [ ] No. of trips \_\_\_\_\_

**Package includes:** Sunday Welcome Dinner, Tuesday Hospitality Party-Banquet, Wednesday Hospitality Hour-Dinner Buffet- Farewell Theme Party and Dance, Daily Breakfast Buffet (RA Group Queen Anne Dining Room). Guest rooms furnished with flat screen television, Internet access, mini refrigerator, coffeemaker, iron, ironing board, climate control, and full bath amenities. Facility is 100% non-smoking. Complimentary 24-hour fitness center. Indoor heated pool & whirlpool. Annapolis Bar & Grill Restaurant on site. Free parking.

Advance arrangements for members who wish to extend their hotel stay at the Annapolis Crowne Plaza (**if rooms are available**) can be made for an additional charge.

Arrival date \_\_\_\_\_ Departure Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**IMPORTANT:** Home address of individuals with different names must be supplied. Guest rooms will be available 4 p.m. on Sunday, August 23, 2020. Check-out will be on Thursday morning, August 27, 2020 (by 11:00 a.m.)

Closest Airport: Baltimore (BWI)            Closest AMTRAK Train Station: Baltimore BWI

**A Deposit of \$100.00 per Adult and \$25.00 per Junior is required with each reservation.**

**MAKE CHECKS PAYABLE TO: ROYAL ARCANUM**  
Mail to: ROYAL ARCANUM  
Supreme Treasurer John Crisanti  
61 Batterymarch Street  
Boston, MA 02110  
**Phone: 1-888-272-2686**

**RESERVATIONS WITH DEPOSITS MUST BE RECEIVED BY JULY 22, 2020.**  
**All reservations MUST be made through the Royal Arcanum Home Office.**



## A WORD FROM THE SUPREME SECRETARY

Spring has arrived, although in many parts of the country, particularly on the East coast, we experienced very little winter weather. My hometown of Philadelphia recorded less than an inch of snow, the last time that this occurred was in 1973. I'm not complaining as shoveling snow is not one of my favorite activities. While it was relatively mild on the East coast, other portions of the country saw a continuing pattern of severe weather with snow, wind and heavy rains, dry conditions in other parts caused devastating wild fires. Hopefully spring will bring some welcome relief to all.



hard hit, with hospitals and medical facilities being overwhelmed by people with the virus. The dedication of doctors, health care workers, EMTs and first responders risking their own life and health has been amazing. In only a few short months the disease has spread globally. It shows how closely all the countries in the world are to one another.

I believe that we will come out of this crisis stronger, both nationally and globally. Please take the time to be safe, heed the instructions from local and state authorities, be kind to one another. If you can help

By the time you read this article I'm hoping that we will have turned the corner on the pandemic known as the Corona virus. The disease at this point is still on the rise throughout the US. Most major cities in the country are in a complete lockdown mode. Social distancing will be a term most of us will not soon forget. The number of new cases and the death toll continue to rise.



a neighbor or a friend, help at a shelter, or contribute to a charity, please do so. Working together we display the great underlying principle of the Royal Arcanum, charity.

My personal congratulations to all the Distinguished Service Award (DSA) listed in Bulletin and all our voluntary producers.

My best wishes to all our members in the US and Canada, hopefully for a happy and healthy Easter and Passover season.

Health officials tell us the we haven't seen the peak of the outbreak yet. The toll on our economy is equally bleak. Many small and large businesses have closed; in many states only essential activities are allowed to remain open. Millions of workers are now unemployed. Hopefully the Federal Government stimulus packages will alleviate some of the hardship that we are all going through.

No country in the world has been spared from this virus. Italy and Spain in Europe have been particularly

Yours in V. M. C.

A handwritten signature in black ink that reads "Peter D Ferrara".

Pete Ferrara

Supreme Secretary

# ROYAL ARCANUM 105TH SUPREME COUNCIL SESSION

**CROWNE PLAZA HOTEL - ANNAPOLIS, MARYLAND**

**SUNDAY, AUGUST 23 - THURSDAY, AUGUST 27, 2020**

