

## From The East



Brothers,

What makes you a Mason?

Is it brotherly love? One of the things that makes a great Mason is concern for our brothers, their families, widows and orphans. In April, we called the membership of Petaluma-Hamilton Lodge # 180 to determine how our brothers were holding up given the Shelter in Place orders and the threat of the virus which is at the core of the current pandemic. We found that by in large the brothers were holding up fairly well. I want to thank Woody Purdy, Vern Dorothy, Steve Christensen, Rich Fonseca, John Monahan, Guy Chalmers, Eugene Jeanne, David Sonnenberg, and Anthony Celescia for their great help reaching out to everyone.

Is it the charitable work that we do? Thanks to all those brothers that paid their dues on time and the Lodge's return on investments, the brothers attending the February stated meeting agreed to make a \$5,000 donation to the Grand Lodge sponsored, Raising-a-Reader program that will help provide books to some young children just starting elementary schools in Sonoma and elsewhere. This will get those kids started on early reading which should make a big difference.

Is it our desire for enlightenment,

knowledge, and truth? Some members of the lodge have been active in learning more about the current pandemic including information gained from a Grand Lodge video conference and a recent video meeting of the Cryptic Counsel where local blue lodge members were invited. We saw a recording of Dr. E. Oscar Alleyne, Junior Grand Warden of the Grand Lodge of New York. Dr. Alleyne is not only very active in Masonic activities, but is a deeply experienced epidemiologist and a Senior Advisor for Public Health programs at the National Association of County and City Health Officials headquartered in Washington DC. He directly deals with issues of infectious disease prevention and control and advises over 3,000 local health departments. He spoke of the current pandemic and Masonic responses to this and past pandemics such as the Spanish Flu, which killed many Americans and required the suspension of Masonic meetings and gatherings a hundred years ago. He reminds us how important it is today for us to keep up social distancing, hand washing, wearing of face masks in public, testing, and isolation of the sick as we begin to come out of the first wave of this pandemic.

This is not like any flu or other illness we have seen in our lifetimes. In spite of how effective the above measures are and the Shelter in Place orders, the pandemic has already taken the lives of about 100,000 and infected more than a million and a half Americans. As we begin to go out of our houses more often, we cannot let down our guard. See <https://www.cnn.com/interactive/2020/health/coronavi->

[rus-us-maps-and-cases/](#) to understand where these deaths have occurred in the United States. We must continue our protective measures as we begin to resume Masonic meetings and activities in person.

What is it that makes you a Mason?

There are many types of Masons interested in many types of things, but our obligation to look out for each other and to maintain the highest character and virtue is an experience that all Masons have in common. We hold our obligations and our experiences close to our hearts. We treasure the experience of the rituals that have been passed down for hundreds of years. Many Masons have died over the years but the tradition has been passed down to us today. If someone reads this article ten or twenty years in the future, even if I or the more senior brothers are not able to pass on the ritual, I would like those readers to know that we did our part in spite of great odds, to pass on the traditions in 2020. We will soon be back and I particularly need the younger brothers and newer Masons to practice your 1st and 2nd degree rituals so that Masonry in Petaluma will be alive and well.

Fraternally,  
Don Nicodemus



**We Shall Return**



# PETALUMA CHAPTER No. 22 of ROYAL ARCH MASONS PRESENT



## Zerubebel: The story behind the construction of the Second Temple

This talk is presented by the Most Excellent Companion Steven R. Goad

161st Grand High Priest 2016

& Current Grand Lecturer of the Grand Chapter Royal Arch Masons of California

All Master Masons are welcome to join the talk Saturday, June 13th at 10:00 AM on Zoom:  
<https://us02web.zoom.us/j/84190608139?pwd=SHMxNGNlMGVkm2ttSXE3N1g2emVwdz09>  
or phone in and listen

(669)900 9128 Then enter the meeting ID: 841 9060 8139 Password 592786

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### From The Editor



Brothers,

To say that the results of COVID-19 are “unprecedented” is an understatement. A global pandemic with a staggering death toll has forced us to change nearly every aspect of our lives, from the way we work, to the way we go to school. From our social lives to travel. During such uncertain times, it is more important than ever to have the ability to find balance and a means of stress release.

