

GAT Jose Rizal Lodge U.D.



June 1, 2022

MMXXI

Volume: 2 Issued: 5



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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 June 2022

Bro Audie Musngi Bro Ferdinand Dar

Bro Dean Limbo Bro Nick Nono



Good day brethren

Greetings from the East! I hope everyone is safe and healthy. As you have heard, there's an influx of Covid incidents again, so we still must be vigilant and mindful each other.

Another month has passed. Our brothers have been very busy helping and mentoring other brothers to achieve their goals. Among those brothers that reached their goals of Sublime Degree of Master Masons are Bro Jess and Bro Ron. Congratulations Brothers and good job to the brethren and officers who have dedicated their time and effort to make these conferrals a success.

Being a Mason is not an easy task. I am thankful to belong to a lodge that cares for one another and has each other's back. Please continue to support each other and always remember that each success achieved by one is success achieved by all. I know we are all busy with our own life, that is why I am thankful for the time and effort that everyone provides to our lodge's success.

We have the Golf Tournament coming soon in September. All inputs and suggestions are welcome to make this event better than ever. Our ladies are excited to celebrate our combined Mother's Day and Father's Day celebration on June 18 this year. We will have Bingo and BBQ potluck and hopefully some karaoke and jamming sessions to kick off the celebration! Venue TBF (to be finalized).

S/F,

J.P. Cariaga
Worshipful Master

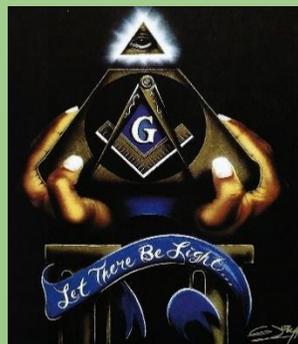
Trestleboard Editors:

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.

From the desk of the
Senior Warden



By: Ernesto Pagulayan III, PM



Brethren,

I want to start by saying I am very proud of GAT José Rizal Lodge and what the brethren have accomplished thus far. Truly, brotherly love prevails among us. I can attest to this as I have seen the brethren labored to initiate, pass, and raise two Master Masons so far! Bro. Jess Salabao on May 13th and Bro. Ron Hernandez on May 28th. It seemed like yesterday when we requested a dispensation from the Grand Lodge, and now we have two young Master Mason among us.

Congratulations to Bro. Jess and Bro. Ron on your raising to the sublime degree of Freemasonry as well as to their coaches who guided them along the way. Although your Masonic journey is about to start, you have all the tools that you need to make your journey fruitful, and your Masonic life be well spent.

We tentatively scheduled Bro. Chok Ligayo to receive the 3rd degree of Masonry on June 17th, with a scheduled practice on June 10th. If you want to partake in the ceremony, please let me or any of the pillars know.

The ladies of GJRL are also scheduling a Father's Day celebration. More information to follow as the ladies are very secretive on this.

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.

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S/F,

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)

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

OSI CORNER

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 ST Sec. 1 st Degree, O&O Close in long form.
August	Dark Dark
09/20	Hemet San Jacinto Lodge #338, 1 st Degree, Master's Lecture
10/20	Menifee Valley Lodge # 289, Balloting, Flag Presentation, and Elections.

“Whatever else is unsure in this stinking dunghill of a world a mother's love is not.”



Brethren and Families,

We have heard the saying that a company is only as good as its employees. Without its employees, certainly a company will not prosper, successful and grow. Similarly, any Masonic Lodge will not prosper, success and grow without its members. Furthermore, any lodge will not survive if there is no professional development of its members to lead and guide the lodge.

We have seen it many many times lodges are closing because of its ability to fill chairs. Past Masters can only do so much, and eventually everyone will be over burden with too much to do with no relief in sight.

