



April 2026  
Volume 116 Issue 4

La Mesa Lodge No. 407  
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La Mesa Lodge No. 407

# Trestleboard



J. Vandenberg, P.M., Publisher  
M. Wagner, Editor  
Worshipful Fernando Flores



## From the East

Brethren-

Welcome to April. Happy Easter! This year seems to be going by very quickly!

If your cable tow allows, please join us as we raise two Fellowcrafts to the

sublime degree of Master Mason. Bro. Gene Forcier will be raised on Monday, April 13, and Bro. Mitch Wagner will be raised on Thursday, April, 16. Both degrees will start at 7pm. If you'd like a ride to the Lodge, please contact our Secretary, Johan, via email at [lames407@gmail.com](mailto:lames407@gmail.com), or call the Lodge at 619-464-4340. We hope to see you there!

I have received information about this year's La Mesa Flag Day parade, thanks to Worshipful Bryan Kukuk. The Flag Day parade will be on Saturday, June 13th, starting at 10am. Our Lodge will be preparing starting at approx. 7:30am, and we'll head over to the staging area around 9am. Please join us for the parade, or simply for our hot dog lunch, which will take place at the Lodge, following the parade. I would also like to begin planning a visit to the Masonic Home in Covina. If anyone in our Lodge is able to assist with planning, please message me directly (my contact info is included at the end of this Trestleboard) or contact the Lodge.

If you have any other suggestions for social events we can do, please let me know.

Fernando Flores  
Worshipful Master  
La Mesa Lodge #407



## From the West

Beer and Freemasonry  
...is a thing?

First, a shameless plug for Harbor Lights Order of the Eastern Star – they are having their annual Table Chapter Exemplification on April 11<sup>th</sup>. It really is a

great time, and open to all if you get your tickets early enough. It's also an excellent event for which to bring your significant other. Why that shameless plug though? They also do a silent auction, and I happen to be putting together an East San Diego County beer basket.

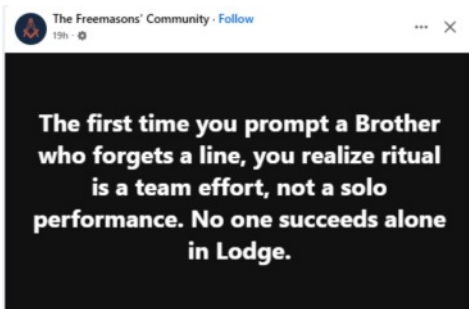
This got me to thinking, are there any connections between beer and Freemasonry? The answer is a resounding “Yes!”, though it may be more on the side of fellowship than esoteric. In my experiences, I've often found that having a tasty adult beverage with friends often leads to better and lasting friendships, which is one of the things that Masonry does – causing true friendships to be made among men who might otherwise have remained at a perpetual distance. Beer may simply be a catalyst to that end. That there are other things within the Masonic craft that bring us together only strengthens that fellowship. Contemporarily, there is a Masonic society of beer enthusiasts called the Masonic Craft Beer Society, a global group of about 2,000 members founded during the pandemic (albeit in England). There are also a few collaboration beers out there, pairing a Masonic theme to a brew, such as “Brothers of the Freemason”, “Supreme King Solomon”, and “First Rite”.

*From the West* continued on page 2

Historically, there are several noteworthy beer drinking Masons in our history as well. George Washington was a brewer (and distiller for that matter). Even though his name is associated with a major brewery, Sam Adams was not a brewer, but a malter, who supplied beer brewing activities. And Benjamin Franklin, an avid beer connoisseur, who gave us the quote, "Beer is proof that God loves us and wants us to be happy".

No matter what your adult beverage of choice (if any!), libations have long been a part of Masonic society, often a shared experience or a key factor in Masonic past times such as festive boards, Table Lodge, or even just hanging out after a practice or meeting. However, they are no substitute for the camaraderie to be had among brethren.

Brian Sperry  
Senior Warden



### The Four Cardinal Virtues

As I continue to memorize the lecture of the Entered Apprentice Degree, I've been reflecting on the Four Cardinal Virtues: Temperance, Fortitude, Prudence, and Justice. First outlined by Plato in *The Republic* around 380 BCE, these principles form the foundation not only of a Masonic life, but of a well-ordered life in general.

These virtues are within reach of every man, regardless of age, wealth, or circumstance. They are daily disciplines, freely available to all who seek self-improvement and a life well-lived. Consider Benjamin Franklin, one of my favorite historical Masons, and a man known for both his indulgences and his insights. He is rumored to have written, with characteristic wit, that "beer is proof that God loves us and wants us to be happy," yet Franklin's own writings reveal a deep respect for moderation. In his *13 Virtues*, he placed Temperance first, advising: "Eat not to dullness; drink not to elevation." He understood that the good life depends not on denial, but on proportion. There is a balance between enjoyment and restraint, and keeping one's passions within due bounds.