In this issue of the trestleboard, I want to touch upon some simple yet effec-

tive tools we can all use to help keep stress and tension at bay and find the mental fortitude necessary to persevere.

Over time these undue stresses can play upon our mental health. According to Psychology Today, your ability to recognize when you are experiencing stress is essential to being able to understand and manage your emotions. Everyone reacts differently to stress, learn to recognize your body’s responses and stress levels. In essence it’s about learning and practicing mindfulness.

The Centers for Disease Control recommends that taking care of yourself, in addition to your friends and family can help you cope with stress. By helping those around us, when pos-

sible, we strengthen the ties of our neighborhoods and communities.

So how do we do this? What can we do to manage our own stress while simultaneously being leaders in our community? The CDC recommends four main methods of reducing and managing stress.

First and foremost, take a media break. With the constant barrage of distressing news and images being presented, it can be difficult to resist falling in a downward spiral and losing oneself in the seemingly insurmountable problems of the world.

Too much can lead to feeling numb and desensitized to current events or filled with anxiety or overwhelming fear. Unplug. Take a moment to breathe.

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### 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)

Take time to unwind. Find activities you enjoy such as reading a book, practicing ritual or taking a relaxing bath. Cook a favorite meal, go outside and look at the stars or take advantage of one of the many virtual classes or tours online now. Self-care can take many different forms depending on the individual.

Experts also recommend taking physical care of yourself as well, citing the strong mind-body connection. A balanced diet, healthy amount of sleep and physical exercise will reduce your body's vulnerabilities and strengthen your ability to remain mindful and process your emotions. Do not forget to take any prescribed medications and be sure to drink plenty of water.

The CDC also recommends staying connected with others to help avoid feeling isolated or lonely. Make time to check in with loved ones. Whether it's to discuss important issues or something more lighthearted or trivial. Confide in those you trust about concerns and feelings. And, when necessary, seek outside help in the form of a therapist or counselor.

In closing I leave you with 3 final ways I find helpful to overcome and relieve stress. The first of these is to keep a routine as it creates a well needed sense of normalcy. Second, find humor in the word around you and remember to laugh. Laughter is a great means to help dispel and alleviate tension. Finally practice altruism and random acts of kindness. Let us be a pillar of hope and a reminder of the good in humanity.

Fraternally,

Daivd Sonnenberg



## HAPPY BIRTHDAY

### May Birthdays

- Dennis Van Rees May 3rd
- Jimmie Hinson Jr. May 10th
- Michael Delzell May 12th
- Royce Van Bebber May 13th
- Rick Rochlin May 25th
- David Biggio May 30th
- Christian Kjeldsen May 31st

### June Birthdays

- James Jordan June 5th
- Wallace Kelly June 5th
- Michael Hering II June 6th
- Robert Clarke June 9th
- Robert Mac Donald Jr. June 11th
- Jacob Kaminker June 13th
- Mathew Epstein June 16th
- Robert Miller June 19th
- Russell Smart Juen 20th



## 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.

## Hall Association



Brethren:

Hope is all is well with you and you family. Please stay safe and stay healthy. This is a trying time for all of us. Your hall association board of directors (BOD) held a virtual meeting in early April and discussed our current situation. As directed by the Grand Master our building is now closed until further notice. Our retain merchant tenants were required to close in mid-March and the BOD have agreed to work with them during the shelter in place (SIP) order. We have taken steps to minimize operating costs while maintaining the safety and security of our building. Our building manager, Randy Stewart is regulary inspecting the building and maintaining conversations with our tenants to keep them informed. Once the SIP order is lifted and the Grand Master rescinds his order we will reopen the building and allow our Masonic Bodies to resume their meetings. We hope and pray that the SIP order is lifted soon and our country, community and fraternity can get back to normal. This may take time but working together we can get through this and be a stronger and better nation, state, county, city, neighbor, friend, brother and Masonic family.

God Bless and take care.

Fraternally,

George F. Witten  
PMHA President

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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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**June 2020**

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 	2	3	4 	5	6
7	8	9  Rainbow Girls #6 TBD	10	11	12	13 Zerubabel: Presentation by Royal Arch
14	15	16	17	18	19	20  Commandary #14 Council #46 TBD
21	22	23  Rainbow Girls #6 TBD	24	25	26	27
28	29	30				