

Yuma Lodge  
No. 17, F&AM



September/October  
Volume 21, Issue 05

# TRESTLEBOARD

## VIEW FROM THE EAST

By Mikel White, Worshipful Master

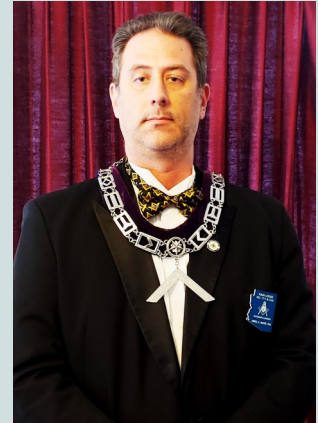
Dear Brothers,

The heat is slowly going away and it's time to go back to work at the Lodge. The first Stated Meeting back will be September 9th. Dinners are back in the Lodge and I would like to thank Order of the Eastern Star for helping us with providing meals to the Lodge. We will be helping with the Tacos and Tunes Festival September 24th and 25th. We will be checking IDs and giving wristbands to customers at the event. If interested please contact me for sign up.

At the end of October Yuma Lodge #17 will have a Lodge of Instruction. Only Master Masons are allowed to participate in the event. The end of October the Lodge Secretary will be sending out dues notices; please update your contact information with him.

We have degree work at the Lodge and outdoor degrees throughout the state. If you want to participate please contact me or RW Mike Dale to join in the fun.

Fraternally,  
Mikel K. White, PM  
Worshipful Master



### STATED MEETINGS

Second Thursday of each month,  
September through June.

Dinner at 6:30pm

Meeting at 7:30pm

### REGULAR MEETINGS

Degree work most every  
Thursday at 7:00pm.

Call (928) 783-7993 or visit  
[www.yumalodge17@gmail.com](mailto:www.yumalodge17@gmail.com)  
for schedule.

### OFFICE HOURS

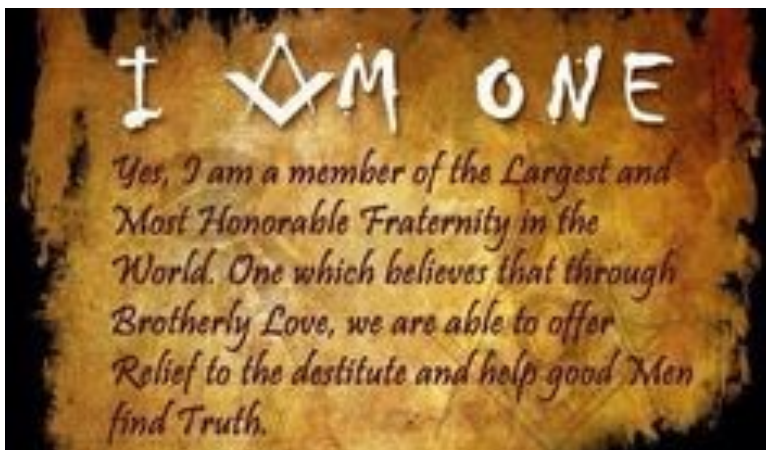
Call (928) 503-4356 for an  
appointment.

### TRESTLEBOARD

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even-numbered month.**

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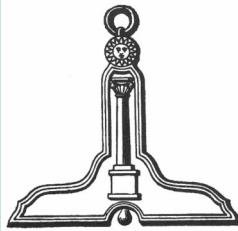
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## VIEW FROM THE WEST

By Benjamin Hinderer

Hello Brothers,

As we thought this world was going to get back to normal, another strain of the Coronavirus said "nope not today". Luckily we are still being allowed to have our meetings in-person. I am looking forward to coming back from darkness, so we can get back to showing the light to those who have missed it or don't know about it.

I hope everyone kept furthering their knowledge over the summer and did not just put Masonry on the back burner. There is always something new that can be learned about the fraternity. Never stop learning and expanding your mind. Knowledge is power and now more than ever is that power needed.

Benjamin Hinderer  
Senior Warden

## GREETINGS FROM THE SOUTH

By Douglas Arps, Jr.

Greetings from the South,

I hope everyone has been enjoying their summer while we've been dark from Lodge. But now it's getting close to re-opening the Lodge at our stated meeting in September and get back to business. We do have some degree work right away to do and get through some proficiency to get people ready for their next steps in the line. We also got invited to take part in the Tacos and Tunes Festival on September 24th and 25th to check IDs for wrist bands. This is an awesome way to help out our community and possibly get people interested in our fraternity. I was able to attend MWB Mike Manning's Memorial Service in the beginning of August and wow, it was impressive to see how many Masons were there to pay their last respect to him. The short amount of time that I got to know him he sure left a impression on me. Rest in peace Brother.

I don't have much more right now but here is some Masonic education I found from a guy some people know about who is from Iowa, where I'm from.

## BUFFALO BILL – CODY

by Ernest J. Goppert, Jr., P.G.M. Grand Lodge Of Wyoming

The 110th Annual Communication of the Grand Lodge of Wyoming was held in Cody, Wyoming in August 1984 and was dedicated to the memory of the town's founder, Pony Express Rider, scout, Frontiersman, showman, Brother William F. "Buffalo Bill" Cody. This Short Talk Bulletin has been adapted from one of the presentations at that memorable Annual Communication.

