



# The Trestleboard



**Evergreen Lodge No. 259, F. & A. M.**

5801 CHICAGO AVE., RIVERSIDE, CALIFORNIA. 92506 (NO MAIL)

(951) 275-0444

STATED MEETING: 1ST WEDNESDAY 7:30 P.M. ~~~ DINNER AT 6:30 .

VOLUME XVIII, ISSUE VI

“A WELCOME AWAITS YOU”

JUNE 2008

## How to Identify a Stroke

If you can get to a stroke victim within 3 hours you can totally reverse the effects of a stroke.

### Remember 3 steps, STR

S \* Ask the person to Smile

T \* Ask the person to Talk and Speak a Sentence

R \* Ask him to Raise Both Arms Additionally ;

Ask him or her to stick out their tongue. If the tongue is crooked or if it goes to one side or the other, this is also an indication of a stroke.

If he or she has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher. The key is get help quickly. Don't let the victim claim he or she is OK. Check for these symptoms and get medical help immediately.

## Signs of a Heart Attack

- About two out of every three people who have heart attacks have chest pain, shortness of breath or feel tired a few days or weeks before the attack
- A person who has angina (temporary chest pain) may find that it happens more often after less and less physical activity. A change in the pattern of angina should be taken seriously.
- During a heart attack, a person may feel pain in the middle of the chest that can spread to the back, jaw or arms. The pain may also be felt in all of these places and not the chest. Sometime the pain is felt in the stomach area, where it may be taken for indigestion. The pain is like that of angina but usually more severe, longer lasting and does not get better by resting or taking a nitroglycerin pill.
- About one out of every three people who have heart attacks do not feel any chest pain. These people are more likely to be women, non-Caucasian, older than 75, someone with heart failure or diabetes and someone who has had a stroke.
- Faintness Sudden sweating Nausea Shortness of breath, especially in older people
- Heavy pounding of the heart
- Abnormal heart rhythms (arrhythmias), which occur in more than 90% of the people who have had a heart attack
- Loss of consciousness, which sometimes is the first symptom of a heart attack
- Feelings of restlessness, sweatiness, anxiety and a sense of impending doom
- Bluishness of the lips, hands or feet

During the early hours of a heart attack, heart murmurs and other abnormal heart sounds may be heard through a stethoscope

*I certainly hopes this helps,*

*your editor , John Channon*

## EVENTS COMING UP

Mark your calendar .....

June 14 7pm Jobs Bethel Installation

July 50 year presentation to our Sr. Past Master , Wor. Everett Ross

July 19 Work Party - “facility honey do s”



Check out our district Web site at [www.socalmasons.com](http://www.socalmasons.com)

**EVERGREEN LODGE NO. 259**

**MASTER**

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CALIFORNIA**

Grand Master: Richard W. Hopper

Grand Secretary ..... John L. Cooper, III

**447TH MASONIC DISTRICT**

Inspector ..... Frank Lee

Phone: 951- 653-8510

E-mail: allcingeye@aol.com

*June  
Stated Meeting  
Dinner*

*6:30*

*A mélange of  
Summer soups and  
Summer salads*

**Dinner Reservations Committee**

Jeff LeMasters Tahir

951-343-7895

Chairman

Doris Morton [951] 686-6100

**During May we had .....**

**First Degree Initiations  
Armand Ghods**

**Third Degree Proficiency  
Robert Neice**

**Master's Message**

Brethren,

The month of May is behind us, and although the showers were a little late they certainly contributed to the May flowers. Some of the activities this month included the district child ID event at the March Air show (May 3rd-4<sup>th</sup>) resulted in over 500 children being given their emergency identification information.

Approximately forty people attended the festive board on May 10<sup>th</sup>. All attendees enjoyed the excellent food and fellowship. If you missed the third annual event please plan to join us for the fourth annual festive board next year.

William Drexel, a fifty-year member, passed away this month. Howard Born, Chuck Scalf and John Channon preformed a Masonic service on the 13<sup>th</sup>.

The work party on the 17<sup>th</sup> resulted in the front rain gutters being cleaned out, the rest of the exterior lights being repaired, supports under stage being partially repaired with materials being prepared to line the table storage areas to prevent future damage. I would like to thank John Channon, Keith Downs, Tom Shaw, Scott Bennett, Chuck Scalf, Bob Boyd, Drew Gilkey, and Howard Born who helped out.

A Masonic and Eastern Star service was held on the 18<sup>th</sup> for Boyd Cochran, Past Master of Evergreen Lodge and Past Worthy Patron of Ungava Chapter of the Eastern Star. Boyd passed away during April.

There was a second district child ID event at the Riverside Chili Cook Off on the 24<sup>th</sup>. In excess of 150 children were provided with emergency identification materials.

The month of June may not be quite as hectic. The stated meeting is on the 4<sup>th</sup>. We will be holding a third degree practice on the 11<sup>th</sup>. We anticipate a second degree on the 18<sup>th</sup> and a third degree on the 25<sup>th</sup>.

On June 14<sup>th</sup> our Job's Daughters Bethel #264 will be holding its installation of officers at 7:00 PM. The installation is open to the public and it would be wonderful if we a good showing to support the girls.

On June 21<sup>st</sup> there will be a memorial service for Theron Dunn, who passed away suddenly, at Temescal Palms at 2:00 PM.

Our next work party is tentatively scheduled for July 19<sup>th</sup> from 9:00AM until noon. Plan to join us if you can. No special skills are needed and our building manager can always find plenty of chores for everyone. It is a great day of fellowship.

If you haven't been to lodge in a while try to join us on a Wednesday night. I think you will find that a hearty welcome awaits you!

**Vic Ropac, Master**

*Festive  
Board  
May 2008*





**Worthy Matron**

Sharon Wilson  
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E-mail: shaleewils@cs.com

**Worthy Patron**

Lee Wilson

**Assoc. Matron**.....Janett Andertson

**Assoc. Patron** .....Robert Smiley

**Secretary**.....Robert R. von Pertz

**Treasurer**.....Cara Sung

**Conductress**.....Joyce Swalley

**Assoc. Conductress**....Sandra Cochran

**Worthy Grand Matron**

Collette Serio Gole

**Worthy Grand Patron**

Jim Whiteley

**Deputy Grand Matron**

**48th District**

Shannon Ordaz, P.M.

6422 Logan Ct.

Riverside, CA 92503

951-354-8463

**Circle of Concern**

Janett Anderson

351-4044

Greetings from the East.

May was a wonderful month for Ungava Chapter. We performed one of the most important events in a Chapter's life...the initiation of a new Sister. We welcomed Sister Lynnette Channon into our Order and look forward to seeing her often joining with our Chapter members. Our Officers did beautiful work, we had many sideliners and Sister Jan Anderson, our Associate Matron put together a wonderful Cinco de Mayo theme and refreshments in the dining room.

Our Star year is almost halfway over and time has gone by so quickly. We have some exciting events facing our Chapter in the next weeks.

Our June 2<sup>nd</sup> meeting will be our Memorial meeting night, a night to pause and remember our members who have passed away this past year. The lady officers will all wear white and the gentlemen Officers will wear their tux. Sister Kathy Johnson will have the dining room refreshments.

June 7<sup>th</sup> 9 AM – 4 PM will be our annual Fiesta at the Senior Living Community in Yorba Linda. All members and non-members are invited. It is a fun time with booths manned by the Grand Officers. Something that I always check out is the tenderly worn gowns, priced at \$5.00 to \$10.00. You can never have too many dresses. This is a booth the Jobs Daughters and Rainbow girls always check out. If you have gowns you would like to donate, please call Sister Joyce Swalley or myself before June 7<sup>th</sup>.

Riverside Chapter's Line Party, Pam Davis and Simon Dias, will be held June 9<sup>th</sup>, 7:30 on Palm Avenue, Riverside. Dress attire is Christmas.

Our June 16<sup>th</sup> meeting is an exchange night with Riverside Chapter's Officers taking Ungava' stations for the evening. Ungava Officers, please remember to bring a gift for your counterpart from Riverside. The theme is "Father's Day." Please everyone come and enjoy sitting on the sidelines. Sister Cara Sung will have the dining room refreshments this evening.

A **BIG NIGHT**, please mark **June 21, 2008, 7:00 PM** on your calendar. This night we celebrate Sister Audrey Hanno, Grand Representative of Florida in California. This will be a very special evening. RSVP to Bobi Cooley 951-781-1935 or Phyllis Cody 951-780-1468.

June 28, 7:30 PM, Hemet will be Jerry Carrs' Grand Representative Reception.

We look forward to seeing all of you at the upcoming events this June. If you need a ride, please give me a call. It is always wonderful to see our Sisters and Brothers.

**Star Love from,  
Sharon & Lee Wilson, Worthy Matron, Worthy Patron**

**JUNE BIRTHDAYS – Remember our Members with a card or call**

- |                           |                            |                           |
|---------------------------|----------------------------|---------------------------|
| <b>1 Larry Dylina</b>     | <b>6 Odyessea Gallanes</b> | <b>11 Kim Cooke</b>       |
| <b>1 William Preacher</b> | <b>7 Donna Roberson</b>    | <b>13 Dustin Mackie</b>   |
| <b>2 Marie Palmer</b>     | <b>7 Carol Meredith</b>    | <b>13 Robert Everett</b>  |
| <b>3 Patricia Barbie</b>  | <b>9 Frances Hankins</b>   | <b>14 Vera Jackson</b>    |
| <b>3 Mary Courtney</b>    | <b>10 Jeanie Smith</b>     | <b>14 Barbara Wagoner</b> |

Evergreen Lodge No. 259 F & A. M.  
 John Channon, Editor  
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**Evergreen Masonic Center Organization Leader Contacts**

Evergreen Lodge #259 F&AM	Vic Ropac ,	Master	943-6622
Ungava Chapter Order of Easter Star	Sharon Wilson ,	Worthy Matron	242-1531
Bethel #264 Jobs Daughters	Lynnette Channon,	Bethel Guardian	780-9489
Ladies of the Oriental Shrine (LOSNA)	Donna Daugherty ,	High Priestess	909-399-1912
Mission Bell Ct– Order of Amaranth	Ramona Bryant,	Royal Matron	780-1028
<b>RIVERSIDE HI-12 CLUB</b>	<b>MEL BROOKS</b>	<b>PRESIDENT</b>	<b>243-6379</b>
Building Manager	John Channon		780-9477

**June 2008 Calendar Evergreen Masonic Center**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OES	3 EMTA	4 Stated Mtg	5 LOSNA	6 HI-12 @ 11:30	7
8	9	10	11 3rd practice	12	13 HI-12 @ 11:30 Amaranth	14 JOBS installation
15	16 OES –	17	18 2nd degree	19	20	21 Audrey Hanno reception
22	23	24 officers' assn.	25 3rd Degree	26 LOSNA Board	27 HI-12 @ 11:30	28 Amaranth Dinner
29	30	1 Emta	2 Stated Meeting	3	4 HI-12 @ 11:30	5