



La Mesa Lodge No. 407
4731 Date Avenue
P.O. Box 154
La Mesa, Ca 91944-0154
(619) 464-4340

Email: lamesa407@gmail.com
Website: <https://lodge407.freemason.org/>

Trestleboard



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



From the East

Brethren-

Welcome to May! At the time of writing, we have raised two Fellowcrafts, Gene Forcier and Mitch Wagner, to the sublime degree of Master Mason. I would like to thank the officers and

Brethren of La Mesa Lodge for their efforts. I would also like to thank Worshipful Ron Chandler and the brethren of Heartland Lodge, for assisting us with both degrees. Their assistance was a great example of Masonic community for our new Master Masons. Also, as our Jr Warden, John Miewald, will discuss in his article, a variety of Appendant/Concordant bodies are available to join once someone becomes a Master Mason.

Now that we have initiated a new Entered Apprentice, and raised two new Master Masons, I'd like to pivot our efforts to more social activities. WB Mike Byers, and his wife MahrKay, will be scheduling regular meetings to help plan more Child ID events. The La Mesa flag day parade and our hot dog lunch will be Saturday, June 13th. I've scheduled a Lodge Open House and ice cream social for Saturday, June 27th, from 12pm-3pm. For our local brethren, I'd like to encourage you all to help coordinate and participate in events. Please contact the lodge for more information, if you'd like to assist in these efforts. Thank you!

Fernando Flores
Worshipful Master
La Mesa Lodge #407



From the West

It's been a busy month....

Some of you may know of my involvement with the Masonic youth orders. California Rainbow held its Grand Assembly at the end of March / beginning of April. This year, much

to our surprise, my wife and I were appointed the California Rainbow State Parents. This is an amazing and daunting opportunity, which I'm sure I will love every minute of. There will be a lot of Rainbow-related traveling for Mary and me for the next few years.

There is big news in the lodge also, with a heartfelt "Congratulations!" to Mitch and Gene on being raised to the sublime degree of Master Mason, and an abundance of gratitude to Heartland Lodge for their assistance in the conferring of those degrees.

The 3rd degree is considered by some to be the real beginning of one's Masonic journey, as you're now able to travel – attend other lodges, join concordant bodies, and be fully involved in your lodge. While the wages of a Mason are described as physical items, I feel that in the 3rd degree, we learn to see them for more noble and glorious purposes. The corn of nourishment becomes those actions in service to others which feed the soul. Noble and Glorious Wine is that refreshing smile from one whom you've helped in some way, be it in Lodge or just by being a just and upright Mason, while oil is actually a product of the first two, as the friction between people is reduced by noble intentions.

continued on page 2 *From the West*

To truly experience these things, travel is a necessity – go out of the Lodge, interact with the Masonic community, be an active and productive member of the community, and share the knowledge which you gain in your travels that others may learn from your wisdom.

Brian Sperry
Senior Warden



Congratulations Brother Gene Forcier

Our newest Master Mason

Brother Forcier was initiated an Entered Apprentice November 20, 2023; Passed to the degree of Fellowcraft on July 14, 2025; and raised to the sublime degree of Master Mason on April 13, 2026.

Time, patience and persistence rewarded his hard work.



Brothers from Heartland Lodge No. 576 lent a helping hand to raise Brother Forcier to the sublime Degree of Master Mason.

The Brothers pictured above also have memberships in the following Blue Lodges and many concordant Masonic Bodies, thank you for your help:

- East San Diego Lodge No. 561
- Vacaville Lodge No. 134
- Joseph L. Shell Daylight No. 837
- MW Manuel Luis Quezon No. 874



Brothers -

Concordant and Appendant Bodies

With the recent raising of two new Master Masons in one week, the subject of continuing one's Masonic journey has also arisen. In particular, we discussed the Concordant and Appendant bodies of Freemasonry. While entirely optional, these organizations extend and enrich our understanding of the Craft through additional lessons, fellowship, and service.

In California, Appendant bodies are organizations that build upon the teachings of the Symbolic (Blue) Lodge. Membership is open only to Master Masons in good standing, though some bodies require further qualifications or invitation. Concordant bodies, by contrast, are those that share fraternal aims with Freemasonry and are recognized by the Grand Lodge of California, but whose members may not necessarily be Masons themselves.

Two of the most well-known Masonic paths in the United States are the Scottish Rite and the York Rite. Each offers a deeper exploration of the themes introduced in the Blue Lodge.