A child, destined to great fame, was born on a farm in LeClaire, Iowa on February 26, 1846 to Isaac Cody and Mary Leacock Cody. Isaac abandoned his farm to work as a stage driver and the family moved to the vicinity of Fort Leavenworth, Kansas. At the age of eleven, Bill lost his father in the Kansas Border War. Bill's mother was a woman of the highest character and developed in him nobility of soul, fortitude and courage which endeared him to the hearts of all who were destined to meet and know him. She died when Bill, who was still in his teens, was serving with the Kansas Cavalry.





## FROM THE SECRETARY'S TABLE

By WB Michael Kofta, PM

Brothers and Sisters,

The results of the Grand Lodge legislation will be read at our stated meeting in September.

We are now down to five Brothers that need to pay their dues for 2021. I will try to contact them one last time before stated meeting. Dues notices for 2022 will be going out in October; please plan accordingly.

If you have any information that needs to be updated in our Lodge database, please contact me so that I can update it. It is imperative that you update your information in Grandview so that our Lodge member information is accurate and up-to-date. If you make any changes in Grandview, please let me know. Grandview is the future so please log in and update your information.

We have a lot of Degree work to do once we come back in September. Please stay on top of your ritual and proficiency work so that we can continue our stride in the Fall.

Looking forward to continued visits to other Lodges and visiting Brethren from other Lodges to our own.

If you need any assistance in general or with practicing or on proficiency, feel free to contact me.

Fraternally,

Michael A. Kofta, PM

Lodge Secretary

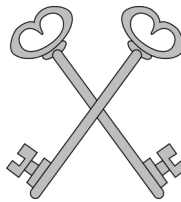
## TREASURER'S CORNER

By WB Tim Williams, PM

From the Treasurer's corner,

Brothers, the last year has been quite a journey for myself, family, and the Lodge. The lack of activity, especially fundraising, definitely creates some concern as I pay the bills each month but don't worry, there is a good reserve to help us through times where income falls short of our expenses. We are operating in a 100-year-old beautiful building that is requiring higher amounts of maintenance every year, especially the plumbing. At the request of the Master, I ran some numbers on our expenses verses our dues income; keep in mind that about 30% of the total dues you pay helps support our Grand Lodge and excluding that 30%, we fall significantly short of even paying the operating costs of the building (i.e. utilities, insurance, office needs and general maintenance).

It is incumbent upon us and especially our officers and trustees to ensure the longevity of our Lodge building and the fraternity. Even in these times we have been able to initiate, pass, and raise some good men which helps our membership grow but unfortunately, we are seeing our older members pass upward and inward to that place eternal in the heavens so we are doing well to even keep our numbers steady. When dividing our dues paying members into the operating costs, I do not see a



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Donate online at:

**YumaLodge17.org**



Change of  
Address

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### Yuma Lodge No. 17

Stated Meetings: Second Thursday at **7:30pm** (Dinner preceding the meeting at **6:30pm**)

Degree Work: Most every Thursday at **7:00pm**.

Trustees' Meetings: Monday prior to Stated Meeting at **6:00pm**. Lodge members welcome.

### York Rite Bodies

Stated Meetings: First Monday at **7:30pm**.

Practice: Third Monday at **7:00pm**.

### Order of the Eastern Star

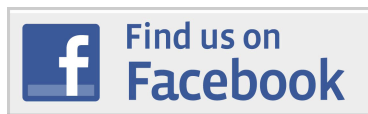
Meetings: Second and fourth Tuesdays at **7:00pm** (Dinner preceding meetings at **6:00pm**)

### Yuma Shrine Club

Meetings: Second Monday at **7:00pm**.







### Yuma Shrine Ladies Lunch

**12 Noon**, Second Monday of each month  
September through April  
Call Betsy Ramirez at (928) 210-8740 for location.



[facebook.com/YumaMasons](https://facebook.com/YumaMasons)






## September 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 	7	8	9 	10	11
12	13	14 Aztlan OV (Prescott) 	15	16	17	18 Fain Ranch Outdoor Degree 
19	20	21	22	23	24	25 St. David Outdoor Degree 
26	27	28 	29	30	Tacos & Tunes Festival	

### **UPCOMING EVENTS:**

Degree Work – Check with Pedestal Officers

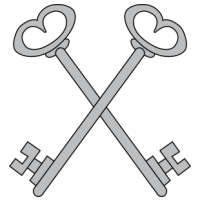
## October 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 	5	6	7	8	9
10	11 COLUMBUS DAY 	12 Phoenicia OV (Phx) 	13	14 	15	16
17	18	19	20	21	22	23
24	25	26 	27	28	29	30
31 HALLO WEEN						



## TREASURER'S CORNER (CONTINUED)

By WB Tim Williams, PM



way to keep the dues from having to be increased ensuring for the future of the building. There will be more plumbing issues, replacing the air conditioning, eventually the roof, repainting the interior and the planning for the replacement of appliances as they fail. We need more of our fundraising available for helping a brother, supporting our schools, youth groups, and the Lodge building. We need to be putting away money for the larger costs that we know will happen, not taking money out to cover the expenses.

