

Rak's parents came to the UK in 1955 and he was born and brought up in Leicester. After finishing school, he attended the Welsh National School of Medicine in Cardiff where he successfully completed his medical degree becoming a Bachelor of both Medicine and Surgery in 1982. For the next six years he trained in various specialities required to become a GP and in 1988 moved to South Shields to take up his long-term post as a family doctor. Over the years he developed his special interest in cardiology and received a Diploma in Cardiology from the University of Bradford. In 2023, after 35 years he said farewell to his patients and colleagues, many of whom had become good friends along the way and settled into retirement.

Rak was initiated into Mowbray Lodge in 1993 and served as Worshipful Master on three occasions in 1998/9 and 2008. He received his first Provincial honour in 2005 of Past Provincial Junior Grand Warden and was promoted to Acting Provincial Senior Grand Warden the following year. On 8th January 2024 Rak was appointed as Assistant Provincial Grand Master with responsibility for the Northwest of the Province. In Grand Lodge he was appointed to the rank of Past Assistant Grand Director of Ceremonies in 2011.

In the Royal Arch, Rak was appointed to the role of Assistant to the Provincial Grand Principals in 2016 and became 3rd Provincial Grand Principal in 2021 an appointment that he has carried with a great deal of energy and distinction as has been the norm throughout his Masonic career.

Rak has been married to Julie for 37 years and they have two sons both living in London. He has a granddaughter and a second grandchild due in July.