



February 2011

THE TRESTLEBOARD

ACALANES FELLOWSHIP LODGE #480, F&AM
www.acalanes.org

From the East

As I began to write this column, we were preparing for our Annual Crab Feed. This year our Senior Warden, Randy Tolerton was the Chairman of the event, and despite a rather steep learning curve, has done an excellent job in organizing the many details necessary to make this fundraiser a night to be remembered.



Our Junior Warden, Brad Rupert, along with Brother Jeff Boschert, worked hard in collecting the various silent auction items that I'm sure you enjoyed. Also, don't forget to thank Brother Marion Rogers and Brother Bob Smith for the expertly prepared steaks; and Brother Tim Wilbur for his unique expertise in organizing the adult beverage section of the event. I especially thank Brother Jeff Boschert for helping to prepare the best crab we've ever had. As always, Yvonne Reynolds and Bethel 247 did a superb job in serving dinner for us.

Many kudos must also be given to all the other Brethren who worked behind the scenes to make this year's Crab Feed an overwhelming success. Especially, to our Brother the Treasurer, Stephen Galop, who was in charge of ticket sales and event accounting which he did while being snowed-in for several days in Atlanta, Georgia (no one has ever heard of Johns Creek). It must have been the weather that made him even more grumpy than normal.....it couldn't have been our last minute ordering of tickets and table reservations.....?

Our monthly planning meeting was well attended and we decided to have another lodge fundraiser in March. This special event is chaired by Wor. Tom Riley, PM with the assistance of Brad Rupert, JW and Brother Victor Lawhorn. We will hold a Lodge Casino Night on Saturday, March 26th, from 7:00p to 10:00p, which I'm sure you won't want to miss. Tickets will be \$30.

Our Masonic Development Committee held its first meeting on January 13th which was also well attended. Five Entered Apprentices and two Fellowcrafts came to the lodge to work on their proficiencies. Many thanks to our interim Chairman, Don Hoskins, for organizing the workshop. Also, we appreciate the support of Wor. Roy Beitleschees and Brother Jeff Boschert who helped the candidates with their memory work. We plan to hold these workshops on the 2nd and 4th Thursdays. All Masons are welcome.....practice never hurts.....come out if you can.

We attended a District Officer's School of Instruction at Orinda Lodge, Wor. Phil McAllister's Installation as Venerable Master at the San Francisco Scottish Rite Center, and even had time to confer the 2nd Degree of Masonry on Brother Mark Williams. Many thanks goes out to our excellent Degree Team. All in all, a busy month.

Also, I want to give a special thanks to Wor. Jim Chamberlain, PM and his wife Kimberly for their tireless effort and dedication as the former editors of our Trestleboard. They have passed the baton to Brother Marion Rogers who will undoubtedly make an outstanding editor. Please direct any future Trestleboard articles or advertisements to Brother Marion.

This month's Masonic Education article is entitled, Masonic Stress Management. Something in which we all can use a little training.

Fraternally,

Roger L. Poynts
Master

1st Annual Acalanes-Fellowship Casino Night

Saturday Night March 26, 2011 7:00 PM-10:00 PM

Great Food...Entertainment...Lodge Fundraiser

Tickets: \$30 per adult—Ticket price includes food, entertainment and a fun casino voucher for our Vegas Style Casino Night table games. This event is open to Lodge members, together with their friends and guests. All proceeds will be used for future Lodge improvements. (This event is not classified as charitable/tax-deductible for taxation purposes.) **Lots of Prizes, lots of fun!**

Dress: Dress is casual to formal: Tux and dresses to jeans and leather coat.

Participation: You must be 21 years of age to participate in the games. Children and teenagers are welcome to come, they just can't participate in the games. If you plan to bring children or teenagers, please let the organizers know so we can properly provide for them.

Organizers: Tom Riley, PM (925-798-4658)
Brad Rupert (925-274-1405)
Victor Lawhorn (510-504-6043)

Please plan to participate!

