

SANDOVAL MASONIC LODGE No. 76

OCTOBER
2023

TRESTLEBOARD



2023 LODGE OFFICERS

MASTER
BRO. DAVIN TEAGUE (PRO-TEM)

SENIOR WARDEN
BRO. DAVIN TEAGUE
DTEAGUE505@GMAIL.COM

JUNIOR WARDEN
BRO. BURX NORROD
BURXNORROD@GMAIL.COM

TREASURER
RW TIMOTHY DONOVAN
TIM@TAXHELPRR.COM

SECRETARY
WB BOB FINCH
NMLIBERTARIAN@GMAIL.COM



NOTE OF THANKS TO WB TYLER MCKENZIE AND ALI FOR BEING SUCH STELLER CONTRIBUTORS TO SANDOVAL LODGE No. 76 - OF WHOM THEY'VE BROUGHT MUCH LIGHT, LIFE, LOVE, AND HAPPINESS.

THEIR SELFLESS EFFORTS BROUGHT US OUR BEAUTIFUL MOSAIC PAYEMENT, RE-UPHOLSTERED OFFICER CHAIRS, NEW DECORATIVE CURTAINS BEHIND THE OFFICER CHAIRS, FINANCIAL CONTRIBUTIONS THROUGH THE SALES OF THE BOOK THEY AUTHORED, RING THEY AUCTIONED, AND OTHER DONATIONS AS A RESULT OF FUNDRAISING ON SOCIAL MEDIA. NOT TO MENTION THE BEAUTIFUL PHOTOS TAKEN BY ALI THAT ADORN OUR TRESTLEBOARD.

IN ADDITION, THEIR CREATION OF THE 1ST ANNUAL TIKTOK MASONIC BROTHERHOOD MEETUP WITH CELEBRITY BRO. JOHNNY ROYAL ATTENDING. LED TO THE 2ND ANNUAL MEETUP IN TENNESSEE THIS YEAR, WHERE HUNDREDS OF BRETHREN FROM AROUND THE WORLD SHOWED UP.

ALL THE BEST TO THEM BOTH AS THEY CONTINUE THEIR TRAVELS ABOUT /G

SANDOVAL LODGE No. 76

**MEETS IN REGULAR
COMMUNICATION**

**ON THE 2ND & 4TH MONDAY
OF EACH MONTH**

**FESTIVE BOARD AT 6:00 PM
ON THE 2ND MONDAY**

LODGE OPENS AT 7:00 PM

**VISITORS - RSVP TO
BURXNORROD@GMAIL.COM**

SANDOVAL MASONIC LODGE No. 76

TRESTLEBOARD



OCTOBER
2023



FROM THE SOUTH



YOU'VE HEARD ME SAY MANY A TIME - *"AS THE SUN IN THE SOUTH AT MERIDIAN IS THE BEAUTY & GLORY OF THE DAY"* ... YOU MAY HAVE NOTICED HOW THE MOON AT THE END OF SEPTEMBER HAS TRULY BEEN GOVERNING THE NIGHT!

THE REASONING IS - SEPTEMBER 29 MARKED THE MOON'S 4TH SUPERMOON - KNOWN IN SOME PARTS AS THE HARVEST MOON, AND IS CELEBRATED AMONG THE CHINESE AS THE MID-AUTUMN FESTIVAL, BY EATING OF ALL THINGS ... MOON CAKES. THIS FESTIVAL GOES BACK OVER 2,000 YEARS - AND HAS BEEN A TIME OF CELEBRATION.

MASONICALLY - BACK IN THE DAY, MASONS WHO ATTENDED LODGE LOVED THE FULL MOON AS IT HELPED THEM TO GUIDE THEIR WAY TO LODGE MEETINGS AS THEY RODE TO STATED COMMUNICATIONS ON HORSEBACK. THANKFULLY - WE NO LONGER HAVE TO DO THAT, BUT TO KEEP A TRADITION ALIVE, MOON LODGES STILL EXIST, ONE RIGHT HERE IN NEW MEXICO WITH UNION LODGE No. 4 IN WAGON MOUND. THEY MEET THE 1ST TUESDAY ON BEFORE THE FULL MOON OF THE MONTH.



Bro. Burx

JUNIOR WARDEN
CALL OR TEXT: (208) 571-9705
BURXNORROD@GMAIL.COM



TRESTLEBOARD



Who Is WB Bill Lewis?

In the past month, there has been quite a few messages put on on our google groups email regarding the status of WB Bill Lewis, with brethren doing what they can to help, aide, and assist our Brother. If you're like myself, you'd probably ask yourself - "Who is WB Bill Lewis?"

I took a picture of the picture of WB Bill that is hanging on our wall of Past Masters in the Lodge with that beautiful girl sitting on his lap after having the 'ah-ha' moment in wondering who he is. As a further explanation - I reached out to everyone, and got this bio from MWB Dan Irick:

A Brief Description of Bill Lewis Life

Items Remembered by Dan Irick:

I feel that many of our Lodge members may not have had any close contact with WB Bill Lewis. You should hear my remembrances from years of interaction with this fine man. I will not attempt to give dates and details as I am doing this from memory.

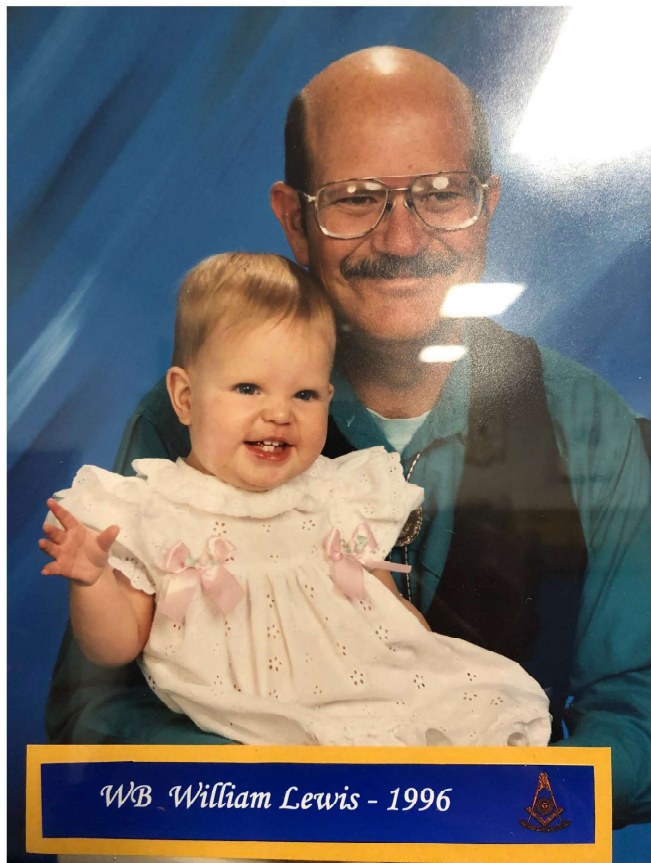
Bill grew up in California where his father was a state policeman. He joined the Army out of high school and went to Vietnam for three tours. His memories of that experience have left him with severe PTSD which has required continuous medication to live with. He was injured several times and still has metal in his body from those wounds. He was badly injured when he parachuted into a tree.

Bill stayed in the Army and worked his way up to Master Sergeant. He became a medic. He has well over 300 parachute jumps in his military experience. In his later years, he was called upon to lead schools around the country for training for which he was an expert.

Bill related a few stories to me:

During the attempted rescue of our hostages at the US Embassy in Iran when the Shah was overthrown in the Islamic revolution, Bill was in the desert where the troops and copters were being staged to carry out the rescue. He said that the dirt caused damage to the helicopters and the mission was terminated. He talked about camping out there for several nights where the only shot taken was at a camel that wandered into their camp.

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TRESTLEBOARD



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During the Iraq War Bill was twenty miles or more into Iraq in a hole where he provided information about troop movements and other intel. If caught, he would have been shot.

Bill could tell some real stories about his many years in the Army.

Bill was the Master of Sandoval Lodge and his picture on the wall has his young granddaughter in his lap. He loved his wife, Beverly, and said that without her, he could not have survived his traumatic memories. They were very close, and we all remember the cakes that she supplied almost every meeting for our enjoyment.

Bill was the Master of Union Lodge No. 4 in Wagon Mound. He loved going to the Lodge there and as well as serving as Master.

Bill was secretary of Sandoval Lodge for many years. He did his job well.

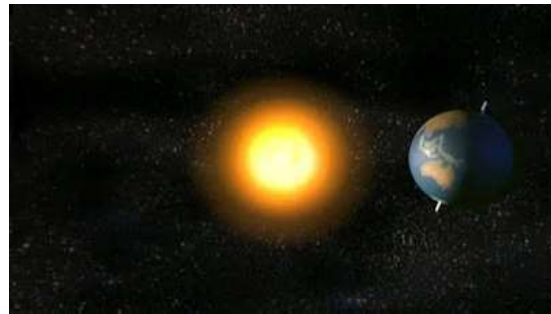
Many years ago I remember seeing Bill jogging along Alameda Road as I drove home from work (before the current bridge when we had only the two-lane bridge). I offered to give him a ride but he refused. He was running home to Rio Rancho from work near San Mateo and I25 and was preparing for his marathon runs.

Just a few memories of a man who served his Country, family, friends, and Lodges.

From *"Items Remembered by Dan Irick"*
A Brief Description of Bill Lewis Life

As an update to all - WB Bill will be moving on to be with his family in Las Vegas, Nevada in due time. God Speed, WB Bill! /G\

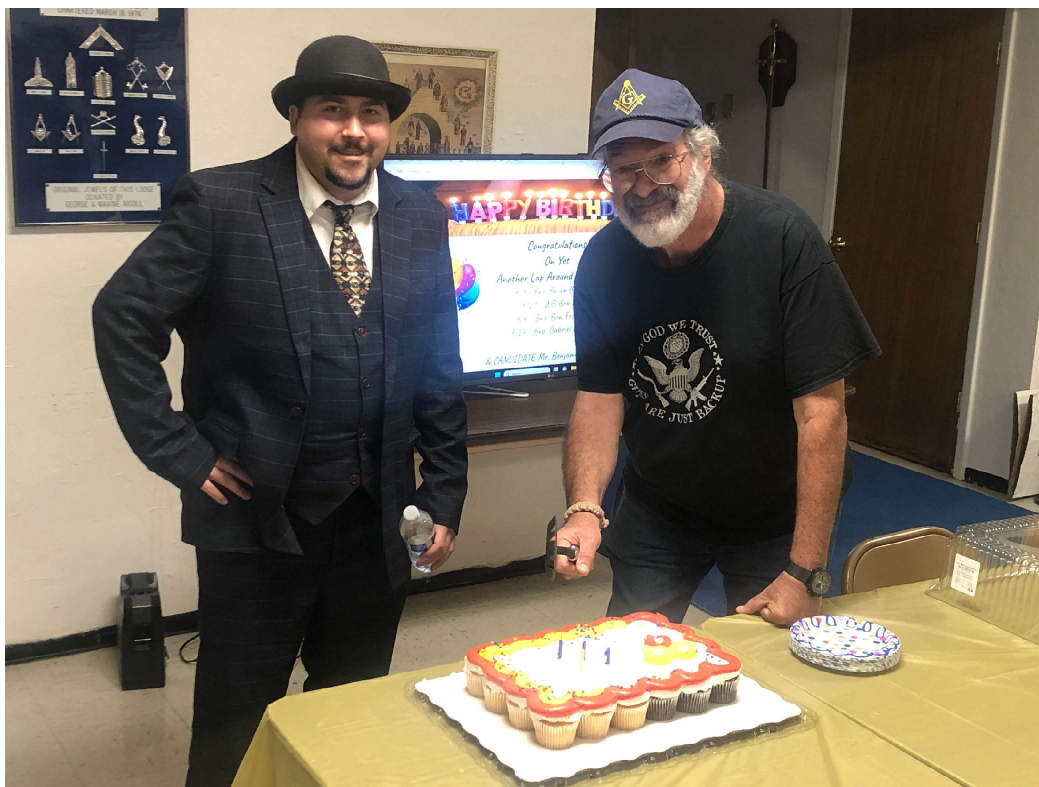
TRESTLEBOARD



I know it can be an EXHAUSTING feat - CONGRATULATE these Brethren on their September Laps around the Sun!

Bro. Brian Borawski - WB Ben Frataccia - Bro. Burx Norrod
WB Bob Finch - Bro. Benjamin Cote - Bro. Gabriel Gonzalez

(Pictured - Bro. Benjamin Cote & WB Bob Finch)



SANDOVAL MASONIC LODGE No. 76

OCTOBER
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TRESTLEBOARD



At the 1st Stated Communications of every month celebrate the Brethren who have achieved yet another lap around the sun. Come on out to the Lodge on Oct 9 at 6pm as we sing a very *Happy Birthday* to the following Brethren:

WB Charles Stafford

Bro. Nil Escobar



TRESTLEBOARD



Masonic Education with The Beehive Club!

Just recently - the Masonic education group calling itself The Beehive Club has been meeting at the Lodge for a monthly gathering for Esoteric/Philosophical/Intellectual stimulation by digging into the various philosophies Freemasonry derived from. Freemasonry has been defined as a ***"beautiful system of morals, veiled in allegory and illustrated by symbols."***

The discussions had help to unveil what these allegories are, and the meaning behind our numerous symbology which makes the Craft so much different from the numerous other do-good organizations that abound.

Until further notice - these presentations are open to Entered Apprentices and above. During these events, we hear 2 different presentations, and have stimulating discussions to better understand it's content.

Earlier this month - 'The Rites of the Entered Apprentice Degree' was discussed. The next 'Gathering at the Hive' will be on November 12th from 4pm - 5:30pm with the following 2 presentations:

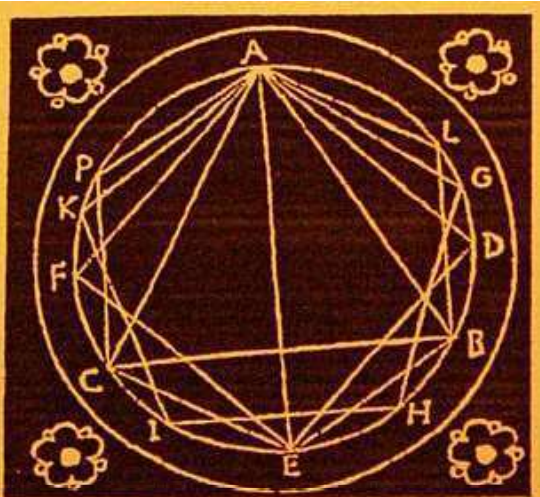
'The Kabbalah & Its Relationship to Freemasonry' - By Bro. Burx
'Mystery of Memory' - by Bro. Benjamin Cote

Masonic membership as an Entered Apprentice or above is required. To RSVP to attend, email BurxNorrod@gmail.com or visit www.TheBeehiveClub.org for more info.



*The Beehive:
Masonic symbol for
Industry*

TRESTLEBOARD



The Mystery of Memory

By Bro. Benjamin Cote

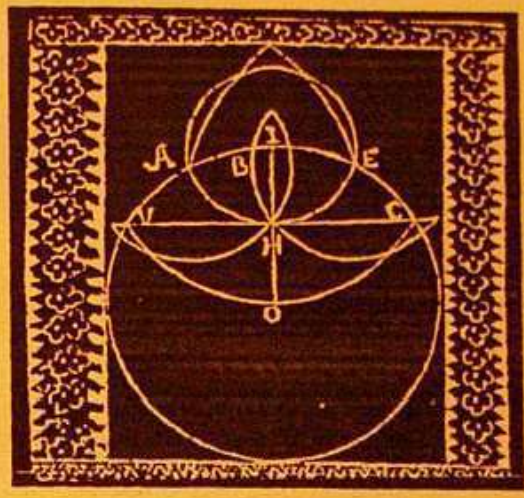
First of all I'd like to express my appreciation and gratitude to all the members involved in my Entered Apprentice Degree Initiation Ritual. Everything was recited very well, everything went well, it looked great, and I can tell that a lot went into the production. Not only was everyone very respectful of me but they did their best to make me feel comfortable and welcome and I'm honored to have been initiated by such wonderful gentlemen. Thank you all.

The Mystery of Memory

Throughout history, humans have relied on their memory to save and share information and relied on this communication to spread their culture, their knowledge and their wisdom. A sacred role or office arose for the communication and preservation of their traditions, a member of the community dedicated to preserving through living memory their way of life and communicating that to the proceeding generations which generated archetypes such as The Storyteller, The Bard or Minstrel and The Village Elder. This trickles down even today into the family with the parents & grandparents being the sacred keepers of their family history or the family memory.



Since primordial times, memory has played a role in our lives and in the lives of the community. There exists an individual as well as a collective memory of the people of a community which in ancient times was expressed through Myth, Poetry, Music and Ritual. The Greeks, for instance, gave this a name and place in their divine hierarchy, calling her Mnemosyne, Titan Goddess of Memory, Mother of the 9 Muses who represented the arts of poetry, history, comedy, tragedy, sacred hymn and dance and astronomy. The Egyptians expressed this through their scribal priesthood, temple science and festivals.

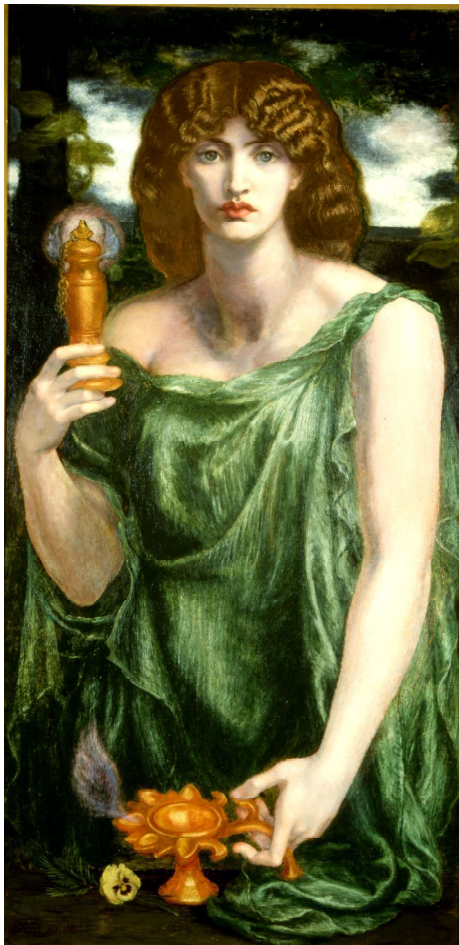


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TRESTLEBOARD



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This art was also practiced by the Christian Mystics of the Medieval and Renaissance periods and embedded in their architecture with prominent figures being Giordano Bruno who wrote a number of treatises on the art of memory and Teresa of Avila's work on the Interior Castle and traveled through the songs of the troubadours and the architecture of the chapels and cathedrals.

We can see an example of this relationship very clearly in music and poetry with people expressing their feelings and ideas about life and events often in a structured rhyming verse which itself is an aid to memory by associating certain words and giving them a certain mathematical harmony through language. We can see this on a grander scale through epic poetry and mythology where certain truths about life are expressed poetically through the journeys of great characters representing the greatest concepts, archetypes and the greatest feelings known to man such as Time, Nature, Eternity, Love, War, Strife, Elation, The Heroes Journey,

The Harvest Cycle of the Year, Family Life, the rich and the downtrodden, etc. Cosmic Dramas about life and the human condition re-enacted in great plays and rituals, told and retold by great poets and embedded into local customs and festivals, hidden in great

works of art like those of the renaissance masters and written into our very architecture and political systems.

This also happens to be part of how we structure our psyche and world view. The unconscious part of our mind houses a tapestry of all the things we learn and experience, all the things we receive from the external world through our senses as well as all the things we've contemplated and felt internally and accepted as knowledge. The results of all this we call our lives and our truth. A lot of memory is automatic for us, we regularly experience memory in a passive way when things are "happening to us". Certain moments like traumatic experiences can even get written automatically to long term memory bypassing short term memory because of its seriousness and emotional content. The rest of the time we have to actively seek to get information into our heads and hope that it sticks in there somehow. Well, I hope to shed some light on a few ways to go about that.

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TRESTLEBOARD



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In certain models of Esoteric Psychology, it is said that the mediator and harmonizing place between the conscious and unconscious mind resides in the imagination. The conscious mind being likened to a little scientist that actively observes the world and makes decisions about what to do in life, while the unconscious mind is passively recording all that information that is received and storing it in a great library of data. In this model, for us to visualize and imagine things both the conscious and the unconscious mind need to meet in the middle. When we actively seek recollection, the unconscious mind goes and looks up the records and hands us a series of images and information related to what it is we were trying to recollect for our careful consideration until we feel we are satisfied. That information retrieval is what is actually visualized in the landscape of the imagination and new images can also be formed there.

Using our imagination, we can visualize and create our own new records, bridge connections between thoughts, feelings and concepts, write our own stories and generate our own works of art. It really is a whole internal landscape where we play the role of creator, preserver and destroyer, if we so choose to. It really is a great power and it is well known if not very well understood. The police know this very well, eye witness testimonies at the same event can be different, people remember different things about it and sometimes try to fill in the rest when nothing comes to mind immediately; they can actively change their story over time just by trying to piece everything together, even the most honest of people can do this. We can and do alter our memories to serve certain purposes, be it to preserve the dignity of a love one who's done a perceived wrong or to satirize and slander them for it, and it all happens in that magical place called the imagination.

This is where our big technique comes in. It's a technique called The Mind Palace or Mind Journeys and it uses something called Spatial Memory. Basically you build up a scene in the imagination for something you wish to remember and populate it with events and senses that have corresponding meanings. Spatial memory also has a time dimension to it that works hierarchically, kind of like walking up a flight of steps. "This happened and then this happened", walking up the staircase. Then you can say "and This is why that happened and this is what I think it meant." You begin with a certain populated landscape and then time starts and events start happening. Which is another way of associating certain images or symbols with concepts or specific words you need to be able to recall at a later time.

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TRESTLEBOARD



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They say ancient Man required a clear memory of where to go in order to find water sources, plants, hunting grounds or places of danger like natural hazards or hostile territories, so we developed a greater capacity that makes it quicker and easier to memorize certain details of events and traversal through spaces rather than specific information like words from a book or math formulas. The secret is in that they are images in the mind that recall more details.

The fun part about this is that it doesn't even have to be a real place or event. It can be entirely symbolic and mnemonic. You can build King Solomon's Temple in your mind and populate it with all sorts of figures and events that have entirely symbolic meaning and association. Each symbol and symbolic act being a prompt for another set of ideas meant to house certain profound life lessons or philosophical concepts. This is, in fact, a great key to mystery plays, myths, fairy tales and allegories. If you can get the story and props down right and understand its esoteric or philosophical elements, it will keep bearing fruit through ones personal relationship to it and meditation or contemplation upon its mysteries. This is also to say that we learn through association, so understanding what a text means will allow you to remember it more clearly and fully than if you had tried to memorize something that doesn't really mean anything to you, that you don't understand and thus can't associate with anything. Think, "spirit of the law vs. the word of the law".

In Freemasonry, we have the Trestle boards which in operative masonry were the building plans on the drawing board that the master craftsman would draw up which would act as the labor plans for that day. In our degree work, we have just such a trestle board or roadmap that explains the tools and symbols of the work for each degree but it is up to the Mason to investigate those symbols and tools and learn to apply them to their personal lives. The old Alchemists also practiced this, devising emblematic maps for the great work of the transformation of matter, often understood esoterically to be the steps and processes involved in the transformation of the soul. The bulk of alchemical symbols are derived from nature itself in the form of the classical elements, various animals and things taken from astronomy like the planets and zodiac. A microcosmic mind palace filled with the entirety of the macrocosm so that one might more readily perceive the occult or hidden relationships between their inner nature and that of the outer nature which afforded them a mystical relationship with both realms and with that of the eternal realm of ideal forms. Pursuing these ideal forms allows us to strive for greater and greater being and self mastery and generate that into the world. The way of perfection that countless mystics have talked about.

In our moral lives, we recall these ideal symbols and associated feelings in order to make moral decisions about what to do in life which equally rests upon our philosophies in order to inform us about what our ideals and values mean to us personally and what results we think they will have on the world. Through studying philosophy we can answer the great question, "What should I do and why?".

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TRESTLEBOARD



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Memory plays a large role in this naturally, we work through our existing knowledge and experience to sort out what we ought to do based on reason and rationale. Giordano Bruno wrote about this giving certain memory mandalas that allow us to have better working relationships with people through better decision making. I would highly recommend anyone interested in the art of memory to look him up.

Considering the Stoics, they have great symbols and sayings that show them how they ought to live and what's important when making a decision on how to react and interact with the world through their stoic virtues also known as the cardinal virtues which are often represented by certain symbols or images that recall those virtues such as a Lion for Courage, an Owl for Wisdom, Scales for Justice and a goblet for Temperance. We find this with the stoic mottos such as Amor Fati, "The love of fate", often found with the

symbol of a rose, or Momento Mori, "Remember that you, too, shall perish." often found with the image of a skull.

These are memory devices that remind a person of the philosophies they've adopted and strive to follow often because this is what they believe to be right and just or at least useful to their lives. In that, I hope that this paper has also been useful to you. While conducting additional research for this paper, I was opened to quite a larger world than I initially anticipated. I knew about the memory palace and the use of mnemonics and stories to improve memory retention but what I found was more profound and meaningful than that. I didn't even get into a lot of what I found and I would encourage anyone to conduct their own research into the world and mystery of memory, you may be surprised at how relevant it is to our everyday lives.

References: Wikipedia Art

'The Mystery of Memory'
By Bro. Benjamin Cote



SANDOVAL MASONIC LODGE No. 76

TRESTLEBOARD



**OCTOBER
2023**

Paint Party

SATURDAY, OCTOBER 14

3:00 - 7:00 PM

Turquoise #71

Order of Eastern Star

1420 Barbara Loop SE Rio Rancho, NM 87124

We will provide canvas, brushes, paint and light refreshments.

\$30 per person

All proceeds go towards Folds of Honor.

RSVP - Lana, 505-401-0447



**FOLDS of HONOR
NEW MEXICO**

SANDOVAL MASONIC LODGE No. 76

TRESTLEBOARD



OCTOBER
2023

NEW MEXICO DEMOLAY PRESENTS

90's Throw Back Party

FREE TO ALL YOUTH BRING YOUR FRIENDS

OCTOBER 1, 2023 3:00PM

NEW MEXICO SHRINE CENTER
6600 ZUNI
ALBUQUERQUE NM 87108

BeADeMolay.org Keith Henry
505-604-2203 – khenry@nmdemolay.org

TRESTLEBOARD



DEMOLAY
NEW MEXICO
METRO CHAPTER
DEMOLAY

Youth FUN DAY

Saturday, October 14th

Haynes Park, Rio Rancho

1:00pm - 4:00pm

Youth and Parents are invited to join us for a fun afternoon at Haynes Park as we celebrate Fall!!

● Play with Orbee Blasters

● Social Gathering



BeADeMolay.org



New Mexico DeMolay Association

TRESTLEBOARD



Letter from the Editor

Although online newsletters have been all the rage from a marketing perspective, the Trestleboard isn't a marketing piece, but rather, a monthly source of information to keep brethren throughout Sandoval Lodge No. 76 and beyond informed of our happenings. As such - these are archived on our website at www.RioRanchoFreemasons.org for easy download.

The contributions to the Trestleboard is growing, with each new article submission or event announcement. We welcome your thoughts and opinions to the Trestleboard by emailing BurxNorrod@gmail.com



Festive Board Menu for October 9th (commencing at 6pm)

Chicken Alfredo
French Bread
Birthday Cake
Dr. Pepper / Water

BIG THANKS to our Stewards Bros. Bill Whelchel & John Keel for helping to ensure our members and guests are taken care of before, during, and after the Festive Board, of which this would not be a success without!

Pictured - Bro. Bill Whelchel doing serving duty to Bro. Benjamin Cote and friend.