The good news is our Lodge continue moving forward with defined purpose. We have seen many of our brethren committed to excellence in rituals in various roles and attendance. We have seen brethren stepping up in key positions. We have seen our sisters formed bond and involved in many of our events. We have witnessed strong fellowship and camaraderie among our brethren. Such culture can only lead to strong future growth and strong leadership developments, as we continue to encourage, guide, motivate our members to be inspiring leaders. Keep up the good work and remain vibrant and engage as we move closer to our constitution day, and beyond.

Again, my congratulations to Brothers Jess Salabao and Ron Hernandez for being raised to the sublime degree of master mason. You have been equipped with invaluable knowledge to further your masonic journey.

Lastly, Happy Father's Day to all dads. Continue to be a beacon of hope and inspiration to your family and to those around you.

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OTL,

S/F,

Rick Opina, PM

Junior Warden

Stated Meeting Sponsors for July 2022

WB Rick Opina

Bro Ray Abayan

Bro Angelo Alano

Bro Jefferie Espinosa



Stated Meeting Sponsors for Aug 2022

Bro Joanathan Elona

Bro Ron Hernandez

Bro Sammy Gillo

Bro Chok Liqayo





By: Bro. Vonn DeGuzman



Fraternal greetings!

It seems like it was only yesterday when we gathered on our initial meeting to discuss our idea about forming a new lodge. We are turning one year old, and our constitution is just around the corner. However, before that, we have another event we need everyone to support. Our Annual Gold Fundraising that is spearheaded by Brother Angelo Alano. Please find time in your busy schedule to support one of the lodge's primary endeavor to continue to fund our operations and goals .

As a reminder, receipts for any lodge expense reimbursement request as well as any topics a member desire to bring up during the monthly stated meeting should be emailed to secretaryGJRL@gmail.com no later than Wednesday evening the week of the Stated Meeting so it can be added to the agenda.

Lastly, I want to inform you that we will only be performing an annual financial audit instead of a semi-annual financial audit. This is the minimum required by the Grand Lodge of California and it was deemed appropriate since we have basic transactions in our account. The Treasurer will still report the financial status of the lodge; however, the audit will only be conducted between the Secretary and the Treasurer.

Fraternally Yours,
Bro Vonn DeGuzman
GJR Lodge Secretary

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Sister Birthday		Wedding Anniversary	
Desiree Musngi	Jun 4	Miah Lesigues	Jun 7
Sheryll Larraquel	Jun 29	Desiree Musngi	Jun 10



"The true Philosophy, known and practised by Solomon, is the basis on which Masonry is founded."

FUND RAISING SECTION

Sponsored by:

All the Lodges from 826th Masonic District



124TH Philippines Independence Day

Date: June 12, 2022 Time: Sunday, 5:00 P.M. – 9:00 P.M.

Location: 27221 McCall Blvd Sun City, CA 92585

Menifee Valley Lodge Crystal Ballroom

The primary mission of the Menifee Valley Masonic Lodge is to help men improve their relationships with God, their family, their community, and most importantly, with themselves through utilizing the teachings, proven traditions and values set forth by Masons from the beginning of our Ancient Fraternity.

bbceventcatering@gmail.com



BBCE
EVENT & PARTY
CATERING

\$\$\$\$ Donations gladly accepted. \$\$\$\$

FREE
ADMISSION,
FUN AND
FELLOWSHIP.

"Our Brotherhood has withstood the test of time and trial and continues to positively impact men's lives"

"Once admit that we have the right to inflict unnecessary suffering and you destroy the very basis of human society."

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.

The Letter G

The Masonic letter G reminds us that our every act "By letters four and science five, this "G" aright answer, friend."

What are the "letters four"? It is believed that they Universe (pronounced "Yahway". (Sometimes from which the Bible was translated: Which is the 5th science? Geometry.

The Letter G stands for "Geometry", which is the Masonry were founded.

When did the letter G become part of the Square be somewhere between 1730 and 1768, here in the square and compasses in all jurisdictions around the world.



is done in the sight of the Great Architect of the Universe. doth stand, in due Art and Proportion; you have your

stand for "YHWH", the name of the Great Architect of the pronounced Jehovah) in the ancient Hebrew language,

mathematical science upon which Architecture and

and Compass? No one knows exactly, but it is believed to United States. The "G" is not used in the center of the

Letter G

In Hebrew, the language our Bible was originally written in, it is called Gheemel (or Gimel) and has a numerical value of 3. Throughout history, we see reference to the number 3 when we speak of the Supreme Architect of the Universe...no matter which language we speak!

Gimel (in slightly different forms) is the 3rd letter of many Semitic languages including Phoenician, Greek, Aramaic, Hebrew, and Syriac.

Phonetician: Gimel (11th century BCE)

Greek: Gamma (9th century BCE)

Aramaic: Gamal (800 BCE to 600 CE) (800 years Before Common Era to 600 years after Common Era)

Hebrew: Gimel (3rd century BCE)

Syriac: Gomal / Gamal (2nd century BCE)

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G Throughout the Centuries

B.C.E. means "Before Common Era". The Common Era (C.E.), also known as the Christian Era and sometimes as the Current Era, is the period beginning with the year 1 onwards.

The term is used for a system of reckoning years that is chronologically equivalent to the Anno Domini (A.D.), which is Latin for "In the year of our Lord".

Therefore, the 3rd letter of the Phoenician alphabet, "gimel", was in use 11 centuries Before the Common Era, which is 8 centuries before the Hebrew language...give or take a few hundred years.

Why give or take a few hundred years? While scholars who study languages are very thorough; we must remember that they have very little from which to study.

Much of our knowledge of ancient languages comes from the study of hieroglyphics carved into stone and the subsequent attempt to determine which time frame they were carved; from mummies and their accompanying sarcophagi (carved wooden coffins), etc.

Note, however that while the letter G is the 7th letter in the English, Latin and Romanic alphabets, in Russian, and some others, it is 4th, in the Arabic the 5th, and in the Ethiopian language, the 20th.

These languages are much "younger" than the "ancient" languages and most, therefore, are propagations (changes that occurred) to the ancient languages throughout the centuries due to many factors.

The letter G in Freemasonry stands for both the Great Architect of the Universe and Geometry....or, to be more technically correct, it stands for Geometry under the Great Architect of the Universe.

Just as the Supreme Architect of the Universe watches the revolutions of the planets and stars in the sky, so does HE, who placed each of us here, watch each of our movements, hears not only our words, but our thoughts, as well ...and it is to HIM that we are ultimately responsible.

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

June 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
			O S I Tem Cat - Hosted by Murrieta Lodge #869. How to do a Candidate Investigation		3 rd Degree @ MVL 289 Proficiency Time: 7:00pm	
19	20	21	22	23	24	25
					GJRL STATED MEETING DINNER: 6:00 PM MEETING: 7:30 PM	
26	27	28	29	30		

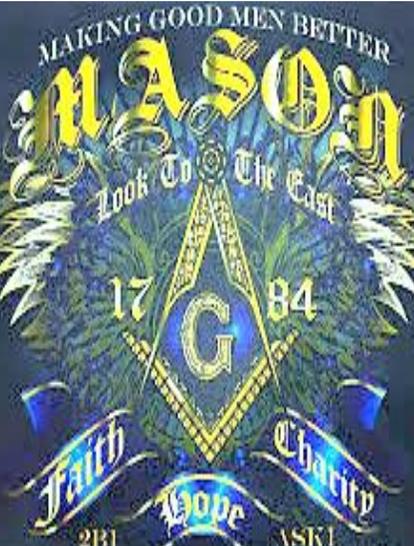
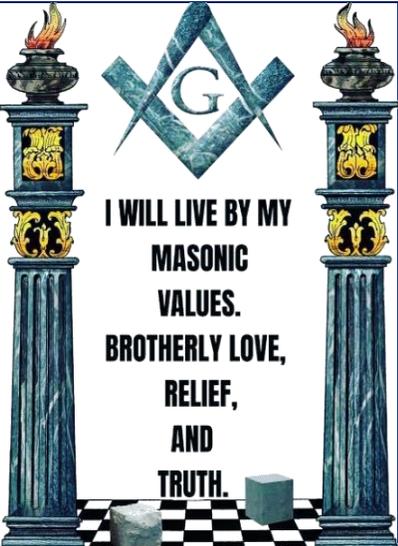
8

"People say I stole a lot of bases. I stole the bases for a reason. I crossed the plate."