For me, working to memorize the First Degree lecture has been both a mental challenge and a moral meditation. The Four Cardinal Virtues are heavily referenced, reminding us to apply them in every sphere of life. Even when our ambitions or outcomes fall short, these virtues help realign our inner compass, guiding us toward growth and preparing us to teach and mentor others.

May we all continue to live by these eternal virtues, both within the Lodge and when abroad in the world.

John Miewald  
Junior Warden (elect)



## *From the Secretary*

Brothers:

Some upcoming dates for you to put on your calendars.

Saturday, June 13 is the annual Flag Day Parade. We will assemble at the Lodge at 8:00 AM. Once we all have gathered, we will then proceed to the beginning of the parade near the corner of University and La Mesa Blvd. The end of the parade is at the Lodge front door. We will have hot dogs, beans, chips and cookies everyone.

Saturday, August 8 is our annual Table Lodge Exemplification (TLE). We will begin at High Twelve. VIVAT VIVAT VIVAT!!!



**Job's Daughters  
International®  
of California**

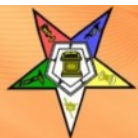
### **Job's Daughters International of California**

Meetings: Second and Fourth Tuesdays 7:00 PM  
La Mesa Masonic Lodge Temple  
4731 Date Ave, La Mesa CA, 91944



### **International Order of Rainbow for Girls**

Meetings: First and Third Tuesdays 7:00 PM  
Lemon Grove Masonic Lodge  
2590 Main St, Lemon Grove, CA 91945



**Harbor Lights**

Chapter #358 - San Diego, CA

Second and Fourth Thursdays, 07:30 pm - 09:30 pm  
Normal Heights Masonic Center, 3366 Adams Ave.,  
San Diego, CA 92116

You may also send mail to our Secretary at:

Pattie Thrapp

10774 Westonhill Dr.

San Diego, CA 92126

pattiethrapp@gmail.com

## **Masonic Homes of California**

**“We’re here to help.”**

### **RELIEF FOR CALIFORNIA MASONS AND THEIR FAMILIES**

Information referrals

- Senior Communities in Covina and Union City.
- Statewide Masonic Outreach Services for Members of all ages and their families.
- Transitions short-term care for neurological and post-surgery rehabilitation (Union City).
- The Masonic Center for Youth and Families in San Francisco and Covina – with telehealth services now available everywhere.
- NEW! Shared housing for seniors in Covina.

**CONTACT US TODAY TO ACCESS  
MEMBER BENEFITS AND SERVICES:**

#### **Masonichome.org**

(888) 466-3642

#### **Mcyaf.org**

(877) 488-6293 (San Francisco)

(626) 251-2300 (Covina)

#### **Masonic Value Network**

Care Resources

Prescription Discounts

Masonichome.org/ValueNetwork



# April 2026 Calendar

## La Mesa Lodge No. 407, calendar events



Monday, April 6, 6:30 PM, dinner, followed by our Stated Meeting. Please RSVP to the Lodge phone 619-464-4340.

Dinner menu: Dinner will be ham, scalloped potatoes, and a vegetable, dessert. \$20.00 per person. Attire: Coat and Tie.

Thursday, April 23, District Officer School of Instruction; La Mesa Lodge will exemplify the Second Degree, First Section.

Please mark your calendar: Master Mason Conferral for:

Monday April 13, Brother Gene Forcier

Thursday April 16, Brother Mitch Wagner

Monday, April 27, Lodge Officer Meeting, 6:00 PM; Hall Association Meeting 7:00 PM

### Job's Daughters Bethel 331 meetings and events for April



Wednesday, April 1, 7:00 PM, Bethel Guardian Council Meeting

Tuesday, April 14, 7:00 PM, Regular meeting

Tuesday, April 28, 7:00 PM, Regular meeting

Please contact Mrs. Melody Quin, Bethel Guardian at [melodyrquin@gmail.com](mailto:melodyrquin@gmail.com) for information about upcoming events and meetings.



### Birthdays:

Zachary Smith

Devin Humbert

David Baron

Thomas Jeffrey

Timothy Green

**Mark Chadwell, PM**

Tony Albright

Donald Smith

Shelly Horne

Brian Sperry

Arthur Hayes, Jr.

**Carl Rosso, Jr., PM**

### Some other dates in April that may interest you:

#### Key Holidays

- April 1: April Fools' Day
- April 22: Earth Day
- April 25: World Malaria Day

#### Monthly Observances

- National Poetry Month
- Stress Awareness Month
- National Autism Awareness Month

#### Weekly Observances

- Week of April 10: National Library Week
- Week of April 24: National Volunteer Week

### Other meetings and calendar events -

Wednesdays, 9 am Breakfast at Gus's

Wednesdays, 11:00 am to 1:00 pm office hour for the Secretary

Brethren; Do you know of someone who does handy-man work? One of the Lodge Sweethearts needs some painting done. If you know of someone, call the Lodge office and leave a message. Thank you.

2026 Officers La Mesa Lodge No. 407

Worshipful Master, Fernando D. Flores

Senior Warden, Brian R. Sperry (Mary)

Junior Warden, John Miewald

Treasurer, Sean K.T. Shiraishi (Donna)

Secretary, Johan P. VandenBerg, P.M.  
(Barbara)

Chaplain, Michael T. Byers, P.M. (MahrKay)

Marshal, Dan Davis

Junior Deacon, John "Red" Lindsey

Musician, David Keen (Tracy)

Tiler, Carl L. Rosso, Jr., P.M. (Maria Fe)

**Rental Manager**

Call the Lodge office  
(619) 464-4340, leave message OR  
lamesa407rentals@gmail.com

La Mesa Masonic Hall Association  
Brian R. Sperry (Mary)

Officer and Candidate Coach  
Ron Ashman, P.M.

931st District Inspector  
Carlos D. Buzon, P.M.

Masonic Outreach Services

Trestlboard Editor  
Mitch Wagner

Friends of the Trestleboard



CREW ENGINEERING  
AND SURVEYING

ROZ BERMAN  
*In Memory of  
Shelley Berman*

TONY ALBRIGHT

JOE & PANARAT SONGSONG  
BRIDGE

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FERNANDO FLORES

TIMOTHY & BESSIE GREEN  
*"Howdy Ya'll, from Texas!"*

ADAM HAYNES  
*Aloha Pool and Spa Service*  
(619) 247-3641  
alohapoolnsa@gmail.com

DAVID D. KEEN, D.D.S.  
*Family and Cosmetic Dentistry*  
(619) 442-0983

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MITCH WAGNER

BRIAN & MARY SPERRY

JIM TAYLOR  
Taylor Investment Properties  
(619) 249-8497; Lic. # 00594876

JOHAN & BARBARA  
VANDENBERG

*"And now abideth faith, hope  
and love, these three, but the  
greatest of these is love."  
1st Cor.13:1-7 and 13.*

VOSS PLUMBING

STEVE AND DIANNE  
WINGFIELD



Trestleboard Boosters

Steve & Dianne Wingfield

*In Memory of Joe Willis*

Bob & Jan Voss

*In Memory of Barry and Tina  
VandenBerg, P.M. #633*

Robert Strangman

Bill Stokes & Patricia Osuna

*In Memory of Jackie Seiler*

Carl Rosso, P.M. & Maria Fe

Neil & Susan Olinger

Mitch Wagner

David and Tracy Keen

Phil and Terry Johnson

Eileen Hansen...

*In Memory of Lawrence Hansen*

Jack & Bobbi Ferris

Mark & Linda Chadwell

*In Memory of John Theroux*

*In Memory of Lewis G. Balke, PM*



PASSAGES: WINEMAKER WILLIAM JOHN HOLZHAUER, PM, 1955-2014 | East County Magazine

Above, front left to right: Neil Olinger, Jr., PM; Sean Shiraishi, Harold Rodieck, PM; Peter Krickhuhn, PM; Jeffrey Pacheco, PM; Charles Hogquist, PM; John “Jack Ferris; William Srokes, PM; Michael Seiler, PM.

Back, left to right: Abraham Ravitch, PM; Bill Biggs, PM; Steven Wingfield, PM; John Theroux; James Kurupas, PM; Christopher Houston, PM; Ronald Ashman, PM

This is from Google Memories. This was a sad occasion because our Brothers met to say their last farewell to our departed Brother, William Holzauer. Publisher note





STATED MEETING First Monday  
Dinner at 6:30 PM; Meeting at 7:30 PM  
4731 Date Ave  
Mailing Address: PO Box 154  
La Mesa, CA 91944-0154  
Office Phone: (619) 464-4340  
Our website: <https://lodge407.freemason.org/>

Our email address has not changed:  
[lamesa407@gmail.com](mailto:lamesa407@gmail.com)

Wednesdays, 9 am Breakfast at Gus's

**Rental Manager**

The rent the Lodge dining room email:  
[lamesa407rentals@gmail.com](mailto:lamesa407rentals@gmail.com)

Or call the lodge office and leave a message  
(619) 464-4340

Have an idea for a Trestleboard article? Is it about 300 to 350 words? Please submit it to the Editor. Your article will be reviewed and may be used. Editor

Place Stamp Here

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*RETURN SERVICE REQUESTED*

**LA MESA LODGE TRESTLEBOARD**  
**God Bless America!**



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