I am a perpetual life member and seeing the financial reality of the Lodge, I will be making it a point to pay the Grand Lodge per capita each year to ease the burden on the Lodge. I am proud to be a Mason and to have such a beautiful temple to meet and do our work in, and I want future brothers to feel the same way.

Brothers, if you find that your finances look like that of our Lodge, paying out more than you take in, please communicate that to your secretary or Master, for your membership in this fraternity and our Lodge is important to us. The lessons in the First Degree have not been forgotten.

Faternally,  
Tim Williams, PM  
Treasurer



## THE BLACK SUN

By Antero Trujillo, Chaplain

The laws that try to explain the beginning and the end of the universe thought of man from his origins. The progress of science teaches us laws that map the movement of planets, stars, and the galaxies. The origins of everything known as the "Big Bang". Since then, the universe has been in permanent expansion.

The most known theories which try to explain the macrocosm and the microcosm, are the theory of relativity and the quantum of energy. There is no unified theory that explain the beginning of the universe.

It is obvious that everything is subject to constant changes, which is defined by the impermanence and randomness of change in matter and transformation of energy (Entropy).

I purposely include a fragment of text titled "Black Sun" from the book "UNTIL THE END OF TIMES" by Brian Greene.

In 1925, Austrian physicist Wolfgang Pauli, a famously caustic quantum pioneer ("I don't mind your thinking slowly, I mind you publishing faster than you think"), realized that quantum mechanics sets a limit to how closely two electrons can be squeezed together (more precisely, quantum mechanics excludes any two identical matter particles from occupying an identical quantum state, but the rough description will suffice). Shortly thereafter, the collective insights of a number of researchers showed that Pauli's result, notwithstanding its focus on minutes particles, was the key to understanding the sun's fate, as well as the fate of all similarly sized stars. As the sun contracts, electrons in the core will be packed ever more tightly, ensuring that sooner or later the electron density will reach the limit specified by Pauli's result. When further contraction would violate Pauli's principle, a powerful quantum repulsion kicks in, the electrons stand their ground, demand their personal space, and refuse to be packed any more closely. The sun's contraction stops.

Far from the core, the outer shells of the sun will continue to expand and cool, ultimately drifting off into space, leaving behind an astoundingly dense ball of carbon and oxygen, called a white dwarf star. Which will continue to glow for a handful of billions of years more. Without the required temperature for further nuclear fusion, thermal energy will slowly dissipate into space and, like the final glow of a burning ember, the remnant sun will cool and dim, ultimately transitioning into a dark frozen orb. A few steps above the tenth floor, the sun will fade to black.

It is a gentle end. All the more so when compared with a cataclysmic denouement that may be awaiting the entire universe as we continue our climb to the next floor.

In conclusion, the singularity of the beginning and the end of universe are in the hands of God, because all the scientific theories are insufficient for this purpose.



## GREETINGS FROM THE SOUTH (CONTINUED)

By Douglas Arps, Jr.

Following his father's death, Bill secured employment as a "carrier boy" on a supply train. Later at age 14 he obtained a lucrative job as a rider for the Pony Express. Bill made the longest trip on record. Upon reaching Three Crossings he learned that the rider at Sweetwater had been killed and he was requested to ride the next leg. He made a trip of 321 miles without stopping except for meals and to change horses.

At 17, Bill enlisted in the 9th Kansas Cavalry. Later he served as a Scout in Tennessee and as a Trooper in Missouri. In 1866 he married Louisa Frederici in St. Louis. Bill contracted with the Goddard Brothers to furnish the Kansas Pacific Railroad with all the buffalo meat required to feed the laborers engaged in road construction and in eighteen months (1867–1868) killed 4,280 buffalo which earned him the name by which he is best known "Buffalo Bill."


From September 1869, when he first caught the notice of General Phil Sheridan by some daring riding through Indian country, until December 1872, when he resigned to go on the stage, Cody was continuously on Army payrolls as a civilian scout. In July 1869, he achieved some fame for guiding the 5th Cavalry to its spectacular victory at Summit Springs, Colorado. The troops returned in August 1869 to Fort McPherson, Nebraska. Cody felt sure enough of his employment to send for his wife. According to Mrs. Cody, when she saw him at Fort McPherson for the first time, he was wearing long hair, moustache, and goatee, the style of prairie scouts of those days. In September, while buffalo hunting with Major Frank North to supply the garrison with meat, Cody and North were surrounded by Indians and barely fought their way back to the command. With the 5th Cavalry, they then pursued the Indians for 90 miles to Standing Rock Agency, Dakota. Finally, the expedition returned to Fort McPherson on October 28.

Within less than three weeks, Captain W.B. Brown organized in his quarters the Platte Valley Lodge No. 32 of the A.F.&A.M. under the jurisdiction of the Grand Lodge of Nebraska. Cody and Brown were close friends, and it is likely that Cody petitioned right away for membership. One of the officers of the Lodge was the post's physician, Dr. David Frank Powell. Powell, later known as "White Beaver," became fast friends with "Buffalo Bill" and eventually died in Cody, Wyoming. On his 24th birthday, Cody was elected to membership. He was initiated March 6, 1870 and passed April 2, 1870.