February Anniversaries

Gaylord L Davis
2/16/1953
58 years

Chandler S Eason, Jr.
2/16/1961
50 years

Thomas W Frutiger
2/23/1960
51 years

Kenneth D Furlow
2/3/1949
62 years

Brian O James
2/25/2003
8 years

Clyde D Miller
2/28/1950
61 years

Robert W Newsted
2/3/2005
6 years

David M Shull
2/21/1967
44 years

Gearld W Walker
2/28/1989
22 years

David G Wheeler
2/24/1987
24 years

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Upcoming Events

- February 1:** **Stated Meeting & Dinner**
Acalanes Fellowship Lodge
Social Hour: 5:30 PM
Dinner: 6:30 PM
Stated Meeting: 7:30 PM
- February 8:** **Practice & Planning Meeting**
Acalanes Lodge, 6:30 PM
- February 10:** **Masonic Development Night**
Acalanes Lodge, 6:30 PM
- February 15:** **DOSI—1st Section, 2nd Degree**
Acalanes Lodge, 6:30 PM
- February 22:** **Second Degree**
Acalanes Lodge, 6:30 PM
- February 24:** **Masonic Development Night**
Acalanes Lodge, 6:30 PM
- February 28:** **Hall Association Meeting**
Acalanes Lodge, 6:30 PM

Lodge Tie Now Available

- 100% Silk
- Excellent quality
- Two Sizes
\$25-Reg
\$30-XL

To Purchase, Contact:

- **Roger Poynts**
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- **Don Hoskins**
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- **Marion Rogers**
925-596-3312
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Meet Acalanes Fellowship Junior Steward

Harry Glasgow Peddie Burt



I was born in Coventry England on First June 1942, followed by two sisters and a brother. On graduation from the local council school at eleven I won a scholarship to Bablake School in Coventry where my moderate academic record (and probably my captaincy of the Rugby second team and Queen's Scout) got me a place at Cambridge, but unfortunately without scholarship, so I turned to industry. Lucas/Girling (yes, Prince of Darkness and warm beer fame) put me through a good engineering

school where I earned 2:1 honors in Mechanical Engineering while Minor in Rugby and beer drinking.

Over 10 years I worked up the R&D ranks at Lucas and even took a one year sabbatical in 1966 to help re-launch the Scout Movement in Peru. Through the scouts I met the love of my life – Wendy Edden – in 1967. We were married in May 1970. Kyle was born December 29th 1971 and Heidi July 22, 1973.

In September 1979, after 10 years with BR, we moved to the US so I could get commercial experience. After a very brief stint in the Auto Industry in Michigan I was recruited as Engineering Manager for Knorr Brake Corporation, the Maryland subsidiary of a Bavarian company. Here my beer drinking minor and alpine experience paid off. I took the opportunity to study German cultural strengths and weaknesses and I am afraid my sense of humor got me into all sorts of trouble. After seven years the firm underwent massive re-organization and I found I would report to a person who lacked integrity, or any sort of moral compass, so I got out while the getting was good, joining Sumitomo as their Manager and quickly their Director of Engineering for the overhaul of 396 self propelled rail cars for New York City. There I got a good grounding in Japanese business culture and further developed my understanding of the US Transit Industry. This stood me in good stead when I joined Booz Allen Hamilton, where I worked for 13 years, travelling the world on client missions.

In 2004 it was clear that Wendy's Cancer was not in remission, and I found myself working for someone I could not respect. Retirement became the preferred option. At that point I found the industry did not want me to retire, so I was able, as a freelance consultant, to maintain my salary and reduce my hours. Wendy and I were able to take a number of vacations before she passed away in June 2005.

In May 2008 I joined CyberTran as their full time, unpaid, Chief Operating Officer to pursue a dream of rail transit tuned to society's current needs.

My Masonic journey has just begun. Little did I know that the privilege of Masonry would put me in touch with such a significant body of gifted and honorable men, willing to share their talents for my benefit. I am truly grateful.

Masonic Education Series**2011****Masonic Stress Management**

By Mike Hill, Past Master – Forest Lake Lodge #344; Forest Lake, MN

As Masons and everyday folks we face new challenges each day. It doesn't matter if we're working full time, part time or we're retired and just trying to enjoy the time we have. Every day we are faced by; employers, family members and friends who have better ideas on how we should live and work.

When this occurs it is important to remember what experts recommend:

A lecturer explained stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it." "If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. "In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work and/or tribulations of the day down. Don't carry them home. You can pick them up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." "Relax; pick them up later after you've rested. Life is short. Enjoy it!"

The lecturer then shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker
- Eat a live toad in the morning and nothing worse will happen to you for the rest of the day.
- If you can't be kind, then have the decency to be vague.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthday's are good for you. The more you have the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- Don't cry because it's over. Smile because it happened.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.
- Happiness comes through doors you didn't even know you left open.

**Acalanes Fellowship Lodge #480
"The Friendly Lodge"**



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