



La Mesa Lodge No. 407
4731 Date Avenue
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La Mesa, Ca 91944-0154
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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 June! Hard to believe the year is half gone already. For myself, personally, between my personal, professional, and Masonic lives, the year seems to be passing in the blink of an eye. The

officers and I have begun practicing the second degree, while Bro. Jarrod Dawson continues working on his first degree proficiency.

On the social side of things, La Mesa Lodge will be participating in the annual La Mesa Flag Day Parade, on Saturday, June 13th. We will be at the lodge at approximately 8:00 AM to begin preparations. At around 9:00 AM we will walk over to the staging area at Kuhlken Field at the corner of University Ave and La Mesa Blvd. The parade will kick off at 10:00 AM. Afterwards, we will have a hot dog lunch with all the fixings. Please note, after talking with our Inspector and some of the brothers, I have decided to re-schedule the Lodge Open House from Saturday June 27th, to take place immediately after the Flag Day parade. Wfl. Bro. Byers will have a Child ID booth as well.

Additionally, we have our annual Table Lodge Exemplification in August, but this year, it will be on the THIRD Saturday of the month, August 15th. Please adjust your calendars accordingly.

Fernando Flores
Worshipful Master
La Mesa Lodge #407



From the West

The Rainbow Adventure Continues

It's amazing the things that come to mind on 8+ hour drives when most of the car companions are either playing on their phones or "checking their eyelids for holes". Given my new role, a lot of my thoughts are going to dwell on the International Order of the Rainbow for Girls, or Rainbow for short.

On Memorial Day weekend, my travel crew and I drove up to the Sacramento area for the first official visit of the Grand Worthy Advisor. During that little drive, it occurred to me that I have yet to create a Lambskin Apron lecture. As most of you know, the lambskin apron is the badge of a Mason. During their initiation, Rainbow Girls are given a miniature lambskin apron to wear on their wrist. As the State Rainbow Dad for the year, it is my responsibility to create, memorize, and give a lecture at the initiation ceremony that occurs at Grand Assembly and at other instances of initiation when possible. But what does the lambskin apron mean to a Rainbow Girl? And by that same question, what makes it special to us?

There are some similarities and correlations between the apron and lessons of Rainbow. For example, there are seven edges to the apron, and there are seven lessons taught at the bow stations of Rainbow. The bow stations, and their lessons, are Love, Nature, Religion, Immortality, Fidelity, Patriotism, and Service. Each of those lessons teach something similar to what we have in our Masonic degrees. There are also similarities to the lessons at the Star Points in the Order of the Eastern Star.

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How would you describe our Masonic values in terms of the seven lessons of Rainbow? Here are some of the ways that I've identified so far. Love, seen in Masonry as Brotherly Love and Affection; no matter where found, Masonic brethren treat each other as friends and family. Religion, as no man can be made a Mason without belief in a Supreme Being, the same belief is required of a Rainbow Girl. Fidelity is in our obligation, requiring us to be true and faithful to God, country, the fraternity, and ourselves (to name a few). And last, service, which is why many of us become Masons; to make a difference and be of some service to each other and to our communities. There are other ways to show similarity between Rainbow and Freemasonry, especially in the three other lessons.

Brian Sperry
Senior Warden



From the South

Brethren,

Following my previous article on appendant bodies in Freemasonry, I have received several thoughtful questions regarding the York Rite. This month, I would like to offer a clearer overview of this branch of our Masonic family.

To begin, this article focuses specifically on the York Rite and does not address the Scottish Rite, which is a separate system of Masonic degrees. We are fortunate to have several Brothers within our Lodge who are active in the Scottish Rite and can provide further light on that path.

The York Rite is not a single body, but rather a collection of three distinct organizations, each with its own leadership, officer line, meetings, and traditions. These are:

- The Chapter of Royal Arch Masons
- The Council of Cryptic Masons
- The Commandery of Knights Templar

Progression through the York Rite typically begins with the Royal Arch Chapter. The Royal Arch degrees are considered by many to be a continuation and completion of the symbolic lessons introduced in the Blue Lodge. After receiving the Royal Arch degrees, a Companion may choose to continue into the Cryptic Council, which further expands on the preservation and recovery of Masonic knowledge.

Advancement into the Commandery of Knights Templar is optional and represents a distinctly Christian chivalric order within Freemasonry. Unlike the preceding bodies, membership in Commandery requires a profession of belief in the Christian faith. This is an important distinction and reflects the historical and spiritual character of the Order. Members of the Commandery also participate in ceremonial traditions that include the use of a sword, symbolizing both knighthood and the defense of faith and virtue.

A Master Mason in good standing may petition the York Rite without invitation. Those interested can begin the process by visiting the San Diego York Rite website at: <https://yorkritesandiego.org/> (Note hyperlink is removed, you will need to copy and paste this "link" to your browser.)

In our region, degree conferrals are organized as "reunions" in the spring and fall, usually in San Bernardino. These reunions allow candidates to receive multiple degrees over the course of several days in a structured and immersive setting.

Beyond the core York Rite bodies, there are also several invitational Masonic organizations that a Brother may be considered for after further involvement. One example is the Allied Masonic Degrees (AMD), which is dedicated to Masonic research, education, and the preservation of lesser-known degrees. The AMD is also known for hosting "Masonic Week" in Washington, D.C., an annual gathering that brings together Masons from around the world to experience a wide variety of rare and historic degree work. More information can be found here: <https://amdusa.org/wp/masonic-week/> (Note hyperlink is removed, you will need to copy and paste this "link" to your browser.)

Finally, I would like to address a common misconception: membership in the Royal Arch is not required to visit Lodges in other jurisdictions, including those in the United Kingdom. Visiting requirements vary by jurisdiction but generally involve being a Master Mason in good standing, presenting proper credentials, and coordinating in advance through your Lodge Secretary.

I hope this provides some clarity on the structure and purpose of the York Rite. It offers a rich and meaningful extension of the Masonic journey for those who wish to continue their studies and involvement in the Craft.

John Miewald
Junior Warden





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

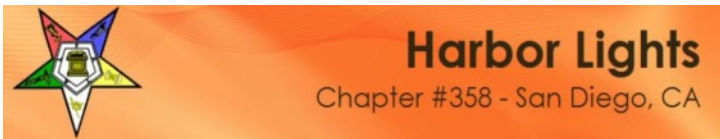
Job's Daughters International of California

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



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:**

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(888) 466-3642

Mcyaf.org
(877) 488-6293 (San Francisco)
(626) 251-2300 (Covina)

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2026

LEADERSHIP RETREATS

THREE WEEKENDS:
San Ramon April 24-26 • Palm Springs May 15-17 • Irvine May 29-31

June 2026 Calendar

La Mesa Lodge No. 407, calendar events



Monday, June 1, 6:30 PM, dinner, followed by our Stated Meeting. Please RSVP to the Lodge phone 619-464-4340.

Dinner menu: Pulled pork and chicken sandwiches and dessert. \$20.00 per person. Attire: Coat and Tie.

Mondays: 8, 15 and 22, Lodge officer Practices - Fellowcraft Degree

Monday: June 29, Officer Executive Meeting 6:00 PM; Hall Association Meeting, 6:30 PM

Saturday, June 13, La Mesa City Flag Day Parade. Meet at the Lodge at 8:00 AM to assemble for the Parade. Slacks, collared shirt. Lunch follows - Hot dogs, chips dessert.

Also, the Child ID project will be providing IDs. The Lodge will be open to the public following lunch.

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

Job's Daughters Bethel 331 meetings and events for June



June 3, Job's Bethel Council, 7-9 pm

June 9, Job's Daughters Meeting, 7-9 pm

June 23, 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:

Michael L. Lambert, PM

James A. Kurupas, PM

Adrian Lopez, PM

Lloyd E. Maxton

Jeffrey T. Pacheco, PM

Matthew P. Sidor

Mark J. Swaney

R. Lyle Van Norman

Frederick J. Shortreed

Jarod S. Dawson



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 June may interest you:

Key Holidays

Father's Day: Celebrated on June 21, 2026, honoring fathers and father figures

Juneteenth: Observed on June 19, commemorating the end of slavery in the United States and celebrating freedom and resilience

National Candy Month and National Foster a Pet Month: Fun and awareness-focused monthly observances

D-Day Remembrance: Honoring the World War II Normandy landings

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
Johnlindsey@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.
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cdbuzon@gmail.com

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

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"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 & MahrKay 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 OPENING 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!

2026 Masons4Mitts 18th Season is on!

Now in its 18th year, Masons4Mitts has raised more than \$2.675 million for our four MLB partner foundations, equipping underserved young people all around the state with custom-made leather baseball mitts and ensuring they have access to enriching, high-quality youth baseball and softball leagues.

As always, the California Masonic Foundation is proud to partner with the charitable foundations of the Los Angeles Angels, Los Angeles Dodgers, San Diego Padres, and San Francisco Giants. By donating to Masons4Mitts, you ensure that underserved young people are provided with a custom-made leather baseball mitt and able to play the game and learn important life lessons. With a focus on expanding the range of skills and services it brings to young people to include health, nutrition, wellness, and social justice, Masons4Mitts is growing to incorporate so much more than the game.

Support young people in your community today by donating a mitt today—and help your team win statewide bragging rights!

Let's go **EASTSIDE OLYMPIANS**

Masons 4 Mitts update -

Here are the 2026 Masons Nights dates:

San Diego: Monday, August 24

As of May 24 - 2,457 total mitts given for 2026

San Diego Region - 292 Mitts

Orange County Region - 440 Mitts

Los Angeles Region - 251 Mitts

Northern California Region - 1,474 Mitts



The most recent Child ID event was at the Boys and Girls Club, El Cajon.

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

Our Next Child ID event will following the Flag Day Parade on Saturday, June 13. This will, also be an open house for the public.



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

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LA MESA LODGE TRESTLEBOARD
God Bless America!



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Our Brother Sperry, Senior Warden, is a member of Eastern Star Harbor Lights Chapter. He extends this invitation from Worthy Patron Shelly Chapman.

Hello Gentleman,

I hope all is well. If you don't know me, I am Worthy Matron for Harbor Lights this year. Harbor Lights Eastern Star has a tradition called Men's Night, but we have not done a Men's Night at Harbor Lights in the last few years, so I have put it on the calendar for this year.

The chapter tradition notes the male members of our chapter would fill in a ritual station for the evening at a stated meeting. However, I am choosing to deviate from this part of the tradition to accommodate for the fact that Harbor Lights is still working on growing our male membership. The evening will include an Ante Room meeting rather than a full, stated meeting with ritual so that Harbor Lights can invite our Masonic Brothers from our local lodges to attend. San Diego has a wealth of Masonic Lodges and we wish to welcome each gentleman and his lady to meet Harbor Lights through fellowship and food.

This year Harbor Lights will be having a Men's Night on July 9th, 2026. The event will include a light potluck style dinner (tradition) with a fabulous program after. I am sure our Worthy Patron, Robert, would love to have any assistance he can in getting the evening planned as the tradition does note that the Worthy Patron is in charge for the evening.

So, if you are free over the next few months and wish to help out Harbor Lights please let us know so we can make sure you are included in the planning/event itself.

Star Love,
Shelly Chapman
Worthy Matron

An update about Brother Bill Stokes, PM

The following information is provided with the permission of Brother Bill Stokes, Past Master of La Mesa Lodge No. 407 and former Inspector of the 931st Masonic District.

Brother Bill spoke openly with Brothers Albright, Salini, and Vandenburg. As we age, our frailty becomes reality, and that includes cancer. We often hear about someone receiving chemotherapy to fight cancer, and sometimes the cure can feel worse than the disease itself.

Please begin communicating with our Brothers, particularly those who are close to Bill or whom Bill knows personally. At this time, Bill would welcome contact from any Masonic Brother who knows him personally. Let us begin our chain of Masonic communication, where we as Masons understand one another in ways that non-Masons may not.

Bill will likely need more local help, additional assistance, and possibly equipment in the future. What form that need may take, no one knows except the Great Architect of the Universe. Please keep Bill and Patricia in your thoughts and prayers. If you know anyone who may know them, even slightly, please ask them to pray for Bill and Patricia as well. If assistance is needed, and if you are able and asked, please help at your convenience.

Bill appreciates being a Mason. Within a few years, he will be eligible to receive his Golden Veterans Award. We all know and love Bill, and he asks that each of us keep him and Patricia in our thoughts and prayers. May the Great Architect of the Universe shine His healing powers upon Bill and his family, and may Bill return quickly to recite ritual in Lodge with us once again. Fraternally from Bill and Patricia, thank you for your good wishes, thoughts, and prayers.

Sincerely and fraternally,

Johan Vandenberg, P.M.

Secretary

La Mesa Lodge No. 407

May God bless Bill and Patricia.

The Worshipful Master cannot do everything that needs to be done. It's up to all members of the Lodge to do their part. From the officers to the new EAs.