During 1870, Cody was involved in only one official Indian fight. However, he was kept busy hunting and guiding visiting dignitaries. One of those dignitaries Professor Othniel Marsh, a Yale paleontologist, was on his way to the Big Horn Basin to do some dinosaur bone hunting. It is Marsh whom Cody credited for exciting his interest in the Big Horn Basin country. Cody also served in the capacity of Justice of the Peace at Fort McPherson. He had been appointed by the Army commander because he was the most reliable of the local civilian employees. In addition to performing routine chores such as marriages, Cody also served as a sort of unofficial detective and policeman. Certainly one of the biggest events in his life was the birth late in the year of his only son, Kit Carson Cody.

On January 10, 1871, Cody was raised to the sublime degree of Master Mason. Within a few months, he was cited for "conspicuous and gallant conduct" for a skirmish on Bird Wood Creek, Nebraska. He also began to achieve wider national fame as a guide for distinguished hunting parties. In September 1871, he led the famous Bennett/Jerome hunt which resulted in an invitation to New York. General Sheridan was so pleased with his conduct of that and a subsequent hunt that he asked Cody to guide the Grand Duke Alexis of Russia in January 1872. Three months later (April), Cody was awarded the Medal of Honor for a skirmish while on detached duty with the 3rd Cavalry. Finally, in 1872, he accepted the invitation to go to New York. There he saw himself portrayed in a stage play and was persuaded by Ned Buntline to star in a drama written expressly for him. From that time forward, he and his partner, Texas Jack Omohundro, spent half their lives on the plains and half on the stages of all the major cities of the East.

Cody founded his famous Wild West Show in 1883. In 1887, he took the show to Europe for the first time to be the featured attraction during the celebration of Queen Victoria's Golden Jubilee. Though he remained in England as the toast of British society through October, he petitioned Euphrates Chapter No. 15, Royal Arch Masons of North Platte, Nebraska by mail in September. Within a month of the closing of the 1888 season on November 18th, he was advanced to the degree of Mark Master, inducted into the Oriental Chair and received and acknowledged a Most Excellent Master. On the following day he was exalted to the Royal



Arch Degree. In addition to running the Wild West Show, which showed on Staten Island in 1888, Cody was running a stock ranch near North Platte and traveling back and forth between the East and Far West.

Thereafter, Cody petitioned Palestine Commandery No. 13, order of Knights Templar of North Platte, Nebraska, and duly elected and received the Illustrious Order of the Red Cross on April 1, 1889 and on the following day received the Order of Malta and was dubbed a Knight Templar, just before sailing once again to Europe. This European tour, which began in Paris for the Centennial Exposition, lasted for three years. Cody was back and forth between Europe and America during that time.

Just before returning for another tour of England, he petitioned Tangier Temple of the Ancient Arabic Order Nobles of the Mystic Shrine of Omaha, Nebraska on March 22, 1892 and walked the burning sands three days later. In the meantime, he had found time to lead a hunting expedition through the Grand Canyon and into the Kaibab country of Utah, serve as a marshal during the inauguration of President Benjamin Harrison, and act as Chief of Scouts for General Miles in a futile attempt to head off what became the Wounded Knee Massacre.

1893 had been his most successful year in show business, perhaps the most successful year in history in outdoor show business. The season of 1894 in Brooklyn promised to be just as good. Cody by this time had been seen in person by millions of people on two continents and his name was a household word. He was well on his way to being the most famous man, perhaps, in the world and certainly the most photographed.

The Northern Jurisdiction of the Ancient Accepted Scottish Rite of Freemasonry in the Valley of New York City honored “Buffalo Bill” by conferring all of its degrees in the Lodge of Perfection, the Council of Princes, the Chapter of Rose Croix, and the Consistory in the same day, April 4, 1894. This special action by this New York Body exemplified their desire and that of all Masons of the time to recognize not only “Buffalo Bill’s” dedication to his fraternal duties, but also to acknowledge the adherence to the principles of friendship, morality, and brotherly love.

By all accounts, Cody’s life provided an exemplary model for Masons. He was a man of his word in his dealings with all people. He dealt with people of all races, religions, sexes, and occupations, as equals, and was always open-handed in helping those less fortunate than himself.

“Buffalo Bill” gave the last performance of his Wild West Show at Portsmouth, Virginia where he became ill with a cold and headed for his Wyoming ranch. He stopped off at Denver to visit his sister and died suddenly from uremia on January 10, 1917. Although “Buffalo Bill” left a will stating he wished to be buried on top of Cedar Mountain about five miles west of his town, Cody, Wyoming, he was actually buried atop Lookout Mountain, 20 miles west of Denver. After his remains had lain in state in a bronze casket in the Capitol Rotunda in Denver, a service was held and his body was placed in a temporary vault while a permanent tomb could be cut out of the solid granite atop Lookout Mountain.

At the request of Platte Valley Lodge, Golden City Lodge #1, Golden, Colorado conferred Masonic burial rites on June 3, 1917, atop Lookout Mountain, at 3:00 o’clock in the afternoon. Worshipful Master G.W. Parfet, Jr. of Golden City Lodge appointed eight brother pallbearers who were dressed in their Knight Templar uniforms. At the request of Mrs. Cody, and almost five months after his death, the casket was opened and an estimated 10,000 viewed the dead pioneer and trailblazer. It was estimated that more than 20,000 persons visited the spot and 15,000 were present at the burial ceremony having walked or ridden to the top of Lookout Mountain. It was certainly one of the largest, if not the largest, Masonic burial ever. These words were said by the Masons over the grave:

His spirit ascends to God who gave it,  
His memory we cherish in our hearts.  
His body we consign to the earth.

Before his burial, a group of friends and family members formed an organization to foster and perpetuate the memory of “Buffalo Bill” in Cody, Wyoming. From this timely but meager start the world famous Buffalo Bill Historical Center has developed.

Brotherly Love,  
Douglas Arps, Jr. “DJ”  
Junior Warden





## MUSINGS FROM THE DESK OF THE JUNIOR GRAND WARDEN

By WB Michael Dale

Greeting from the Grand South where the sun at meridian height is the beauty and glory of the day.

I just returned from the Grand Sessions for the York Bodies in Arizona where we took care of the business of each of the three York Rite bodies. Brother Doc Trujillo was a candidate in two of the three Chair Degrees put on only at these sessions. Congratulations Doc!

During the session on Thursday, I had the privilege of an Official Visit to Eloy Lodge #46. This Lodge is located inside a building that was once a church. If you haven't been there before, it is easy to miss the building when traveling by yourself. (I know I passed it three times.) The Lodge room is small but adequate. The Brothers are all hard-working gentlemen and their Lodge attire is very informal but fits the Lodge just fine.

I would like to thank the brothers that travelled "all the way from Yuma" to attend with me: WB Tim Williams, Brother Benjamin Hinderer, and Brother Brad Hamner. You have no idea how much I greatly appreciate your support in these endeavors. I know that WB Mike Kofta would have been in attendance if he did not have to take care of matters at home.

These are just the latest brethren to go on an Official Visit with me. The most that have gone on a visit with me is eleven and the least is one. Funny how on the way home we talk about things that happened in the Lodge while we were there. Makes you wonder what people talk about after visiting our Lodge. This one was no different. On arrival, we found the Worshipful Master on the roof fixing the air conditioner. It was fixed and the temperature inside the Lodge got all the way down to 84 degrees about the time we left.

Just so you all know, the Official Visit mileage of all visits thus far is up to 6,039 miles and counting. That works out to around 183 hours and 48 minutes just in travel time. Wow, a lot of time to spend with your brethren. The next visit will be Tuesday, September 14th at Aztlan Lodge #1 in Prescott, which will be about a four hour drive. This visit will be followed by a trip to Phoenician Lodge #58 in Phoenix on Tuesday, October 12th which will be almost a three hour drive. These two visits will add another 800 miles to the total mileage. Everyone is welcome to come.







## STAR IN THE EAST

Submitted by B.J. Dale, Associate Matron  
(Linda Gillis, Worthy Matron)

While Yuma started in-person meetings a while ago, seeing our Sisters and Brothers from around the state at Grand Chapter this past August was truly a blessing. We missed seeing everyone's smiling, happy faces! Grand Chapter is always a fun time and being with our Arizona Sisters and Brothers, as well as seeing friends from around the U.S., makes it that much more special! This year was extra special for our chapter as Sister Marvel Leader received her 75-year certificate at Grand Chapter. She was originally initiated into Yuma Chapter, so she truly is "home-grown". Marvel is a valued member of our Chapter and dearly loved. Congratulations!

One of our former members, Marge Scheafer, will be receiving her 50-year pin in her Ohio Chapter on September 16th. Congratulations Sister Marge! That is quite an accomplishment and we are very proud of you!

A special thank you to Sister Susan Warren, PGM and Brother E. Dean Powell, PGP for their hard work and dedication on their extended two-year term. You held us all together and kept pushing us through until we could meet together safely!

We would like to extend our heartfelt congratulations to WGM Moira Carlton and WGP Jim Hurd on being elected and installed for the 2021–2022 Grand year. We know her term will be exceptional and we look forward to all the fun times to be had! Congratulations also go out to Sister Ruth Wilmot on being named our District Instructor, as well as our Sisters and Brothers appointed to various committees!

We invite everyone to join us at our first meeting for the new year on September 28th at 7:00pm. We will start serving dinner prior to our meetings at 6:00pm. We will also look forward to working with our Yuma brothers on preparing and serving dinners for their stated meetings.

WM Linda has plans to work with the local women's shelter as part of her service project. She is also planning a Stars Night Out in October, so be on the lookout for information regarding that. We are also planning on having a Masons Honor Night in November, which is always a highlight for us and our Brothers!

### Upcoming Birthdays:

- SEPTEMBER: Sandi Bennett (9/9), Beth Ann Prather (9/11), Beverley Treherne (9/11), Curtis Cloud (9/21), Myrtle Gunlock (9/25), Ruby Kofta (9/25), Emily White (9/26), Zoe Hawk (9/27), Marvel Leader (9/27), LaQuita Allison (9/29)
- OCTOBER: Nancy Southard (10/4), Teresa Nunnely (10/19)

Until next time, please keep all of our ailing members in your thoughts and prayers. If you know someone who isn't feeling well, would appreciate a phone call or card, or may need assistance running errands, please call Linda Gillis (Worthy Matron) at (928) 580-4403 (or any Chapter member) to let her know. We miss seeing all of you and we hope to see everyone's smiling faces when we start back up on the 4th Tuesday in September. Take care and be safe!

## **YUMA CHAPTER NO. 14, ORDER of the EASTERN STAR**

The meetings are held the SECOND AND FOURTH TUESDAY of each month, September through June. All members are welcome. Our Worthy Matron plans to restart dinners and refreshments when we return in September. Meeting begins promptly at 7pm. Hope to see you there. If you have questions please call the Lodge at (928) 783-7993.



## A WORD FROM THE SCOTTISH RITE

### THE POWER OF GRATITUDE

From the Scottish Rite Monday Morning Mason

Studies show that gratitude does far more than just make us feel better about our lives. It actually transforms the structure of our brains to make us more positive and generally increase our happiness. If being grateful can increase your faith, then how can we increase our level of gratitude?

For centuries, cultures around the world have linked the mind-body connection with mental well-being and spiritual insight. It is often associated with religious practices and emotional healing. Eastern societies have dominated a holistic approach to maintaining internal balance and psychological health. However, we seemed to have lost these aspects of earlier human tradition in our fast-paced modern Western civilization.

Mental disorders in the United States and Canada are treated by quick fixes, be it by prescription SSRIs (labels that excuse irrational behavior) or passive therapies. These are not necessarily bad. Without a doubt, millions of people have benefitted from scientific research and breakthroughs in psychological study. However, focusing solely on the technical aspects, mental illness has ended up ignoring important details of the human being that lies within the self. Simple practices like mindfulness, positive affirmation, and meditative thought are believed to promote resilience and reduce negative mentality.

Lately there has been an increase in empirical scientific evidence to back this up. Take gratitude for example. Expressing and feeling gratitude towards someone or something external has been shown to have interpersonal benefits.

In 2003, Emmons and McCullough were the first to study the effects of counting blessings on mental health. Adult participants were randomly assigned tasks where they had to record on a daily or weekly basis their hassles, expressions of gratitude, or neutral affairs. At the end of the study period, there was a correlation between the group that expressed gratitude and the heightened sense of mental and physical well-being. Participants that recorded their blessings reported a more positive outlook on their livelihoods as well as decreased physical symptoms and coping behaviors unlike the hassle listing and neutral groups.

A few years later, the same experiment was done by Fro at all on school-aged children. The results were parallel to their adult counterparts. The group of young adolescent children that recorded their blessings on a regular basis were more optimistic and satisfied with their lives in comparison to the students who reflected on their day-to-day hassles or neutral events.

The results of the study were particularly exciting, not only because they warded off mental ailment symptoms, but because they showed a relation between a student's gratitude and improved satisfaction with their school experience. A possible link between gratitude and increased academic performance.

Although the results of these studies are favorable, showing the profound advantages of routinely expressing gratitude even over period of a few weeks. Gratitude is a rather difficult term to define. Especially when it comes time to identifying how it benefits mental health. Gratitude has been identified as an emotion, habitual act, and a virtue of morality among other things. One must remember too, that simply talking or writing about gratitude is not necessarily the same as feeling it or actively practicing it. Even so, when one reflects on the positive aspects of their lives, they experience an improved mood pro-social behavior and a heightened status of their mental well-being.

To illustrate this, think of the fact that for over 2,500 years, Buddhist teachings have concentrated on treating mental instability among Eastern culture and have helped to find states of mental well-being to optimal functioning using strategies like regularly expressing gratitude and mindfulness. Mental disorders, although complex conditions involving factors that contribute to the development of symptoms can be addressed effectively by changing small daily habits that tackle one's mind, brain, body and spirit. By working on these aspects of one's being, an individual seeking assistance may improve the quality of his life. Psychological disorders can be effectively treated if knowledge from generations of Eastern based traditions are incorporated into Western scientific study.

So what are you waiting for it? Counting your blessings today and every other day is sure to benefit your overall health. Have you practiced gratitude and mindfulness today?



## OVER THE RAINBOW

By Lucy Hanne, Grand Worthy Advisor  
Grand Assembly of Arizona



Just under a year and a half ago, I completed my last official visit before homecoming. I was excited and a little wistful for the end of my term as Grand Worthy Advisor which would also mark my majority from Rainbow Girls. Then the world stopped and life got turned upside down by the pandemic. What we thought would be a one-month break from in-person activities turned in to two months, then three and so on.

First Grand Assembly was postponed and eventually cancelled then Supreme Assembly was moved to a virtual format. With so many changes and entirely new processes I, like I'm sure many in our Masonic family organizations, worried about the impact all these new processes would have on our membership. I wondered if girls would be able to stay engaged in Rainbow while keeping up with online schooling, trying to stay connected with friends, and dealing with all the challenges dealt by a worldwide pandemic.

I am so happy to report that my fears were short-lived. Virtual Supreme Assembly was a wonderful experience and as our time away from in-person activities extended, we were fortunate to be empowered and assisted by our adult advisors at all levels to blaze a new trail in Rainbow. We embraced technology and strengthened our planning skills to orchestrate the logistics of events.

On a statewide level we were challenged with getting activity packets distributed to girls around the state for our virtual Halloween, Friendsgiving, and Christmas parties and service activities like Project Kindness, where we made cheerful cards for patients of the Square and Compass Children's Clinic.

At the Assembly level we held meetings and installations, played games such as charades, Pictionary, bingo and Among Us, had dance parties, and watched movies together, all from the comfort and safety of our homes.

An added benefit of a virtual environment is that prospective members were able to attend all of these events. This gave them the opportunity to meet and get to know the girls in a smaller environment because a large giggling group of Rainbow Girls can be a bit overwhelming the first time you meet them.

Rainbow Girls are resilient and we managed to not only survive in the virtual world, we thrived! Since returning to in-person activities in late May, my home Assembly, Mighty Mesa #9, has added six new members and we are scheduled to initiate more girls later this month as are our sisters in Tucson and Glendale Assemblies.

The Grand Assembly theme for 2021 is "The Magic of Rainbow". I know deep in my heart that our friendly Arizona Rainbow Girls are the true Magic of Rainbow. Thank you for your support of Arizona Rainbow and for allowing me the opportunity to share with you. I hope you have an amazing year ahead filled with growth and success.



## A LOOK TO OUR FUTURE

By Alexander Hulstrom, State Master Cuncilor  
Arizona Demolay State Association

DeMolay is helping young men from the ages of 9 to 21 learn valuable life skills such as public speaking, leadership skills, management, and a host of other important traits to make them better men who will be prepared to face the challenges we all face today. We also offer them scholarships, internships, and other opportunities as well as the ability to create lifelong friendships and memories. The young men of our organization will help shape the future. Many will become members of the Masonic Family. A great example of this is the five members of DeMolay who petitioned to join the Masons at the Arizona Free Masons Grand Communication this past June. Since then, I have taken my Entered Apprentice degree.

I would also like to take this opportunity to promote one of our term programs. As some of you may know, our term theme this year is Vikings, and as part of that theme, we have this little guy known as Ragnar the Viking, who is traveling around the world with the DeMolay's of Arizona. He has already been to Maui and will soon be in Boston.

(continued on page 13)





## WORDS FROM THE NILE

By Amy Burke, Queen of Olana Temple #131  
Daughters of the Nile

Greetings, I am Amy Burke, Queen of Olana Temple No. 131 Daughters of the Nile from Tucson, AZ.

Though our various organizations may have different goals or philanthropies we support, one value we have in common is service to the communities we live in and to our Masonic family.

As I moved up the line in Daughters of the Nile and, coincidentally, this also fits in with the Worthy Grand Matron's theme of "Seasons of Reflection and Growth", I have given a lot of thought to being a servant within Daughters of the Nile and the members I am serving as Queen.

Being labeled a servant has a largely negative connotation in our society today. It's counterintuitive to our Western world view of freedom, independence, and leadership. I believe having a servant's heart is important for all our members, but most especially our leaders. The best leaders, employees, volunteers, and people in general that I've encountered definitely have a servant's heart. They are not afraid to do what is necessary to meet the needs of those around them and to do anything the circumstance in front of them calls for. This is service in its purest form – when we don't do something because it's part of our job or obligation or what we'll get in return. It's about seeing a need and caring enough about those involved that we are willing to step out of our comfort zone and serve others.

When we humble our hearts, lower ourselves, and serve our organizations and neighbors – our Masonic family, we have truly achieved the highest calling within our organizations, no matter if you are the head of that organization or not. As a head of one of these appendant bodies, we should be the prime example of service, humility, and selflessness to our members and the organizations we are working to help.

True leadership comes from a position of service. It's not about individual success, accolades, or titles, but about our success as an organization. About serving the groups in which we are members so we can achieve the goals set forth by the group.

Servant leadership is a desire to learn, grow, share, and improve in order to make other people's lives better and our organizations more successful and inviting to others.

Do we offer a ride to our fellow member to a meeting or event, do we help them in their everyday lives as our friend and Brother or Sister, do we not attend a fundraiser because we don't like what we are getting in return and forget that its primary function is to fundraise for our cause and not about what we are getting in return? Do we volunteer to help within our groups to organize or assist with a fundraiser? Do we step up when there is a vacancy within our organization, despite that it might be outside our comfort zone or mean we have to give a little of ourselves to fill the need? Do we tend to ask "What's in it for us?" before we ask "How can I help?"

I truly believe that each of our Masonic organizations serves the others, they compliment each other. We are not in competition - with one group or organization being better than another. Each organization offers a unique experience to its members like the pieces of a puzzle...together we create a beautiful picture that doesn't look quite right when a piece is missing, but when you have all the pieces and put it all together it's an amazing piece of work.

Ultimately, we were put on this Earth to serve God and our neighbor and what better way to do that than through our Masonic Family? How can each of us better serve our Brothers and Sisters in the places we live and within this wonderful Masonic community we call home?

I am grateful to know that there are many people in these organizations who I can call on if I am in need... and in fact I have. I am proud to be part of this family, to call you my friends, and to serve you, as well. It is my honor and pleasure to serve each of you today and every day.





## A LOOK TO OUR FUTURE

By Alexander Hulstrom, State Master Councilor  
Arizona DeMolay State Association

We would like to offer you the opportunity to have us to present a DeMolay public ceremony, sometime in the future, like our Flower Talk, which is a ceremony dedicated to our mothers who look over us with unceasing care during all the years of our lives. Or the ceremony of light which highlights the seven cardinal virtues of our organization.

Lastly, and most excitingly, I would like to tell you a little bit about what our Foundation is doing. The Foundation has created The Arizona DeMolay Foundation Community Initiative, a 501-3 non-profit which is seeking status as an Arizona Qualified Charitable Organization (QCO) by Fall of 2021. Now what this means is that once the Community Initiative reaches the status of a QCO, you will be able to receive a dollar for dollar tax credit when donating up to \$400 for individuals, and \$800 as a married couple when donating to this charity. Similar to how donations work for public school districts. The good news is you can still take advantage of other tax credits under this new program, such as being able to donate to the schools for a tax credit, or even to DeMolay. Part of qualifying as a QCO, requires us to donate 50% of our profits to families living under the poverty line. We will accomplish this by partnering with the local high schools in impoverished areas of Arizona. The other 50% will be going to benefit the young men of Arizona DeMolay.

In closing, I would like to thank you all once again for the opportunity today to tell you about our organization. I look forward to continuing our relationship, as we move forward into the coming years.



And when our great nation called for the “Dogs of War” to protect it’s citizens, the gates of hell were torn open and the “Teufelshunde” came charging out. They transformed into Marines who guarded and protected them during their time on Earth. When they answer their final call, they ascend to heaven and join the ranks of those who proceeded them to take their turn at their final post guarding the streets of heaven.

Semper Fidelis



# Masonic Anniversaries

*When you became a Master Mason*



## SEPTEMBER

Roger Christiansen  
David Conaway  
Ralph Ferree  
Benjamin Hinderer  
John Mitchell  
Wellton Phillips  
Eddie Straws

## OCTOBER

Edward Collins	James McKinley
Jackson Cox	Jack Puckett
Robert Dhu	James Schultz
Aaron Hawkins	Jimmy Seals
Kevin Hawkins	Jurail Simpson
Richard Hyatt	Quaid Smith
Larry Keyes	Ernest Wallner
Jacques Koeckes	Victor Wallner
Dale Kreger	
Jerry McAdams	

\*\*\*ATTENTION\*\*\*

**Deadline for the November/December Trestleboard is  
OCTOBER 20TH**

\*\*\*ATTENTION\*\*\*

## PUBLISHER'S CORNER

If there is anything you would like to see in the Trestleboard or have any suggestions, please feel free to let me know! If you see any corrections that need to be addressed, please let me know those as well so they can be corrected. If you attend an event, don't forget to take pictures and submit them, either to me or on Facebook. Take care and stay safe!

Sincerely,  
Sabrina Arps



# Committees

## MASTER'S PROGRAMS

### Audit

Michael A. Dale, PM

### Budget

Worshipful Master

### By-Laws

Quaid E. Smith, PM, KYGCH

Hector Aponte

### Cemetery Clean-up

Roy Wright, Chairman

### Facilities Maintenance

Douglas Wayne Arps, Jr. "DJ"

Timothy Williams, PM, DDGM

### Funeral

Mikel K. White, PM

### Grievance

Michael A. Dale, PM

### Library/Archives

Roy Wright

### Masonic Education & Ritual

Mikel K. White, PM

Timothy Williams, PM, DDGM

Michael A. Dale, PM

### Masonic Relief

Worshipful Master

### Master's Advisory

Michael A. Dale, PM

Dale L. Kreger, PM

Timothy W. Williams, PM, DDGM

### Wives, Widows, and Orphans

Quaid E. Smith, PM, KYGCH

## LEADERSHIP DEVELOPMENT

### Candidate Instruction

Michael Kofta, PM

### Officer Instruction

Mikel K. White, PM

## FUNDRAISING

### Chairman – Dale Kreger, PM

Co-Chairmen – Douglas Wayne Arps, Jr. "DJ"

Brad Hamner

### Barbeque

Mikel K. White, PM

### Balloon Glow

Dale L. Kreger, PM

### Midnight at the Oasis

Mikel K. White, PM

### Raffle & Other Venues

Stewards

## PUBLIC SCHOOL/COMMUNITY RELATIONS

### Bikes for Books

Brad Hamner

### Law Enforcement Memorial

Hector Aponte

### Roadside Clean-up

Douglas Wayne Arps, Jr. "DJ"

### Scholarship/Classroom Grants

Hector Aponte

Dale L. Kreger, PM

Roy Wright

## MEMBERSHIP RELATIONS/FRATERNAL SUPPORT

### Birthday Cards

Benjamin T. Hinderer

### Facebook

Douglas Wayne Arps, Jr. "DJ"

### Mason of the Year

SW & JW

### Membership Participation/Retention

Worshipful Master

### Sickness and Distress

Quaid E. Smith, PM, KYGCH

Antero Trujillo

### Trestleboard

Sabrina Arps, Publisher

Douglas Wayne Arps, Jr. "DJ"

### Website

Douglas Wayne Arps, Jr. "DJ"

### Wills and Bequests

TBD





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