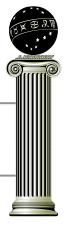


HEARTLAND LODGE TRESTLEBOARD



secretaryheartlandlodge@gmail.com | (619) 443-8831 | Office Hrs: 8:30AM-12:30PM- Mon,Wed,Fri

“Our cause is noble; it is the cause of mankind!” - Wor. Bro. George Washington P.:M.:

Heartland576.org

Stated Meeting

First Thursday of the month at
7:30PM at Heartland Lodge, 695
Ballantyne Street, El Cajon, CA.
92021

April SM Dinner



Pulled Pork, Potato Salad, BBQ
Beans, Corn on the Cob, Dinner
Rolls, Brownies, Coffee & Tea.
Only \$15. Please RSVP to
Secretary by Thursday Before Std
Mtg.

Dine Out



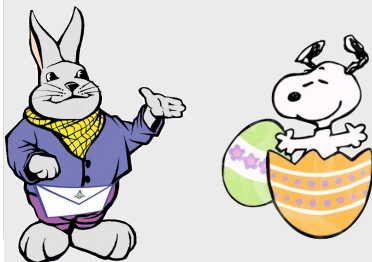
April 5th 8AM at IHOP 9708
Mission Gorge Rd. Santee, CA
92071

Resources

Grand Lodge of California
freemason.org

Masonic Outreach Services
masonichome.org

Heartland Hall Assoc.
elcajonevents.org



Steve Thompson P.:M.:
Worshipful Master

From the East

Brethren, families and friends, greetings from the East for the month of April!

It's now officially Spring and the beautiful, warmer weather has finally arrived. As I write this, we are close to raising Brother Charlie Hilts to the sublime degree of Master Mason. I have no doubt that Heartland will put on a degree in our excellent fashion. The month of March consisted primarily of practicing for this degree. Now with April here, I hope that you will join us for Stated Meeting and dinner on the 3rd. We will hopefully be conferring a first degree at some point this month; date to be determined. I will have our secretary disseminate to all the members, the date, once we know it. If you haven't been to lodge in awhile, a degree would be a good time to attend. If we all look back to our own first degrees, the impact that a lodge full of brethren has, is very rewarding. We will also be having a bowling party for the brethren and families, at Viejas Outlet Center! See the calendar for date and time! Wishing everyone and your families a wonderful Easter.

Remember, “You get out of Masonry, what you put into Masonry!” See you all soon.

Steve Thompson P.:M.: Worshipful Master





Remembering "The Duke" John Wayne

- Born Marion Robert Morrison
May 26, 1907 Winterset, Iowa
- Died June 11, 1979 Los Angeles, California (click pic for his website)
- Was in 179 films over 5 decades. Received 29 Awards in film industry, as well as Star on walk of fame.
- Awarded posthumously the Congressional Gold Medal in 1979 and Presidential Medal of Freedom in 1980
- Member of Marion McDaniel Lodge 56, Tucan AZ (1970), Senior DeMolay, DeMolay Legion of Honor (1970), CA York & Scottish Rites, Al Malaikah Shrine.

April Masonic Anniversaries



Clarence Chiles Jr. - 46yrs
Glen Bishop - 37yrs
Steven Wood - 3yrs
Mark Withers - 36yrs
Stuart Lyle - 42yrs
Matthew Jackson - 15yrs
Virgil Domer - 48yrs
Arthur Farian - 61yrs
Anthony Jesmond - 38yrs
Eugene Birdsall - 44yrs

From the South



Brethren,

First, I want to thank Melissa and Trisha for preparing our refreshments after Bro. Hilts' 3rd Degree.

I also want to remind everyone to keep safety in mind when handling dangerous equipment. We want to have you around and uninjured for as long as possible. Safety rules are there for a reason! I am looking forward to attending the Leadership Retreat in April and finding out some new information. Grand Lodge has changed the format for this year. I know that some information will be going other basic stuff ; however I hope to find some new gems to helps us.

§200.020. NO POLITICAL OR RELIGIOUS INVOLVEMENT.

Grand Lodge and its Constituent Lodges shall not interfere or voice an opinion with regard to political or religious matters. Masons, when they are assembled in Constituent Lodges or Grand Lodge, may not discuss political or religious matters. No invocation, benediction or prayer shall be delivered which would have a sectarian significance.

