



Mercer Island Trestle Board – February 2018

Continuing to strive to become a better man...

Dear Brothers All,

Hard to believe we are past the midway point of February and our next stated meeting is just around the corner. Remember, it is a short month so circle Thursday, March 1st on your calendars. Don't let it sneak up on you.

Keeping with our first quarter theme of self-improvement as men and brothers, we had an excellent session at our February stated on Mindfulness prior to opening lodge conducted by Steven Smith. Steven led us through a guided meditation and shared the merits of a daily Body Scan ritual to reduce chronic pain and strengthen mental awareness. All the brothers in attendance participated in a 20 minute Body Scan resting on the floor or in chairs...and I think we only lost a couple to a restful catnap! Keeping one's body and mind in a good place is an important goal for preserving harmony in our daily lives at work, home, and lodge. For those of you interested in pursuing this area further and practicing daily body scans or meditation, Steven provided the following link: [Mindfulness-based Cognitive Therapy](#)

The March 1 lodge business meeting will be brief. Our very own District Deputy to the Grand Master, VWB Doug Stamper will be making his official visit to our lodge. Prior to his presentation on key masonic happenings in Washington, we will have a 'Shrink the Lodge' on the topic of *Fostering Civility*. Your presence at lodge is highly encouraged both to hear VWB Doug's remarks and to share your voice on our discussion topic.

I also want to highlight that the Senior Grand Warden from Grand Lodge of Washington, RW Charles Wood will be paying a special visit to our lodge in April to lead a discussion on the challenges and potential solutions to building masonic membership. Mark your calendars for April 5th to attend! It should be a great evening of discussion and debate.

As you can see, we have a lot going on in our humble lodge. To me, one of the most meaningful and enduring aspects is our continued fellowship. It is an honor and privilege to be your brother and I look forward to seeing each of you at least once a month. I especially appreciate and thank my brothers who make the journey to lodge from off island regularly to attend our meetings.

WM Dan Taylor

FEBRUARY STATED MEETING

Thursday, March 1st

6:00 pm	Welcome gathering and refreshments <ul style="list-style-type: none">• Officers meeting with DD VWB Doug Stamper
6:45 pm	Dinner served
7:30 pm	Opening of lodge <ul style="list-style-type: none">• Shrink the Lodge Topic – Fostering Civility• District Deputy Remarks
~9:00 pm	Lodge closed

2017 COMMITTEES AND LODGE OFFICERS

<p>Scholarship</p> <p>Bro. Dane Shaffer – Chair VWB Dean Quigley WB Scott Anderson</p>	<p>Degrees & Ritual</p> <p>VWB Dean Quigley - Chair WB Tomas Aquino WB Paul Hoeffler</p>	<p>Fireworks</p> <p>Carl Bronkema – Chair WB John Gebhart - Advisor</p>	<p>Lodge Officers</p> <p>WM: WB Dan Taylor SW: WB Tomas Aquino JW: Br. Carl Bronkema</p>
<p>Finance Planning</p> <p>WB John Gebhart – Chair</p> <p>Audit</p> <p>Bro. Brent Fleckner – Chair Bro. Stephen Burns</p>	<p>Widows/Past Masters Program</p> <p>WB Dan Taylor – Chair VWB Dean Quigley</p>	<p>Summer Celebration</p> <p><i>Your name could be here!</i></p>	<p>Secretary: WB Scott Anderson Treasurer: WB Paul Hoeffler SD: Br. Brent Fleckner JD: Br. Dane Shaffer Chaplain: VWB Roger Barnstead Marshal: Br. Stephen Burns Musician: WB John Gebhart Mentor: VWB Dean Quigley</p>

2018 CALENDAR

“Making a good brother a better brother”			
January	February	March	April
4 – Stated Meeting <i>How to Become a Virtuous Man</i> 19 – D7 District Meeting 20 – Officers Planning Mtg. 27 – Secrets of the Chair	1 – Stated Meeting <i>Exploring Mindfulness</i> 24 – Officers Planning Mtg.	1 – Stated Meeting <i>Promoting Civility in our Times</i> <i>District Deputy Official Visit</i> 10 - HS Scholarship Winner Selection 16 – 2018 Lodge Leadership Retreat 17 – Officers Planning Mtg.	5 - Stated Meeting <i>The Member Challenge – Open discussion with RW Charles Wood</i> 21 – Officers Planning Mtg.
“Making a good lodge a better lodge”			
May	June	July	August
3 – Stated Meeting <i>Intro to Rainbow Girls</i> 10 – Widows Dinner 19 – Officers Planning Mtg.	7 – Stated Meeting 23 – Officers Planning Mtg. 27 – 30 Fireworks Sales	1 - 4 Fireworks Sales 14-15 Summer Celebration	Dark 25 – Officers Planning Mtg.
“Making a good masonic community a better community”			
September	October	November	December
6 – Stated Meeting 22 – Officers Planning Mtg.	4 – Stated Meeting 20 – Officers Planning Mtg.	1 – Elections & Stated Mtg. 17 – Officers Planning Mtg.	6 – Installation & Stated Mtg. 15 – Officers Planning Mtg. 15-16 Widows Poinsettia Delivery

LODGE PROGRAM IDEAS

<ul style="list-style-type: none"> Hosting a Table Lodge for the VFW Widows recognition with guest speaker Visits to other lodges: Prince Hall, Doric, D7 Craft beer or Whiskey tasting “Shrink the Lodge” topics: The columns weren’t always columns; thoughts on the checkered floor; movable and immovable objects – why? 	<ul style="list-style-type: none"> Topics by outside guest speakers: IRS, Domestic Abuse Women’s Network (DAWN) Masonic education: York Rite, Scottish Rite International-themed dinners at restaurants around the area for fellowship
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