

GAT Jose Rizal Lodge U.D.



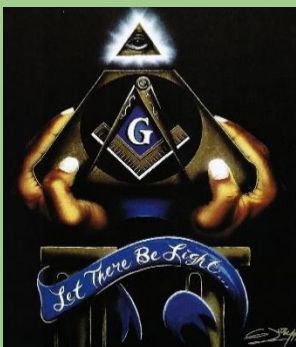
February 2, 2022

MMXXI

Volume: 2 Issued: 2

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"Through Freemasonry, we make true friends, improve ourselves, and have a positive impact on our communities."

From the desk of the
Worshipful Master



By: WM J. P Cariaga, PM



Menu for the Stated Meeting Dinner

No Available Menu

Stated Meeting Sponsors for February 2022

WB Carl Black

WB J P Cariaga

Bro Dex Donor

Bro Jess Salabao



Brethren,

Good day! May today and everyday find you in good health. Another month has passed, and we are here to remind each other not to take anything for granted. We don't have any lined-up events this month so we will have a lot of free time to practice and improve in our craft.

Reminder to each and every one to please be safe during gatherings. Wear proper personal protective equipment. COVID-19 is still everywhere, and we can be infected even if you are fully vaccinated.

If you are feeling sick, please stay home and practice self-quarantine.

S/F,

J.P. Cariaga
Worshipful Master

Trestleboard Editors:

Bro. Sammy Gillo
Bro. Vonn DeGuzman

STATED MEETING

Every 4th Friday of the
Month

27221 McCall Blvd
Menifee, CA 92586

2B1  ASK1

Freemasonry promotes a way of life that binds like-minded men with the principles of Brotherly Love, Relief and Truth in order to serve God, Family, Country, Neighbor and Self.



Brethren,

Although we had to cancel our January Stated meeting due to the increased cases of virus infection in our area, our communication through social media is still strong. Let us continue to communicate and be prepared on when we'd be able to labor again.

Our stated meeting is still scheduled for February 25, 2022, and we really look forward to the meeting and the fellowship as well as conducting lodge labor.

We will be having several 2nd Degree conferrals in the next few months, and we encourage everyone to let us know if you want to participate in the degree ceremony. It has been our Lodge's vision and goal that each one of us from GAT José Rizal Lodge UD be proficient on all the degree work. There is no better way to improve than to be part of the ceremony itself.

Lastly, let us continue to support the lodge and all its endeavors. Always remember that you are a reflection and a representation of GAT José Rizal Lodge UD.

S/F,

Bro. Ernie Pagulayan, PM
Senior Warden

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If you have some important information that needs to be on the Trestleboard, please don't hesitate to contact the Lodge Secretary (SecretaryGJRL@gmail.com)

or Bro. Sammy Gillo
(sharmaelly@gmail.com)

OSI CORNER

02/18	MVL 289 – GAT Jose Rizal Lodge 2nd Section/Master's Lecture
03/15	Hemet San Jacinto Lodge 3rd Deg 1st Sec O&O, Close in long form.
04/21	MVL 289 – 2 nd Deg 1 st Sec. O&O, Close in long form.
05/16	Tem Cat Island – 2 nd Deg 2 nd Sec. - Staircase & Master's Lecture

“Although I hold the highest civil honour in the world, I have always regarded my rank and title as a Past Grand Master of Masons the greatest honour that had ever come to me.” – Bro. Harry S. Truman



Greetings from the Philippines!

Well, I don't have much to say about lodge activities, however I do trust that you are all holding the fort and continuing lodge activities and plans as situations permit.

Quarantine requirements finally done; I am now able to proceed with my purpose of visiting our motherland. Things are somewhat tough to accomplish because of the pandemic, but I feel privileged to be able to rely on our brothers coming into rescue and assisting as reasonable as possible.

In the absence of a specific lodge-related subject to present in this issue, being a mason for over seventeen years, I have decided to share my observations on what I perceived as the different groups of Masons as it relates to their support to their lodge. Let me warn everyone though these are my personal observations and are not directed to anyone in particular. You are free to reject or dissent them and form your own observations.

The first group of masons that I have observed are those who loyally pay their dues but are never seen in the Lodge, incapable of attending due to various reasons, or they joined for the notoriety of being a Mason in the hopes of advancing their own motives. Sometimes they are familiar with a brother's name but cannot place a face to it. Sometimes they tend to attend special Lodge events, such as Lodge Installation, but other than that, you will never see them again.

The second group of masons that I have observed are those who tend to take part in lodge activities in a superficial way. They may occasionally make an appearance in the Lodge, send in a donation for a worthy Masonic cause, or keep themselves well informed about masonry by reading books or articles pertaining to the fraternity. They are truly like being a Mason but stop short at making a major commitment to it, such as becoming an officer or serving on a committee. They are also the first to complain when things don't look quite right in the Lodge. They tend to seek sympathy from other members to advance their own feelings. Instead of becoming more active and finding out the cause of the problems in the Lodge, they find it easier to grumble from the sidelines thereby disrupting harmony.

And lastly, in very Lodge there is a handful of brothers you can count on for their leadership, lend a hand during pressing times, and do not hesitate to step forward when needed. They are not a zealous control freak but rather are unselfish and appreciate the importance of teamwork and the tenets of our craft. I have seen statistics that show roughly 20% of Lodge membership belong to this group. They are considered cornerstone of the Lodge, because without them the Lodge may not survived. They rightfully understand that Freemasonry is more about the overall Brotherhood as opposed to the glory of a single individual.

I dare not to ask the question "Which group do you belong" because there are many reasonable factors and circumstances that could lead a brother to belong to any group. In fact, I have seen brothers who have transformed themselves from one group to the other. Or perhaps it ultimately comes down to why you joined the fraternity. If you are truly seeking light, practicing your obligations and tenets, then you are on the right path. But overall, you probably agree that we have too many brothers in the first and second groups. Is it just the nature of our membership?

OTL,

Fraternally,
Rick Opina, PM
JR Warden

Stated Meeting Sponsors for March 2022

WB Ernie Pagulayan III

Bro. Ricky Villegas

Bro Vonn Deguzman

Bro Ian Mercurio



Stated Meeting Sponsors for April 2022

"I believe that the ability to think is a blessing. If you can think about a situation, you can deal with it. The big struggle is to keep your head clear enough to think." – Bro. Richard Pryor



Fraternal Greetings!

We survived the holidays and hopefully still sticking to our New Year's resolution. February is the month we conduct our financial audit. It will be the first one for our lodge and it will be a learning experience for the auditors and Officers alike. If you want to learn something or just want to see how we keep our books straight, or maybe have experience with auditing I encourage you to join us this month for the annual audit.

On the topic of audit, I encourage everyone to log on to your I-member account. You will need your member number if it is your first-time logging in. Please let me know if you don't have your member number and I will give it to you. With I-member you can update your personal information, contact preference, print dues card, and find a lodge or a Grand Lodge of California Mason member among other things on-line.

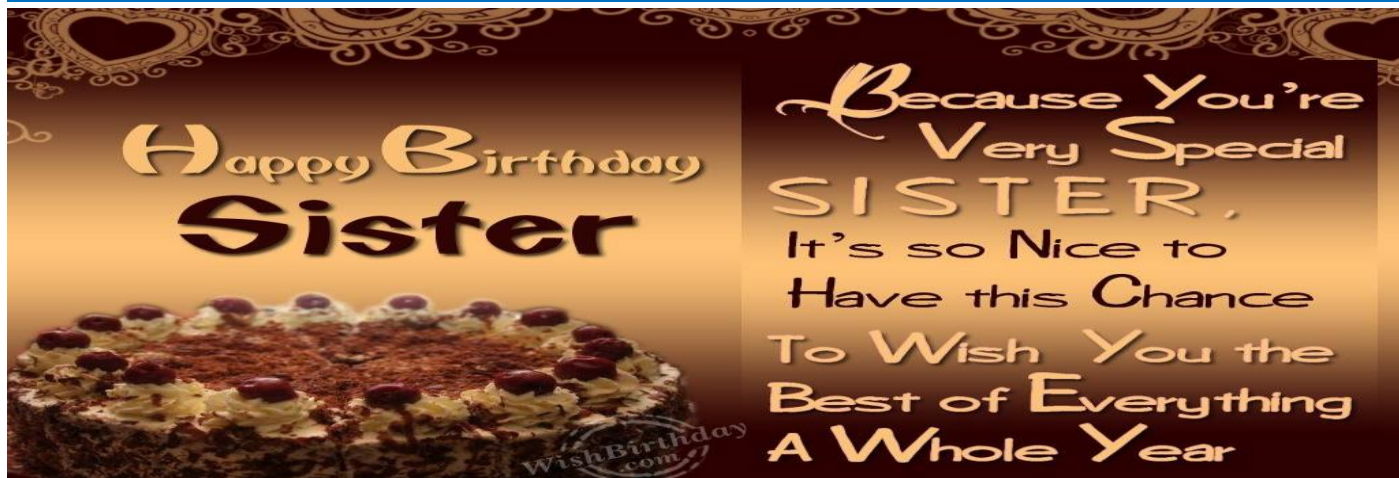
Lastly, we added another option for everyone to send us money. We now have a PayPal account in addition to Venmo and check.

Fraternally Yours,

Bro Vonn DeGuzman
GJRL Lodge Secretary

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Sister Birthday		Wedding Anniversary	
Linda Opina	February 04		
Veronica Sayson	February 22		



FUND RAISING SECTION



GAT Jose Rizal Lodge UD



ANNUAL VALENTINES DINNER EVENT

February 11, 2022 @ Menifee Valley Lodge 289 Time: 6 pm – 10 pm

Please RSVP by February 9, 2022

TICKET: \$60/Person

POC: VONN DEGUZMAN
PH: (561) 827-5027

Love
NIGHT

"All proceeds will
go towards lodge
operations"

GAT Jose Rizal Lodge UD



PayPal



MENU

ATTIRE:
SUITE/
COCKTAIL
DRESS

LIVE ENTERTAINMENT:
TONE 6 BAND GROUP



3 COURSE MEAL:
- CHOICE OF PRIME RIB
OR SALMON
* SOUVENIR PHOTO BOOTH *

"A man only learns in two ways, one by reading, and the other by association with smarter people."- Bro. Will Rogers

SCHOLARSHIPS AND ADDITIONAL FINANCIAL AID

The Masons of California believe that a person who strives to improve himself can also improve his community and the world at large. To help future generations achieve this goal, the California Masonic Foundation and other Masonic-affiliated organizations award more than \$1 million in scholarships to students every year. Scholarships awarded by the California Masonic Foundation have enabled thousands of students to attend college.

Masonic scholarships

Below are links to scholarships provided by our Youth Orders and Concordant Bodies. Most offer preference to applicants that have Masonic ties. We also encourage you to reach out directly to your local Masonic lodge as some offer their own lodge-based award. To locate a lodge near you, please visit the lodge locator.

DeMolay

norcaldemolay.com/2018-demolay-foundation-scholarship-application-now-available/demolay.org/Scholarship/demolay.org/scholarships/affiliated-scholarships/

Order of the Eastern Star

oescal.org/?q=scholarships

Job's Daughters

cajdfoundation.org/Scholarships.html

Rainbow Girls

gocarainbow.org/all-about-ca-rainbow/scholarships/

High Twelve International

wolcottfoundation.com/fellowships.html

California Scottish Rite

casr-foundation.org/

Santa Barbara Scottish Rite

santabarbarascottishrite.org/philanthropic/

Investment in Success

The Investment in Success scholarship program gives high school seniors who demonstrate an active pursuit of education in spite of hardships an opportunity to attain a higher education.

Although these students may not fit the traditional profile of a high academic performer, they have overcome significant obstacles to achieve their goals, demonstrating extraordinary potential and strength of character. To be eligible for an Investment in Success scholarship, students must be nominated through one of the California Masonic Foundation's educational partnerships; no direct applications are accepted.

Learn more about Investment in Success on the California Masonic Foundation website.

Support Public Education Initiatives

From scholarships to elementary school literacy, California Masons are making a profound difference for public schools and students in need. Your gift to the Annual Fund supports public schools statewide.

"A sound head, an honest heart, and a humble spirit are the three best guides through time and eternity."— Bro. Walter Scott

Masonic Retention – How to greet guests and turn them into members of the Fraternity

Your Lodge has held Masonic Information Night. A few guests showed up, but they never return. They didn't even fill out an information card so you could contact them later. As soon as the meeting was over, they shot out the door, never to be seen again. Why is that?

Did you bother to do your homework, or do you just assume that declines in membership are normal and expected. Was your Masonic Information Night just so you could check off a box on your Masonic Year?

Here are the reasons why your membership declines, and why guests do not return:

Lodge Website. Freemasonry is a mystery to everyone who isn't in the fraternity. There are tens of thousands of websites out there that post all kinds of nonsense about it. Your Lodge website is either bad or it doesn't exist. While Freemasonry is steeped in history and legend, this is the 21st century; if you don't have a website, your invited guests are going to rely on *OTHER* websites to get information about Freemasonry and *YOUR* Lodge. Do you really want David Icke or Alex Jones – neither of whom know anything at all about Freemasonry – to explain the fraternity? Get a website up and running and *keep it current*. All you need is a domain name, a copy of WordPress, and releases from your Lodge Officers who write in your Trestleboard so you can post their content online. Put up a calendar, let the community



know what you're doing and when, and your website will attract members. The very first Masonic website I built attracted 27 new members to my old Lodge over the course of two years, and attendance at our events doubled and even – in some cases – tripled.

Worn out facilities. Put your best face forward – clean up your Lodge! It doesn't hurt to have a spring (and winter) cleaning! Make sure your Lodge is warm in winter and cool in summer! Put out trash cans and **EMPTY** them at the end of the evening. If you've got a kitchen, make sure everything works, the dishes are clean, and the silverware is spotless! Get in your bathrooms and clean the urinals, stock the hand soap and paper towels, clean the toilets and – for gosh's sake **MAKE SURE YOUR PLUMBING IS WORKING**. Nothing turns off a prospective candidate faster than using a restroom in a Lodge that is worse than the gas station bathroom down the street that hasn't been cleaned since the Truman Administration. And, while we're all guys, **DO NOT** forget

to clean and freshen up the women's restroom! When the candidate may be enthusiastic about joining, the wives or girlfriends are the ones who will ultimately make the decision for them. Make sure the Lodge is a place where everyone feels comfortable!

Poor signage. Freemasonry isn't a secret society, nor is it a society with secrets. It's a fraternity that exists and survives because people can find Lodges.

Make sure your signage is clean, correct, and directs people to your building. And, while you're at it, make sure the guests know where to park and where the entrance is. It doesn't hurt to have a bulletin board that can be seen from outside the building listing upcoming events, either; you want people to attend, right? Let 'em know where you are and what your Lodge is up to!

PMS (Past Master Syndrome). You've managed to get guests to show up. Now what? They're in an unknown environment, they don't know what to expect, and now the dreaded PMS takes hold. You know what PMS is: the know-it-alls – and it's not just Past Masters who contract this dreaded disease. The members who "know" more than the guests, who giggle and talk about goat riding and "mysteries" and other absolute nonsense. Duct tape their mouths shut. Or – better yet – *don't invite them*; they're not Masons, they're guys looking for lapel pins who think they're better than everyone else because they've joined a so-called "secret society" that guests

don't know anything about. They're not going to convince guests that Freemasonry is the world's oldest social fraternity and largest philanthropy, they're just going to alienate them and drive everyone out the door. Here's how you combat PMS:

- **DO NOT** have any "secret insider language" or silly-assed references to things that don't exist. While our rituals may be in legacy English, we don't talk that way normally – and your guests most definitely don't. Talk to them like you're talking to a friend you'd like to invite over for a BBQ or a beer. These guests have the potential to be your brother. Treat them that way.
- **DO NOT** have ANY member ask any guest to move because they're sitting in the member's¹ seat. **EVERY** guest should have preferred seating at any public event – especially on a Masonic information night. If you'd like to have guests sit in a specific area, then let them know that beforehand – don't make them get up and move once they've found a seat, they feel comfortable sitting in.

- **DO NOT** let any guest sit alone; we're a fraternity, act like you're in one. Sit with the guests or invite them to a seat next to a member before they sit down. Freemasonry is all about who can best work and best agree. It's all about camaraderie.
- **DO NOT** force your guests to introduce themselves; they don't need to stand up, say their names, or participate. They've already made the effort; they're here, in your Lodge. Make your guests more comfortable by having a social hour before your event.

Boring Event. If you have nothing to offer, then your guests will have no reason to return. Assemble a Masonic Information Night team. Get the youngest, the brightest, most personable, and most knowledgeable Masons in your Lodge together. You want to answer every question with an actual answer, not a "I don't know" or a "I can't tell you that, it's a Masonic secret" non-answer. The secret to a great event is to make it interesting. Explaining your broken-down furniture isn't interesting. Tell your guests about your Lodge. Tell them about what Freemasonry does, the charities,

your Lodge events, etc. Be proud of your fraternity. Freemasonry sells itself.

Maybe it's the screenwriter in me, but here's the best way to have a great event: enter the 'meat' of the event as late as possible and leave as soon as you can. If your event has a social hour, only have a 20 minute "information" part afterward. Let your guests mingle with members. Let them ask questions (yes, before the event!). Let them get comfortable. Then, after the social hour, make your presentation. Make it interesting, quick, and entertaining. Once it's over, have an informal question and answer session and make sure you talk with every guest. Invite them back to your next public event.

Finally, have information. One of the primary complaints about the fraternity is that the Lodge will either (a) not have any information about Freemasonry that the guest can take with them; or (b) have stale information. If at all possible, get information packages from your Grand Lodge or have your best writers in your Lodge develop an information package tailored to Freemasonry in your jurisdiction and your Lodge in particular that the guest can take with them. Give them information on Freemasonry, your Lodge, an application, and a personal contact they can talk to once the evening is over.



¹. <http://merefreemasonry.com/masonic-retention-greet-guests-turn-members-fraternity/#more-582/>

February 2022


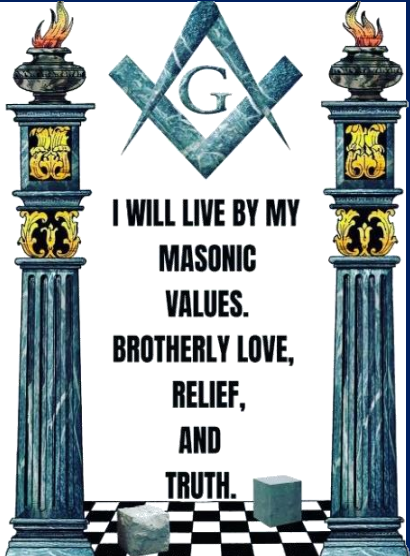
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					Secretary & Treasurer Retreat - IRVINE	Secretary & Treasurer Retreat - IRVINE
6	7	8	9	10	11	12
Secretary & Treasurer Retreat - IRVINE					Secretary & Treasurer Retreat - SAN RAMON	Secretary & Treasurer Retreat - SAN RAMON
13	14	15	16	17	18	19
Secretary & Treasurer Retreat - SAN RAMON					OSI @ MVL 289 Hosted by GJRL Time: 7:00 PM	
20	21	22	23	24	25	26
					GJRL STATED MEETING DINNER: 6:00 PM MEETING: 7:30 PM	
27	28					

"Those who will not reason, are bigots, those who cannot, are fools, and those who dare not, are slaves." - Bro. William Byron

Committee

Audit Committee Bro. Alvin Nillasca Bro. Ian Mercurio Bro. Dexter Donor	Rusty Trowel WB Ernie Pagulayan Bro. Carlito Gabi WB Allan Solis	Charity & Relief Committee Current Master & PM	Social & Civic Committee Bro. Ricky Villegas Bro. Amor Ledina Bro. Joe Quimson	Outreach Committee WM J.P. Cariaga WB Ernie Pagulayan Bro. Sammy Larraquel
	Scholarship Committee Bro. Audie Musngi Bro. Nicanor Nono Bro. Cesar Catamisan	Investigating Committee To be appointed by the WM		

APPOINTED

Fraternal Support Ambassador	Masonic Education	Masonic History	Member Retention	Photographer
Candidate's Coach Primarily the Bro. who recommended the applicant. Secondary: Bro. Ray Abayan Bro. Vic Sardilla Bro. Sam Gillo Bro. Sal Reyes Jr.	Officer's Coach Current Master & PM Petitioner's Coach Primarily the Bro. who recommended the applicant			

"Be sure your wisest words are those you do not say." - Bro. Robert W. Service



OFFICERS

Position	Name	Phone No.	Email Address
Worshipful Master	Saturnino Cariaga, Jr, PM	(951) 522-8013	jpcariaga0830@gmail.com
Senior Warden	Ernesto Pagulayan, PM	(619) 947-9477	ernesto.pagulayan@gmail.com
Junior Warden	Rick Opina, PM	(951) 541-7568	rnopina@yahoo.com
Treasurer	Ricky Villegas	(619) 765-6237	ricky.v.villegas@outlook.com
Secretary	Vonn Deguzman	(561) 827-5027	Vonn.s.deguzman@gmail.com
Chaplain	Daniel Macaraeg, PM	(858) 354-5375	tikish2o@gmail.com
Assistant Secretary	Sammy Gillo	(951) 892-9055	sharmaelly@gmail.com
Senior Deacon	Amor Ledina	(951) 373-0741	aledina@roadrunner.com
Junior Deacon	Joe Quimson	(619) 947-4919	joe.quimson@yahoo.com
Marshal	Dexter Donor	(310) 918-1165	dx509@yahoo.com
Senior Steward	Joanathan Elona	(562) 583-5059	sojonathan000@gmail.com
Junior Steward	Angelo Alano	(949) 554-7023	angelo.alano73@gmail.com
Tiler	Ferdinand Dar	(619) 632-8600	fdar12158@yahoo.com
Organist	Alvin Nillasca	(858) 375-8660	nillasca2014@gmail.com
Officer's Coach	Allan Solis	(951) 733-0465	menofgilead@gmail.com

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Birthday		Masonic Birthday	
Bro. Sammy Gillo	February 17	Bro. Victor Sardilla	February 23

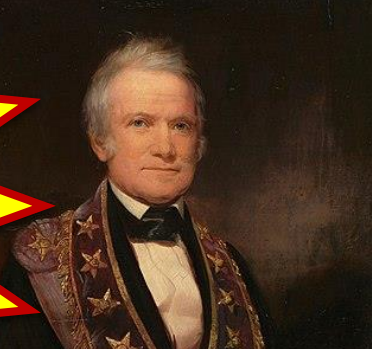
Living Past Masters			
Ernesto M. Pagulayan III	2006		
Daniel Macaraeg	2013		
Allan V. Solis	2013		
Recuerdo N. Opina	2017,2018		
Carlton F. Black	2019, 2016		
J P Cariaga	2019, 2020, 2021		



January 2022 Stated Meeting



Come Join us to our
next Stated Meeting
on
February 25, 2022!!!



Covid-19 Update From Grand Master Jeffery M. Wilkins

Dear Brethren,

Unfortunately, as we begin the new year, COVID-19 is again spreading rapidly across our state. I want to remind all lodges to consult and follow all state, county, and city mandates and guidelines regarding in-person meetings. For example, California's statewide mask mandate requires that all people, whether vaccinated or not, wear masks at indoor meetings.

I understand that conditions vary from county to county. Different lodges may assess events this month differently. In some cases, lodge masters may reasonably determine that it is prudent to postpone their January stated meeting (in accordance with CMC Section 807.000) or other events this month. The California Masonic Code allows me to authorize virtual stated meetings and other emergency provisions only when a government authority prohibits the ability to hold in-person meetings. I'm not aware of any such prohibition in California. Therefore, I'm asking all lodge masters to use their best judgement when deciding whether to hold in-person meetings and events, and I'm asking all district inspectors to support the master's decision.

13 Thank you for your continuing dedication to the craft. I will update you again as soon as warranted. Until then, stay safe and best wishes.

Sincerely and fraternally,

Jeffery M. Wilkins
Grand Master

"If you can keep your wits about you while all others are losing theirs and blaming you. The world will be yours and everything in it, what's more, you'll be a man, my son." — Bro. Rudyard Kipling

Grand Master Wilkins: 2022 Proclamations

Grand Master Jeffery Wilkins announced Monday his administration's proclamations for the 2022 fraternal year. With a theme of "crafting leadership," Wilkins says he's excited for California lodges to use these proclamations as a springboard for engaging with the communities they call home.

February 2022 is [Masonic Widows Month](#)

March 2022 is [Youth Orders Month](#)

May 2022 is [Public Awareness Month](#)

June 2022 is [Masonic Homes Month](#)

July 2022 is [Veterans Appreciation Month](#)

August 2022 is [First Responders Appreciation Month](#)

September 2022 is [Public Schools Month](#)

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California lodges are encouraged to recognize each of these proclamations with appropriate events, fundraising, and other forms of recognition.

For more information, contact Member Services at memberservices@freemason.org or [\(415\) 776-7000](tel:(415)776-7000)

"Suspicion is a heavy armor and with its weight it impedes more than it protects." — Bro. Robert Burns

Taking the Digital Analog

Zoom fatigue is a real ailment that lodges are facing as they struggle to reengage their membership in the work of the lodge. With some members still reluctant to return to indoor, in-person events, lodges should return to the basics, according to Chris Smith, chief technology officer for the Grand Lodge. “I know it sounds ironic coming from a tech guy,” Smith says, “but I really think lodges need to find ways to make the digital analog again—that is, they need to go back in person safely.”

During the pandemic, lodges across the state found innovative ways to stay in touch, from Zoom whiskey tastings and movie nights to remote funding drives and charitable efforts. Lodges have shown they can navigate the digital universe when they have to. But now they face a new problem: getting members out of the digisphere and back together again. “It’s important to validate the fears of some members,” Smith says. Since Past Grand Master Arthur Weiss issued the directive allowing lodges to return to in-person meetings last May, following strict but necessary guidelines, most lodges have shown they can return to in-person meetings safely. “But that doesn’t mean the pandemic disappeared,” Smith says. “Some members remain conflicted about meeting up, and lodges need to allay those fears if they want members to return.”

One way that lodges can do this is by holding pandemic-proof events—think socially distanced outings. “So many Masons are golfers,” Smith says. “So go analog. Close out Zoom and head to the links.” If golf isn’t your thing, try a hiking meet-up, or a group bike or motorcycle ride. “The point is to think of ways to engage in fellowship in a way that still takes into consideration the reality we find ourselves in,” Smith says.

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It’s also important to keep in mind that while some lodges were able to keep their members’ attention during the pandemic, others struggled to do so and now find themselves with members they haven’t communicated with in months. “If your lodge has MIA members, the first thing to do is get back in touch with them,” Smith says. Although seemingly a no-brainer, you’d be surprised how easy it is to get paralyzed by inaction. Take the first step and pick up the phone. Check in with members and see how they’ve fared over the pandemic. And be sure to have a plan for getting them back together again. “Reaching out to members without having something for them to look forward to is a wasted effort,” Smith says.

In the end, if you’re struggling to figure out what activity to entice your members back with, just ask them. “Endeavor to reach members by the methods *they* want, rather than those that *we* prefer.”

Help with Your Assets

Here are a few tips for getting members reengaged, excited, and showing up again.

Keep in Touch

- Send brief, weekly email updates to all lodge members. Members will get used to hearing from the lodge, and those who live far away will feel included.
- Build out the lodge email list. Call members whose email addresses you don't have and update their records. The initial time investment will pay off quickly.
- To connect with less active members, pick up the phone. Don't just invite them to lodge; ask them to attend on a specific date.
- Have members "Like" your lodge's Facebook page or the Masons of California Facebook page. If your lodge doesn't have one, let them know that brothers from throughout the state and beyond connect on the Masons of California page and content is updated daily.

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Stay Involved

- Get schooled: Masonic education programs create opportunities for research and discussion, and events often draw a crowd. (A safely distanced one, that is.) Freemason.org offers lots of videos and articles on Masonic education, all entirely free.
- Ask the question. Follow up with members to see if they're getting what they want out of Masonry. What kinds of activities would help deepen their involvement? Then call for volunteers to lead planning.
- Assign jobs. People like to feel helpful. Even if a member isn't inclined to attend stated meetings, he may be willing to join a committee or contribute from home on a project.
- Assign ritual responsibilities. Give new members, even Entered Apprentices and Fellow Crafts, the chance to learn and deliver ritual charges.

"Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives, and it puts itself in our hands. It hopes we've learned something from yesterday." — Bro. John Wayne

2022 LEADERSHIP RETREATS



We're Back!

REGISTER NOW! →

LAKE TAHOE * PALM SPRINGS * SAN RAMON * IRVINE

2022 Leadership Retreats: Prepare Your Lodge for the New Year

Whether you're a current officer, in the line, or aspire to someday be, the 2022 Leadership Retreats are your opportunity for you and your fellow officers to get hands-on, practical advice on the issues facing lodges today. Share knowledge, learn new skills, build connections, and get inspired to lead your lodge today and into the year ahead.

Secretary and Treasurer Retreats

Irvine: February 4–6
San Ramon: February 11–13

REGISTER NOW

Master and Wardens Retreats

San Ramon: March 11–13
Irvine: April 1–3
Lake Tahoe: April 22–24
Palm Springs: May 20–22

Spouse/partner program: \$200

REGISTER NOW

All events held by the Grand Lodge of California are required to follow the COVID-19 health and safety guidelines of the county in which they occur. Attendees are required to wear masks when indoors unless actively eating or drinking.

Master and Wardens Retreats

Get inspired to jumpstart your lodge for the year ahead. Whether you're a current officer, in the line, or aspire to someday be, the Leadership Retreats offer specialized sessions to help you envision the change you want to see—and put it into action. Learn about the 2025 Fraternity Plan, new fraternity-wide updates, and how to create a lodge action plan. You'll get advice, trade best practices, and meet your fellow Masonic officers from around the state in a weekend of fun and friendship.

Learn about:

- Forming an executive committee
- Ritual qualification
- Filling the officer's line
- Creating a degree calendar
- How often to gather the lodge
- Prospecting best practices and forming a welcoming committee
- Mastering public relations
- Becoming leaders in our communities

Make It a Holiday

Spouses and partners are invited to attend! Learn about the history of the fraternity and social services available for Masonic families, and meet new people throughout the organization!

REGISTER NOW

Secretary and Treasurer Retreats

Choose the level of training that suits your role. Whether you're new to the office or have held it for years, the Leadership Retreats are a chance to learn new skills and tips to ensure your lodge is being managed smartly and efficiently. Learn about the 2025 Fraternity Plan and what the three pillars of that plan mean for your lodge.

Optional Boot Camps

Specialized Friday sessions are available for secretaries, treasurers, and hall administrators—open to current officers and those who intend to step into those roles. Ask questions of the experts and brush up on your skills, whether you're new to the job or a veteran.

New topics for 2022!

- Hear from Grand Master Jeffery Wilkins on the three pillars of the 2025 Fraternity Plan: True friendship, diversity and harmony, and positive awareness
- The future of virtual meetings and keeping the lodge together online
- Reconciliation and partial-dues payment options
- Latest upgrades to iMember 2.0
- Online communications and public relations
- Prospecting and enhancing the member experience
- Establishing a welcoming committee

REGISTER NOW

HEALTH TIPS

Tip #1: Schedule Your Annual Physical:

An annual physical is one of the best ways you can stay fit for your current and future self. It's an important key to living a long, healthy life. No matter your age or stage of life, [annual physical exams](#) are essential to your ongoing health. But what is a physical exam you ask? There's no definitive answer here since an annual physical is unique to every patient; but here's how it works: depending on your risk factors, age, lifestyle, and family history – your doctor may order a wide variety of blood tests and other screenings during your physical exam. Based on your test results, your doctor may make necessary recommendations for additional testing or any suggested lifestyle changes. While some people's annual physicals are just blood work, others may be blood work and testing more severe conditions, like heart disease or cancer. It all depends on the patient's current health status and their family history.

Tip #2: Get Some Quality Sleep:

Establishing a regular sleeping pattern is crucial for your well-being. This includes going to bed at roughly the same time every night and waking up around the same time every morning. Now, it doesn't have to be so rigid, but try your best to stay within a 30-minute window each night and morning. You may even consider turning off all electronic devices an hour before bedtime. Ever wonder why you can't fall fast asleep after staring at your phone right before bed? Studies show that the light screens radiate actually decreases melatonin production, therefore causing disruptions to your sleep throughout the night.

Tip #3: Schedule Your Exercises:

Fitting in a workout during your busy day may seem like a serious challenge. One of the biggest problems experts see when it comes to fitness is a lack of schedule and consistency. The problem itself is usually narrowed down to this – “finding” the time versus “making” the time. So, what if you looked at exercise differently? What if you *scheduled* it into your days and weeks, just like you would a meeting at work? “Finding” the time to work out implies that it's not a high priority, whereas “making” the time sets a boundary for you and others that the time allotted for a scheduled workout cannot be missed. Just like you wouldn't skip a very important meeting, you shouldn't skip out on improving your overall health.

Tip #4: Eat Veggies More Often:

Whether you're trying to lose a few pounds or just improve your overall health, vegetables are a key source of nutrients necessary for your success. Fiber-rich veggies are especially important, as they are critical for a healthy heart and strong veins. You may even want to throw in some citrus fruits high in vitamin C, like oranges, grapefruit, or clementine's. While vitamin C-rich foods help promote collagen production, they also prevent wrinkles and dry skin. Who knew an orange a day kept wrinkles away?

Tip #5: Drink More Water:

You've heard it before, right? Eight 8-ounce glasses of water a day is crucial for good hydration. Well, did you know that it's especially important to drink more water when you're running on less sleep (specifically 6 hours of sleep or less)? The less sleep you get, the more dehydrated you are after a night of disrupted sleep. This is because the hormone (Antidiuretic) that regulates your body's water conservation is released in later stages of sleep. So, make sure you're getting adequate water intake each day for your body. It's recommended that women consume 11.5 cups (93 ounces), and men consume 15.5 cups (125 ounces) of water each day. Keep in mind that most people typically consume 20% of their daily fluid intake from food. The rest should be from drinking water.

Tip #6: Prevent Work Burnout:

While some may say it's important to find work-life balance, you may consider a different approach – finding work-life harmony. It's important to be connected to and care about the work you're doing, as well as those you are working with. When you're at work, be fully present and leave work *at* work. Your family deserves the rest of your time. Burnout also comes a lot faster when you're spending 4 hours a day at a job that empties your tank than working 10 hours a day at a job filling your tank. Some other ways to prevent work burnout are taking breaks throughout the day, limiting your number of early mornings or late evenings, and completely unplugging while taking time off for personal days or vacations.



¹ <https://eagleslandinghealth.com/news/6-tips-for-a-healthier-you-in-2022/>



CALIFORNIA'S MASONIC CHARITIES

Relief is one of our fraternity's enduring and relevant values. Through California's Masonic charities, we give back to our brothers, our families, and our communities.

The Masonic Homes of California: Through residential facilities, statewide outreach, and support for youth with mental health difficulties, the Masonic Homes provides critical, relevant services to Masonic family members throughout California. [Learn more.](#)

California Masonic Foundation: Since 1969, the California Masonic Foundation has supported public schools, students, and teachers - from kindergarten to college - through meaningful educational partnerships and [scholarships](#). The Foundation also provides support for [community partnerships](#). [Learn more](#) about the California Masonic Foundation on its website.

Our philanthropic causes are supported entirely by generous contributions from California Masons and our families and friends. [Make a gift](#) or [view our donor list](#).

GIVE NOW



B i r t h d a y



B r o . A N G E L O A L A N O

B r o . F E R D I N A N D D A R



Assisted Living and Memory Care, Elevated

The PAVILION AT THE MASONIC HOMES

Welcome home! The Masonic Home at Union City is pleased to announce the grand opening of its new Pavilion, where those who need memory care and assistance with day-to-day living can enjoy comfortable living quarters in a beautiful, community-minded atmosphere.

Our person-centered philosophy of care offers residents the opportunity to live their best life safely, with a helping hand when needed. From a rousing card game, an event in our communal living spaces, or just relaxing in their beautiful new apartments, residents find that the Pavilion offers a haven for their body, mind, and soul.

**Call to schedule a tour today:
(888) 466-3642**

34400 Mission Blvd. in Union City, CA



**Masonic Homes
of California**

Masonichome.org

RCFE #011440129 SNF #020000053 COA #151



**Masonic Homes
of California**

WE'RE HERE TO HELP

RELIEF FOR CALIFORNIA MASONS AND THEIR FAMILIES

- Information and referrals
- Senior communities in Covina and Union City
- Statewide Masonic Outreach Services for members of all ages and their families
- Transitions short-term care for neurological and post-surgical rehabilitation (Union City)
- The Masonic Center for Youth and Families in San Francisco and Covina—with telehealth services now available everywhere
- **NEW!** Shared housing for seniors in Covina

CONTACT US TODAY TO ACCESS YOUR
MEMBER BENEFITS AND SERVICES:

masonichome.org
(888) 466-3642

mcyaf.org
(877) 488-6293 (San Francisco)
(626) 251-2300 (Covina)

Masonic Value Network:

Care Resources +
Prescription Discounts

masonichome.org/ValueNetwork

Our Mission and Values

We are devoted to helping our communities and families live well and achieve meaningful and rewarding lives. This vision is embodied by our residents and clients, as well as our volunteers, partners, and staff.

Our core customer service pillars guide us to value the safety of our residents and clients, our strong personal connections, provide meaningful life experiences, and to efficiently find new ways to constantly improve our services.

In all of our work, the Masonic Homes of California is guided by the charitable mission and values of the Masons of California, a nonprofit fraternal organization with more than 50,000 members.



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TO:

