

February 2017

TRESTLE BOARD

Ionic Composite Lodge No. 520

FROM THE EAST CHANGE!!!

Now that I have your attention, did you know that change is one of the most frightening things that can happen to a person, (or animal and even plants)? Species have died out because they couldn't, or wouldn't adapt or change. Yet, while it is scary, it is something that we all are capable of doing.

I'd like to talk with you about some changes that are happening in Ionic Composite Lodge. No, we haven't moved where we meet, (so I hope all of you who haven't been to lodge in a while can find your way back), nor have we changed the customs, rituals, traditions, or values that Freemasonry has espoused for almost 300 years or more. *Moreover, this lodge is, and will be, one of the most welcoming, diverse, and tolerant lodges in California.* The change I am talking about is to have a more diverse calendar of programs that will appeal to more of the Lodge brethren.

For those who enjoy traditional programs we will have events such as the **reception for the Grand Master** and his officers on *March 6*, and on *April 8*, we will have a **reception and dinner dance for the Grand Sword Bearer, our very own, Wor. Jeffrey Bear**, (and we can't forget the effervescent Trisha). In the planning stages for later in the year will be a celebration of the 300th anniversary of the Grand Lodge of England. In addition, we will have one or two major speakers programs which we have had great attendance at in the past.

Continued on pg. 5



February 6th Stated Meeting

Annual Sweethearts Night

Doors: 5:30 p.m. | Dinner: 6:00 p.m.

Meeting: 7:15 p.m.

W.M. Michael Bear presiding

Reservations are Mandatory

Extra meals will not be available. Brothers with If you make a reservation and don't cancel by the state specified, you will be billed.

RSVP by calling (310-657-2628) the lodge or Paypal from our website

Dinner is \$20.00

ENTREES

Teriyaki Chicken
- and/or -
Breaded & Grilled Salmon

SIDES

Fried Rice
Vegetable Chowmein

DESERT

TBD

* Guests of the Master, and widows of Ionic Composite Lodge, who have not remarried, are free. Menu is Subject to Change.

FEBRUARY EVENTS

Jan.
1

Stated Meeting Reservations DUE

Feb.
5

Super Bowl Party

3:15pm at the Lodge. \$10 admission includes snacks, drinks, and pizza. Beer will be donated by Steve Resnick.

Feb.
6

Stated Meeting Dinner

See insert to left for times and more details

Feb.
12

Los Angeles Masonic Service Bureau.

9:00am.-11:30a.m. Open to all men and women. Dress-coat and tie. Pasadena Scottish Rite, 150 N. Madison Ave., Pasadena, 91101.

Feb.
13

Second Degree Practice

7:15pm. Officers required. FC and MM may attend. Coaching available.

Feb.
22

O.S.I.

7:15p.m. at Culver City-Foshay.
Second Degree Complete with First Degree proficiency. Officers MUST attend. Dress: Casual. Officers: Contact Master if you can't attend.

Feb.
27

Executive Board Meeting

6:00pm in dining room.

Discussion Night

7:15pm. Free & open to all. Light refreshments. Casual attire. Please RSVP

Note: Additional Events can be found on our website or Lodge App.

FROM THE WEST

Freemasonry has been always in my mind; when I was a kid my grandfather, a great man, always doing the right thing, past away and I was told he had a masonic ring with him. That fact stuck with me. Later, when studying Mexican history (my home country), I noticed that there was this guy who always acted with dignity, he was a true leader, and he always did the right thing; when this guy became president of Mexico, he took the country in the right direction. I later found out that he was a Freemason, his name, Benito Juarez. This relationship "doing the right thing - being a freemason" also stuck with me ever since.

Then, a few years ago, now in the U.S.A., I noticed that the country was more divided than ever and I always felt out of place. I couldn't understand why people behaved in a pronounced tribal manner "whatever my party says, it is the absolute truth" without using common sense and knowledge. It was when I remember about Freemasonry, and it was when I decided to search for a Lodge and join the fraternity.

The motive was to belong to a society of good men who were above of all that "tribalism" currently existing in this country and in this world. A society of good men who were capable of using common sense, scientific and general knowledge, with a clear mind, to distinguish what the "right thing to do" is regardless of whatever religion, country or political affiliation.

A few years later, and here I am, a proud freemason belonging to a non-discriminatory brotherhood of men who believe in doing the right thing.

By the time this article goes out, we will have a new President and we will have the same divided country. And we, as freemasons, must always remember that we need to be those leaders that our current society needs so that the right things get accomplished. We are those leaders

who can see past our religious and political influences to prevent injustice or at least influence this world in the right path.

Don't forget, you are a Freemason.

Mauricio León - Senior Warden

UPCOMING EVENTS

March 4, UCLA International Conference "The Origins of Freemasonry": 9:00a.m.-3:00p.m. at UCLA Covell Commons. By pre-registration only at freemason.org.

March 5, 8:00-11:30a.m. LAMSB Grand Master's Breakfast, LAX Hilton. See Secretary for tickets

March 6, Stated Meeting and Grand Master's Reception for M.W. John Heisner and his officers. Lodge opens; 4:45pm. Reception; 5-6:00p.m. Dinner: 6:00p.m. Dinner \$30.00 by RSVP only by March 1.

March 8, 7:15p.m., Officers Practice First Degree in full. Officers required to attend. Dress casual.

March, 13, O.S.I. at Ionic Composite, 7:15p.m., First Degree in full. Dress: Casual. All officers required to attend. Let Master and Officers Coach know if you can't attend.

April 8, Reception and Dinner Dance for the Grand Sword Bearer, Jeffrey Bear, P.M., More information to follow.

July 23, Laguna Beach "Pageant of the Masters", limited tickets. Bernie Morse, P.M. in-charge. It's a "must see" event.

FROM THE SOUTH

Okay, the big question. Does Masonry really make you a better man? Answer, DAMN STRAIGHT. After becoming an EAM during November 2014, I earnestly began preparing for my first-degree proficiency. As I studied with Wor's Jeff Bear and Roy Steinfeld, the line about learning to subdue my passions and improve myself in Masonry seemed to resonate with me more and more every study and practice session.

A short time later, I was lucky enough to attend a presentation by MW Russ Charvonia on Civility, or more actually the lack thereof. During his presentation, Russ made me realize how easy it was to take the first steps to becoming a more civil individual. In just describing his very long commute to the Lodge that evening, Russ pointed out how something as simple as trying to not become agitated and therefore drive overly aggressively or unnecessarily honk at anyone was a valuable exercise. He also suggested that we check out CivilityCenter.Org. I did and was very impressed with the additional insight provided there. You should check it out to.

While Russ's presentation was one of the more meaningful insights into improving myself, it was just one of many that I have experienced while in Lodge.

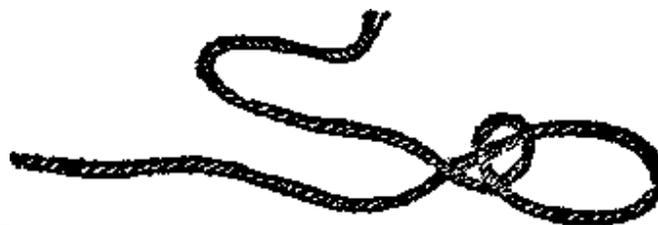
As far as actual proof of having improved myself. Well, before going here, should mention that improving one's self should be ongoing and never ending. Okay, now for the proof. I honestly believe that being exposed to Masonic principles helped me to become a married man for the first time at the age of 59. It was actually my wife Sheelah that first proposed to me. At the time (October 2013), my brother in law's daughter had just become engaged and was texting us pictures of her engagement ring. I asked Sheelah if she had enjoyed seeing the ring. She said "Yes and WHERE IS MY RING?" For some reason, I was horrified by this question, even though I was not surprised by it. My response was "Will a ring shut you up for a while?". Somehow, I was able to get Sheelah her ring in time for our first trip to the Philippines and her first time going back in about seven years. However, I was still pretty much terrified about the actual marriage thing.

I am happy to report that after having been imbued with Masonic teaching, on New Year's Day 2015, I announced to Sheelah that this was the year that we would be getting married. This statement was totally of my own doing, without any prodding from my intended. Long story short, we were married on September 4, 2015.

Steve Resnick - Junior Warden

"It is the Masters will and pleasure that all brothers of Ionic Composite Lodge and non-members join our first Masonic Discussion Night of the Year. It will be held at the Lodge on February 27th at 7:15pm. "

Fraternally, Michael Bear, P.M., Master.



Have you joined the digital Lodge community yet?

Find out what you've been missing by download it to your smartphone here: <http://ourapp.link/ionic-composite-520>

**if you have any problems, please call me at (310) 497-4408 and I can walk you through or meet up with you!

IONIC COMPOSITE LODGE NO. 520

We have purchased 22 tickets
for the Amazing

Laguna Art Festival Pageant of
the Masters

Where Art Comes to Life

"The Grand Tour"

Sunday, July 23

8:30PM-10:30PM

\$52/person

For information and
reservations please contact
Bernie Morse PM by email at
brnhrd18@yahoo.com.



FROM THE EAST

Continued from cover

For those who prefer smaller interest group programs I point to our **Super Bowl Party** on **February 5**, at 3:15pm, when we will get together at the lodge to yell and cheer while having some great food and beverage, (JW Steve Resnick, in charge). I also refer to the tickets we have for the **Laguna Beach Pageant** of the Masters on **July 23rd**. We only have a limited number of tickets so get your reservations in now. (See Bernie Morse, PM). It is truly an event you will always remember. In addition, we will be having a return to the Ionic Social Club that was so popular. In addition, we will have learning programs throughout the year such as "**short talks**" on interesting topics at our Stated Meetings when we don't have a major program, (thanks Wor. Tim Shiner for kicking this idea off), our **Masonic Discussion Nights** to make learning about Masonry fun. The first one will be on February 27th 7:15pm. It will be open to Masons and non-Masons. Invite your friends and ladies. If that isn't enough change to talk about in one article I will bring-up one more. We will have during the year social events such as going to dinner and a community theatre together, social dinners such as an Italian Night or Middle Eastern Night, and, if we can work out some details in time, a lodge picnic, (any volunteers to work on this?).

Each and every one of you, (including the ladies), is a part of the Membership Committee. Invite people know to come to our open events so they can meet us and we can meet them.

Ideas? Comments? Just give me a call.

See you in Lodge!

Michael Bear, P.M., – Master

MASONIC SECRET RECIPES

Kevin's Porter House Roast w/Onion Sauce

Tomato Sauce Base - Ingredient List

- Basic Tomato Sauce (1 can)
- San Marzano Tomato Crushed (1 can)
- Red onion (1)
- Beef Stock (4 cups)
- Carrots (2)
- Basil (Small bunch/15-20 leaves)
- Garlic (4-5 cloves minced)
- Honey (3 table spoons)
- Salt/Pepper
- Chili flake
- Olive oil

Grate the carrots and small dice red onion. Combine both with olive oil, salt, pepper and a large pinch of chili flake. Sauté these ingredients in the same pot that will be used to cook the sauce. Once the onion and carrot appear to be about 3/4 of the way to golden brown add 4-5 cloves of minced garlic. Once all is golden add 1 can of basic tomato sauce, 1 can of San Marzano crushed tomatoes (usually comes in a large can) and 4 cups of beef stock - mix the ingredients together, scraping the bits off the bottom of the pot and bring to a boil. Once at a boil, reduce heat and simmer. Add chopped basil and the honey. Add additional salt and chili flake to taste. Allow to simmer for about 1-2 hours. This recipe will produce more sauce than necessary for the roast - it freezes well and is fantastic with pasta and parmesan cheese or in any other recipe that calls for tomato sauce.



Meat - Ingredient List

- Porterhouse roast (3-4 lbs)
- Garlic Salt
- Pepper
- Sweet yellow onions (2)
- Grape Seed or Avocado oil (4 table spoons)
- Tomato Sauce Base (3 cups)
- Beef Stock (3 cups)

Trim some of the fat from your porterhouse roast and season aggressively with garlic salt and pepper - you literally can not over season so please do not be shy. Let the seasoned meat set for at least two hours, preferably overnight in the refrigerator. Before cooking bring the meat to room temperature. In an enameled cast iron dutch oven add about 4 table spoons of oil (I use avocado or grape seed oil because it has a higher smoke point). Sear the roast on all sides at medium high heat, about 5 minutes per side. Once the roast is seared, remove the meat and set aside temporarily, leaving the beef fat in the dutch oven. Add 1.5-2 sliced sweet yellow onions (depending on the size of the onion), mix the fat with the onions and cook on medium high heat, mixing regularly until onions begin to brown. Add the tomato sauce base and 2-3 cups of beef stock to the onions. Deglaze the bottom and add salt if necessary. Return the meat (fat cap side up) into this mixture. Make sure the liquid does not cover the meat - it should come approximately 3/4 of the way up. Bring to a simmer and let cook for 2-3 hours, depending on how well done you like. Use a meat thermometer for medium or medium rare. Once cooked, remove the meat from the sauce and let the rest for 10-15 minutes. Slice the meat against the grain 1/3-1/2 inch thick and return slices back to the sauce, arranging them for presentation.

EAT & ENJOY

LADIES VOICE

Here it comes again, February and the holiday of Valentine's Day. History tells us that there were three martyred Christian saints for whom the holiday may be named. In France and England, it was also the day that birds began to mate. Valentine's Day became popularly celebrated in the 17th century and by the 18th century friends and lovers were known to exchange small gifts. Although handwritten cards were also used, printed versions became popular by the 1900's. The holiday is tied to love, romance and fertility! In modern times, celebration involves candy, flowers, gifts and hugs! It is estimated that approximately one billion Valentine's cards are sent every year, which is only second to Christmas. And, of course, 85% are purchased by women. So, let's show our womens' vigor by attending the Sweethearts Night at the Lodge on Monday, February 6. A delicious dinner, great entertainment, and a small gift await all those ladies who attend.

Sincerely,
Debbie Bear
mombear1953@gmail.com

DO YOU NEED A RIDE TO LODGE?

No brother should be unable to come to lodge because he can't get a ride! If you'd like to attend lodge on any night and need transportation, please inform the lodge office and we will make arrangements for you to be there!

IONIC COMPOSITE LODGE No. 520

1122 South La Cienega Blvd.
Los Angeles, CA 90035



*The Master, Officers and Brethren
Invite You To Attend Our Lodge's
47th Consecutive Reception
For The Grand Master of Masons.
John R. Heisner, Grand Master of Masons*

March 6, 2017

Social Hour: 5:00pm - Dinner 6:00pm

Reception 7:00pm

Dark Suit Preferred

\$30.00 per person

Reservations Required - RSVP by February 24, 2017

Choice of Short Ribs, Salmon, or Vegetarian

Howard Steinore, Secretary 310-657-2628

THINK ABOUT IT

Sometimes a small kindness can produce large dividends. Consider the story of Leonard Hess. Leonard is an elderly member of Ionic-Composite Lodge who, many years ago, owned a surplus store in Culver City, close to the MGM Studio lot. Leonard is a person whom others find easy to talk to and who has great empathy for their problems. More than sixty years ago, he began to do business with a man who gradually became a close friend. Over the course of this relationship, this man told Leonard about some of his personal stresses. In particular, he had three sons and all of them had been stricken with an ultimately terminal disease. One of them had already passed away and the other two were severely ill with this condition.

Leonard, as an act of kindness for these two boys, tried to find ways to bring joy into their lives. He introduced them to the young men in a DeMolay Chapter in which he was a Dad Advisor, and these DeMolays became friends to these two boys. He brought the boys to his store and let them pick out things that they liked. Leonard was also a friend to a number of Hollywood celebrities and thought that it would be nice if these boys could meet such people. In particular, he played poker and baseball with a man who was well known in the entertainment industry. Leonard connected him with the two boys. This celebrity, who had five sons at the

time, took these two other boys' plight to heart because he was so grateful for the health of his own children.

By now, you may have developed some suspicions about where this story is heading. The disease that the boys had was muscular dystrophy and the celebrity was Jerry Lewis. Although the reason that Jerry Lewis became so involved with the Muscular Dystrophy Association, and hosted that Labor Day telethon for over 40 years as well as serving as its national chairman has never been officially acknowledged, it would certainly seem likely that the connection that he had with these two sick boys played some part.

Thus, Leonard's simple act of trying to make life a little better for two boys resulted in an international effort that raised hundreds of millions of dollars in donations for research and care of patients with muscular dystrophy. In 2001, Leonard developed some medical problems and I met him and his wife at that time. It is typical of the modesty of the Hess family that I only learned about this story in 2016. Even though it took 15 years for me to realize this simple truth, I once again appreciated the importance of random acts of kindness.

Think about it.
Ron Koretz, P.M.

FEBRUARY BIRTHDAYS

Harry Ray Sussman	01	Benson Phillip Turner	12	Tony Robert Napoli	21
Robert Lazarus Malinow	03	Charles Edwin Francis	13	Eugene David Fink	22
Melvin Peltz	03	Bruce Jeffrey Gary	14	Victor Henry Pinkerton	22
Richard Scott Shapiro	03	Amir Ali Jandaghi PM	14	A. Jeffrey Gordon PM	23
Joseph Michael	05	Norman Allen Reicher	14	Bret David Richards	24
Joseph Fisch	06	Stanley Douglas Sax	14	Robert Allen Feiles	28
Varun Shahrukh Dadabhoy	10	Serjik Baboosian	15	James Dellar Kraus	28
Carl Nicholas Smith	10	Norman Bernard Weinstock	15	Ira Howard Steinore PM	29
Joshua Jason	11	Robin Bob Silverman	17		

BRETHREN AND FAMILY MEMBERS

Sick and Visitation Committee Report

We Wish Everyone a Full and Complete Recovery

Geri Edelman
Home with a variety of medical problems

Jay Richards
At home with multiple problems

Leonard Hess
Confined mostly to home because of stroke

Kerin Surrents.
Fell off a roof and is recovering from a broken ankle

Robert Reed.
Home with medical problem

Millie Torf
Home recovering from broken leg

Brother Leo Kaye passed 1/15/2017

Brethren Please, a Telephone call from you could brighten their day

If you know of a Brother or a member of a Brother's family who is ill, please contact the Lodge Office: Tel: 310. 657.2628

Funeral Telephone list: Any brother who would like to be placed on the funeral notification call list, your presence would be deeply appreciated. Please contact the Lodge Office

2017 OFFICERS	Master – Michael Bear PM (Debbie)	Marshal – Kevin Silver (Katherine)
	Senior Warden – Mauricio Leon (Renata)	Senior Steward – Luis Tananta (Maria)
	Junior Warden – Steve Resnick (Sheelah)	Junior Steward – Varun Dadabhoy
	Treasurer – Bernie Morse, P.M. (Carolyn)	Tiler – Evan Weiss, P.M.
	Secretary – Howard Steinore	Officers' Coach – Bernie Morse, P.M. (Carolyn)
	Chaplain – Mike Leiaghat	Inspector for the 709th Masonic District O. Gary Pealer PM (Lelah)
	Assistant Secretary – Daniel Ferszt (Shannon)	Trestleboard Editor – Evan Weiss, P.M.
	Senior Deacon – Arsen Melkumyan (Julia)	Trestleboard Layout – JohnRobert Wilson (Sanae)
	Junior Deacon – Yuriy Kotlyar (Azadeh)	