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## From The East

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### Seasons Greetings,

The holiday season is always one filled with Family, and Tradition: both things that every Mason knows the importance of. There are a multitude of holidays this time of year, and I hope you all have a marvelous time celebrating those most important to you.

Unfortunately, this time of year also tends to coincide with an uptick in stress and anxiety. This is unsurprising: spending time with Family usually means traveling elsewhere or having guests. And although we love our Family dearly, differences of opinion can occasionally cause iscomfort or arguments.

So, my extended Masonic Family, I would like to remind you all of one of Freemasonry's most important lessons: that of the Twenty-Four Inch Gauge. It symbolizes the length of the day, and that there are only 24 hours. It reminds us that we need to accomplish a lot during that time. And the Twenty-Four Inch Gauge reminds us that RELAXATION is just as important as any other activity.

The common phrase right now is "self care," but the idea has been passed down to us through our teachings for much longer. Take care of yourself, Brethren. Here is a short list I would like you to consider when you are feeling overwhelmed.

Take a moment alone to breathe deeply and reflect on why this time of year means so much to you. This one is my favorite when I'm feeling overwhelmed. It is especially effective if I can tear myself away and go somewhere quiet.

Ask yourself "what could someone besides me do?", and if necessary pass along that work. You being stressed and overworked will not result in a happy holiday. The host and cook for the festivities could usually do with practicing this one!

Take a walk! Invite those around you to join you. A little fresh air and exercise releases those endorphins we need to enjoy ourselves.

Make sure you are getting enough sleep. With young children this is one that I struggle with. But keep in mind that without enough sleep you cannot be the best version of yourself.

And lastly, should something not go according to plan: FORGIVE. Be it yourself or someone else. Being flexible is not an easy thing, and requires practice, but I have found it is essential to any successful event.

With much Fraternal Love,

Alex Saslow

Master

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## From The West

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### Dear Brothers,

At the last stated meeting I was elected to lead our Petaluma-Hamilton Lodge of Free and Accepted Masons for the 2020 Masonic Year. The majority has spoken as part of a process where a dissenting voice was heard and considered. Dissent and real, honest elections are part of the American way that our Masonic forefathers helped create in this country.

I am pleased that I had the support of the outgoing master and the overwhelming majority of the Past Masters present and voting. In addition to them, I also want to thank the majority of other Master Masons present for their support as well. Traditionally, an outgoing Worshipful Master helps recruit and train the men who sit in the leadership chairs of the lodge. I and other, younger brothers of the lodge have had that support. Greater democracy in our elections is good and we should promote that by broadening our leadership and educational program.

Also part of the American way, however, is that after the decision, we work together for the common good of our community. I hope that all brothers who voted will be there for the Lodge and be the men who can best work and best agree when it

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comes to supporting our programs in the 2020 year.

January 2020 begins a new year and a new decade for Masonry in the North Bay. At Petaluma-Hamilton Lodge #180 our theme will be -- 2020: A Vision of Charity. Our symbol for the year will be the Coastal Redwood variety of the Evergreen. The Evergreen is a symbol of greatness, long life and even persistence after death. So also can our acts of Charity be acts of greatness that endure long after the men of our generation have passed away. In 2020, we will mold and consolidate our various small grant programs into one, Evergreen Educational and Environmental



**HAPPY BIRTHDAY**

- Scott Taylor      December 1st
- Ralph Pelton      December 3rd
- Darren Navarra      December 5th
- Robert McElroy      December 11th
- Josheph Sanchez      December 11th
- David De Voto      December 12th
- Steven Eramian      December 14th
- Albert Hunter Sr.      December 18th
- Kirk Zaro      December 24th
- Chad Bello      December 25th
- Stanley Jones      December 25th
- Robert Oates      December 27th
- Miles Peterson      December 30th

**December Stated Meeting  
Family Dinner Menu:**

**Thursday, December 5th, 2019 6.30 pm**

**Pork Loin, Oven Roasted Red Potatos, Carrots, Salad , Rolls & Butter, Cinnamon Spiced Apples  
Apple Pie Al-a-Mode for Dessert**

**Prepared and served by the Adults and  
Girls of Petaluma Assembly #6  
I.O.R.G.**

**Please make a reservation by calling  
707-762-4171 by December 2, 2015**

**If you special dietary needs, please  
let us know with your reservation.**

**Thank you!**

Fund. This will include expansion of the Teacher mini-grant program; relief from environmental disasters like floods and fires; and proactive efforts to improve the environment like river clean ups and tree plantings. These are small grants which will be used to improve the lives of our brothers and sisters; our wives and children; our children's children and the larger communities we inhabit.

We will also continue to support and improve the local scholarship program and the Raising a Reader program. Raising a Reader provides books to young people and gets families reading together. The Grand Lodge of California has asked our lodge to do more to support this wonderful statewide program. At the next stated meeting, I will ask the Lodge to more than double what we can do for this great educational program.

