

## From The East



I want to make sure that you are taking care of yourself and your family. As Masons, we have always tried to do the best for our families and our community through our personal actions. Given the current health crisis in our community, nation, and the world, the best thing that we can do now is reduce the opportunity for the Covid-19 virus to spread by decreasing physical contact between people until the crisis is resolved.

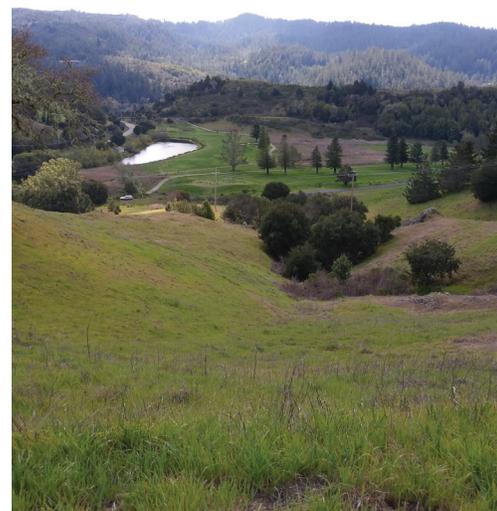
For this reason, the April 2, 2020 dinner and stated meeting of Petaluma-Hamilton Lodge #180 F&AM has been canceled. This dinner was intended to be a special celebration of the 100th anniversary of Masonic Public Schools month in California. We will be celebrating that in a later month this year in the spirit of Masonry. That spirit in Petaluma and the North Bay will continue in the months and years ahead.

In fact, I have canceled not only the stated meeting but all in-person gatherings of more than a few people at the hall for at least the next 30 days, including all practices and social events. No meetings of any youth orders or allied Masonic bodies should take place at the hall either. This is in response to the current pandemic, the shelter-in-place requirement in California, and the

California Grand Master's order to not have any regular Masonic meetings (see page 2 for the full text of his statement).

This is not a message to have Masons do nothing, but rather a call to action. Too many individuals, as well as leaders in government and health care, have not been taking the literal and figurative steps they needed to take over the last year. Contrary to the advice of the uninformed, this crisis is not like any flu that we have seen for almost 100 years. The flu pandemic that occurred after World War One is the most similar crisis that occurred in the 20th century. This virus has the potential to overwhelm our hospitals and reduce the number of health care providers who are uninfected, resulting in more deaths than would otherwise have occurred due to pneumonia, lung ailments, heart disease, and diabetes. You should know that there will most likely be anywhere between twice to twenty times the number of cases and deaths from this outbreak as compared to a typical influenza. This is a call for you to be active and not just sit on the couch or at the computer screen.

The officers of Petaluma-Hamilton and I will be calling as many of you as possible in the first week of April not only to check on how you are doing personally with your health and the health of your family, but also to discuss actions that you can take to improve the health of your family and your community. Please let us know what we might be able to do to help.



Now, let me say a little more about what I, as Worshipful Master, am strongly advising all members of our Lodge to do. Educate yourself about this disease, learn how to properly wash your hands, educate your kids and grandkids -- by telephone if necessary, avoid unnecessary physical contact -- stay six feet away from others not in your immediate family, eat your vegetables, and unless you are too sick, go outside to get some fresh air and exercise (like walking, hiking, biking, etc.) at least 20 minutes a day. Do your part to make yourself healthier in order to slow down problems over the short term and long term for our community.

**Watch this video interviewing Dr. Oz on Covid-19 virus education and personal hygiene.**

<https://finance.yahoo.com/news/dr-oz-says-coronavirus-could-result-deaths-more-million-americans-125346404.html>



**From the East Continued...**

**Enjoy the great outdoors...stay at least 6 feet apart...to improve your good health.**

Shelter in place does not mean that you cannot go outside for individual exercise nor does it mean that you can't drive somewhere outside for better air or a trail for a nice individual walk.

Dr. Tom Frieden, former director of the US Centers for Disease Control and Prevention recommends as follows:

**“Increase personal health resilience.** Underlying conditions greatly increase the risk of severe illness. This isn't just bad for patients who get infected, it will take up scarce health care facilities. There has never been a better time to quit smoking, get your blood pressure under control, make sure that if you have diabetes it's well controlled, and -- yes -- get regular physical activity. (Being active out-

side for at least 15 minutes a day also helps with vitamin D levels. Of all of the various proposed measures to increase your resistance to infection, regular physical activity and adequate vitamin D levels probably have the most scientific evidence to support them -- and can be done safely.)” He also says in this same article:

**“Adapt to a new normal.** The Covid-19 pandemic will change our world forever. Until it is controlled, we will all need to change how we wash our hands, cover our coughs, greet others and how close we come to others. We will rethink the need for meetings and conferences. We will need broadband for all as a public utility like mail or water. *We will need to support the vulnerable, even if only because their illness can risk our health.*” [emphasis added]

Please read the Doctor's full article at <https://www.cnn.com/2020/03/20/health/coronavirus-response-must-adapt-frieden-analysis/index.html> and enjoy the photos in this article to encourage you to get outside.

Don Nicodemus  
~~Worshipful Master~~

***Masonic Events  
During COVID-19  
Gathering Restrictions***

On March 16, the California Department of Public Health released new guidance on the prevention of COVID-19 transmission. The Department has found that all non-essential gatherings should be postponed or canceled until further guidance is

provided. All Masonic gatherings are non-essential in the context of this guidance.

In addition, a growing number of counties are issuing “shelter in place” orders, directing everyone in those counties to stay inside their homes and away from others as much as possible while the order is in effect. They may leave their homes only to provide or receive certain essential goods or services, engage in certain essential activities or work for essential business and government services. All Masonic gatherings are also non-essential in the context of these shelter in place orders.

Based on the foregoing, it is my direction that there be no Masonic gatherings of any kind in this state until further direction is received from me.

This includes all Masonic organizations and Masonic Youth Orders. None of our Masonic organizations or Masonic Youth Orders may hold a gathering of any kind in this state until further direction is received from me.

Masonic Funeral and Burial Services While there is some authority to the effect that a funeral is an essential activity, you should contact the licensed funeral director for the service about your participation. If the licensed funeral director believes that the conduct of the funeral will qualify as an essential activity which you may attend, then members of lodges, Masonic organizations, and Masonic Youth Orders may attend and participate, but only in such numbers and with such social distancing as the licensed funeral director for the service shall determine.

**Continued on Page 3**

**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, Don Nicodemus, 707-303-0244 E-Mail: [don.nicodemus2@gmail.com](mailto:don.nicodemus2@gmail.com)**

**Secretary, Guy Chalmers: 707-477-3046 E-Mail: [JMC329@aol.com](mailto:JMC329@aol.com)**

## Payment of Lodge Essential Bills Including Charity

As a result of these actions, no lodge can hold a stated meeting to pay its bills, and there is no clear remedy in our law to solve this problem. I do note CMC §403.095 which allows the elected officers of Grand Lodge to conduct the essential business of the Grand Lodge if a competent state or national authority prohibits an Annual Communication. While this provision is not available for use by constituent lodges, I believe that the extraordinary and unforeseeable circumstances we are now experiencing allow me to exercise my powers as follows:

### Special Procedure for Lodges

Effective today, a majority of the elected officers of the lodge may order the advancement of lodge funds to pay those essential lodge bills whose payment cannot reasonably be deferred.

- The elected lodge officers may confer by telephone, video conference, or email in making this determination.
- Expenditures by the lodge charity committee are an essential lodge bill for which payment should not be deferred.
- The lodge must ratify these payments at the next stated meeting held by the lodge.

The lodge master should inform the inspector of any other circumstances that may need to be addressed while this special procedure is in effect.

This special procedure is available only during the pendency of any applicable inhibition or prohibition on

non-essential gatherings. In any event, it will have no further force or effect after my term as Grand Master ends.

Sincerely and fraternally,

JOHN E. TRAUNER

Grand Master

Grand Lodge F&AM of California



## HAPPY BIRTHDAY

- |                      |            |
|----------------------|------------|
| • Ted Langford       | April 4th  |
| • Carl Lorenzen      | April 4th  |
| • Stanley Nelson     | April 5th  |
| • Jasmines Peralta   | April 9th  |
| • Richard Aston      | April 10th |
| • John Edwards       | April 11th |
| • Steven Christensen | April 15th |
| • Daniel Morrison    | April 17th |
| • Edward Sadler      | April 22nd |
| • Wilhelm Slubik     | April 22nd |
| • Gene Altaffer      | April 23rd |
| • John Hackman       | April 23rd |
| • Christian Eddleman | April 25th |
| • Ralph Milner       | April 25th |

## Hall Association



Brethren,

Hope all is well with you and yours. Please take care of yourself and family during this public health crisis. Numerous events around the county have been canceled or postponed and we are no exception. Our work party of March 14th was canceled as was a Rainbow event scheduled for later in the day. However, your hall association will continue to maintain the building, respond to and support our tenants and work with the lodge leadership to keep our building safe in the near term and when this crisis is over continue to manage the building in the best interests of all its users. The key here is to be patient, be supportive and be ready to help out when needed in case of an emergency. Please continue to patronize our tenants and those in the downtown area and keep Petaluma Strong until this is past us. Fraternally,

George F. Whitten  
PMHA President



**Masonic Homes  
of California**

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

Find us on Facebook and Instagram

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

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





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**April 2020**

SUN	MON	TUES	WED	THURS	FRI	SAT
1			1 Hall Association (virtual?)	2  Stated Meeting Canceled	3	4
5	6  Royal Arch #22 Canceled	7  Rainbow Girls #6 Canceled	8	9	10	11
12	13	14	15	16	17	18 Commandary #14 Council #46 Canceled
19	20	21  Rainbow Girls #6 Canceled	22	23	24	25
26	27	28	29	30		