

# The Trestleboard

Acalanes Fellowship Lodge #480 ☉ April 2024

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## Upcoming Events at Acalanes Fellowship Lodge #480

May 7, 6:30 pm

**Stated Meeting**

Social Hour 5:30

Dinner 6:30

Meeting 7:30

April 16, 6:15 pm

**DOSI 305 District Hosted by  
Bay Cities Lodge**

Dinner 6:15pm

DOSI 7:00pm

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## From the East

*A message from Worshipful Bradley O. Rupert, PM*

Hello from the East. March was a great month and we continue to stay busy. We completed our first traveling degree in a long while at Martinez Lodge #41. The **Double 1st degree** for our newest brothers **Doug Messer and Joshua Hernandez** took place on March 18th. Four Brothers from Martinez were there along with 12 member of AFL#480. Pizza, fellowship and beverages were shared after the degree.

**Lodge Jackets, Polo and Tee Shirts are now available for purchase. Marshall Sunil Awasti and SD Keveh Astaneh** worked together to develop a design and find a supplier for the lodge. Picture and cost below. Email [skawasti@gmail.com](mailto:skawasti@gmail.com) in order to place orders. You do have an option to add your name if you would like.



Happy to report the officer held a planning meeting at my place last month. We reviewed plans for the year and delegated the duties. Also looks like we will be having another 3rd degree very soon. Finally I am planning a lodge community activity for the Cancer Support Community. They are having a “Hope Walk” **Saturday, May 18, 2024 at Heather Farm Park 301 N. San Carlos Dr., Walnut Creek 8:30 am - 12:00 pm** You can sign up to walk and participate or donate money to the cause. See Pic and link below. We will be walking to celebrate the life of my wife Joanne who passed away from lung cancer back in September 2019.

Stay tuned, plenty more to come for the rest of 2024.

Fraternally yours, Aloha and Mahalo,

*Brad Rupert - Master 2013 & 2024*



## From the West

*Peter A. Peterson, Senior Warden*

Brief, brief, brief! Been a bit busy personally for the past few weeks, so I will keep my usual sage and witty comments to a minimum. If you weren't there, you missed a fun traveling double EA degree we held at the Martinez Masonic Lodge. My first time there. Fascinating building with a large Lodge room for normal Stated Meetings, etc., and one adjacent very small Lodge room which they typically use for EA degrees, as did we. How small, you ask? Thanks for asking! I sat in the South for the degree. It was



so small, every time I scratched my nose, I knocked the WM's top hat off!

Seriously though, visit if you have the opportunity. Lot of history in the room. Filled with furniture and paraphernalia dating back to the 1850's.

Finally (sort of a Hall Association report), after several months of effort the upstairs window replacement work will soon begin. Typically great timing for us - we needed the work done before the rainy season began, not after. (That's Masonic sarcasm, folks.)

*Pete Peterson*

*Senior Warden*

## From the South

*Mark Williams, Junior Warden*

At the recent Master's and Warden's Retreat that I attended, I was reminded of one of the amazing and unique benefits of our fraternity; the services of the Masonic Homes and Masonic Outreach Services. Many of our newer brothers may not be fully aware of the Masonic Homes/Outreach and the depth and breadth of services provided. Even our "longer term" brothers may not know of the current level of support that this arm of our fraternity provides, or may not know of all the services available. The Masonic Homes in Union City and Covina, CA provide shelter and care to brothers and their widows, ranging from independent living to assisted living, skilled nursing care, and memory care. In addition, Masonic Outreach offers consultation, guidance, information and assistance to brothers and their families who have needs but do not require housing currently. Masonic Senior Outreach Services (MSOS) also provides an array of supportive services including coordination of care management and support of in-home care as appropriate. Financial assistance for qualified brothers is also a possibility.



The Union City Masonic Home is also the location of Siminoff Daylight Lodge #850. At the Master's and Warden's Retreat I had the pleasure of speaking with one of the brothers from that Lodge. As such, I learned of some differences from our Lodge and from many other "typical" Lodges, (they don't do a lot of 1st degrees!) but it is still a vibrant and active Lodge. It is mainly

comprised of residents of the Masonic Home, this Lodge also features an Outdoor Degree site, where the brothers of Acalanes Fellowship Lodge #480 have had the pleasure of doing visitation degrees on at least two occasions in recent years. Tucked in the hillside above the Masonic Home, this outdoor facility offers a wonderful and unique experience in the delivery of a degree! Can you imagine doing a degree that includes the sound of cows mooing in the background?