At the next stated meeting, I will also ask the Lodge to more than double our contribution to the Grand Lodge's effort to fully fund the Masonic Homes. The Masonic Homes does so much to help widows, children, and infirmed brothers including those from our area. It is a shame that in the past, attitudes which might be considered penny pinching have prevented us from doing our part to fully support the burden which the Masonic Homes carries for our local Masons. We hope to do better this year.

We are growing our capacity to do more in the future by saving and investing, but at the same time we cannot afford to miss this great opportunity to invest in our future. I hope that you will join me as I increase my personal contributions to the lodge. You or I may only be able to put in a small amount more, but couldn't we get the ball rolling a little faster? Couldn't we get the Lodge to match at least these increases? As an encouragement for the Lodge to make more of these investments now rather than later, I am going to ask the Lodge to match what we do. You, our friends and our families can all join in the effort to get the Lodge to do more to "Write the Future" for our



**Lodge Contact Info:**

**<http://freemason.org> (CA Grand Lodge) ~ <http://masons180.org> (Pet.-Ham.#180 website)  
Lodge Phone Number 707-762-6513, For Reservations call 707-762-4171  
Master, Alex Saslow, 707-303-0244 E-Mail: [saslow.alexander@gmail.com](mailto:saslow.alexander@gmail.com)  
Secretary, Guy Chalmers: 707-477-3046 E-Mail: [JMC329@aol.com](mailto:JMC329@aol.com)**



## Masonic Homes of California

Need Help or Assistance ?  
Contact Masonic Assistance  
visit:[www.masonichome.org](http://www.masonichome.org)  
email: [intake@mhcuc.org](mailto:intake@mhcuc.org)  
or call: 888/466-3642.

state, Sonoma County, and Petaluma. Yes, these would be donations above and beyond what we already pay in dues, but we should not be surprised if the ball picks up more speed than we were expecting.

As always, we will be grateful and look for ways to thank the brothers who have stepped forward to chip in a little more and pass these requests on to our friends, family, and community. We will be mailing out cards and envelopes for brothers to pass on if they wish to participate in a first annual fundraising dinner coming up on July 12, 2020.

Fraternally,

Don Nicodemus,  
Worshipful Master Elect

Petaluma Assembly #6 I.O.R.G.  
invites you to attend a Reception  
Honoring Miss Chloe Helton

Grand Immortality  
and Representative to Illinois

Sunday, December 15, 2019 2pm

Petaluma Masonic Center

### Annual Canned Food & Coat Drive

Brethren, Ladies, & Friends,  
of Petaluma Hamilton

The girls of Petaluma Assembly #6 I.O.R.G are having their annual food and coat drive.

We ask that the next time you come to lodge please bring some canned food items and a gently used winter coat.

The food will be donated to  
The Redwood Food Bank

The coats will be donated to COTS

Please help the less fortunate during this time of year so they may have a hot meal and a warm coat.

Thank you for your contributions & many blessings this holiday season!

### From The Editor



Brethren,

Benjamin Franklin once said  
*“Masonic labor is purely a labor of love. He who seeks to draw Masonic Wages in gold and silver will be disappointed. The wages of a Mason are in the dealings with one another; sympathy begets sympathy, kindness begets kindness, helpfulness begets helpfulness and these are the wages of a Mason.”*

As we deal with each other, we must work together. we must do so with the

greater good and the foundations of what masonry stands for within our minds and hearts. As our interpretations of literature and ritual may be different; only by keeping an open mind and heart to our brother's interpretation will we be able to gain deeper understanding and wisdom or be able to aid and assist them of any misunderstanding.

We must keep the attentive ear, being able to listen to our brethren and the wisdom they wish to impart upon us. Sharing knowledge and experience so that we may not be doomed to make avoidable mistakes or pitfalls. Having the attentive ear allows us to hear when a brother may be in distress, needs words of encouragement or simply a good friend.

We must have an instructive tongue, a willingness to share our wisdom and to correct the misunderstood notions of our less informed brethren. Doing so with sympathy, kindness and a helpful nature strengthens our bonds and the fraternity as a whole. Solidifying trust and respect amongst members of our ancient fraternity.

Let the labor of love and our devotion to our lodge shine through our ability to work together to help maintain the lodge and a healthy environment where we may best work and best agree, sharing wisdom and insight that we may all succeed.

Humbly,

David Sonnenberg  
Trestleboard Editor

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<https://www.facebook.com/PetalumaMasonry/>

<https://www.instagram.com/petalumamasonry/?hl=en>





Petaluma-Hamilton Lodge No. 180 F&AM  
 P.O. Box 727  
 Petaluma, Ca 94953-0727

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## December 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2  Royal Arch 6:30	3  Rainbow Girls #6	4	5  Family Dinner & Stated Meeting	6	7
8	9	10	11 Hall Association	12	13	14 Masonic Holiday Party
15	16	17  Rainbow Girls #6	18	19	20	21 Commandary #14 Council #46  Winter Solstice
22 Hanukkah Begins	23	24 Christmas Eve	25 Christmas	26 Kwanzaa Begins	27	28
29	30	31 New Years Eve				