Committee

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

APPOINTED

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

"Mathematical Analysis is... the true rational basis of the whole system of our positive knowledge."



O F F I C E R S

Position	Name	Phone No.	Email Address
Worshipful Master	Saturnino Cariaga, Jr, PM		
Senior Warden	Ernesto Pagulayan, PM		
Junior Warden	Rick Opina, PM		
Treasurer	Ricky Villegas		
Secretary	Vonn Deguzman		
Chaplain	Daniel Macaraeg, PM		
Assistant Secretary	Sammy Gillo		
Senior Deacon	Amor Ledina		
Junior Deacon	Joe Quimson		
Marshal	Dexter Donor		
Senior Steward	Joanathan Elona		
Junior Steward	Angelo Alano		
Tiler	Ferdinand Dar		
Organist	Alvin Nillasca		
Officer's Coach	Allan Solis		

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Birthday		Masonic Birthday	
WB Ernesto Pagulayan III	Jun 19	Bro. Sammy Larraquel	Jun 18

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		



May 2022 Stated Meeting

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*Come Join us to
our next Stated
Meeting on
June 24, 2022*



“A basis for much of the pain women suffer in real life is they must somehow resolve their devotion to men.”

May 2022 3rd Degree Conferal

Bro Ron Hernandez



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"If I want to build wealth to transfer to the next generation, I can let it grow on a tax-free basis."

May 2022 3rd Degree Conferral

Bro Jess Salabao



12



GAT Jose Rizal Lodge U.D.

You are cordially invited to
Bro. Jess Salabao's conferral to
Third Degree of Master Mason

**EVENING
OF MASONIC
LIGHT**

Officers:
Able: Blue Barong
Candidate: Black Suit

LOCATION: 27221 McCall Blvd Sun City, Menifee CA 92585
Date: May 13, 2022 Time: 7:00 PM Dinner: 6:00 PM
Please join us and celebrate Bro. Jess Salabao's raising to the sublime degree of Master Mason.



"I'm always gonna be in opposition no matter what, but I can still cover my bases and do what I like."

What Is Freemasonry?

LET'S START WITH AN EASY ONE—or, rather, a common question. Put simply, Freemasonry (also called Masonry) is a 300-year-old worldwide organization born out of medieval tradesman's guilds. It's also a set

IN A NUTSHELL

Freemasonry is an organization of like-minded members dedicated to improving themselves and their communities.

of teachings for a life well-lived. Masonry is both a group you join and a moral scaffolding for personal growth. Ancient Freemasons built castles and cathedrals. Today, we build character. We believe in strong values, self-improvement, giving back to our communities, and helping each other in times of need. Our traditions center on moral teachings told through the symbols and allegory of stonemasonry. That's serious stuff, and we take it seriously. But we also like to have fun. Many members meet their best friends through Freemasonry.

What Is a Masonic Lodge?

THE LODGE IS THE LOCAL CHAPTER of the fraternity. The term "lodge" refers to both the members of that chapter and the building in which they meet. Each lodge is run independently and reflects the personality of its members and community. Some emphasize family get togethers, for instance, while others exist for the purpose of studying philosophy. But big or small, old or new, all lodges share the same Masonic traditions and rituals. To learn more about a lodge, the best thing to do is reach out and attend an event. Since no two are quite the same, it's smart to visit more than one to find the right fit.

