

# GAT Jose Rizal Lodge U.D.



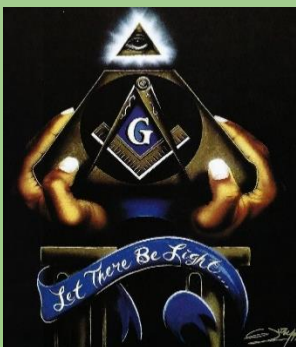
April 1, 2022

MMXXI

Volume: 2 Issued: 4

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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

Bro Amor Ledina

WB Dan Macaraeg

Bro Victor Sardilla

Bro Alvin Nillasca



## 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

Good day brethren

I hope everyone is in good health. Another month has come and gone. We have a lot to be thankful every month one of them is good health. Time and again I want to remind each and every one to be mindful of each other and don't lose the connectivity as brothers in masonry.

We are thankful that we are able to advance 3 of our brothers to fellow craft. It won't be long now, and we are going to celebrate 3 new master masons with our continued support in their endeavor to be better at their craft.

Thank you for everyone's continued presence in all of our stated meetings and degree work. We are going to start gearing up for our institution in November it will be a big event. Please watch your calendars for upcoming preparations for the event.

Again, thank you and have a blessed day

S/F,

J.P. Cariaga  
Worshipful Master

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,

First, congratulations to our three new Fellowcrafts! It was indeed a very memorable conferral thanks to all the brothers that participated and took part in the ceremony. We are now preparing for the 3<sup>rd</sup> degree conferral to be scheduled soon. We will have ample opportunity to practice. Again, this is our opportunity to get more proficient in the degree work therefore I encourage you to be part of the ceremony.

Although I missed the March Stated Meeting due to an urgent business trip I had to take, I can say that our Stated Meeting had a great turn out just by looking at the photos taken during the meeting. I truly missed the brethren, the camaraderie, and the great Stated Meeting refreshments.

We have several events planned for April. Please see to it that you continue to communicate through our social media chatgroup. We will continue to post upcoming lodge events as well as invitations from other lodges.

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

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.
August	Dark Dark



Brethren and families,

Spring is once again upon us. Many believe, I included, spring is a season of new beginning. We begin to feel temperature changes. The leaves we saw fall and flowers we saw wilt are now budding into lush, green, picture-perfect plants. Wherever we go, we see beautiful landscape, flower gardens and fruit trees. Many transformations occur in our lives too. It is that time of the year to clean up – the garage, the closets -, or begin that do-it-yourself project, or prepare yourselves physically for that long awaiting vacation time. Some of us may find this month a real challenge as it is also time to file those tax returns. Whatever you customarily do at this time of the year, life goes on. So, too, our lodge must go on.

In the previous TB issue, our Master talked about our upcoming annual golf fundraising tournament. In a recent discussion, Menifee Lakes Golf Course has confirmed a shotgun start is doable. And I consider this a “good news.” For one, the golf course is very close to the lodge.

And secondly, it a great venue for a change. We have the blueprint on how it is done. But we need a committee formed to lead the efforts from start to end. There is no special prerequisite to join the committee. In fact, you can dislike golf like many men who can’t hit the ball. And yet be part of the committee because what matters are your effort and willingness to support this lodge endeavor. So, stay tune for more update.

I would like to take this time to express my appreciation to all the brethren for continuously providing stated meeting refreshments. Under the circumstances, it makes very convenient for all of us to begin and finish our stated meeting on time. We will continue with this system until our lodge has enough funds in its budget to outsource the service.

Lastly, I wish you all “Happy Easter.” And take good laughs when you get one of those April Fools’ Day jokes. As the expression goes, Laughter is the best medicine. Until next time.

OTL,

S/F,

Rick Opina, PM

Junior Warden

#### Stated Meeting Sponsors for May 2022

Bro Joe Quimson

WB Allan Solis

Bro Jose Shepard

Bro Sal Reyes



#### Stated Meeting Sponsors for June 2022

Bro Audie Musngi

Bro Ferdinand Dar

Bro Dean Limbo

Bro Nick Nono



*“Our Masonic friends have it down very fine. I do not know where they got it so well. I have often wondered where they found out so many of the secrets of our High and Accepted Order of Masonry” – Bro. Charles Taze Russell*



Fraternal greetings!

Summer is approaching fast. Please make sure you hydrate and always look at the weather forecast so you can plan accordingly.

I want to congratulate everyone for delivering a great triple Second Degree Conferral. Not often do we see that especially for a young lodge, but we pulled it off!! Let us thank all the brothers from the Menifee Valley Lodge for their assistance.

You may not have seen it, we inherited equipment and lodge paraphernalia from a lodge that closed its doors permanently. The large canvas you saw during the degree lecture if you were present is ours. Let us thank our inspector and officers for their unrelentless drive and initiative to get us our own equipment.

From behind the desk, everything is in order. The lodge will be filing its first ever tax return next month. Our numbers increased by two last month and we have several on the fence to affiliate or apply for degrees. Please don't forget to show our Gat Jose Rizal Masonic hospitality next time you see a new face in the lodge.

Fraternally Yours,

Bro Vonn DeGuzman  
GJRL Lodge Secretary

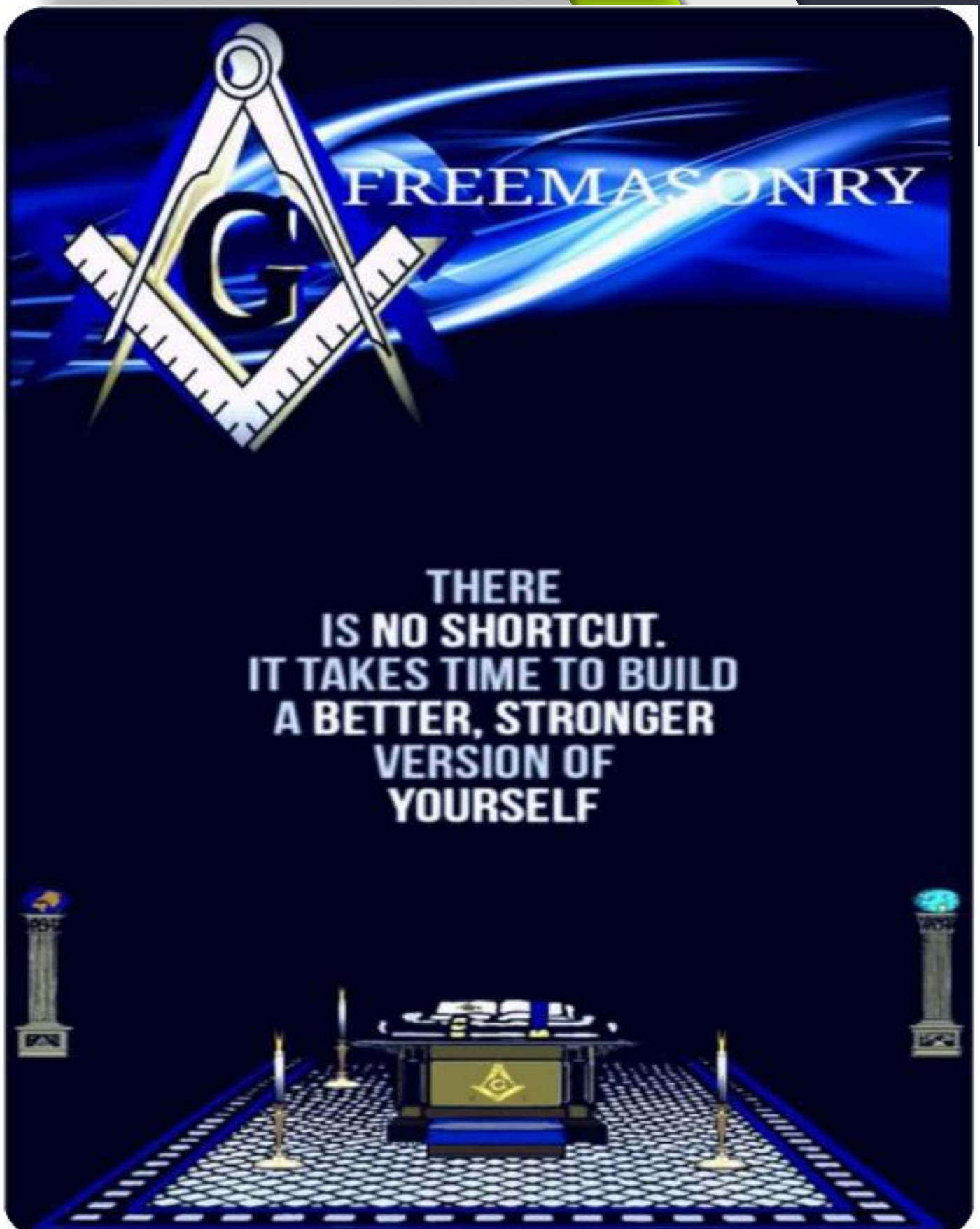
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Sister Birthday		Wedding Anniversary	
Nely Otbo	April 6	Linda Opina	April 27





# FUND RAISING SECTION



# 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.

*"A pessimist see the difficulty in every opportunity; an optimist see the opportunity in every difficulty."*— Bro. Winston Churchill

## Suspended Coffee



There's a story floating around the internet about "caffè sospeso" – suspended coffees. While it's been related to an Italian tradition, I personally think it's a tradition that should be passed on until it becomes worldwide. This story has been verified as "true" by snopes.

Here it is in its entirety (with a tip o' the Master's Hat to Michael R. Poll):

We enter a little coffeehouse with a friend of mine and give our order. While we're approaching our table two people come in

and they go to the counter:

"Five coffees, please. Two of them for us and three suspended" They pay for their order, take the two and leave.

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I ask my friend: "What are those 'suspended' coffees?"

My friend: "Wait for it and you will see." Some more people enter. Two girls ask for one coffee each, pay and go. The next order was for seven coffees, and it was made by three lawyers – three for them and four "suspended." While I still wonder what's the deal with those "suspended" coffees I enjoy the sunny weather and the beautiful view towards the square in front of the café. Suddenly a man dressed in shabby clothes who looks like a beggar comes in through the door and kindly asks "Do you have a suspended coffee?"

It's simple – people pay in advance for a coffee meant for someone who cannot afford a warm beverage. The tradition with the suspended coffees started in Naples, but it has spread all over the world and in some places, you can order not only a suspended coffee, but also a sandwich or a whole meal.

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<sup>1</sup>. <http://merefreemasonry.com/suspended-coffee/#more-341>



# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
						
17	18	19	20	21	22	23
				OSI MVL 289 - 2nd Deg 1st Sec. O&O, Close in long form.	GJRL STATED MEETING  DINNER: 6:00 PM MEETING: 7:30 PM	
24	25	26	27	28	29	30


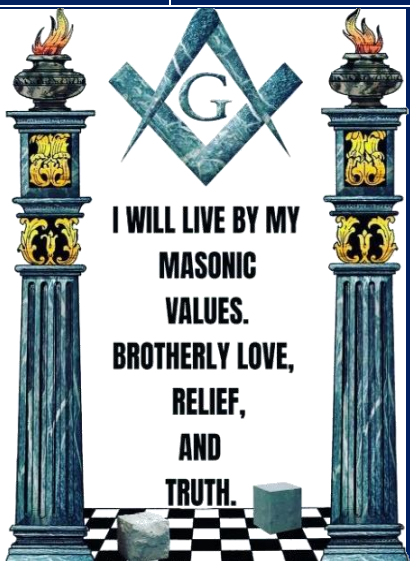
*"Speak with Honesty, Think with Sincerity, Act with integrity."*



# 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			

*"Masonry is the science of life in a society of men, by signs, symbols, and ceremonies, having as its basis a system of morality and for its purpose the perfection and happiness of the individual and the race." - Bro. G.F. Moore*



# 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. Carlito Lesigues	April 10	WB Saturnino Cariaga	April 14
WB. Dan Macaraeg	April 19		
Bro. Joanathan Elona	April 28		

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		





# March 2022 Stated Meeting



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Come Join us to  
our next Stated  
Meeting on  
April 22, 2022



*"Freemasonry is founded on the immutable laws of Truth and Justice and its grand object is to promote the happiness of the human race" – Bro. George Washington*



# WORTHY OF BEING WORN

## THE MASONIC APRON HAS AN ENDURING VALUE WITHIN OUR FRATERNAL CULTURE

By Patrick C. Craddock

The apron is the initial gift of Freemasonry to the candidate: The new Entered Apprentice is informed that it is the unique badge of a Mason, and that he must wear it at each tiled meeting. He is instructed to wear it as an emblem of innocence and honor, pure and unspotted before the world. These are simple instructions; however, they leave a lot to ponder. The initiate may not truly grasp the depth of the apron's symbolic nature when he first receives it. As he advances, he will gain further instruction on wearing this apron as a Fellow Craft and Master Mason. The apron should remain the focal point of his self-examination and reflection, year after year, as he grows and matures in life and in Masonry.

### An Ever-Present Reminder

The symbolic meaning of the apron is described to the initiate in very colorful language: It is “to be worn with pleasure to yourself and honor to the fraternity” without “stain of dishonorable word or deed upon its fair white surface,” and “to remind him of purity of mind and morals.”

He is told: “Let its pure and spotless surface be to you an ever-present reminder of purity of life and rectitude of conduct, a never-ending argument for nobler deeds, for higher thoughts, for greater achievements.” A thoughtful brother will ponder what it means to dress with dignity and honor. He will reflect on his actions and will think of the apron as a reminder, and a standard, for his actions and deed.

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Many brothers, after growing within the craft, will find themselves wearing a different apron – one reflecting the responsibility of office. This apron may reflect a station in the lodge or be festooned with a district or grand rank. Its original pure white surface may be obscured by elaborately embroidered bullion and gilt work. But although a brother may find himself wearing this beautifully embellished apron, most important still is the presence of the apron itself, regardless of its size, shape, or decoration. No matter how beautiful an apron may be, its appearance has no real connection with its Masonic significance.

*“Freemasonry is an institution founded on eternal reason and truth; whose deep basis is the civilization of mankind, and whose everlasting glory it is to have the immovable support of those two mighty pillars, science and morality” – Bro. Dr. John Dove*



The viewpoint of a reflective Mason is that the apron itself contains enough real and ancient symbolism; enough sanctity in its age; and enough mystery in its descent to make any assumed higher meaning unnecessary. One only need examine historic images of our earliest brethren to accept that the current standardized apron is a wholly modern design – a stylized interpretation of what to operative masons was a utilitarian garment. Although various grand jurisdictions are at odds on what is deemed “correct” when it comes to the shape and size of an apron, in the end that is far less important than what the apron teaches us.



## A Mirror, A Beacon

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It is often said that dress is the first impression of identity that one person conveys to another. For this same reason, the apron should be considered every time one enters the lodge. How many Masons have worn a borrowed apron pulled from a drawer or box in the lodge for a stated meeting? Perhaps this apron is tattered or has coffee stains on it. Likely it is in disrepair since it has been discarded.

Some Masons may wear it without so much as a second thought, but it is unlikely that they can do so with pleasure to themselves and honor to the fraternity. Yet, it is not the lodge's responsibility to provide a pristine apron, just as it is not the lodge's responsibility to furnish suitable clothing for brothers in attendance.

The apron is the “badge of a Mason,” and the one piece of regalia in which brothers should take the most pride. It is, after all, the most identifiable way to express their commitment to Masonry. Donning an apron of exceptional quality and beauty brings meaning to lodge meetings.

An apron should be purchased by each Mason for his own use, so that he may develop a personal and intimate relationship with it. It may be heavily decorated (for aprons of rank or station) or a plain lambskin of elegant proportion, but it should never be made of cheap material or shoddily constructed. Brothers should wear this apron each time they attend lodge, with the pride that comes from the diligence they have demonstrated in attaining such a great privilege.

The apron is a mirror, reflecting how we, as Masons, conduct our daily lives. But it is more than that: It is a beacon that expresses our commitment to the craft. Regardless of size, shape, or ornamentation, this apron should always be an inspiration for nobler deeds, higher thoughts, and greater achievements.

*“Freemasonry teaches not merely temperance, fortitude, prudence, justice, brotherly love, relief, and truth, but liberty, equality, and fraternity, and it denounces ignorance, superstition, bigotry, lust tyranny and despotism”*

– Bro. Theodore Roosevelt

# When It Comes to Helping, “Nothing Is Too Small” for Masonic Outreach Services

Masons are known for their commitment to helping one another and their communities—it’s a vow and obligation they take seriously. But when the tables are turned, they tend to have trouble being on the receiving end. “When it comes to taking care of themselves, sometimes Masons shy away from asking for help,” says Sabrina Montes, the executive director of [Masonic Outreach](#) for the Masonic Homes of California.

That means that too often, California Masons aren’t getting the most out of the services available to them. In the moments that members might need a helping hand, they’re turning away.

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It isn’t [just a matter of modesty](#). For many, there’s still confusion over [what services are available through Masonic relief](#) and who they’re for. For instance, Montes points out that Masons connect deeply to charitable efforts to provide for elderly members and their wives or widows. In 2021, her team helped lodges connect hundreds of such seniors to much-needed services through Masonic Outreach Services. But MOS exists to support members at all stages of life—not just seniors.

*“Freemasonry is a moral order, instituted by virtuous men, with the praiseworthy design of recalling to our remembrance the most sublime truths, in the midst of the most social innocent and pleasures, founded on liberality, brotherly love and charity” – Bro. Augustus C.L. Arnold*

# MASONIC RELIEF IS FOR EVERYONE

One of the most popular services Montes' team provides is the [Masonic Assistance Line](#) (888-466-3642). The hotline connects California Masons with a team of counselors and staff who can help them identify and access resources they need. "Our teams handle things as small as looking for a specialized doctor that will work with our clients' medical plans, to projects as complex as coordinating health services with various doctors," Montes explains.

These kinds of health-related matters are common for MOS. But they aren't the extent of what they can do. Service teams have helped members who were facing divorce connect to therapy services and helped members whose children were dealing with addiction problems find rehab facilities. "We're also just there to chat if members would like to work through things with another person—like a sounding board," she says. Each of these services are available for members at all stages of life.

That's especially true when it comes to the [Masonic Center for Youth and Family](#). MCYAF specializes in emotional wellness of adult and senior members and their families, as well as those with no Masonic affiliation at all. Service teams provide a wide range of virtual and in-person services, including therapy.

Lodges are also able to tap into MOS to support members who they're unsure how else to help. As part of that, the [Masonic Senior Outreach Services](#) program helps some 250 clients each month, providing them with financial and non-financial services. Each eligible member gets assigned a case manager to help them with things like applying for veterans' benefits or working with AARP or Medicare. Eligible clients can also receive financial assistance to help with things like the cost of living in a senior living community.

"In the end, we don't want our members to wait until they're at the end of the road to reach out to us," Montes says. "We're here to support you. Nothing is too small to call us."

# HEALTH TIPS



## The Senior's Guide to Staying Healthy Year-Round

No matter your age, it's important to take care of your body and **prevent illness**.

But if you're 65 or older, something as simple as the flu or a common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection, or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse. Because of this, it's important to make healthy choices to strengthen your immune system and reduce the likelihood of illness.

Follow these nine tips to stay healthy year-round.

### 1. Get active

Physical activity is an **immune system booster**. The more you move, the more your body is able to fight inflammation and infections. The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too. You might consider biking, walking, swimming, or low impact aerobics. If you're able to, engage in moderate intensity exercise for about 20 to 30 minutes a day to reach the recommended total of **150 minutes a week** **Trusted Source**. Also, strengthen your muscles by lifting weights or doing yoga.

Modify your exercise routine to find what feels best for you.

### 2. Take supplements as necessary

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12. Take supplements or multivitamins as instructed to boost your immune system.

### 3. Eat a healthy diet

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy. You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system. In addition, limit your intake of alcohol. Ask your doctor about safe amounts of alcohol to drink per day or week.

### 4. Wash your hands frequently

Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face.

Wash your hands with warm soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands. You can also protect yourself by using antibacterial hand sanitizer when you're unable to wash your hands. Also, disinfect surfaces around your home and workstation frequently.

### 5. Learn how to manage stress

Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system. To reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.

### 6. Get plenty of rest

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night. If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.

### 7. Take steps to prevent infections

Getting annual vaccinations is another way to stay healthy throughout the year. If you're age 65 and older, talk to your doctor about getting a high-dose or adjuvant flu vaccine. Flu season is between October and May in the United States. It takes about two weeks for the vaccine to be effective, and it reduces the risk of the flu by 40 to 60 percent **Trusted Source** when the vaccine strains match the circulating strains. The flu virus changes each year, so you should get the vaccine yearly. You can also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.

### 8. Schedule annual physicals

Scheduling a yearly checkup can also keep you healthy. Always speak with your doctor if you have concerns about your health. Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term complications. Also, if you have any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus. If you see a doctor within the first 48 hours of flu symptoms, they can prescribe an antiviral to reduce the severity and length of symptoms.





### 9. Avoid contact with people who are sick

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask. If you're caring for someone with the flu, wear a face mask and gloves, and wash your hands frequently.

<sup>1</sup> <https://www.healthline.com/health/flu/seniors-guide-to-staying-healthy>



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### Who comes here?

Trestleboard and newsletter editors for all of the Masonic Family.

### What come you here to do?

To seek additional content and resources for publication regarding our Youth Orders.



## The Library of Masonic Youth Orders

*News, articles, templates and ideas for your Masonic newsletter*

*"The Masonic system represents a stupendous and beautiful fabric, founded on universal purity, to rule and direct our passions, to have faith and love in God, and charity towards MAN"*



BIRTHDAY  
 WBro. Allan Solis  
 Bro. Salvador Reyes  
 Dean Limbo  
 Cesar Catamisan  
 Theodore



"Life is a culmination of the past, an awareness of the present, an indication of the future beyond knowledge and  
 the quality that gives the touch of divinity to matter!!!!



## 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 #011440125 SNF #020000063 COA #151

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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**  
**(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.



GAT Jose Rizal Lodge U.D.  
27221 McCall Boulevard  
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TO:

