



Columbia Brotherhood Lodge no.370 F&AM

855 Brotherhood way, San Francisco, CA 94132

T R E S T L E B O A R D

M A Y 2 0 2 0

THIS MONTH

- **May 6, 2020**
Stated meeting is **CANCELLED**
- **All Events and meetings are cancelled this month of May, 2020.**
- **May 2020 Masonic Formation Class: conducted via phone conference. Contact Brother J. Gonzales**

Please check our website and your email for changes to the schedule.

cbl370.com

From the East



Dear Brethren and ladies, I hope that you are all in good health and well. We are all affected during the COVID-19 Pandemic. Some of us encounter daily challenges in our regular routines and normal living, some of us are dealing with unemployment or lost wages, and some of our loved ones and friends are experiencing dark days from grief and isolation. We feel worry and fear about our health and well being. In these times, we should always remember that our trust is in God. I believe that we will overcome this crisis, our fear will enlighten with hope, our economy will turn around for prosperity, and good health will be ours.

It is in these times that we

give our love and a helping hand to our Brothers who are in need. The Grand Lodge is reaching out to ask for CHARITY towards the Distressed Worthy Brothers Relief Fund. Please log in to www.freemason.org, your gift will help tremendously. Let us remember that this is who we are as Masons: we are Brothers. If you are in need of any help or assistance, please call our secretary WB Armando Telles at (650) 201-4300. If you are concerned about your health and safety, please contact Masonic Outreach Services at (888) 466-3642. Our stated meeting is cancelled for the month of May due to the extension of the shelter-in-place order and restrictions from the Health Department and from the order of our Grand Master. We have cancelled most of our events for the month of April and May. Some of these events include The BLOOD DRIVE by our Co-Chairman Brother Bruce Lyons and the WIDOW TRIP by our Chairman Brother Carlos Suncin. All events will be rescheduled. Thank you to all the Chairmans for your hard work!

PAST MASTERS DEGREE NIGHT will be rescheduled to August 19 for practice and August 26 for the Third Degree Conferal. The evening will start at 6:00 pm for dinner and 7:00 pm for conferral. Our Chairman is WB George Wade.

Let us encourage and participate our Brother's journeys as Master Masons. We will have a second degree conferral for Brother Branden Carraway on May 27. Please come and support our candidate during his travel in staircase and to his admission through the outer and inner doors of King Solomon Temple.

I want to greet Happy Mother's Day to all the mothers! Thank you for all your support to your husbands and to our lodge. We appreciate all mothers for their love, caring and understanding. Lastly, Happy Cinco de Mayo to all! Stay safe and well!

Fraternally,

Fraternally,
Renato Alfonso
Master



From the West



Francis Feliciano
Senior Warden

I hope everyone is well in spite of the circumstances we are facing and are challenged with. As is with past perils and famine, this one shall also pass.

The wisdom, power and greatness of the Supreme Architect of the universe always prevails.

With the leadership of the Worshipful Master Renato Alfonso and the support of lodge officers, as well as the Temple Board and Board of Trustees, the lodge remains steadfast in our daily operations.

The Monday Night Formation Class remains at the forefront

of maintaining member development, training, and building a solid foundation for future masons. Although meeting in person is not an option at the moment, this does not stop the core group of brothers from employing virtual means in able for the class to remain on course.

When the smoke clears and the dust settles we hope to finally lay to rest the "curse of Jimmy Fowler" and finally "admit him". He remains patient however, just as it is expected of every mason.

Brother Caraway is in line to be passed and brother Gerardo Calderon is due to be raised.

Although the Shelter-in-place order has been extended, this may be a good time to brush up on our rituals. We always need help and would love for our brothers to come and join us, most especially for our 3rd degree conferrals.

Take care my brothers and I wish you and your families good health!

Fraternally yours,

From the South

Greetings from the South!

Brethren and Sisters! I Hope that you and your Family are doing well, safe and healthy. During this Lockdown hopefully this will end soon. Here are some information about the COVID-19 pandemic and proper hygiene to prevent on getting it.