Masonic Humor:

How many Masons does it take to change a light bulb? Three. One to climb the ladder. One to hold the ladder....and one to say, "We don't do it that way in our lodge"

See you at Heartland Lodge!

Ron Mullins P.:M.:

Junior Warden



Heartland576.org**Life Membership Prices**

Ages 49 and younger
\$6,576
Ages 50 - 54
\$5,480
Ages 55 -59
\$4,932
Ages 60 - 64
\$4,384
Ages 65 - 71
\$3,836
Ages 72 or Older
\$3,288

Concordant Bodies

Scottish Rite
scottishritesandiego.org

York Rite
yorkritesandiego.org

Al Bahr Shrine
albahrshrine.org

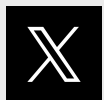
Shriners International
shrinersinternational.org

Order of the Eastern Star
oescal.org

Masonic Philanthropy

[Donate to LA Fire Victims](#)

[Donate to CA Masonic Foundation/Homes](#)

**Secretary's Desk**

Grand Lodge has sent out dues notices for **2025 of \$274**

We have set up a Venmo account on our website so that you may pay your dues directly to Heartland Lodge, this will save you a fee. **You may go online to the Heartland 576 website, click on the link and Pay your dues via Venmo, "Bryan Meyer-88", without paying a fee, or on iMember 2.0 and pay your dues with a credit card via Grand Lodge. There is a fee using the Grand Lodge site.**

Go to Grand Lodge website (http://imember.freemason.org/users/sign_in) Click on sign in, Check membership status, Enter your E-mail Address. Or Your member ID number (which can be found on your dues card or above your name on your issue of California Freemason Magazine), which can be used to sign for the first time.. Enter a password, confirm password, complete form. Go to IMember 2.0 and log in. Use the dashboard to select the different sections/ this will put you into your personal data file. You will be able to change your information only. You will not be able change anyone else's information. There will be certain reports that you may view but not change. **The new program has no provision for printing batches of dues cards. Dues cards will not mailed.** You will be able to print out your dues card by accessing iMember 2.0. Also by selecting the tab for virtual dues card, this Grand Lodge app can be downloaded to a smart phone for a "virtual dues card" when visiting other lodges. This app has a 5 minute window to show the Tiler. Call us if you need assistance to log-in. Be Sure to check our website every month the calendar and updates, also special events. **The secretary's email has changed. It is now secretaryheartlandlodge@gmail.com. The assistant secretary email is now asstsecretary576@gmail.com**

Fraternally, Bryan Meyer P.:M.: Secretary



Music



Music in the Quadrivium: In the classical understanding, music within the quadrivium is not about the practice of playing or composing music, but rather the study of the mathematical relationships and proportions that underpin sound and harmony. Music, as an academic discipline, encompasses the scholarly study of music itself, including its history, theory, performance, and cultural context, distinct from musical composition or performance. Key areas of study are as follows: **Musicology**: The primary academic discipline focusing on the study of music, encompassing diverse aspects like: Historical Musicology: Examines the history of music, musical traditions, and the lives and works of composers. Systematic Musicology: Explores music theory, aesthetics, musical acoustics, pedagogy, and the scientific and technological aspects of music. Ethnomusicology: Studies music within its cultural context, often involving fieldwork and ethnographic methods to understand how and why people make music. **Music Theory**: The academic field focused on intellectual inquiry into the systems, histories and cultural dimensions of music outside of performance. **Performance Studies**: A field that uses performance as a research method, often drawing parallels with theatre and dance to investigate musical performance. **Music Education**: Focuses on the teaching and learning of music, including pedagogy, curriculum development, and the role of music in education. **Psychology of Music**: Investigates the cognitive, emotional, and social aspects of music perception and behavior. **Computational Musicology**: Utilizes computer science and technology to analyze and study music. **Music Therapy**: A specialized area of applied musicology that uses music for therapeutic purposes, sometimes considered a health-related field.

This concludes our series on the 7 liberal arts and sciences, I sincerely hope that is has prompted a deeper interest for some of you and given a deeper understanding on just how Masonry did in fact help and promote the value of education, thus making good men better. As always, here are some links to start you off.

[The Geometry of Music](#)

[The Mathematics of Musical Composition](#)

[Math of Musical Scales, Part 1 of 3](#)

[The Complete Introduction To Music Theory Course](#)

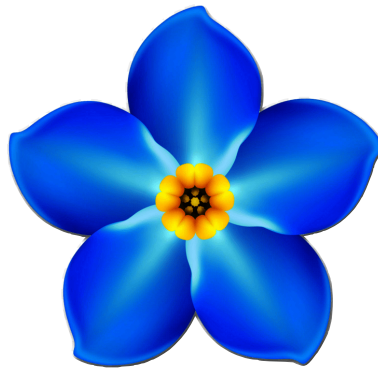
[Yale Music Theory](#)

[Music's power over your brain](#)

[The Psychology of Music](#)

[Music and Math](#)

The Forget me not



With spring time, comes flowers. For present day Masons, the flower that has the most significance is the blue “forget-me-not”. The “forget-me-not,” is the informal name of the Myosotis flower, generally known for being small, with 5 blue or purple petals. This flower was first used by the Grand Lodge Zur Sonne in 1926, as a Masonic emblem at the annual convention in Bremen, Germany.

In 1938, a forget-me-not badge, made by the same factory as the Masonic badge, was chosen for the Nazi Party’s Winterhilfswerk, the annual charity drive of the National Socialist People’s Welfare (the welfare branch of the Nazi party). This coincidence enabled Freemasons to wear the forget-me-not badge as a secret sign of membership. After World War II, the forget-me-not flower was used again as a Masonic emblem in 1948 at the first Annual Convention of the United Grand Lodges of Germany in 1948.

The badge is now worn in the coat lapel by Freemasons around the world to remember all who suffered in the name of Freemasonry, especially those during the Nazi era. Historically, it holds a place in the poetry of Wadsworth and Thoreau, medieval German legends, Christian hagiography, and English political history. For Freemasons, the forget-me-not is a symbol that reminds us of resilience and resistance, and of love for the Fraternity and its principles, even under distress and persecution. Most Freemasons, and Freemasonry as a whole, are particularly mindful of our heritage.

Both the most experienced Master Mason and the newest Entered Apprentice can appreciate the lessons and knowledge available to us through careful study. Our reverence for the wisdom of the liberal arts and sciences provides us with a unique perspective on the architectural foundations and columns of the built world, as well as a healthy respect for mathematical numbers and letters.

In addition, we see, as others do not, the internal beauty of the natural world, from the grandeur of the sun, stars, and moon, to the sacred and solemn symbolism of the most modest acacia plant. To be a Mason is to be in possession of a special gift, to always be in search of meaning, present or hidden, in the world around us.

Riding The Goat



Riding the goat is a phrase often associated with Masonic initiation ceremonies, leading to much speculation and curiosity about its origins and significance. Despite its enigmatic nature, the concept of “riding the goat” can be traced back to ancient superstitions and symbolism surrounding the mythical god Pan. Pan, who had horns, hooves, and a shaggy hide, was often referred to as “goat-footed” by the Greeks and Romans. This connection to ancient mythology ties the phrase to its perceived mystical and transformative meanings within the Masonic context.

In modern Freemasonry, the phrase is more often used metaphorically or humorously, with no literal goat-riding taking place during initiation ceremonies. While the term is frequently misconstrued as a secret ritual or an essential part of the Masonic experience, it is, in fact, simply a joke among Masons or a symbolic representation of the personal transformation that occurs during the initiation process. By understanding its historical origins and symbolic meaning, the concept of “riding the goat” can shed light on the larger context of Freemasonry and its rich, multifaceted history. The idea of “riding the goat” has been associated with Freemasonry as a mythical and humorous element. It is often thought to be a part of the initiation ceremonies, but in reality, it has little to do with the actual rituals. The origins of this concept can be traced back to antiquity when the Greeks and Romans portrayed the mystical god Pan in horns, hoof, and shaggy hide, naming him “goat-footed”. There are interpretations and symbolism attached to the concept of “riding the goat” in Freemasonry: Facing challenges: This act symbolizes facing challenges head-on, even when the path seems difficult or intimidating. It encourages Masons to confront their fears and uncertainties with courage and determination. The mention of the goat in Freemasonry is mostly satirical, as found in various artworks. For example, Cassius M. Coolidge, a famous artist and Freemason included humorous references to goats and Freemasonry in his paintings.

Despite these assumptions and its vivid presence in popular culture, “riding the goat” is not an actual part of Masonic initiation ceremonies. This misconception often arises from the misunderstandings and exaggerations surrounding the secret rituals practiced in Freemasonry. The true essence of Freemasonry lies in its teachings, symbolism, and self-improvement for its members, without any literal involvement of goats or riding them.



Heartland Bowling Night



When: April 18th 7:30PM

Where: Viejas Bowling

5005 Willows Rd. Alpine, CA. 91901

Open to all Masons and their guests (kids welcome)

Price: \$20 per person for Members

\$28 for non Members

Whats included:

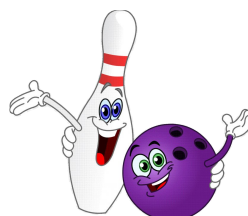
2 Hrs. Of bowling

Food, 2 slices of pizza per person, 1 large salad for every 4 people

Drinks, 2 Beers per person (soda for minors)

Gift bag, Bowling sports cup, personalized sign, and balloon bouquet

RSVP (required) with the Secretary by April 14th



Heartland576.org

Editorial



2025 Officer Line

Worshipful Master
 Steve Thompson PM
 Jr. Warden
 Ron Mullins PM
 Treasurer
 Steve Wood
 Secretary
 Bryan Meyer PM
 Asst. Secretary
 Jason Lampley PM
 Chaplain
 Jason Earnest
 Sr. Deacon
 Dan Berdichevsky
 Jr. Deacon
 Jorden King
 Marshall
 Dylan Valles
 Sr. Steward
 Kenny Villaseñor
 Jr. Steward
 Bryant Tuck
 Tyler
 George Whidby

 Hall Association
 President - Jason Lampley PM
 Vice Pres. - Lanny Bragg PM
 Secretary - Pete Reith
 CFO - Mark Vettel
 Member - Joe Meija
 ExOfficio - SteveThompsonPM



Greetings Brethren,

I hope you are all doing well. As I said above in the “Music” article, this month’s Trestleboard is the last of the series on the 7 liberal arts and sciences. I enjoyed breaking the surface of these disciplines and hope all of you learned something or at the very least, sparked a deeper interest in some of them. I also hope many of you have a better understanding and appreciation of the positive impact our Fraternity has had over the centuries. It was no doubt, crucial for some individual Masons in the past, to getting a formal education. This was a part of the Fraternity that has since gone by the wayside and is mostly glossed over these days. Which is a big reason, I personally believe, our numbers have dwindled.

As I have said before and will keep on saying, Freemasonry is not and was never intended to be a “service organization” or a charity. The philanthropic aspect has always been a byproduct of the fraternity and not the primary purpose of it. I am behind Schedule with starting my blog again, but it will be soon, I have just been so busy. Consider it a supplement to my Editorial. <https://brotherjasonthemason.wordpress.com/>

Now a switch to the Hall Assoc. side. It has come to my attention that there are a few who seem to have a grievance with or a misunderstanding of our Managers duties. Beth does a lot for us, often going above and beyond. She has done everything we (the Board) have asked her to do with no complaints. I want to remind everyone that she is an employee of the Hall Assoc., and not the Blue Lodge. So if anyone has any questions or concerns, please do not approach her with it. Instead, please come to me and I will address it. You can email me at asstsecretary576@gmail.com or if you already have my number, call or text me. And on that note, I would like to thank our Manager, as well as all the members of the Board for all that they do. This is a group effort and I sincerely appreciate your support. And thank you to the Past Masters and former Board Members who have helped me with their words of wisdom during this endeavor. I hope all of you have a Happy and safe Holy Week!

Sincerely & Fraternaly,

Jason Lampley P.M.



Dear I.R.S.,
Please remove
me from your
mailing list.



April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
				Dinner 6:30PM Stated Meeting 7:30PM		Dine Out 8AM
6	7	8	9	10	11	12
TBD				TBD		
13	14	15	16	17	18	19
	TBD			TBD	 Bowling at Viejas 7:30PM	
20	21	22	23	24	25	26
	TBD			DOSI at Lemon Grove		
27	28	29	30	1	2	3
	Executive Meeting					

Heartland Masonic Lodge No. 576, F&AM

P.O. Box 306

El Cajon, CA, 92022-0306

Heartland Lodge Trestleboard

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April
2025

