

---

# R.A.O.B.

# News round



## Grand Council

News from R.A.O.B. Grand Council Provinces

Issue No 11. December 2004.

E-mail [raobgcuk@aol.com](mailto:raobgcuk@aol.com) Web Site, [raobgc.org.uk](http://raobgc.org.uk)



### *Down Your Way,*

#### *A Monthly Review of Province Life.*

*Are there any Grand Lodge Secretary's reading this?*

---

I received correspondence from Bro John Ruddle R.O.H. The Grand Lodge Secretary of London South West Province, with regard to Bro Chris Shaw who is being cared for at Morton Grange, Chesterfield. He requests that some of the content be included in the Newsround.

Dear Sir & Brother,

Further to our telephone conversation yesterday. It is with great sadness and regret that I have to inform you that Bro. Chris Shaw KOM will not be able to have the use of the Mobility Scooter. This is due to the fact that Bro. Chris has recently had an epileptic fit and his G.P. will not sign the medicinal certificate.

I enclose a very nice letter I received from Morton Grange, which explains the situation. Given the content of the letter, it may be an idea to publish it in the Newsround.

-----  
---

MORTON GRANGE'  
Nursing Home. Residential Home.

13th December 2004

Dear John

First to say thank you for your very generous gifts to Chris and the Staff, they were very much appreciated.

I took Chris shopping to Tesco and he bought himself some of the latest D V D. s and sweets, he was really happy, just being able to make his own choices and have the money to pay for them. It is so pleasing to make at least one person happy.

The Staff will get their chocolates and wine next week. Talking of Staff, we where in London last Friday and the male carer, who looks after Chris won the Carer of the

Year Award, this was a fantastic boost for us and we got to meet Dame Vera Lynn and Peter Sells.

Now for some negative news, unfortunately I have tried my best to get Chris's G.P. to sign the paper work for him to have a scooter, but he will not, stating Chris has had an epileptic fit within the past month and he is not allowed to drive a motorised vehicle for at least 2 years if he is fit free, so no scooter for Chris for the time being. Very disappointing as he has only ever had one fit whilst with us, but rules are rules.

I would personally just like to say to you and your fellow Brothers a big Thank You for thinking of Chris, it is not an easy ride for a young man, and people like yourselves are making life a little better for someone.

Kind Regards  
Doreen Tenby  
Matron/Manager

---

Bro Ray Routledge R.O.H. wrote a letter to the Chairman, as a Member of the Benevolent Committee and with his permission, we reproduce the same.

Dear Sir & Brother

I feel that I must put pen to paper following my attendance at the last Benevolent Committee Meeting.

This is my fourth term on the Committee, also present were the other three members, Bro R.Allerton R.O.H. Trustee and by invitation the General Secretary Bro G.R.Cooke R.O.H.

The main purpose was to discuss the applications for the electronic wheelchairs and later the grants.

I can now reflect on past meetings in this capacity and make comparisons. I felt more at ease; it was enlightening, helpful and productive.

The decisions of the Committee were to my pleasure, they could not have been achieved without the input and assistance of Bro R.Allerton, G.R.Cooke also support of Bro J.Jeffs Grand President and Bro J.English Trustee.

My thoughts, I noted a new attitude where we were all working to achieve the same goal and I am sure if we continue it will secure the support of the Members uniting us all to progress and re-build the Order.

Yours faithfully & fraternally  
Bro R.R.Routledge R.O.H.

---

Bro Charlie Norfolk R.O.H. The Grimsby Grand Lodge Secretary sent me a cheque for the Orphans complete with photo as shown and it reads as follows:



Dear Sir and Brother

At the Grand Lodge last night the Pride of the Wolds Lodge proudly submitted a cheque for £169.00 for the Orphans Fund, *(this was later boosted by a further donation of £20.00 bringing the total to £89.00.)*

This donation from the Pride of the Wolds Lodge was the proceeds of a sponsored Sky Dive by Brother Paul Winthrop. This has taken almost 18 months to set up but as you may see, he did eventually do it, (with heart in mouth).

*Many thanks on behalf of the Orphans for such a generous contribution Brother Paul I hope you enjoyed the view, a most daring feat.*

---

London South West

Please find two pieces of literature, which you may find interesting for the 'Newsround'. The first, 'Buffalo Benediction' I first heard in the Crown & Hastings Lodge, No 1213, when my late Buffalo Father, bro Frank Ruddle KOM, was a Member of the Lodge. That was back in 1978. It was always said at the closing of the Lodge.

#### BUFFALO BENEDICTION

Brethren, the harmony in the Lodge is now ended, but may the harmony that prevails within Buffaloism never end; may it guide us and sustain us, and lead us on our way, and bring us back to this our Mother Lodge, or any other Lodge of The Royal Antediluvian Order of Buffaloes. For happy did we meet, happy do we part, and happy may we all meet again. S.S.W.A.

The second, 'Teamwork' speaks for itself.

#### "TEAMWORK"

Are you an active member, the kind that would be missed? Or are you just contented that your name is on the list?

Do you attend the meetings and mingle with the crowd?  
Or do you stay at home and crab both long and loud.

Do you take an active part to help the Lodge along?  
Or are you satisfied to be the kind to "just belong"?

Do you ever go to visit a member who is sick?

Or leave the work for just a few Brothers and talk about the clique?

There is quite a program scheduled that means success if done, and it can be accomplished with the help of everyone.

So attend the meetings regularly, and help with hand and heart. Don't be just a member, but take an active part.

Think this over, Brother. Are we right or wrong?

Are you an active member? Or do you just belong?

Br John Ruddle R.O.H. Grand Lodge Secretary.

---

Bro E.R. Taylor R.O.H.

Grand President 2001

Dear Ray,

Firstly I would like to thank you for delivering the electric mobility scooter. As you know it will be kept indoors, so no need for a shed or anything.

I am now trying to write this letter again for the umpteenth time, as I cannot find any other way of saying thank you. For allowing me the use of one of the mobility scooters. So I am writing to let you know how this will benefit the family and myself.

First it gives me freedom to pop down to our shops, go to the park with Chloe, or take the dogs out. Or just go round the houses instead of looking at 4 walls all day. The family, especially Bernice who will not have to be with me, no more pushing – less pressure on them, being able to wonder off whilst shopping – instead of having to wait for me.

To those who donated the scooter, many thanks, to those with other scooters, I wish you the happiness & freedom this will give me and I do hope this can go into the Newsletter.

Also Brothers, I intend to ask my Grand Lodge permission to send a copy of the news letter to every Member of Grand Council I know, who does not attend Lodges locally, so they can see Grand Council is alive and going from strength to strength, also they can see that their money is being well used. You never know unless you try, we might be able to welcome them back. If only one of them came back it would make a difference.

Got to go now, neighbour wants to have a burn up, my scooter against his 1100cc motorbike.

Yours faithfully & fraternally

Bro E.R. Taylor R.O.H.

Grand President 2001

*Editor, that comes from the heart Bro Ernie and many thanks for your letter.*

---

From Bro Eddie Nield, Luton Province

#### HEALTH QUESTION & ANSWER SESSION

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats and that's it, don't waste them on exercise. Everything wears out eventually, speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat, hay and corn, and what are these, vegetables. So a steak is nothing more than an efficient mechanism of

delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all, wine is made from fruit, brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry, my philosophy is: No Pain...Good

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING! Foods are fried these days in vegetable oil; in fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO! Cocoa beans, another vegetable, it's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

I hope this has cleared up any misconceptions you may have had about food and diets

---

Lincoln Province

Following the visit of Bro J.Jeffs R.O.H. the Grand President along with his good Lady Josie to the Lincoln province in December 2004. I have been asked to write on behalf of the Members to thank them for taking the time to visit the Province and promote the Order in his capacity.

Firstly we consider it an honour to receive them and meet the Lincoln Members.

During their visit they had a busy programme, where on the Thursday of his arrival Bro John attended the Lincoln County Hospital to present the "Rolls Royce" of football

---

tables to their children's ward, where they were very grateful.

Later that evening he was taken to Ashby, near Scunthorpe to visit a "Minor Lodge" of the G.L.E. where he was received by their Provincial Grand Primo Bro, Antoine Holmes along with his officers where he was asked to take over their Royal Chair, he was well received by their Members and presided over many charges. The evening was concluded with an excellent buffet also an excellent raffle.

Bro G.R.Cooke along with his good Lady Sandra visited Lincoln, the purpose to present a Mobility Scooter to broles Robinson R.O.H. of Lincoln. The Grand President made the presentation along with the General Secretary and Bro Ray the Grand Lodge Secretary.

My observation, bro Les is a quite person and does not want any fuss but he was privileged to receive the Grand President along with his the General Secretary. The visit was concluded with a late lunch at "Rays Café"!

That evening John and Josie enjoyed the atmosphere of the Lincoln Christmas Market including the Cathedral and Castle.

Saturday night included a tea at Bro Ray's with the Lincoln Members followed by a "Race Night" at Ashby Club for Charity, which they both enjoyed.

Sunday morning was free and easy chatting over breakfast then a quick visit to the "Whisby Nature Reserve" for some "Bird Watching"!! Then onto the "Whisby Garden Centre".

The weekend visit was concluded with Sunday lunch and we trust John and Josie left with happy memories of their time in Lincoln.

From the Lincoln Members, they all enjoyed your company and most importantly get to know you, we say, 'thank you'.

Yours faithfully and fraternally  
Bro R.R.Routledge R.O.H.  
Grand Lodge Secretary

#### Dates for your Diaries

Essex Province

On Saturday the 19<sup>th</sup> February 2005 – Bro B. Frost and Bro T. Frost will have the Roll of Honour conferred upon them by the Sir Frederick Lodge, No 1259. Essex Province. For further information Tel 01245 457241.

Snodland Province

On Saturday the 26<sup>th</sup> February 2005, Bro C.McMahon will have the Roll of Honour conferred upon him at the request of the Nevill Lodge, No 2054.

This will take place at the Snodland Community Centre, Paddlesworth Road, Snodland. Kent. For further details telephone Bro Arthur Stevens R.O.H. on 01634 240907.

Essex Province

The postponed R.O.H. exaltation of Brother C. Bacon of the Good Hope Lodge No. 339 Harwich, Essex will now take place on Saturday 23<sup>rd</sup> April 2005 at The Parkeston Railway Club, Parkeston, Harwich, Essex.  
Contact Phone Number 01245 467241.

The Sir Frederick Lodge No 1259, Essex Province cordially invite anyone interested to attend their Annual Dinner and Ladies Night on Saturday 16<sup>th</sup> April 2005. This is a formal Dinner and Dance with Live Music Held at The Masonic Hall, Maldon Road, Witham, Essex.

Tickets are priced at £20 per head.

Contact Brother Terry Frost on 01621 817410 or Brother Dick Allerton on 01245 467241.

e-mail, [richard@allerton241.freeserve.co.uk](mailto:richard@allerton241.freeserve.co.uk)

Why not use it; those of our Members who have been there on Convalescence speak very highly of it.

## **GROVE HOUSE, HARROGATE**



**HAVE YOU BEEN THERE?**

**IF YOU HAVEN'T, WHY NOT?**

**Our Homes are there for your use as well as convalescence.**

**Try one of our special  
3 Day Mini Breaks at Grove House  
set in its magnificent gardens for only  
£65.00 per person fully inclusive**

**The more you use these breaks  
the better it is for all**

**For full details contact  
the Grand Secretary  
01423 502438**

Snodland Province

Dear Ray,

Firstly a very Happy & Prosperous New year to you. As you may recall, some time ago at Bro Albi's raising I won a television/DVD player and I said I would take it back to the Province and raffle it, with the proceeds going to the Orphan Fund. I am pleased to say this has now been done and I enclose a cheque for £ 161.00.

The raffle took place over a few weeks within the province and it was opened up to non-buff members of the Ham Hill club where we meet and was in fact won by one of those club members.

It should be mentioned that Bro John Eccleston transported the television back from Wigan for me and also stored it until the raffle was drawn so a big thank you to him. (No John I'm not paying you storage rental, but I might buy you a pint or three).

Several Brothers at the above raising asked if I could let them know how we got on, so perhaps the total could be related through the newsletter.

I hope this small amount goes some way to boost the coffers and I hope to see you at Bro Chris's raising in February.

Yours faithfully and fraternally, Bro Colin Armsby  
R.O.H. Nevill Lodge Secretary

---

*Editor, on behalf of the Orphans many thanks Bro Colin and I will see you in Snodland. Who knows, if I stand at the side of Bro John when you purchase him a pint???*

---

Brighton Province

Bro R.Boakes will be raised to the Second Degree by his Lodge in the Province of Brighton, on the 27<sup>th</sup> April 2005.

---

Luton Province

Bro Ray Underwood R.O.H. writes: -

Grand Council

Please find enclosed a cheque for £1256.00, the proceeds from the Charity night for the Buffs Orphans held at the Celtic Club, Luton.

As stated the money is for the Orphans Fund.  
Very best wishes for 2005 to each of you!

*Editor, year after year Brother Ray Underwood R.O.H. consistently works on behalf of the Orphans and on behalf of the Grand President and our Orphans Brother Ray, a very large vote of thanks to you.*

---

London South West

The Members of this Province would like to thank Bro John Ruddle R.O.H. "Through the Newsround" for giving Twenty One loyal years of service to that Province, in the capacity of Grand Lodge Secretary. Bro Ted King R.O.H. also informs me that the Province will be presenting Brother John with a Certificate marking this occasion.

*Editor, 'and very nice it is too' keep up the good work Brother John, and on behalf of the Grand Council, well done and thank you.*

---

Nottingham Province To the Editor

Dear Bro. Ray

As you prompted me some weeks ago to put pen to paper, or should that be fingers to keyboard? I thought I must tell you all of a milestone in buff history.

Last week I was asked if I would like to accompany the new Grand Primo Bro. Steve Radley KOM and some of the other Bro's of the Nottingham Province to visit the Sir Robert Lodge of the Newark Province, and as we do this on a regular basis and always have a good evening, I immediately said yes. It was then I was informed that this was to celebrate the anniversary of Bro Roy Lyle ROH 65 years in the order this week. So on Monday 24 January we duly set off.

On arrival we procured some gatter and entered the lodge to a warm welcome, followed by the usual buff banter. During LH we were insulted with another pint of gatter and introduced to a very nice buffet. Bro Roy then gave us a short history of his buff career from his initiation to his 65th year this week.

I was tempted to include some of this history but I decided that it would come better from Bro Roy. So I hope when he sees this article it may prompt him also to pen a few lines, this is living history and should be recorded. So thanks to Bro Roy and the Sir Robert Lodge for a very good evening

Bro Alan Mallatratt ROH, Nottingham Province

Ps are there any other Members who have been in the order for this length of time?

*Editor, you just had to ask didn't you, Skegness Province are very proud of their own Member, Bro Tom Baker K.O.M. Who this last year celebrated 73 years as a financial Member of the Order. But that does not detract from Bro Roy's magnificent record, both he and the Newark Province should be justly proud.*

---

---

Thanks for the input, let us have more, it's your Mag!  
G.R.Cooke R.O.H. The Editor