People Who Are at Higher Risk for Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19. Learn how you can help protect yourself if you are at higher risk of severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

[People 65 years and older](#)

People who live in a nursing home or long-term care facility

Clean your hands often

[Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your mouth and nose with a cloth face cover

when around others

- You could spread COVID-19 to others even if you do not feel sick.

- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.

- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- The cloth face cover is meant to protect other people in case you are infected.

- Do NOT use a facemask meant for a healthcare worker.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Reyno Del Rosario Jr.
Junior Warden

2020 Officers

Renato Alfonso (Victoraida).....Master
(707) 853-4930
Email: Alfonso.renato@yahoo.com

Francis Feliciano (Joy)Sr. Warden
(H) 510-741-7898
Email: djfrance@comcast.net

Reyno Del Rosario Jr.Jr. Warden
(Jenny). (C) 925-642-2717
Email: reyowen@yahoo.com

Orlando Arce, P.M. (Sylvia).....Treasurer
(H) 650-875-0994
(C) 415-244-5373 (W) 415-285-4400
Email: Orlando@jetintl.com

Armando Telles, P.M. (Linda).....Secretary
(W) 650-992-2011
(C) 650-201-4300
Email: aldeberan1933ream@att.net

Jason Yen, P.M. (Sunny)Asst Secretary
(H) 925-377-9838
(W) 925-989-6898
Email: jasonyen4270@hotmail.com

Dionisio Dela Cruz, P.M. (Nonie)..Chaplain
Email: onnie6219@gmail.com

James Gonzalez (Mary).....Sr. Deacon
(510) 772-7415
Email: jgonza9916@aol.com

Jason Hui (Roxana)Jr. Deacon
(415) 300-0911
Email: jason@hui.cc

Anil AwastiMarshall
(415) 846-7129
Email: awastianil@gmail.com

Bruce LyonsSr. Steward
(415)309-0495
Email: bruce@CoastalPacificIns.com

Chris Cole.....Jr. Steward

James Guerrero (Mayra).....Tiler
(415) 595-9127
Email: jjim.guerrero53@yahoo.com

Columbia Brotherhood Masonic Home Program

You know the good that our Home in Union City will provides to aged Brothers and Sisters, however this takes money. You can help by just attending a Stated Meeting. The Lodge will donate one dollar to the Union City Masonic Home for every meeting you attended.

Working together we can do so much more!

Support

Jason Hui.....Trestleboard Editor
Webmaster
(415)300-0911
Email: Jason@hui.cc

Thomas C. Chavez, P.M. Officer's Coach
(H) 707-652-5965
(C) 650-766-2319
Email: thomas.c.chavez@gmail.com

Allan T. Nubla, P.M. (Jacqueline)Inspector
141st Masonic District
(C) 650-922-4684
Email: allan91280@comcast.net

Committees

Sunshine Committee

"Our ailing Brothers would very much appreciate your calls and visits. Let them know you care." Let us know about any member who is ill.

Danney Stiltner, P.M.(650) 589-7498
Ron Ragland, P.M.(650) 303-9369

Trustees

William F. Aldridge, P.M.President
Robert De Luzuriaga, P.M.Vice President
Armando Telles, P.M.Secretary
Mike Baloupolos, P.M.Member
John M. Conlan, P.M.Member
Lawrence Di Giacomo, P.M.Trustee Emeritus

Auditing Committee

Agusto Tagaro, P.M.(650) 346-4551
Carlos Suncin(415) 806-2711
Jim Pettit, P.M.(650) 556-4013

Retention & Delinquent Committee

Richard San Mames(415) 424-6931
James Guerrero(415) 595-9127
Jason Yen, P.M.(925) 989-6898

Charity Committee

Renato Alfonso Master.....Chairman
Francis Feliciano.....Member
Reyno Del Rosario jr.Member

Executive Committee

Renato Alfonso
Francis Feliciano
Reyno Del Rosario JR
Orlando Arce P.M.
Armando Telles P.M.



