

Coronavirus Update 4

Dear All,

I am hoping by now you have all heard about the meals on wheel initiative, just in case a few of you haven't I have repeated it again below. Please read through it carefully and consider if any of your Lodge members or Lodge widows fit the criteria. If so, please make contact with them and encourage them to book a meal. If for any reason they are unable to do it themselves, especially our widows, please take it upon yourself to book the meal for them. The instructions are on the information below.

Thank you to those who are sharing their tea@3 photos, these really help to keep us in touch with each other. A new challenge may be circulated over the next week or so, so keep an eye out for it.

I understand some Lodges have started Whatsapp group as this is a good way to keep in touch, but please, please, please remember the UGLE media policy as this affects those groups, this is a link to the policy <https://www.ugle.org.uk/social-media-policy-guidelines>.

You should by now also have received the latest information on the administrative process for Lodges, to remind you there is no need to produce Lodge summons during the suspension period. A note needs to be made in the minute book that due to the coronavirus all meetings have been suspended. You should also have had the instructions on what to do when meetings start again, if you are unsure on any of this please contact the Provincial Secretary, his details are on the website www.essexmark.co.uk

Unfortunately we have now lost some members and/or family members so please stay in touch with each other, offer support where you can and remember the provincial Almoner Roy Kaye is there to help if he can.

I am conscious that we have a number of candidates waiting for our meetings to start again so they can be advanced and enjoy our Order. The Provincial Secretary has asked Lodge secretaries to forward to him the name, address and where possible their email address so that I may write to them all and thank them for their patience. I have received details of 22 brethren so far, if there are others please forward their details to Paul, we want them to feel they are wanted and in due course become a member of our fraternal family.

As it stands at the moment it is our intention to hold the Provincial Officers Mess as planned on the Friday 27th November at Hutton, so please put this in your diary.

With regard to our Annual General Meeting this year, Felsted has been cancelled and we are currently exploring other ideas. Once the dust has settled we will come back to you with further information.

Grand Lodge are currently looking to roll out on Keystone on Line the facility to have displayed a thumbnail photo of members alongside the individual's name. This will help with identification of members and put a name to a face. To ensure we are ready for this rollout could I ask you consider sending the Provincial Secretary a face shot photograph suitable for this purpose.

Thank you once again for your attention, please keep safe and remember to support one and other



Brethren I am pleased to announce we have been successful in a bid to the MBF to provide a two-course pre cooked Sunday lunch to our most vulnerable members free of charge!

So How will it work

Three of our masonic centres (Orsett, Chingford & Brightlinsea) have agreed to prepare and cook up to 50 two course Sunday lunches each. The menu will be on a rotating basis and will not change. The menus are:-

Menu week 1

Chicken breast, sausage and sage stuffing
Boulangere potatoes
Peas and carrots
Cauliflower cheese

Spotted dick and custard

Menu week 2

Roast beef, Yorkshire pudding, gravy
Roast potatoes
Butter glazed carrots
Savoy Cabbage

Bramley apple crumble and custard

Menu week 3

Chicken, leek and mushroom pie
Herb roasted new potatoes
Creamed swede
Carrots and peas

Steam pudding and custard

These meals will be packed into suitable (disposable) containers for transportation and re heating in a microwave when delivered

The areas covered by the masonic centres are

Orsett Masonic centre will cater for those living in the general areas of Thurrock, Southend, Basildon, Rayleigh & Wickford, Upminster, Hornchurch and Romford

Chingford Masonic centre will cater for those living in the general areas of Chingford, Loughton, Brentwood, Harlow, Chelmsford and Braintree

Brightlinsea Masonic centre will cater for those living in the general area of anything North of and including Witham.

If your home area does not appear on the lists don't worry we will do our best to get a meal to you.

Please be aware we cannot take any request for alterations or alternatives, neither can we unfortunately cater for vegetarians, vegans or those with food intolerances at this time. The meals will be supplied on an "as is basis".

The meals will be collected from the three centres and delivered to you by our team of volunteers. A List of the ingredients and microwaving instructions will be included in the pack you receive. The meal prepared will be the same at each of the centres

Who can apply?

If you are an Essex Mark Master Mason, live within the Province and fit one or more of the following criteria you are eligible. Please remember that during this uncertain time we recognise that members may fall in or out of the criteria over the meals on wheels period, so please only order when you fit the criteria.

- a) The member is in the High-risk or At Risk category and they have no members of the family living at the home that are able to shop, cook or support them
- b) Widowed and unable to cook fresh meals
- c) Over 70yrs of age and have no other family living at home who are able to shop, cook or support them.
- e) You are self-isolating due to having contracted the virus and unable to prepare and cook a fresh meal and have no one at home to cook for you.
- f) The widow of an Essex Mark Man and unable to cook fresh meals

If you fit into the criteria and have a partner or other dependant person living with you, you may order a meal for them as well. The maximum order for any household is 4, however we expect the usual number of meals per household to be 1 or 2. Please remember we are constrained by a budget and want to spread this facility as wide as possible. Whether you fit into the criteria or not will be on a self-policing trust basis.

When does it start?

The scheme will start on Sunday the 3rd May and will last 13 weeks, unless the government changes the current isolation guidelines.

How do I order?

Please email your name, address and contact telephone number, to mbfmeals@britishmasons.uk and state how many meals are required. If you do not have an email address please send a text message with the above details to 07802475268. All Orders must be placed by 6pm on the Wednesday before the delivery Sunday. If there are any problems with your delivery or they become sold out we will notify you as soon as

possible before the Sunday delivery. Deliveries will be made during the afternoon, dependent on where you live in comparison to the local pick up point,

How can I help?

We are in need of volunteers who are able to get to one of the three centres to collect from and deliver the meals on a Sunday morning. Collections will start at 11am. If you can spare a couple of hours please email the above email address with your name and the masonic centre you would be prepared to attend and deliver meals to our vulnerable members. Lets prove we are the friendly degree and support each other during these difficult times. We would be very pleased to hear from motorcyclists who have the necessary means to carry the meals!

If you can help you will be sent details of where we would like you to deliver to. On the Sunday morning you would collect your meals (they are all the same so no need for any special markings, just collect the correct number of carrier bags) and deliver them.

Summary

This initiative is a real coup for Essex Mark and probably the only one like it in the country. Another real example of where your charity monies go so let's make it work.

Like any initiative there will no doubt be a few teething problems along the way so please bear with us, remember we are all volunteers trying our best to help others

Keep safe and thank you

Terry