

The Trestleboard

Acalanes Fellowship Lodge #480 ☉ June 2024

Upcoming Events at Acalanes Fellowship Lodge #480

June 4th, 6:30 pm

Stated Meeting

Social Hour 5:30
Dinner 6:30
Meeting 7:30

June 8th, 5:00 pm

**3rd Degree
Patrick Labit**

Lodge Open 5:00 pm
3rd Degree 5:30pm
Optional Dinner 7:45pm

June 15th, 8:30 am

**AFL Lodge #480
Eshen Shafae**

Start 8:30 am
Done 11:30am
Optional Lunch Noon

From the East

A message from Worshipful Bradley O. Rupert, PM

Hello from the East. Last month on **May 14th** we held a a third degree for **La Parfaite Lodge #17** “The French Lodge” The degree and dinner were excellent. Plenty of good fellowship and new friendships were established. We even had a surprise unofficial visit from **Right Worshipful Garrett Chan, Senior Grand Warden of California.**

We have have 3 more 3rd degrees coming up this month all on **Saturdays. 6/1 Joe Parra 3PM Masonic Homes in Union City, 6/8 Patrick Labit 5pm ALF#480, and 6/15 Eshen Shafae at 8:30am.** Please make an effort to attend at least one of these degrees.



Then on Friday June 28th Grand Lodge & La Parfaite Lodge #17 Will be hosting a French-inspired celebration of the **Feast of Saint John the Baptist** at Freemasons' Hall in Grand Lodge . They are excited to announce that **Most Worshipful G. Sean Metroka**, Grand Master of Masons in California, will be the guest of honor. This annual celebration will include a fabulous multi-course dinner, fine wine, and a festive board conducted in the French tradition and preserved for generations by La Parfaite Union No. 17, the historic Francophone lodge. The ceremony will be conducted in both French and English. **The Cost is \$125 and is for freemasons only. RSVP**

<https://www.eventbrite.com/e/feast-of-saint-john-tickets-393256954597?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

Special thanks to **Worshipful Bob Strohmeyer & all the brothers who turned up for a Lodge Clean Up Day in May**. Lots of outside work and plenty inside going on with new windows. Don't worry if you missed this one another will be planned for later this year. Pictures of all the fun below.

Quick update on the "Hope Walk" for Cancer Support Community. **I raised one thousand dollars total and met my goal. Overall they raised a record breaking \$266,000 just shy of \$300,000 goal.**

Save the date: We are planning another community event on the morning of **November 16h** at the Assistance League of Diablo Valley near Larkey Park. **AFL Officers & Betty Wilson** are helping to coordinate this event with the officers. Plan to start at around 9:30 am and work for approx 2 hours. More details and sign up sheet to follow. Make sure to order a shirt from Sunil you can wear at this event!!! 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

Practice, practice, practice!

Not sure if it makes us perfect, but it certainly makes us better. Worshipful Brad mentioned a recently completed 3rd Degree ceremony and we've also done a couple of 1st Degrees this year. We've got three 3rd Degrees coming up soon and we expect more 2nd Degrees in the near future.

You'd think we could do this in our sleep by now, but we continue to practice before each degree to touch up on the little things with the goal of making each degree ceremony meaningful and memorable for each candidate no matter where they are on the Masonic journey. It's important for degree participants to attend these practices. You might know your lines and movements well, but those lines and movements are needed by others as cues to complete their work. Your absence at practices makes it a bit harder for others to get their parts down. Especially a knucklehead like me (but still beloved!) who will be sitting in the East during the opening and obligation portions of the upcoming 3rd Degrees. Thanks much to those who take time out to attend these practices.

One duty of my Senior Warden role is to check in on the proficiency progress of each brother at each stage of their movement through the degrees. I will be checking in with each of you in the near future to see how you're doing. You've all been assigned coaches. They should already have reached out and started helping you in your proficiency memory work.. (More on memory work in Masonic Education below.) If you're struggling, or for whatever reason you and your coach haven't connected, reach out to me and we'll see what we can do to jump-start your journey. There's no rule you can't ask another brother for help and practice, just make sure you check in with your coach when you think you're ready for your proficiency. If your coach says you're ready, you're ready!



Speaking of practice and proficiency, assuming we are successfully elected to office, your 2025 officer line also has to complete proficiency work. We have to demonstrate our work in front of our District Inspector before we can take office. Not only do we need to do memory work, we have to tie the memory work in with movements you are familiar with in Lodge and degree work.