I am hopeful that sometime soon we may be able to organize a “field trip” to the Masonic Home in Union City so that our newer brethren and even some of our “older” brethren can see and appreciate this great facility and experience the support that Masons of California can offer!

*Mark Williams*

*Fr. Warden*



## MASONIC EDUCATION

The following is a reposting of a Trestleboard article written by our own Past Master Roger L. Poynts  
in May 2011.

**The Ten Essential Duties of a Mason**

- ***Supreme Being.*** A Mason seeks to understand that he has been created to fulfill the Great Architect of the Universe's purpose for his life and aligns his behaviors with the Volume of Sacred Law.
- ***Physical Body.*** A Mason maintains his body as a vehicle for his life's journey. He eats to live, rather than living to eat. He exercises and controls all forms of gluttony and excess.
- ***Family.*** A Mason's moral obligation is to his to care for his spouse and children. He provides food, shelter, and makes sure his children are taught how to survive in the world. Whatever the circumstances, he always assumes responsibility for his obligations.
- ***Relatives.*** A Mason supports, respects, and cares for his parents. He demonstrates compassion, fairness, and understanding in all his dealings with his extended family.
- ***Occupation.*** A Mason developed his mind to its highest potential, and pursues his vocation with scholarly energy. He behaves ethically. He spends less than he makes. He manages his affairs with a generous intent without becoming a miser. He sets his priorities using his cable-tow to set the reasonable scope of his involvements.
- ***Neighbors.*** A Mason does unto others as he would have them do unto him. He understands that as he gives so shall he receive. He extends his fraternal hand of fellowship to another when it is needed.
- ***Government.*** A Mason supports good government with his life if necessary. He resists tyranny and unjust government by demonstrating the courage to bring about appropriate change.
- ***Humanity.*** A Mason understands that he is a brother to all races, colors, and creeds. The whole world is his country, and all mankind are his brethren. When he helps others he understands that he is really helping himself.
- ***Enemies.*** A Mason focuses his anger. He gathers information and discusses differences when he is involved in conflict. When he is wrong, he concedes. When he is right, he sets limits. When he is attacked, he responds appropriately. When victorious, he seeks a just peace and honors his word. When defeated, he learns and prepares for future encounters.
- ***Passion.*** A Mason subdues but never eliminates his passion. He loves, laughs, cries, and acknowledges the presence of the watchful "All-Seeing Eye" in his life.

# MASONIC Phun Photos

Double 1st Degree 3/19/2024



Entered Apprentice Traveling Degree Martinez Lodge#41

**Doug Messer, & Joshua Hernandez**



Lodge Polo, Jackets and Tee shirts Available to order.

Final pricing will be provided once all orders have been received and bulk order discount confirmed.

Submit your request to Sunil Awasti: [skawasti@gmail.com](mailto:skawasti@gmail.com)

Deadline to place your order: **4/24/2024**

## AFL #480: Clothing Design



Shirt: \$25 plus tax/shipping for single unit  
Jacket: \$145 plus tax/shipping for single unit  
Polo Shirt: \$45 plus tax/shipping for single unit

If more people order then we can get the price down.  
Example: 20 Polo Shirts would come down to about \$35 a shirt.

Orders are from VistaPrint





CANCER SUPPORT  
**COMMUNITY**  
SAN FRANCISCO  
BAY AREA

**HOPE WALK**



**In-Person Walk and Community Celebration:**

**Saturday, May 18, 2024**

**Heather Farm Park**

**301 N. San Carlos Dr., Walnut Creek**

**8:30 am - 12:00 pm**

**Registration**

Registration is \$35 per walker, aged 10 and up. Each registered walker will receive a Hope Walk event t-shirt

Link to Team JoanneBrad Page: Sign Up to walk or Donate

<https://cancersupportcommunityhopewalk.rallybound.org/TeamJoanneBrad>