**SUPPORT A
DISTRESSED
WORTHY
BROTHER**

The COVID-19 outbreak virus is different from anything we've seen before. Many of our members suddenly find themselves out of work and unable to make ends meet, even for essentials, like rent, groceries, and medication. Public programs will help, but for a great many, those dollars will take time to arrive and there will still be a significant gap.

It is at times such as these that our fraternity is strongest. We have all taken an obligation to support one another, and our time to fulfill our oath, to best of our ability, is now. In sudden, unforeseeable emergencies such as this one, we can come together. Please give what you can to support our brothers in this time of need.

Goto: masonicfoundation.org



Called From Labor



LAST	FIRST	MIDDLE	DATE OF DEATH
King	William	Arthur	1/30/2020
Logan	Amado		3/29/2020
Smith	James	F.	3/13/2020

Masonic Homes-5 ways to stay safe

The more that's known about the coronavirus and the spread of COVID-19, the clearer it is that all of us— young and old alike—need to be particularly vigilant in order to flatten the outbreak's curve.

"The most important thing," says Joseph Pritchard, the vice president of clinical operations for the [Masonic Homes of California](#), remains the most simple: "Wash your hands, practice social distancing, and don't touch your face." And yet those are only a few of the rules in this new world order.

We asked Pritchard to come up with a list of other ways people can do their part to avoid contracting or spreading the virus—and eventually stamp out the outbreak. He broke those down into a few key buckets.

1. Going out (only when absolutely necessary)

- **Plan your trip:** Be strategic and minimize the number of trips you take outside the house. Do errands all at once and only where you need to go. Try not to visit stores at peak hours (between 4 p.m. and 6 p.m. on weekdays), and consider shopping at stores that offer curbside delivery.
- **Buy in bulk:** Get supplies that

will last you two weeks or more so you're not making unnecessary trips to the grocery store. And try to buy items that can be stored safely—pantry staples go a long way right now.

- **Clean up after yourself:** Bring your own cleaning supplies with you and use approved disinfectants to wipe down everything you touch, particularly the grocery cart (

- **Keep your distance:** Remember to keep a minimum of 6 feet between you and other people. Absolutely DO NOT go out if you have any symptoms of illness, and DO NOT go out if you're part of vulnerable population (over 65 years or with underlying health conditions).

- **Wash, wash, wash:** Remember to wash your hands for at least 20 seconds with hot water and soap before leaving for your outing, upon returning home, before and after unpacking groceries or any other packaging, and after you sneeze or cough.

2. Going to work (if necessary)

- **Don't stop:** State and federal recommendations are to work from home if at all possible.
- **Stay clean:** Always wear newly washed clothes to the office. The coronavirus can live on certain surfaces for hours or days—even weeks (see more below).

3. Surface disinfection

- **Target high-touch areas:** In your home, office, and car, spot things you touch a lot—a doorknob, refrigerator, steering wheel—

- **Virus lifespan:** The novel coronavirus that causes COVID-19 can survive for a long time on different surfaces. For example: **Steel:** 72 hours; **Plastic:** 72 hours; **Cardboard:** 24 hours; **Glass:** 96 hours; **Copper:** 4 hours.; **Aerosol:** 3 hours.

4. Groceries and food delivery

- **Be careful with packaging:** packaging may be unsafe, or there may be other contaminants.
- **Keep it outside:** Don't bring food inside if you can store it somewhere else until you need it.
- **For a practical video:** Watch the YouTube video [PSA Safe Grocery Shopping in COVID-19 Pandemic – UPDATED!!!](#)

5. A word on masks

- **The official word:** CDC has not recommended that healthy people wear surgical or N-95 masks
- **When to use a mask:** Do wear a mask if you are experiencing symptoms of COVID-19 a procedure that will generate respiratory droplets.
- **Still wash up:** Masks are just one tool among many, and they do not replace hand-washing and practicing other safety steps like not touching your face and practicing social distancing.
Visit [Masonic Homes website](#) for full article

From the Secretary

The Trestleboard is only mailed out to persons who make their request through me. All others will receive links to the electronic copy from our website, www.cbl370.com.

Dues are now due. The dues are \$73.00 per year.

The issue had recently been resolved and the cards will be mailed.

Secretary - Armando Telles

Candidates Corner

Masonic Formation Class members are progressing in their Masonic experiences during this pandemic. Bro. James Gonzales is conducting classes via telephone conferencing technology. Please contact him via email to be invited. The schedule is listed on our calendar via our website.

we wish all of you and your loved ones good health and protection, and we look forward to a time when we can again safely come together as a group.

Masonic Formation Class



The Masonic Formation Class is comprised of coaches and participants interested in learning more about Freemasonry. Classes provide a forum for candidates and brothers to exchange thoughts and information to achieve a better understanding of Masonry. All men interested in learning more about Freemasonry are welcome to participate in:

- Proficiency work in all three degrees, long and short forms.
- Individual coaching and mentoring
- Discussion groups including information provided in the Masonic-formation "Red Book"
- Lodge operation, Lodge & Grand

Lodge events and current events affecting Freemasonry

- Lodge etiquette and parliamentary procedures
- Symbolism, spirituality & personal development in Masonry
- Famous Masons & Masonic leadership
- Science, geometry, their effects on society through the ages
- Masonic Rituals (Available to brothers who achieved applicable degrees)
- Special proj & special speaker
- Please contact a member of the Masonic Formation Staff for assistance outside of class times

- Invite a friend or a brother from another lodge. Everyone is welcome
- Check the Trestleboard Calendar for the monthly class schedule.

Masonic Information Staff

James Gonzalez (Head Coach) (510) 772-7415
 Anil Awasti (Assistant Head Coach).... (415) 846-7129

Candidate Coaches

Francis Feliciano(Coach)(415) 407-0199
 Reyno Del Rosario Jr. (415) 595-9127
 Jim Guererro.....(415) 595-9127
 Jason Hui(415) 300-0911
 Jason Yen P.M.....(925) 989-6898

Masonic Formation
 6:00 dinner
 6:45 Formation Class
 7:30 proficiency / coaching

Guidelines for Covid-19 prevention



Cloth face coverings should—

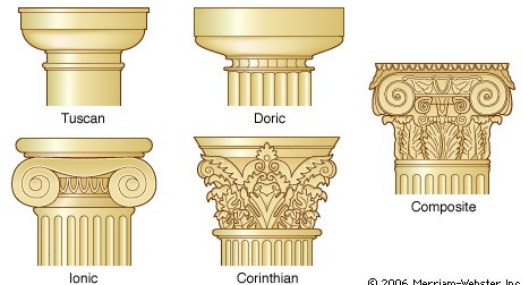
- ♦ fit snugly but comfortably against the side of the face
- ♦ be secured with ties or ear loops • include multiple layers of fabric
- ♦ allow for breathing without restriction
- ♦ be able to be laundered and machine dried without damage or change to shape

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly? Yes. They should be routinely washed depending on the frequency of use. How does one safely sterilize/clean a cloth face covering? A washing machine should suffice in properly washing a cloth face covering. How does one safely remove a used cloth face covering? Individuals should be careful not to touch their eyes, nose, and mouth.

CBL 370 Board Members

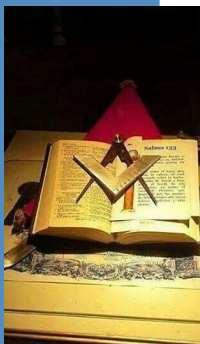
Temple Board

Jason Unulata.....President
 Jim GuerreroVice President James GonzalesSecretary
 Carlos SuncinTreasurer
 Phillip Busalacchi Member
 Bruce Lyons.....Member
 Richard San MamesMember



© 2006 Merriam-Webster, Inc.

Overseeing the lodge



Grand Lodge

A Message from Grand Master John Trauner

In the latest weekly video update, Grand Master John Trauner send his well wishes, announces Grand Lodge-sponsored virtual events and trainings, and sends update on the Distress Worthy Brother emergency relief fund. [WATCH THE VIDEO.](#)

Beginning in late April, Grand Lodge will host an exciting and entirely digital Masonic Speaker Series featuring [lectures and talks from Masonic experts on a range of topics.](#) Join us in an all-digital webinar Monday, May 4 from 4-5 p.m. to discuss current issues facing [lodge secretaries.](#)

In an all-new live online webinar April 27 from 5:30-6:30 p.m., [Hall Association](#)

[officers](#) can get important information and advice on operations impacted by COVID-19.

Join fellow California Masons each Saturday night at 9 p.m. on [Facebook Live for a virtual toast](#) celebrating our fraternal bonds, as well as honoring those working on the frontlines during the COVID-19 crisis.

CityTestSF

COVID-19 Test Site Information

You can be tested for COVID-19 if you have at least one of the following:

- Body aches
- Chills
- Cough
- Diarrhea or vomiting
- Fatigue
- Fever (100° F/37.8° C)
- Headache
- Loss of smell or taste
- Nasal congestion
- Runny nose
- Shortness of breath
- Recent close contact with a COVID+ person

Do you have health insurance?

✓ If YES,
Contact your insurance provider or one of the following sites to schedule a test.

- Carbon Health | 415-792-6040
- Dignity Health GoHealth Urgent Care | 650-448-1455 | gohealthuc.com/bayarea/virtual-visits
- Kaiser Permanente | 800-464-4000
- North East Medical Services (NEMS) | 415-391-9686
- One Medical | 415-593-1134
- UCSF | 415-514-7328

✗ If NO,
Call 415-682-1740 to schedule a test at one of the following sites.
Available 24 hours a day in most languages

- Castro Mission Testing Site**
3850 17th St.
M-F: 8-5pm | S-S: 12-4
 - Southeast Health Center Testing Site**
2401 Keith St.
M-F: 8-5pm
 - Maxine Hall Testing Site**
1181 Golden Gate Ave.
M-F: 8-5pm
 - ZSFG Testing Site**
1001 Potrero Ave.
M-F: 9-6pm
- Additional site:
- Mission Neighborhood Health Center Shotwell Parking Lot**
240 Shotwell St. | 415-552-3870 ext. 2217
M-F: 8-5pm (opens May 1, call for appointment)

Or visit sf.gov/citytestsf to get screened and schedule a test at CityTestSF

May Birthdays

Daniel	David	Ahern	Alfred		De La rosa	Sr.	Francis	William	Rosendale
Richard	William	Barber	Oscar	Patacsil	Estioko		Ronald	Ellis	Sickler
Ray		Berns	Steven	Lewis	Holly		Lewis	Robert	Smith Jr.
Daniel	Simon	Bilog	Paul	Davis	Johns		James		Toy
Michael	Sweeny	Blake	George	Raymond	Lagomarsino		Duane	Lynn	Tucker
Kjell	Camillo	Bomark-Noel	Kirk	Bruce	Maringer		George	Ernest	Wade
Kenneth	Warren	Bott	John	Armand	Moras		Glen	Allan	Williams
Lawrence	Michael	Dacquisto	Nazem	Daniel	Rafiee-Tari		Lawrence	Carl Rober	Yarberry
			Lorenzo	Robert	Ramos	Sr.			


Columbia Brotherhood
Lodge #370

855 Brotherhood Way
San Francisco, CA 94132

First Class Mail
Presorted US
Postage Paid
San Bruno, CA
Permit No. 43

www.cbl370.com

Important reminder from the Master

I hope that you and your family are well and safe. This is an update that May calendar events will resume unless specified. However, our stated meeting for the month of May will be cancelled. This also includes the officers.

Please visit our website and monitor your email from our lodge for changes in the calendar.

Thank you and stay healthy.



Master 2020
Renato Alfonso



Being a Mason