In no way do I say that to scare off anyone from considering joining the “line” in the future. This work is not overwhelming, unless you allow it to be. Your (hopefully) 2025 line officers have already been talking and will meet in the near future to see where each of us are in our work and to have walk-through practices to help each other meet our proficiency requirements.

Pete Peterson

Senior Warden

From the South

Mark Williams, Junior Warden

Senior Warden Pete Peterson and I had the opportunity and privilege to attend the Acalanes High School Awards Ceremony on May 22 and award a \$1000 scholarship to a very deserving (and appreciative!) young man named Miguel Ribeiro. Miguel and his family emigrated to Lafayette just a little over a year ago from Brazil for a better and safer life here. In addition to doing well in school, he has worked at Safeway to help support his family since arriving here. He wants to spend two years at DVC and then transfer to UC Berkeley to study Computer Science. We found him to be a perfect candidate! Personable, intelligent, and motivated to succeed. We hope to invite him to a Stated Meeting dinner soon so the Brothers can meet him. We would also like to offer mentorship to him in addition to the scholarship!

We still have funds for an additional scholarship this year, and our contact at Acalanes High School is still working to identify another good candidate. More on that to follow.



Regarding our scholarship program, to raise funds for scholarship awards in 2025 and beyond, we will be holding a fundraising event on the evening of Friday, October 4. It will be a whiskey tasting seminar and looks to be a great event!

We have a Brother, Hal Wilkes, from Prometheus #1 Lodge in San Francisco who will conduct the program. Hal is a Scotch Whisky Ambassador for the Classic Malt Portfolio and Johnny Walker. Space will be limited, so mark your calendars... more information to follow soon.

On a different topic, Acalanes Fellowship Lodge #480 is proud of our long-standing tradition of having 100% participation each year in donations to the California Masonic Foundation. All AFL 480 officers are asked to donate to keep our great track record! And obviously, we encourage donations from all Brothers. Easy to make your donation... just follow the link below:

[Give a Gift - California Masonic Foundation](#)

Cheers!

Mark Williams

Junior Warden

MASONIC EDUCATION

The following is quoted directly from a portion of the AFL#480 brochures we pass out to potential candidates and others who are just curious about us and Masonry in general.

Our Members

Our members and their diversity are what make attendance at our lodge so special. We have Christian, Jewish, Muslim, and Buddhist members. They come from all walks of life and professions such as police officers, teachers, salespeople, realtors, doctors, engineers, accountants, lawyers, actors, and musicians. Our membership includes Brethren who served our country from World War II through the present. Some of our Brothers are newly-minted Masons and others have been Masons for over 50 years. Many of our brethren have served Freemasonry in larger ways. Our Lodge is proud to count two Past Grand Masters of California, the Grand Secretary of California, and the Executive Vice President of the Masonic Homes of California among its membership.

What a diverse and talented group of past and current members of our Lodge! In this we are not unique. You all are highly accomplished men in your lives and professions. You all have developed skills through formal schooling, mentoring and apprenticeships, etc. Many of you continue to advance in your life, work, and relationships.

Each and everyone of you had some form of learning-curve as you came up through “the ranks” of whatever your profession or job is, or was. Memory work, in one form or another, was part of that growth and journey. That work may have been harder for some than others, but you would not be where you are today had you been unable to complete the memory work required in your careers.

Think of it: I had to learn and memorize complex criminal laws and civil codes to do my job, lawyers the same. We have medical professionals at all levels who have to become proficient at disease recognition, medical treatment, drug administration, etc. Accountants are numbers and formula people. Realtors need to know lending rules, zoning laws, etc. Musicians need to memorize musical scores. Actors need to memorize lines of dialog. Tradesmen need to know how to operate complex machinery and memorize regulations and codes unique to their professions.

ALL had to learn how to do their duties and develop skills to get where they are today. Part of that included memory work. All learned differently and had different techniques of getting through that process, but ALL got through.

And yet, as accomplished as we all are, some freeze at the sight of a little cipher or blue book containing wiggly lines. The thought of getting through the memory work required for degree progress and perhaps officer proficiency work can seem daunting. Except for learning the wiggly lines, Masonic memory work is no different from what you do now and have done in the past. You’ve

even got a coach and others to hold your hand to get you through this - that's what we do. We make good men better. We want you to succeed!!

In "Masonry Universal" magazine, issue 26, WM Mark Waks of Hammatt Ocean Lodge - Saugus, MA - offers some tips on memory work, especially in regards to ritual work - "the life's blood of Freemasonry." Paraphrasing a portion of the article: Memory work isn't very hard, it's mostly knowing how to do it, plus practice.

My takeaways from the article, other readings and my own experience include the following. You can adapt this guidance to fit your own learning style.

- You just need to set aside a little time, perhaps fifteen minutes a day to begin with, until you get the hang of things, then you can stretch yourself to do more. The secret is *practice*. If you have some down time, try to work on one small portion of your memory work (a sentence, a paragraph, two paragraphs, a page). Those small portions add up.
- If you previously took any type of foreign language course, you'll understand the following. You had then, and you have now, someone to tell you what those wiggly lines (foreign words) mean. There really is a flow and repetitiveness to most of it, and once you catch on, without thinking, you'll be reading the text as easily as if it was written in English. No one will get every word correct - don't expect to.
- Following along in the cipher, listen to your coach say the words, preferably several times. Say them aloud to yourself. Go through your cipher or code book and see how much you can read, mentally and orally. This may only be a few sentences or paragraphs, which is fine. Take your time, but don't give up. Ask your coach or another Mason to help you with words you don't understand - there will be many, that's okay. Keep reading (don't forget to also say aloud) the cipher until you can do it without hesitation. Then get on to the memorization part.
- Those wiggly lines aren't just words. They tell a story. A story you participated and starred in! You are simply retelling, in detail, your story. Use the recollection of your journey to help you in your memory work. If you get stuck on a word or sentence, try to recall what happened at that time during your journey. Maybe that will break the log jam. If not, don't stop. Skip over that part and move on to the next portion of your memory work. Ask for clarification when you can.
- Your journey through each degree was a "screenplay" consisting of a series of "Acts," building up to a climax. Memorize the "Acts," one at a time, preferably in order. For example: (Act 1) Where were you when your journey began? (Act 2) What was the first thing you did? (Act 3) What happened then? (Act 4) Who did you meet? (Act 5) What did you do next? (Act 6) What were you asked? (Act 7) What were you told? Etc., etc.
- Get comfortable with each "Act" and then move on. Pretty soon, you'll have the entire play down, ready for your proficiency and ready to continue your Masonic journey. Good luck!

MASONIC Phun Photos

Exciting news!



Cancer Walk and 3rd Degree Joe Parra



Officers AFL#480 2024

Master Bradley O. Rupert, PM	Senior Warden Peter A. Peterson
Junior Warden Mark A. Williams	Treasurer David L. Kreutzinger
Secretary C. Randall Tolerton, PM	Chaplain Franklin H. Shoffner
Assistant Secretary Gary D. Sparks PM	Marshal Sunil K. Awasti
Senior Deacon Kaveh Astaneh	Junior Deacon Christopher D. Benz
Senior Steward Robert M. Seitelman	Junior Steward Michael A. McNulty
Organist John Minagro	Tiler Mark Collins

2024 AFL#480 Committees

Executive Committee

Brad Rupert, Master PM - Chair
Pete Peterson, Senior Warden
Mark Williams, Junior Warden
David L. Kreutzinger, Treasurer
Randy Tolerton, Secretary

Charity Committee

Brad Rupert, Master PM - Chair
Pete Peterson, Senior Warden
Mark Williams, Junior Warden
Randy Tolerton - Sec PM

Auditing Committee

Pete Peterson, - Senior Warden - Chair
Gary Sparks, Assistant Sec PM
Keveh Astaneh, Senior Deacon

Member Retention Committee

Randy Tolerton, Secretary - Chair
Tom Riley, PM
Fred Lezak, Marshal

Sunshine Committee

Frank Shoffner, Chaplain - Chair
Tom Riley, PM
John Minagro, Organist

Dining Committee

Mark Williams, Junior Warden - Chair
Chris Benz - Junior Deacon
Rob Seitelman, Senior Steward
Keveh Astaneh, Senior Deacon

Life Membership Committee

Randy Tolerton, Secretary - Chair
Ryder Brose - President
Paul Crawford - VC Chair
Tom Reilly - Member
Fred Lezak - Member
Mark Williams, ex-officio
Brad Rupert, ex-officio
Pete Peterson, ex-officio

Endowment Committee

Randall Tolerton - Secretary/Chair
Adam Hanin - Chair
Ryder Brose - President