The York Rite continues the story of King Solomon's Temple through three distinct bodies: the Royal Arch Masons, the Cryptic Council, and the Commandery of Knights Templar. While the early degrees are open to all Master Masons, the Commandery does require a declaration of Christian faith, as it draws heavily from the traditions of medieval knighthood.

The Scottish Rite, often referred to as the "university of Freemasonry," expands on moral and philosophical lessons through degrees numbered from the 4° to the 32°, culminating optionally in the honorary 33°. It is known for its intellectual and symbolic depth, described in detail in Albert Pike's *Morals and Dogma*.

Participation in any of these bodies is an additional commitment. If you are a Master Mason interested in advancing further light, please speak with the Master or any officer of the Lodge. We will gladly connect you with the appropriate representatives.

John Miewald
Junior Warden (elect)



Congratulations Brother Mitch Wagner

Our newest Master Mason

Brother Wagner was initiated an Entered Apprentice April 15, 2024; Passed to the degree of Fellowcraft on July 17, 2025; and raised to the sublime degree of Master Mason on April 16, 2026.

Time, patience and persistence rewarded his hard work.



The Brothers pictured above also have memberships in the following Blue Lodges and many concordant Masonic Bodies, thank you for your help:

East San Diego Lodge No. 561
Vacaville Lodge No. 134
Joseph L. Shell Daylight No. 837
MW Manuel Luis Quezon No. 874
Lemon Grove Lodge No. 736



**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

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



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





May 2026 Calendar

La Mesa Lodge No. 407, calendar events

Monday, May 4, 6:30 PM, dinner, followed by our Stated Meeting. Please RSVP to the Lodge phone 619-464-4340.

Dinner menu: Dinner will be chicken and beef enchiladas, beans and rice, and dessert. \$20.00 per person. Attire: Coat and Tie.

Monday, May 25, Lodge Officer Meeting, 6:00 PM; Hall Association Meeting 7:00 PM

Thursday, May 28, District Officer School of Instruction; Lemon Grove Lodge will exemplify the First Degree.

Looking ahead:

Saturday, June 13, La Mesa City Flag Day Parade. Meet at the Lodge at 8:30 AM to assemble for the Parade.

Slacks, collared shirt. Lunch follows - Hot dogs, chips dessert.

Saturday, August 15, Table Lodge Exemplification. High Twelve.

Job's Daughters Bethel 331 meetings and events for May



May 3. Mother's Day Tea

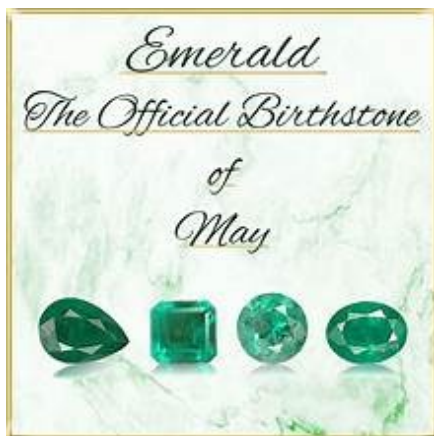
May 7, Line Officers Meeting, 6:3-8:30 pm

May 12, Job's Daughters Meeting, 7-9 pm

May 13, Job's Bethel Council, 7-9 pm

May 26, Job's Daughters meeting, 7-9 pm

Please contact Mrs. Melody Quin, Bethel Guardian at melodyrquin@gmail.com for information about upcoming events and meetings.



Birthdays:

Ronald S. Demo

Abraham Ravitch, PM

Jonathan L. Kimble

Brandon P. Hamilton

Johan Vandenberg, PM

Ronald E. Donofero

Stephen S. Smith

Babak A. Barakat

James B. Sawyer

William M. Primm

Luis U. Flores

Michael L. Osteen, PM

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

Some other dates in May that may interest you:

Key Holidays

May 1 is May Day.

May 5 is Cinco de Mayo

May 10 is Mother's Day

May 16 is Armed Forces Day

May 22 is National Maritime Day

May 25 is Memorial Day

National Teacher Appreciation Week (First full week of May): A week to recognize and appreciate teachers.

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
858.518.6917
fflores1023@gmail.com

Senior Warden, Brian R. Sperry (Mary)
858.218.5203
brian.r.sperry@gmail.com

Junior Warden, John Miewald
(619) 929-1570
jmiewald@yahoo.com

Treasurer, Sean K.T. Shiraishi (Donna)
619.550.6613
sean.shiraishi@gmail.com

Secretary, Johan P. Vandenberg, P.M.
(Barbara)
(H) 619.825.8988
jvberg1952@gmail.com

Chaplain, Michael T. Byers, P.M. (MahrKay)
(H) 949.202.7926
mmyers@yahoo.com

Marshal, Dan Davis
619.405.3375
Daniell1007davis@gmail.com

Junior Deacon, John "Red" Lindsey
231.414.1223
Johnalindsey@gmail.com

Musician, David Keen (Tracy)
619.925.4850
dkeen1016@gmail.com

Tiler, Carl L. Rosso, Jr., P.M. (Maria Fe)
(H) 619.582.5899
msglory@cox.net

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

La Mesa Masonic Hall Association
Brian R. Sperry (Mary)
858.218.5203
brian.r.sperry@gmail.com

Officer and Candidate Coach
Ron Ashman, P.M.
619.855.5526
kearnyvillacrew@gmail.com

931st District Inspector
Carlos D. Buzon, P.M.
619.459.1188
cdbuzon@gmail.com

Masonic Outreach Services
Ernie Pooleon, P.M.: (619) 743-2095
pooh1n2@aol.com

Trestlboard Editor
Mitch Wagner
619.402.3637
mitch@mitchwagner.com

Friends of the Trestleboard



**CREW ENGINEERING
AND SURVEYING**

ROZ BERMAN
*In Memory of
Shelley Berman*

TONY ALBRIGHT

**JOE & PANARAT SONGSONG
BRIDGE**

GEOFFERY DECESARI

FERNANDO FLORES

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

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

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

JIM & COLLEEN KURUPAS

MICHAEL & AMRHKAY BYERS

Val Mazon
REALTOR®
951-492-1177
Keller Williams Realty
DRE#02019203
Valmazon.realtor@gmail.com
Homesbyvalmazon.com

NOEL MELAD

CHARLES H. SMITH, JR.

**BILL STOKES &
PATRICIA OSUNA**

ABE RAVITCH
Virtus Junxit Mors Non Separabit

HAROLD M. RODIECK, PM

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

Michael & MarhKay Byers

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

Hey there 2026 Masons4Mitts

– EastSide Olympians -



HAPPY MLB
O P E N I N G
DAY!

Thanks again
for stepping up
to the plate for
kids in your
communities!!

Ready to come
out swinging???

Here are the ways to donate mitts:

Online Donations (preferred method)

<https://masonicfoundation.org/masons4mitts/> is
NOW FULLY LIVE and ready to accept donations!

Upon your first glance at our website, you'll see a
similar format to last year including:

Links to buy **Masons Night Tickets** are on the
homepage. This is the only way to purchase tickets.
These discounted tickets have been set aside
exclusively for us. We recommend that lodges buy
in bulk and then sells off tickets to their individual
members. Our Grand Master will be attendance at
each game. These will include check presentations of
our campaign totals prior to each game.

Here are the 2026 Masons Nights dates:

San Diego: Monday, August 24

LA: Tuesday, September 8

OC: Tuesday, September 15

NorCal: Tuesday, September 22

Regional Leaderboards can be found on both the
regional page and the team pages. This will showcase
the team standings in terms of how many mitts each
team has raised. Don't let your team be in dead last
because everyone will see that shameful position!

After you click on the red donate button in the upper
right corner, you will then be taken to the screen
where you the actual amount of your contribution **AS
WELL AS** select the team (**EastSide Olympians**)
for which you want the donation to be credited to at
the bottom. **It's very important to make sure that
you and your donors actually 'Credit your team'
at this point.** It can be easy to miss this critical field.

Once you have entered both the amount of the
donation and the team to credit, you will be taken to
a screen where you can enter your **Member ID**. This
allows us to better track an individual's cumulative
giving and apply it to our Annual Fund data. This
field is optional to populate so non-members who
wish to contribute can skip this step.

The last step in the donation process is to select your
payment option:

In addition to traditional debit/credit cards, we also
accept donations via Google Pay, PayPal, Cash App
and Venmo. After completing the billing information,
you then click on the red Finish button in the lower
right corner to finalize your transaction. Donations
should be reflected on the website in real time.

Let's go **EASTSIDE OLYMPIANS**

FREE CHILD ID PROGRAM

Ninety seconds is all it takes to provide a parent with
a **PEACE** of mind, that this Free Child ID Form has
been processed and given to them by a local Masonic
Lodge in their community.

A Free Child ID Program is available in your county;
the program is provided and presented by committed
Volunteers of California Masonic Lodges, and several
others states in the Union. Any city organization or
local event can have this very important and needed
free community service, as close as right in your
neighborhood.

When you have a contact for a City Event, or
Organizational Function that you would like to
provide this Free Service with, please ask for a contact
person at that venue, and then please contact a number
below, and we will take their information and
coordinate a date, time and place with that
person(s)...along with important details, even if it
needs be in person.

M&M Byers – (817) 706-7560, or

mmbyers@yahoo.com

La Mesa Masonic Lodge #407, (619) 464-4340,
La Mesa, CA

Heartland Masonic Lodge #576, (619) 443-8831,
El Cajon, CA



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

Wednesdays, 9 am Breakfast at Gus's

Rental Manager

The rent the Lodge dining room email:
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

LA MESA LODGE No. 407
F&AM
P.O.BOX 154
LA MESA, CA 91944-0154

RETURN SERVICE REQUESTED

LA MESA LODGE TRESTLEBOARD
God Bless America!



Place Address Label Here



Reflections on becoming a Master Mason

I was raised to the sublime degree of Master Mason in April, which has caused me to reflect on Masonry and what it has meant to me.

My history in Freemasonry is unusually short. As far as I know, nobody in my family was ever a Mason. And I've never been someone who joins things. As an adult, I've focused on work and my marriage and a few outside interests — reading, watching TV and finding communities over the Internet. I have worked from a home office for more than thirty years. I have a few — very few — close friends, whom I cherish but don't see often. All of that was enough for me, for a long time.

But coming out of Covid, I started feeling dissatisfied and the feeling didn't go away. I felt disconnected and isolated. I turned 60 and assessed my life so far and what I wanted to do with my remaining years of life and health. I was looking for more. For human connection.

The Masons popped up in my media consumption. My father-in-law and brother-in-law were both Masons, active in Ohio; we were never close but I respected both of them. Why not give Freemasonry a try?

If nothing else, it would be a new experience. (And, indeed, midway through my initiation, I thought, "I wanted a new experience and this is definitely that.")

I progressed slowly through the degrees. I am grateful to the brothers who helped me along the way.

I am just getting started with Masonry; I still feel like I have no idea what's going on half the time. Which is progress; when I began, I was confused 90% of the time. I fumble the grips, signs and turns of phrase that we use for various elements of Freemasonry. But I am coming along, with the help of my brothers.

I truly believe that Freemasonry can be part of the solution to a major problem facing American society today — we're fragmented and isolated from each other, staring at screens rather than connecting with each other. Researcher Robert Putnam wrote an important book about the subject, "Bowling Alone." He cites fraternal organizations — including bowling leagues — as glue that binds societies together. Freemasonry is one such organization, the oldest, and one of the largest and most important. Putnam's book

was published in 2000; the situation hasn't gotten better since then.

My experience of Freemasonry is that it is a politics-free zone, which I like. As Americans have lost other group affiliations, including churches and fraternal organizations, politics have saturated our lives, our political parties have become tribes, and we've lost connection with each other. Masonic bylaws call for no political or religious discussions in meetings and the La Mesa Lodge tradition extends that guidance to all our activities. I like that.

I appreciate that harmony is a fundamental goal of freemasonry. Eliminate, or at least reduce, conflict.

In Masonry, I've met men from a far greater variety of backgrounds and with different experiences than most of the people I meet in the rest of my life.

Like many people, I have spent far too much time staring at screens. One of the elements of Freemasonry I find appealing is that we have a healthy relationship with technology. We meet in person. Our traditions are passed orally, from mouth to ear. We use technology — text messaging, email, the Web — in furtherance of fellowship.

And technology is where I can contribute. In my professional career, I write for the Internet. I saw the website could use a little help, and Brother VandenBerg expressed interest in getting help with the Trestleboard. "With my professional background and interests in the internet, that will be easy!" I said to myself. Several months later, it has turned out to be not easy. But I'm working on it — again, with the help of my brothers.

I'm looking forward to many more years of improving myself in Freemasonry and connecting with brothers around the world.

Mitch Wagner
mitch@mitchwagner.com
mitchwagner.com