IN A NUTSHELL

A lodge is the local meeting place—and group—of Masons.

So: What Do Masons Do?

THIS MAY BE the single biggest question people have about Freemasonry. What actually goes on inside a lodge room? Officially, the lodge is centered around regular "stated meetings," at

IN A NUTSHELL

Inside the lodge, Masons advance new members through the degrees. But most of Freemasonry happens out in the world!

which members vote on new members and do the ongoing work of running the lodge, which is a nonprofit. Members also prepare for and hold the ritual performances through which new members advance through the degrees of Masonry. But there's a second part to this answer, and that's that Masons do what any other group of friends might do: We meet up for a cup of coffee. We arrange golf outings. Barbeques. We attend lectures. We host community events, mentor young people, volunteer for worthy causes, and help one another in times of need. The vast majority of Masonry happens outside of the lodge hall.

How Is Masonry Different from Other Service Organizations?

WHILE SERVICE IS one key part of who we are and what we do, it's not the extent of it. Freemasonry is about three things: personal development, true friendship, and community service. Unlike other volunteer groups, we spend a lot of time working on becoming our best selves. That includes building leadership skills and working to be better partners, parents, and friends. Because we're a 300-year-old organization with a love for symbolism, we also have a lot of pomp and circumstance: fancy regalia, unusual titles, very old rituals. That means when you join a Masonic lodge, you are joining an important part of history, with traditions that you won't find anywhere else.

IN A NUTSHELL
Masonry combines public service with a cultural and philosophical tradition unlike any other.

What Happens Outside Lodge?

14 WHILE THE OFFICIAL STUFF happens inside the lodge, most Masons will tell you that the most meaningful connections they make come outside those four walls. For example, we get together to: **SOCIALIZE**. That includes everything from camping trips to black-tie dinners. **HOST SPECIAL EVENTS**. Many lodges recognize people in their community, like standout teachers and students. **LEARN**. Masonic clubs and groups meet for lectures or to hold discussions about history, philosophy, or other topics. **GATHER**. Masons love to form clubs about common interests—for instance, the group of vintage Italian scooter lovers seen here. **GIVE BACK**. Masons support their community and local causes, particularly around public education and childhood literacy. **MENTOR**. Masons frequently work closely with students, including members of the Masonic youth orders.



“For the essence of science, I would suggest, is simply the refusal to believe on the basis of hope.”

HEALTH TIPS

15 tips for your mental health in 2022



Twenty twenty-two is here, with all its possibilities and opportunities. You may be wondering how you will achieve all your personal and professional goals this year. Your mental health in 2022 may hold the key to success. Read on for tips from Magellan Healthcare's behavioral health experts to help you prioritize your mental health in the new year.

