

# GAT Jose Rizal Lodge U.D.



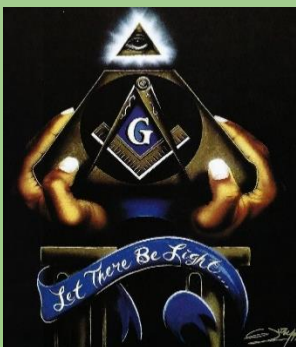
March 1, 2022

MMXXI

Volume: 2 Issued: 3

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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 March 2022

WB Ernie Pagulayan III Bro. Ricky Villegas

Bro Vonn Deguzman Bro Ian Mercurio



Brethren,

Another month has passed. I hope everyone is healthy and safe. The members of this lodge in the past months have been busy planning and prepping for the upcoming constitution and installation of officers of Gat Jose Rizal. We are expecting a few degrees work coming up where our EAs are entering the next step of their masonic journey. We are also preparing for another successful golf tournament this year. As the pandemic is slowly dissipating and members are slowly becoming more present and active in the lodge activities, rest assured that more enrichment and improvement will be in the future plans.

While we're happy that our brothers and sisters are enjoying good health and has survived this pandemic, it is with great sadness to know that our Inspector and Brother Carl Black's wife did not. We are extending our heartfelt condolences for your loss our Brother. May she rest eternally in peace.

In closing, please be mindful that safety is still in force in our lodge. We have to always be conscientious, cautious and respectful in the treatment of each other. Always be reminded of our premise when we became Masons.

Always on the Level,

S/F,

J.P. Cariaga  
Worshipful Master

## Trestleboard Editors:

Bro. Sammy Gillo  
Bro. Vonn DeGuzman

## STATED MEETING

Every 4<sup>th</sup> 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,

It was great to see the brethren during our February Stated Meeting. We encourage everyone to continue attending lodge meetings particularly on our upcoming special meetings wherein we will be passing possible two candidates this month.

The lineup for the degree work has been sent out through our chatgroup. If any of you would like to partake in the degree ceremonies, please feel free to reach out to me or to any of the pillars. This is a great opportunity for us to grow and be more proficient in the rituals.

March is Youth Observance Month, and we encourage everyone to reach out to our Masonic Youth Orders DeMolay International, Job's Daughters International, and the International Order of Rainbow for Girls to see how we can support their missions. These Masonic Youth Organizations plays a big role in the future of Freemasonry.

As always, 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,

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Bro. Ernie Pagulayan, PM  
Senior Warden

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](mailto:SecretaryGJRL@gmail.com))

or Bro. Sammy Gillo  
([sharmaelly@gmail.com](mailto:sharmaelly@gmail.com))

## OSI CORNER

03/15	Hemet San Jacinto Lodge 3rd Deg 1st Sec O&O, Close in long form.
04/21	MVL 289 – 2nd Deg 1st Sec. O&O, Close in long form.
05/16	Tem Cat Island – 2nd Deg 2nd Sec. - Staircase & Master's Lecture
06/15	Tem Cat Island – Hosted by Murrieta Lodge – How to do a Candidate Investigation.
07/15	MVL 289 – Hosted by Gat Jose Rizal UD – 1 <sup>ST</sup> Sec. 1 <sup>st</sup> Degree, O&O Close in long form.

*“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!

As my adventure in this part of the world continues, I am confident things are going smoothly in the Lodge.

In this issue I want to discuss the things our lodge should do as it progresses through the “trial period.” As we are all aware, in order that our Lodge may obtain a charter, it must prove that it can survive not only during the trial period but also beyond. The dispensation period, which I view as a “trial run”, allows a lodge to organize, plan and execute its activities, and must display that in fact its members can independently function cohesively and collectively. Our Lodge is no doubt gifted with diverse talents and skills. So then thriving toward our goal of becoming a constituent lodge must be an all-hands effort.

So, let us examine for a moment what a chartered lodge does on regular basis, to name a few.

One of the strategies being taught at the Master and Wardens retreat is the development of a plan, either a one year, three year or five-year plan. The importance of having a long-range plan is to provide a viable direction a lodge may take and facilitate a smooth transition year to year. A long-range plan may include effective programs that enable a lodge to engage in various activities such as supporting the community, local schools and non-profitable organizations, prospecting, and member retention, rendering assistance to current members and masonic families and providing social outlets for the enjoyment of its members.

Charity, as we have learned through Holy Writings, is the greatest principle of masonry. It is a distinguishing characteristic of Masons. It includes a supreme degree of love to the great Creator and Governor of the universe, and an unlimited affection to the beings of his creation, of all characters and of every denomination. This last duty is forcibly inculcated by the example of the Deity himself, who liberally dispenses his beneficence to unnumbered worlds. Many lodges pursue fundraising through charity events and members contributions to fulfill this very important aspect of masonry.

Ritual work is another area that a chartered lodge should excel. Rituals are how men are integrated into the Craft. Great ritual work gives a candidate a meaningful experience as he progresses through the levels of masonic degree and should leave a long-lasting impression that should propel him to remain active and engaged in his lodge for years.

Financial support is vital to the daily operation of a lodge. Without financial support, a lodge is unable to meet its financial obligations, programs, and charity endeavors. Hence, it is essential that each member must share this burden in the form of dues payment. When members neglect their obligations, it puts the lodge in a dire strait that could lead to dissolution or the surrender of its charter.

“To set the Craft at work and give them the necessary instruction whereby they may pursue their labors” is a phrase we are all familiar with. This translates to Masonic education. Members need to have right process and right tools to remove the barriers which will open the door to understanding and allows them to fully absorb the rays of light emanating from the Craft, thus becoming better men, and contributing to the society and universe.

In closing, let us then remember the commitment we made from day one, as petitioners of a new lodge, and having the desire of exerting our best endeavors to promote and diffuse the genuine principles of Freemasonry, we undertake the task of forming a new lodge. Let us remain true to that commitment, and as innovative and forward-thinking men, find ways to embrace that which will take us over the top.

OTL,

Fraternally,  
Rick Opina, PM

Stated Meeting Sponsors for May 2022

Stated Meeting Sponsors for April 2022



### Greetings!

Fraternal greetings from behind the desk. You may have noticed we have new Masons in the lodge with several that are on the fence about joining. Please show them our Gat hospitality when you see new faces and strike a friendly conversation to make them feel at home. You might just learn a thing or two, or discover that you have things in common, but most important is that you get to know the brother before you cast your ballot.

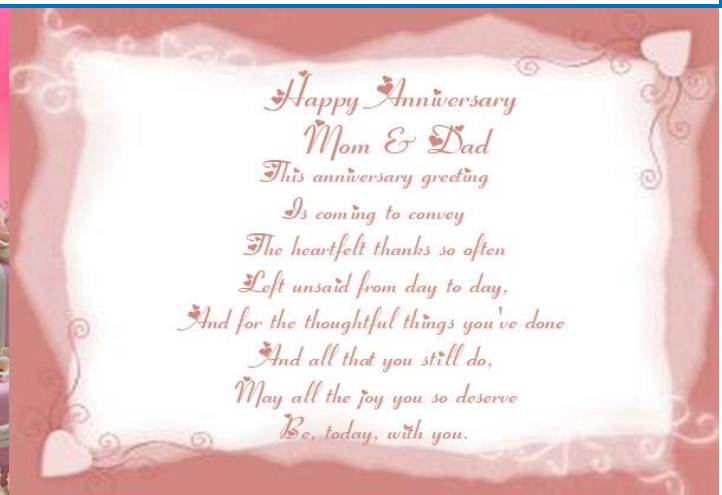
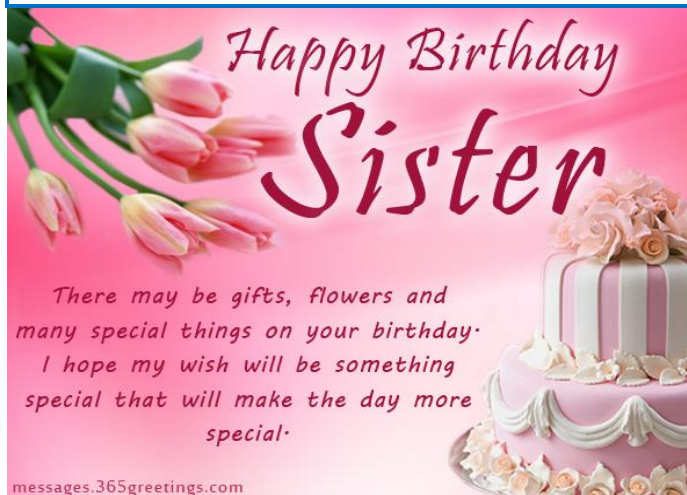
Our annual audit was completed last month with Worshipful Carl Black in attendance. The audit was not complicated as we are a new lodge, but it was a learning experience for both me, treasurer, and the auditor. We are looking to replace an auditor in our committee to give our audit committee members who live far away some reprieve. Please step up and volunteer your time to help the lodge.

Fraternally Yours,

Bro Vonn DeGuzman  
GJRL Lodge Secretary

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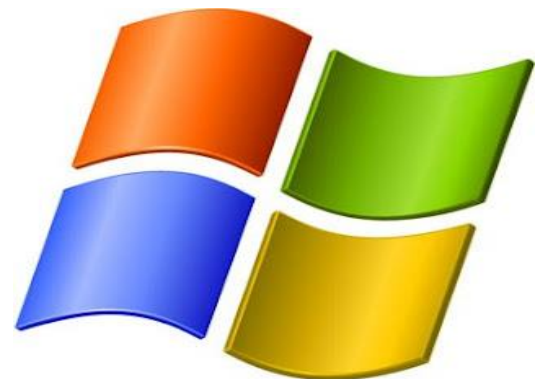
Sister Birthday		Wedding Anniversary	
Vicky Quimson	March 6	None	







Google™



*"Mysteries, like the Masonic rites, are one's parents and elders are sworn not to reveal to the uninitiated, which include all children. And so, we sought for signs.." - Bro. Anthony Hecht*

# 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/](http://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](http://oescal.org/?q=scholarships)

### Job's Daughters

[cajdfoundation.org/Scholarships.html](http://cajdfoundation.org/Scholarships.html)

### Rainbow Girls

[gocarainbow.org/all-about-ca-rainbow/scholarships/](http://gocarainbow.org/all-about-ca-rainbow/scholarships/)

### High Twelve International

[wolcottfoundation.com/fellowships.html](http://wolcottfoundation.com/fellowships.html)

### California Scottish Rite

[casr-foundation.org/](http://casr-foundation.org/)

### Santa Barbara Scottish Rite

[santabarbarascottishrite.org/philanthropic/](http://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.

## Do You Have to Wear A Master's Hat?

Masonic hats worn by the Master of the origins of which go back over many

The wearing of a hat by the Worshipful adorned the head of King Solomon.

In the United States, a Stetson Homburg and is often chosen by the Master of the are also worn.

Albert Mackey, Masonic researcher Masonic hats in his Revised To uncover the head in been, among Christian

Among Eastern nations, feet when they enter a

### Kings

Historically, Kings wore crowns courtiers standing around him to his superior status.

### Ancient Romans

We are told that the ancient Romans prayed with their head covered or veiled.

The woolen cap, called a pileus, was allowed to be worn only by the free-by-birth or manumission (papers with which one is formally released from slavery), but it was forbidden for Roman slaves to wear this cap.

### House of Commons - London

Historically, it was customary that a member of the English Parliament, London's House of Commons, wear a hat when he addressed the membership of the House. If he were to have risen to speak without his hat, other members would greet him with cries of "Order, Order!"

### France

In France, it was the custom of monks at the Sorbonne, (previously called the University of Paris which was founded in 1257 by Robert de Sorbon) to remove their cap when a member did not wish to speak or was in token of agreement with the others.

(End of Mackey quote from Mackey's Encyclopedia of Freemasonry, 1929)

### Masonic Hats: United States:

Today, Masonic hats are worn, ceremonially, in the United States during the time when the lodge is in session. Some Grand Lodges require that the hat be constructed with a brim. Others simply decree that the Worshipful Master remains covered at all times.

### Internationally:

In different jurisdictions around the world, it is also common to see many different styles of Masonic hats.

Lodge signify his authority of his rank and status...the centuries.

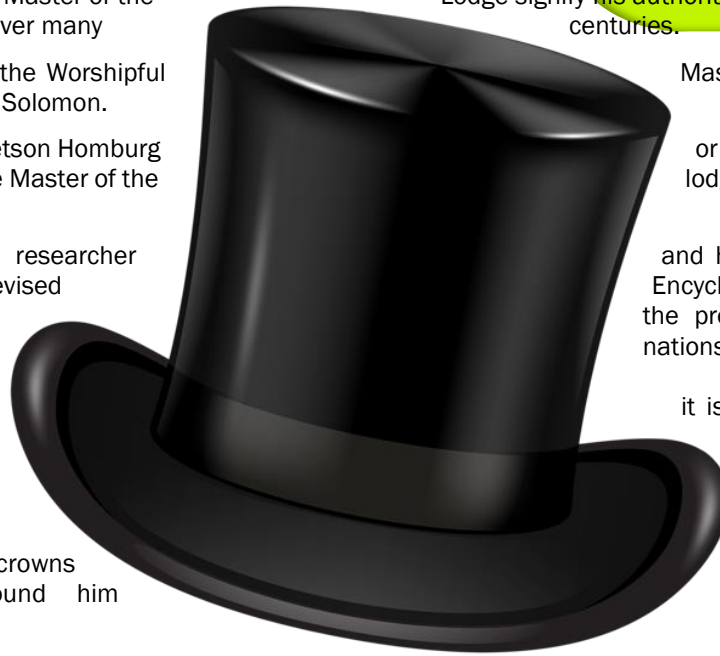
Master alludes to the crown that

or Fedora style hat is quite popular lodge. Other hat brands and styles

and historian had this to say about Encyclopedia of Freemasonry, 1929: the presence of their superiors has nations, held as a dutiful obligation.

it is their custom to uncover their place of worship.

to denote their rank, while the removed their hats in deference



## Does the Worshipful Master have to wear a Masonic hat?

Masonic hats are the privilege of the Master of the Lodge, and only his. To remain with his head covered to signify that his is the position to which the greatest respect should be paid.

If in doubt, however, contact your Grand Lodge for more information about your specific jurisdiction.

The Worshipful Master of a Lodge holds the most honored, prestigious and sacredly held chair of office during his term.

The Worshipful Master's position (not the man, himself) is one of the 3 Lesser Lights

The 3 Lesser Lights of a Lodge are the Sun, the Moon and the Worshipful Master.

As the highest-ranking officer within the lodge, it is the duty of the man holding this office to preserve the solemnity and respect of this ancient and historic position, symbolic of his duties as one of the Lesser Lights.

While Masonic hats differ within jurisdictions around the world, Masonic hats are a visible symbol of the Master's authority, and as such, should reflect a respectful, classic or traditional style.

### Masonic Hat Styles

There are numerous styles of Masonic hats are worn by the Worshipful Masters in different areas of the United States and in various jurisdictions around the world.

There are satin top hats, the satin collapsible folding top hat, felt top hats, men's fedora hats, derbies, bowlers, and many more. Other jurisdictions around the world wear different varieties of Masonic hats, caps and tams.

Many Prince Hall Affiliated Freemasons wear a white top hat, black top hat or white fedora hat.

While most Freemasons are aware that ritual and a few officer duties and Masonic symbols vary somewhat around the world; "From many, one; and from one, many."

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...A brotherhood of many, ...who speak different languages, who reside possibly half a world away...who each wear different hats...come together as one.... within the brotherhood of Freemasonry.

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<sup>1</sup>. <https://www.masonic-lodge-of-education.com/masonic-hats.html>





# March 2022


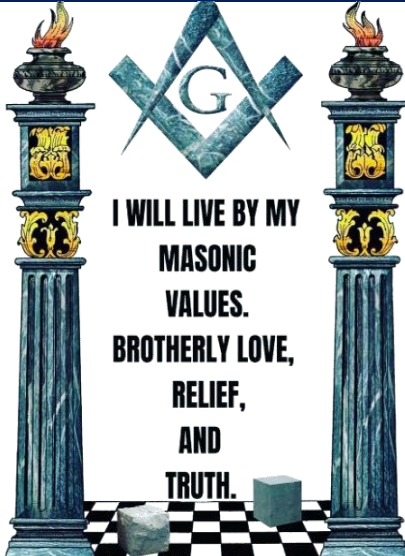
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					2 <sup>nd</sup> Degree Practice @ MVL 289 TIME: 7:00 PM	
6	7	8	9	10	11	12
					Secretary & Treasurer Retreat – SAN RAMON	Secretary & Treasurer Retreat – SAN RAMON
13	14	15	16	17	18	19
Secretary & Treasurer Retreat – SAN RAMON		OSI @ Hemet San Jacinto Lodge #338 Time: 7:00 PM			2 <sup>ND</sup> Degree Conferral @ MVL 289 Time: TBD	
20	21	22	23	24	25	26
					GJRL STATED MEETING  DINNER: 6:00 PM MEETING: 7:30 PM	
27	28					

*“More than an institution, more than a tradition, more than a society, Masonry is one of the forms of Divine life upon earth.” - Bro. Joseph Fort Newton*

# Committee

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

# APPOINTED

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

*"The Masonic aspect of Hollywood is so bizarre." - Minnie Driver*



# 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. Cesar Catamisan	March 5	None	
WB. Allan Solis	March 9		
Bro. Salvador Reyes	March 12		
Bro. Dean Limbo	March 27		

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		





# February 2022 Stated Meeting



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



*"I think [Theosophical and Masonic books] wasn't that I was inspired so much. I was corroborated by them."*  
— Bro. Paul Laffoley



# Returning to the Ritual

It's the bread and butter of the fraternity, the stuff that inspires, educates, and bonds Masons together. It's the ritual. When it's done right, it's a deeply meaningful, profound experience that makes a member for life. But for many, being away from lodge for so long means they've likely forgotten their lines. After all, ritual is one of those things that you either use or you lose. "When ritual is done poorly," says Grand Lecturer Ricky Lawler, "it takes away from the lessons it's meant to impart. That's why it's so important to do well."

For some lodges, it's been several months—even years—since their last degree ceremony. But the list of prospects waiting to be admitted (as well as members waiting to progress through the degrees) is practically out the door. "Ritual is the tool we use to make Freemasons," Lawler says. And for many lodges, that tool has gotten rusty.

But how can you tell good ritual from bad? For Lawler, he knows it when he sees it. "I judge good ritual on how it makes me feel inside," he says. "When the brothers are in sync and the recitations are on point, that's when it starts hitting the soul." Certainly, the mechanics are relatively straightforward. Ritual is a combination of floorwork and recitation. But there's a third element that can transform the event into a deeply moving one. "The best ritual is when the man imparts the lessons in a conversational manner," Lawler says. "I want to feel like it's just two men having a chat."

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Good ritual is so central to the Masonic experience that it shouldn't be hindered by last-minute preparation or half-hearted effort. "Ritual is how we impart the lessons of Freemasonry—it's how we share the light with our brethren," Lawler says. But it's also more than that. It's devotion in action. "Doing good ritual takes time and effort. That's time and effort officers are taking away from their family and friends. They're donating that time to their brethren," Lawler explains.

*"Your job is not to judge; your job is not to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken, and to heal the hurting." — Unknown*

# Making the Degrees Meaningful

Research shows that the biggest differentiator between those who value their membership in the fraternity and stay engaged with their lodge and those who don't is whether or not they feel they have a meaningful experience at lodge. The ritual plays an enormous role in that—and as such, it's not just a tool for making Masons. It's also the tool that keeps the lodge together.

Taking the ritual experience seriously is therefore a key part of fostering and maintaining a successful lodge. Here are a few tips for getting back into the ritual groove. Hint: they may be obvious, but they're no less true.

## Practice, Practice, Practice

The first piece of advice is obvious: You've got to get your reps in. "Getting back to ritual, it's like we're trying to cold-start an engine," explains Jordan Yelinek, the Assistant Grand Secretary. "Sometimes you've got to try it a couple of times before the engine turns over. But you've got to give it some gas."

- Practice by yourself. It sounds obvious, but with ritual, practice does really make perfect. Take time out of your day to practice the recitations. Stuck in traffic on your way to or from work? Recite the degree to yourself aloud. Have to mow the lawn? The noise of the lawnmower will drown out your recitations, so your neighbors don't hear you! You get the picture.

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- Practice as an officer line. Make time for your officer line to work as a team going through the entire flow of a degree ceremony. Floorwork is something that is best practiced in concert with your fellow officers and in the lodge setting. This is where the rubber meets the road, and you can combine your well-practiced recitations with coordinated movement.

- Take it in bite-sized pieces. Take this tip from Ricky Lawler: "Don't try to tackle a complicated section of ritual in one go. Break it down into manageable chunks."

## But First, Start Planning

Actually, if being out-of-practice is your lodge's biggest problem, that's a good thing. Because even getting to a place where you can focus on the performance itself takes some serious planning.

- Begin by surveying your lodge's degree needs for the upcoming year. How many applicants are ready to take their Entered Apprentice degree? How many are waiting for the second and third degrees? Don't try to do them all at once. "Give yourself a roadmap," Yelinek says. "And then you can backfill that calendar with rehearsals and practice dates." (For what it's worth, on average, lodges perform about six degrees per year.)

- Be strategic: The Entered Apprentice and Fellow Craft degrees share many similarities. Take advantage of the practice you do for one and schedule your EA and FC degrees close to one another. That way you'll stay sharp and not need to worry about building up to the more challenging third degree until later.

*"I have neither silver nor gold, but I bring with me the most precious thing given to me: Jesus Christ."* — Pope Francis

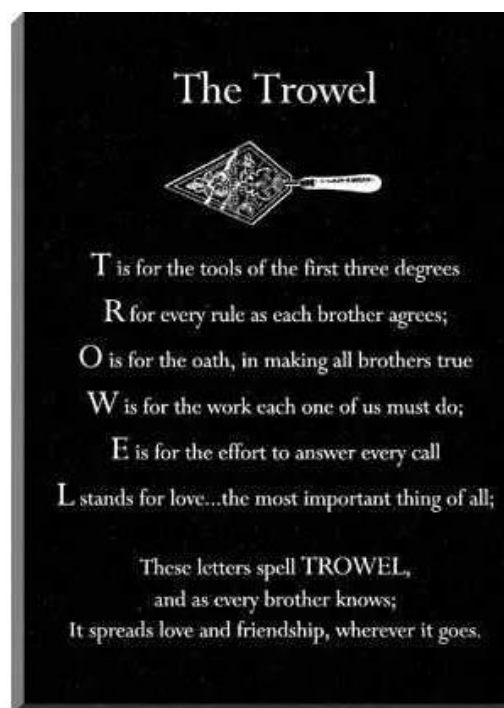
- Stick to the plan: Once you've built out a calendar to handle all the degrees you need to perform, stick to it. Don't worry about a new candidate who wants to get their Entered Apprentice degree done ASAP. They'll be scheduled for 2023. And that's not a bad thing.

- Look for help. We know that life gets in the way; sometimes it can be hard to find a fill-in if someone is away or can't make a degree. That's why it's a good idea to turn to your fellow officers—either at officer schools of instruction events, or at the Leadership Retreats (it's not too late to sign up!), or through your district inspector. In fact, lodges that co-host the degrees often find it to be a fun and memorable time.

- Look at your bench. Are there Entered Apprentices in your lodge who might relish the opportunity to deliver the charge at the end of another candidates' EA degree? Other members who might like to play a part? Think of the degrees as a way to bring more members into the fold in a meaningful way—and to give the regular crew a little bit of a break. That's a win-win.


## New Resources Just in Time for Youth Orders Month

15 March is Masonic Youth Orders Month. As your lodge makes its plans to recognize the members of the youth orders, take advantage of a new library of resources available on [Masons4Youth.org](https://Masons4Youth.org). The library includes things like logos, articles, speeches, graphics, and templates that you can use in emails, Trestleboard, and other updates. You can also submit articles to it, so it will grow with time. [Check it out today](#)



*"A writer is basically someone who shares his or her value or vision of the world." — Paulo Coelho*



masons 4 youth |  Masons of California

## Youth Order Observance Month: Masonic Youth Order Resources for Lodges

This March is [Youth Orders Observance Month](#), when Masons and lodges recognize the leaders, volunteers, and membership of the Masonic youth orders. Just in time, the Masons4Youth website has developed a resource library to provide your lodges with logos, articles, elevator speeches, templates, and more.

Interested in getting involved with the youth orders? [Northern California DeMolay](#), [Southern California DeMolay](#), [Job's Daughters International of California](#), and the [California Rainbow for Girls](#) all rely on adult leaders for support and mentoring. Download more youth order resources and sign up to be a leader at [Masons4Youth.org](#).



# A Shot in the Arm

## A 99% VACCINATION RATE ALLOWS RESIDENTS AND STAFF AT THE MASONIC HOMES TO BREATHE A LITTLE EASIER

ON JANUARY 13, 2022, 364 days after the first shot went into the first resident's arm at the Masonic Homes of California, the job was finished. It was the third and final day BY IAN A. STEWART that booster shots were being administered at MHC, completing the recommended three course immunization regimen to protect against COVID-19. At the end of the year-long effort, 99 percent of residents at the Homes' Union City and Covina campuses, as well as those at the Acacia Creek Retirement Community, had received all three shots, as had nearly every staff member. "To vaccinate more than 500 people here in Union City, it was certainly an undertaking," says Soledad Martinez, executive director of the Masonic Homes in Union City. A challenge, yes. But also, a success. As of January 2022, the national vaccination rate among nursing home residents was 87.4 percent, according to the Centers for Medicare and Medicaid Services, with 62 percent having received a booster. The rate among nursing home staff was 79.7 percent. By comparison, the Masonic Homes and Acacia Creek numbers are extraordinary. "How we got there, logistically, was a lot of work," says Joseph Pritchard, the chief clinical officer. "But really, it was about education." Martinez also credits the homes' awareness campaign for setting the groundwork for the successful immunization drive. "We held talks and gave materials to all staff and residents and answered their questions," she says. And while the pandemic is far from over, Pritchard says knowing that residents have taken the single biggest step to keep themselves safe is a source of relief. "For me," he says, "that's priceless."

*"There must be something rotten in the very core of a social system which increases its wealth without diminishing its misery." — Karl Maxx*

# HEALTH TIPS

Everyone knows that eating a balanced diet, exercising and getting plenty of rest are key to maintaining good health. However, that can seem to be an impossible task while in college. Frequently, the appeal of sweets, fast food, caffeine and alcohol outweigh healthy options when you're in the company of friends or under stress from coursework. Here are some tips for staying healthy in spite of your college lifestyle.



## Nutrition

**Eat a variety of nutrient rich foods.** Your body actually needs more than 40 different nutrients for good health, and there is not one single source for them. Your daily food selection should include a balance of good carbs, protein, fruits, veggies, and dairy products. Check out the food guide from the USDA at [mypyramid.gov](http://mypyramid.gov).

**Eat moderate portions.** If you keep portion sizes moderate and reasonable, it is easier to eat what you want, and maintain a healthy and balanced diet. What's a moderate portion? A medium-sized piece of fruit is one serving. A cup of pasta equates 2 servings, and a pint of ice cream contains 4 servings.

**DO NOT SKIP MEALS.** Skipping meals can lead to out-of-control hunger and frequently results in over-indulging. Snacking between regular meals can help if you are pressed for time. Just make sure you have at least two balanced meals.

**DO NOT eliminate certain foods.** Because our bodies require diverse nutrition, it's a bad idea to eliminate all salt, fat, and sugar from our diets, unless told to do so by a medical professional. Choosing healthier options such as skim or low-fat dairy will help you maintain a balanced diet.

**Foods are not good or bad.** It's all about portion control!

**Drink water!** Stay away from cokes and other sugary sodas, which can pack as much as 17 teaspoons of sugar per 20oz drink! Sugar is a source of empty calories that can use up important vitamins and minerals in your body. Water helps not only to hydrate, but to aid in blood circulation, the removal of toxins from our bodies and in the regulation of our body temperatures.

**Avoid too much caffeine.** Caffeine is a mildly addictive drug that can affect your ability to sleep and focus while also affecting such bodily functions as muscle function and the cleansing of waste products.

## Fitness and stress management

### Be active

- Use the stairs instead of the elevator.
- Get at least 30 minutes of activity every day. If the idea of sweating at the gym for hours on end doesn't sound appealing to you, then head outside for a game of ultimate Frisbee. Or try going for a walk or a run. The important thing is that you get moving!

### Relax

- Keep yourself organized to eliminate unnecessary and preventable stress.
- Turn off the TV and listen to music.
- Make time every day, even if it's just 15 minutes, for relaxation and reflection.
- Get plenty of sleep.
- Allow at least 30 minutes of quiet relaxing activity before bed at night, e.g., reading.
- Resist the temptation to use sleeping pills, when under the stress of writing papers, studying, etc.
- Sleep is not a waste of time! It's as important and necessary as nutrition and exercise.

### Social health

**Get involved and meet people in a positive environment.** Often the adjustment to college can be difficult, especially when students are leaving the support system they have known for a lifetime. Whether it's participating on a sports team or in Rhodes Student Government, joining a religious organization, volunteering at the soup kitchen, or helping in some other form, helping others helps us. The most important thing to remember is to find something you are interested in and enjoy yourself.

<sup>1</sup> <https://www.rhodes.edu/admission-aid/admitted-students/health-forms/health-awareness/tips-maintaining-good-health>



# 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

HAPPY  
BIRTHDAY



HAPPY  
BIRTHDAY

Happy Birthday



Bro. Sammy Gillo



*"The strength of Freemasonry is in its loyalty to each other."* – Bro. Vasilios Karpos



## 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](http://Masonichome.org)

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**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](http://masonichome.org)  
(888) 466-3642

[mcyaf.org](http://mcyaf.org)  
(877) 488-6293 (San Francisco)  
(626) 251-2300 (Covina)

### Masonic Value Network:

Care Resources +  
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[masonichome.org/ValueNetwork](http://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](http://Masons of California), a nonprofit fraternal organization with more than 50,000 members.



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TO:

