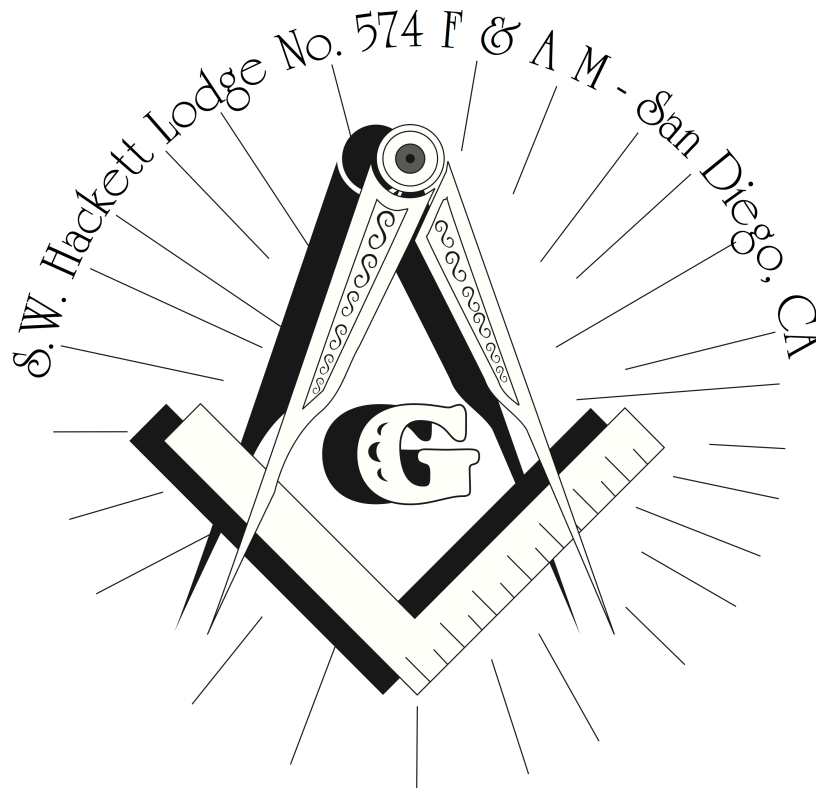


TRESTLEBOARD



Chartered October 11, 1923

**WM "JR" Knight
Worshipful Master**

The Magic of Masonry

Scottish Rite Masonic Memorial Center

1895 Camino del Rio South

San Diego Ca, 92108-3683

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JULY & AUGUST 2019



FROM THE PILLAR OF WISDOM

Brethren & Ladies,

We have a light couple of months to look forward to. For the July stated dinner I reserved the back room at the Denny's just up the street, from 5:30 to 7:30pm. I figure we'll officially start about 6pm but feel free to come when you can. We'll Gavel Lodge at 7:30pm. We need to vote to write the check for the carpet and perhaps talk about dinner options but other than that it will be business as usual. Jim is going to bring some games for the ladies to play while we are in our meeting but if you would like to also please do so. I was thinking it might be more comfortable to the ladies to setup in the Watts Room instead of the Doric.

August we're dark except for Stated on the 6th and Masonic Education on the 20. August Stated Meeting dinner will be at Hooters. We'll meet about



6pm for all you can eat wings or what ever you like. We'll Gavel at 7:30pm.

We still have a good number of Brothers who are behind on their dues, hopefully you will get current soon.

Some of you have met Robin's Friend Terri, she's helped at a couple table lodges. Recently, she got heat stroke and then after riding a rollercoaster she's been having memory and balance/equilibrium problems. For months I've been looking for ways to help her by studying the mind and memory. I found some really good info and though I'd sure with you here. I may make this a series we'll see.

One of the best sources I've found on the mind, Alzheimer's Disease and memory is Dr. Daniel Amen and his Memory Rescue clinic, books and videos, Bright Minds. Bright Minds is actually an

acronym for the 11 Risk Factors for Alzheimer's Disease and memory loss: Blood Flow, Retirement and Aging, Inflammation, Genetics, Head Trauma, Toxins, Mental Health, Immunity and Infections, Neurohormone Deficiencies, Diabetes, Sleep. The good news is with a little work and planning, memory loss can be preventable and or treatable and even reversible. Dr. Amen's testing has found that a number one contributor or cause of Alzheimer's Disease is a lack of blood to the Hippocampus

causing then to basically shrivel and die. So what are the factors that block blood flow and more importantly how can we increase blood flow to the brain. Factors that create flow problems are Caffeine, Smoking, High Blood Pressure, Heart Problems, being a Couch Potato. The following will help to increase flow adding chili peppers: beets: and ginkgo to your diet, exercise, hyperbaric oxygen therapy.

We're all getting older, but as long as we're on the green side of the grass we

Continued on page 2

JULY SUMMONS

2	Stated Dinner/Meeting	6:00 pm
9	2nd Degree Practice	7:30 pm
15	OSI	6 pm
16	Masonic Education	6:30 pm
22	San Diego Masonathon.....	
23	2nd Degree Practice	6:30 pm
30	Bro Pablo Markesis 2nd Degree	6:30 pm

AUGUST SUMMONS

6	Stated Dinner/Meeting	6:00 pm
20	Masonic Education	7:30 pm

2019 OFFICERS

Master	William "JR" Knight, PM
Sr. Warden	Norman "Chris" Parker
Jr. Warden	Nicholas Baker
Treasurer	David Casper
Secretary	Dimitar Lyakov, PM
Chaplain	Benjamin Pulido
Sr. Deacon	Robert Gale
Jr. Deacon	Jeremy Weber
Marshall	Robert Scheeler
Sr. Steward	Jason Bockerman
Jr. Steward	Mark Helton
Tiler	Jim Achenbach, PM
Officer's Coach:	Dennis Stahr, PM
Officer's Coach:	Robert Salini, PM
Inspector, 921st. Masonic District:	Richard W. Bullard, PM

STATED MEETING DINNER

JULY 2 - 6:00 PM

Denny's

1065 Camino Del Rio N, San Diego, CA 92108

AUG 6 - 6:00 PM

Hooters

(All You Can Eat) Wings Tuesday's

Make your lodge reservations
with the Lodge Secretary at 619-295-4420 or email to:
hackett@lodge.sdcoxmail.com.

need to work on a few things. I'm sure you've heard the old stories of folks passing way soon after retiring. This is common for those to get a lot of meaning out of their work. Loneliness and depression are common for retirees and seniors. You can fight these negative emotions by keeping socially connected and volunteering, exercising, meditation. Other things you can do to promote memory and mental clarity are taking daily multi vitamin, high vitamin C foods and most importantly keep learning new things. Dr. Amen recommends learning something new everyday. Also playing mind and memory games will improve your mental health by exercising your brain.

It turns out that inflammation is very hard on the brain and it's blood flow. Avoid proceed foods and sugars, and the most surprising thing I learned Gum Decease causes inflammation and reduced blood flow. Who knew?

Floss every day, cook with turmeric and eat food high in omega 3 fatty acids or take supplements.

Obviously genetics can play a part in Alzheimer's Decease so make sure you get screened especially if you feel like your memory is starting to deteriorate. Something you can do to battle A.D. are eating blueberries, and foods high in vitamin D, sage, turmeric, green tea.

You really need to protect your head. Trauma to the head although bad there are cases where folks have came back from damaged brains by focusing on getting yourself into a Healing Environment by following the ideas layout here.

At a time when toxins are simultaneously being demonized and promoted it can be difficult to figure out what's good and harmful. A day doesn't go by that someone isn't promoting cannabis but Dr. Amen's brain scan research shows that is it harmful and does adversely effect the memory. Other things to avoid are alcohol, cocaine,

smoking, mold, carbon monoxide, heavy metals (mercury, lead, aluminum). Did you know that many lipstick brands put lead in their products so check those labels. Another thing harmful to the brain and memory is cancer chemo radiation so let's just not get cancer.

Things you can do beside avoiding getting cancer are read Labels, make sure you look for lead in lipstick and other cosmetics, drink more water for kidneys, eat more fiber for gut, sweat with take saunas to expel toxins, eat brassicas - broccoli, cauliflower, cabbage, bustle sprouts...

Focus on your mental health chronic stress, emotional trauma, grief, depression, bipolar disorder, ADD are all contributors to memory loss. Getting treated, taking omega 3 fatty acids, saffron, S A M e, exercise, meditation, hypnosis, vegetable rich diet, can all help your mood and mental health.

Immunity and infections - Did you know Lyme Disease and mold exposure can mimic Alzheimer's Disease? So if you are starting to feel foggy get tested because it could very easily be something easily fixable. In the mean time make sure you get plenty of vitamin D, probiotics, and eat lots of garlic, onion, mushrooms to save you mind.

Neurohormone Deficiencies: Low Testosterone effects the mood, motivations, sexuality, strength. Low Thyroid effects energy, and mental Clarity. Estrogen and Progesterone can boost blood flow. DHEA fights aging. Make sure you get test regularly, avoid hormone disruptors (pesticides, B P A s phthalates, parabens), work with you doctor.

Diabesity, keep weight down, excessive fat (disrupts hormones, stores toxins, increases inflammation), high levels of sugar damages blood vessels. Stay away from



FROM THE SECRETARY'S DESK

* Please notice the lodge new main e-mail address is: hackettlodge@gmail.com. The old one: Hackett@lodge.sdcoxmail.com does not work anymore.

* The request notices for 2019 Annual Dues of \$116 were mailed to the members of the lodge. **BRING YOUR DUES CURRENT.** Please pay your dues for this year and any past dues before January 1st to be in **GOOD STANDING**. Be a supporter of your great Lodge.

Fraternally,
Dimiter



2019 COMMITTEE CHAIRPERSONS

Audit	Chris Parker
Budget & Finance	Robert Scheeler
Candidate Coaching	Your Name Here
Charity	"JR" Knight, PM
Member Retention	Nicholas Baker
Delinquent Dues	David Casper
Funeral	David Haslim, PM
Honored Ladies	Maebelle Haslim
Life Membership	James Campbell, PM
Masonic Education	Jim Achenbach, PM
Calif. Annual Fund	Robert Salini, PM
Public Schools	Jim Achenbach, PM
Entertainment	Robert Gale
Sunshine & Visit	Dennis Stahr, PM
Masonic Outreach	Your Name Here
Trestleboard	"JR" Knight, PM
Website	Dennis Stahr, PM

bread pasta, potatoes and rice. Eat a high number of high quality calories, clean protein - chicken and eggs, healthy fats fish, olive, avocado, nuts, smart carbs in colorful fruits and veg. Cook with lots of pepper, garlic, cinnamon, cloves, turmeric, nutmeg.

Sleep is very important to your brain and memory. The brain rebuilds itself while you sleep. Things to avoid before bed are caffeine, warm room, bright lights, alcohol. Things to do to improve sleep are have a cool dark room, turn off gadgets, listen to music

with specific rhythm, hypnosis, journaling. How funny is it that I'm typing this at 1am? Do as I say not as I do, right. There are lots of other health benefits to getting plenty of sleep but I wouldn't know any of them.

You can also help your brain and memory by taking supplements for memory, listening to classical music for at least 12 minutes a day and learn to play an musical instrument or even better study magic you'd be surprised how beneficial magic is not only to the brain but also dexterity

and coordination. In fact the send President of the Invisible Lodge was a Military Doctor who used magic lessons to help his patients in their recovery.

Finally a game you can play to work your memory can be found in Masonic Ritual. It's known as a Memory Palace, Mansion, or Castle. It's done by anchoring your favorite memories around your house or other space you know well and spent lots of time in. If you're not aware of how this works it's really easy. Start at the door and imagine your favorite memory. Then

move to the spot and think if another memory. Begin with 5 then go to 10 and so on until you get to twenty. Make sure they are as vivid and try to use as many senses as you can every time you are in that particular spot remember that memory. As you work your memory muscle they will automatically come to you all the time.

We look forward to spending time with you on Tuesdays.

Magically and Fraternally,

JR Knight, PM

Master



MASONIC EDUCATION

S.W.H. Lecture Series July 16,

Brother Alan Gatlin. will be presenting a gripping lecture on a subject to be determined. This lecture is open to all Masons and their friends. You wont want to miss these lectures. We will start at 6:30pm and go till about 8:30.

S.W.H. Lecture Series August 20,

We will continue our Joseph Campbell and the Power of Myth Video and discussion. The last was fantastic!!!!

ECHOES FROM THE PAST

Raised

George E. Brakeall	08/02/1962	57
Buford E. Lane	07/27/1965	54
Stephen B. Hannum	07/12/1977	42
Alex Pina	07/28/1992	27
Ronald J. Detzer	07/30/1996	23
James J. Achenbach	07/26/1997	22
Michael P. Nolen	07/29/2008	11

July Birthdays

03	Knox E. Krug
07	George D. Arnell
12	Floyd R. Covert
12	Christopher T. Littell
13	David H. Mc Gill
15	John P. McBride
16	Charles I. Caskey
16	Jeremy T. Weber
20	Frederick Nicastro
21	Benjamin P. Pulido
23	James J. Achenbach
23	Mark A. DeMarial

August Birthdays

02	David P. Casper
03	Norman C. Parker
05	Nicholas R. Baker
06	Mark A. Bacaoco
07	Kenneth E. Hilburn
09	John Czarnecki
09	Howard L. Mc Gill
10	Gerald Winstanley
11	Vaughn W. Franklin
24	Kyle B. Dau
24	William A. Knight
25	Robert L. Salini
27	James C. Williams
30	Anthony R. Riordan