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1. **Spread out New Year's resolutions over the year** – At the beginning of the year, people usually try to accomplish too many resolutions all at once. They are quickly overwhelmed and give up. Instead, create a list of resolutions, or goals, to implement—one per month—over the year. Spreading out goals and focusing on one at a time will feel more consistent with lifestyle change than the usual New Year's start and stop. – Candice Tate, MD, MBA
2. **Plan things to look forward to** – Having a daily routine is important for our mental health. It limits the chaos and helps us feel grounded. But it can get boring, especially during COVID-19 when we are closed in. Schedule things to look forward to for the upcoming weeks and months. Maybe schedule a day trip on a weekend, a few hours in the evening to watch a movie, or a phone/Zoom call with an old friend, make a reservation at your favorite restaurant or plan to place a delivery order. Choose things that make you feel good. – Linda Evans, MD, FAPA
3. **Limit screen time and media exposure** – social media has been a much needed lifeline for so many of us during the pandemic, but it's essential that we remember to limit our screen time and exposure to content that can be emotionally distressing or traumatizing. Make a habit of putting your mobile device down and stepping away from your computer to enjoy the people, plants or pets in your environment. Go outside, take a walk, and get some fresh air and sunlight. – Rakel Beall-Wilkins, MD, MPH
4. **Learn that “no” is a complete sentence** – You cannot pour from an empty cup. Saying yes to every request asked of you when you are already limited on time, energy or resources can increase stress levels. Putting your needs on the backburner is not healthy for you. Being a “yes” person sometimes equates to saying “no” to your own mental health. Recognize not only when to say no, but that you don't have to feel guilty about it... It's all about saying yes to you! – LaShondra Washington, MD, DFAPA
5. **Measure something** – Our perceptions often do not match the reality of a situation but picking something to measure that is related to a concern can help better align our perceptions to reality. And if the results of the measurements indicate that indeed perception and reality *are* aligned, then continued measurement, after an intervention, can determine the usefulness of the intervention on the measure. In other words, take steps to find out if what is bothering you is really a problem, and if it is, then make a change and reassess. – Louis Parrott, MD, PhD
6. **Engage in journaling** – Journaling is an effective way to manage stress and feelings. It can be cathartic to write about feelings and experiences. It is also a way to monitor your inner self and when it may be necessary to seek professional help. – Samuel Williams, MD, MBA, FAPA
7. **Practice gratitude** – Share gratitude with others and write three things you are grateful for every day. According to Jon Kabat-Zinn, PhD, an internationally known mindfulness advocate, we should ask ourselves three questions each day that relate to our relationships with family, friends, and co-workers: What have I received from __? What have I given to __? What troubles and difficulties have I caused? – Doris Lebischak, MD
8. **Establish an attainable plan for regular physical activity and stick to it** – Start with one or two days of exercise a week. Plan the days, times, and activities and commit to making it happen. Exercise is proven to reduce depression, anxiety, and negative mood.[1] – Greg Dicharry, CPRP
9. **Consider expanding your exercise routine** – As we age, our muscles must be challenged to maintain strength. Including strength training, stretching and physical activity that raises the heart rate in our workouts will have an immediate impact as well as long-term benefits for the body and mind. – Paula Hensley, MD
10. **Eat a balanced diet with as many unprocessed foods as possible** – Include colorful fruits and vegetables and prepare food in healthier ways like steaming and roasting rather than frying. If applicable, include children in meal selection and preparation, and eat at least one meal per day as a family. Try not to place food into strict bad and good categories and understand that you are not—accordingly—bad or good depending on what you eat. It's important to eat a balanced diet for your lifestyle. – Misty Tu, MD

“Admiration is the basis of ignorance.”

11. **Prioritize sleep** – Push through busy schedules and life’s distractions to maintain eight hours of sleep each night and experience how it helps you think more clearly, feel better and be better able to cope with the multiple demands of family, work, and beyond. – Barbara Dunn, LCSW, ACSW
12. **Develop a cue that ends your workday** – Whether it is pausing to watch the sunset, moving a chair for a few minutes, or ceremonially closing the door to your workspace, disconnecting from work to focus on family responsibilities is a necessary way to prioritize mental health in 2022. – Dana Foglesong, LCSW, CRPS
13. **Make sure to prioritize yourself** – In a time when kids are home, work is piling up, and there is growing uncertainty in and outside of our homes, it’s unfortunately easy to get lost in all we have going on. But it’s vital we prioritize ourselves. Whether it’s going on a walk or other exercise, meditation, talk therapy, weekly dinner with friends or family... don’t ever forget to put yourself first because your mental health is wealth. – Yagnesh Vadgama, BCBA
14. **Ask for help when you need it** – Recognize that no one person can do everything. Family, friends, and neighbors can be great resources, so ask for what you need and offer help to them when you can. – Kathryn Kvederis, MD, DFAPA
15. **Remember that you are not alone** – One in five American adults has a mental illness and one in 18 American adults has a serious mental illness; one in six American youth has been diagnosed with depression.[2] Despite all of the glittery images we may see and our perceptions that others have it better, it’s likely that we have family members, friends, and co-workers who are right there with us when we aren’t feeling our best. – Keith Brown, MD

Taking care of your heart should be a top priority for everyone. The good news is there are [some easy ways](#) to keep your heart ticking for years to come. Eating a heart healthy diet is an important first step. Not sure where to start?



Sis Priscila Dar



Happy Birthday
W B Carl Black



15

Bro. Jeff Espinosa



"Judgment of eye, speed and attack are the basis of victory."

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
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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.

TODAY IN MASONIC HISTORY

William Byron Rumford Passes Away

Today in Masonic History William Byron Rumford Byron Rumford was an American politician.

Rumford was born in Courtland, Arizona a now defunct mining town on February 2nd, 1908. Rumford's father left the family leaving his mother and brother in Arizona,

Rumford's maternal side of the family were some of the first American settlers in Arizona. His maternal grandmother ran a boarding house in Tombstone. When talk started the schools in Arizona needed to be segregated, Rumford's grandmother led the fight for desegregation. She lost the fight and schools started to be segregated. She moved part of the family to Los Angeles stating, "she was not going to bring those kids up in a segregated environment."

Rumford stayed in Arizona with his mother where she remarried. By then they were living in Phoenix.-----`

In 1926 Rumford graduated from a segregated school in Phoenix. He was inspired by his high school teachers to attend the University of California, first African American to receive the PHD from a west coast school.

After graduation he headed to San Francisco where he worked for about a year before being accepted to the University of California, San Francisco. He paid his two-night jobs. He graduated in 1931.

In 1933, Rumford passed the test to become a state of California employee. He attempted several times to take the oral exams to become certified, the written exam he passed every time. Of his attempts to get certified, Rumford declared he felt the board was just trying to get rid of blacks. During his last exam irrelevant questions like his opinion of Joe Louis were asked by board members. Rumford reached out to one of the board members, with his help and going to the courts, Rumford overturned the boards decision, and he became certified.



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In 1942, while still working as a VD investigator (his job was to track down individuals who were spreading STD's), Rumford purchased a pharmacy. For a short time, he tried to run the business and work for the state. Doing both required too much of his energy though and he decided to focus on his business.

Also, in 1942 he was appointed to Berkley Emergency Housing Committee. In 1944 was appointed to the Rent Control Board. With both appointments Rumford worked to integrate housing. He helped organize the Berkley Interracial Committee.

In 1948 Rumford ran for the California Assembly. Initially he lost the election. He took it to court though and the court overturned the election results. Rumford was declared the winner.

In his first year Rumford successfully got a bill desegregating the state National Guard. The bill was thought to be DOA in the Senate. Rumford personally lobbied members of the senate and was able to get the bill passed. The desegregation though did not happen. This was due to African Americans who already held rank and position in the segregated units not wanting to give up their rank. No new segregated units formed and eventually the California National Guard became fully integrated.

Throughout Rumford's political career he either spearheaded legislation or was actively involved in the research for new legislation. Two of his bigger bills were the 1959 Fair Employment Act which outlawed employment discrimination in California and Rumford Fair Housing Bill. The Rumford Fair Housing Bill started its way through the legislative process in 1963 after several amendments it finally passed and was signed by Governor Pat Brown.

Opponents to the Rumford Fair Housing Bill instead of trying to amend the bill out of existence, they tried to change the California Constitution to make housing discrimination legal. This was overturned by the California Supreme Court and the United States Supreme Court.

Rumford also traveled to Detroit to work on clean air standards for California. He also traveled to Germany to review public transportation to bring back ideas to the United States. Rumford passed away June 12th, 1986. Rumford was a member of the Most Worshipful Prince Hall Grand Lodge of California.

1. https://www.masonrytoday.com/index.php?new_month=05&new_day=1&new_year=2022

"Without knowing myself, I have no real basis for thinking."



GAT Jose Rizal Lodge U.D.
27221 McCall Boulevard
Menifee, CA 92586



TO:

