

GRAND COMMANDERY of OHIO  
State News for February, 2023  
Web Site: <https://ohioknightstemplar.com>  
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**DON'T LET FEBRUARY MAKE YOU S.A.D.**

Greetings Sir Knights,

As we transition into February, our inspection season moves into high gear. We completed 16 inspections in January and from the reports that I have seen so far, the attendance at these inspections has been averaging just above 38 Sir Knights and 14 Ladies. This puts the average total attendance at the inspections that I have reviewed at 52. That is a very good number. I appreciate those of you who are coming out to support our commanderies and I urge you to continue to do so.

There are twenty inspections scheduled for February. There have been some changes to the inspection schedule since it was originally published in the roster. Please check the revised inspection schedule on the Ohio Grand Commandery website for the most current version. Hopefully the weather will continue to cooperate with us to allow safe travel on inspection days.

Both the Southwestern and the Northeastern Divisions are currently conducting a test of a new version of the Grand Warders Report. SK's Dave Howe and Josh Grove have been working very hard and put in many hours trying to improve this problematic report. They have devoted lots of time and effort to this improved version of the GWR. The Grand Warders Report is like the weather. Everybody complains about it, but nobody does anything about it. SK's Howe and Grove are trying extremely hard to do something about it. The form that they are using has many drop down menus as well as information tabs which eliminate the need to constantly refer back to the roster book to get information about titles and positions of Sir Knights which may not be readily accessible. I commend Dave and Josh for their efforts to improve our inspection paperwork and I thank the CTA officers of the SW and NE Divisions for their help in implementing this test program.

Speaking of the weather, we are all painfully aware that winter in Ohio can be very difficult to deal with. Short days, long nights and seemingly endless days of overcast skies, rain and snow can have a profound effect on our moods and in the case of some, we can be affected by a condition known as Seasonal Affective Disorder.

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. SAD is a mood disorder subset, in which people who have normal

mental health throughout the year exhibit depressive symptoms at the same time each year, commonly but not always in the wintertime, with reduced sunlight. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

The percentage of the population in the United States who are affected by SAD varies from 1.4% in Florida, to 9.9% in Alaska. Nationwide, about 5% of people are affected.

Contrary to pop culture references in movies and TV about Vampires, Werewolves and other “creatures of the night”, human beings are just not nocturnal beings. We are, in fact, creatures of light. A few hours of sunshine a week just may not be enough here in Ohio. For someone affected by SAD. Ohio’s short days and predominantly overcast weather can certainly be conducive to SAD.

Symptoms of SAD include:

- Feeling depressed on most of the days, during the season
- Sadness
- Reduced energy.
- Loss of concentration and interest in activities
- Feelings of worthlessness or hopelessness
- Trouble sleeping/oversleeping.
- Nausea, loss of appetite/craving for fatty or carbohydrate rich foods
- Weight loss/weight gain
- Suicidal thoughts

As we progress through our inspection season, I ask you all to be aware of this very real and potentially serious condition. If you are experiencing any of these symptoms or feeling “down” or “blue” for an extended period of time, I ask you to take these symptoms seriously and speak to your health care provider. If you notice that someone who you normally see at inspections or local commandery meetings is not showing up anymore, please take the time to give them a call and check to see how they are doing. Everybody knows somebody who needs help. Be a friend. Please be aware of SAD, its symptoms, and consequences. In extreme cases, SAD can result in thoughts of suicide.

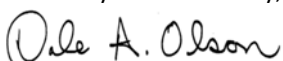
**The following section was posted on FB by a very good friend of mine. I have their permission to repost it and was encouraged to do so.**

988 is a new phone number that recently went live to help people get help in a mental health crisis. Similar to 911, this line is dedicated for anyone in need of mental health assistance of any kind. # Suicide Awareness call 988.

I am looking forward to seeing many of you at the upcoming inspections. Please take care of yourselves, your family, and friends. Although we may not all be able to see it we all need to remember, “The sun will come up, tomorrow.”

**NOTE: Portions of this message are taken from an article published by the Mayo Clinic and other internet sources.**

Sincerely and fraternally,



Right Eminent Grand Commander  
Grand Commandery of Ohio