

"I've only had two rules: do all you can and do it the best you can. It's the only way you get that feeling of accomplishing something."  
-Bro. Harland Sanders

# Ashler Lodge No. 121 Trestle Board-Bothell, WA



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NEWS FOR TODAY!

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## March-April Edition

Welcome to Spring, brothers, families, and friends! In this edition of the Trestle Board, we have an update on Ashler's recent going ons, a word from Worshipful Brother Mike McKamey, and Reflections from Isiah Brazil, a calendar of events through the rest of the year, and of

course, a special shout out to all the brothers who have had their Masonic or calendar birthdays in March or April!

If you haven't already, please reach out to these outstanding Masons and pass along your well wishes!



*Happy Masonic Birthdays to Wayne Donelson, Michael Ocheltree, James Brewer, Douglas Johnson, Carl Beatty, Eric Metzger, Richard Tufeland, David Stetner, and Andrew Connor!*

*Happy Calendar Birthdays to Dan Echo, Cleve Rolfe, David Baker, Quinn Cochrane, Shane Pruitt, Darin Velin, Todd Beam, Josue Echeverria, and Stephen Metz!*

### This Paper Includes...

*...only good things to come!*

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## Latest and Greatest from Ashler 121

One of the ways we give back to our Bothell community is our quarterly street cleanup.

This quarter's street cleanup happened on Saturday morning of February 18th and we had a great time and good fellowship.

We have the Adopt a Highway program and have responsibility for 104th from Main Street to 200th.

We meet in Lodge at 8am for a coffee and a light breakfast and then get our gear on and hit the streets.

The vests, signs and pickers are provided by the City of Bothell.

Please join us to get some exercise, keep our streets looking neat, and have some good fellowship with other Brothers.



Here are the dates we have set up for the rest

2023 0 # 0 0 ):

May 20th

August 19th

October 21st

Br. Stephen Metz

# The First Cardinal Virtue: Temperance

*A few words from the Worshipful Master, Mike McKamey.*

Greetings, Ashler Brethren! On March 9<sup>th</sup>, we initiated Brother Amadou Ceesay to be a Brother and extended courtesy degrees to two other initiates from Mill Creek Lodge #243 in the same evening. Welcome to the Fraternity, Brother Amadou! Brother Stephen Metz presented an excellent Master's Lecture for Brother Amadou's Entered Apprentice Degree, which I always enjoy immensely. Following Brother Stephen's teaching about the three great tenets of a Mason's profession; Brotherly Love, Relief and Truth; we learn about the four Cardinal Virtues: Temperance, Fortitude, Prudence, and Justice. This portion of the lecture inspired me to focus on these virtues over the next four Trestle Board publications, writing my thoughts on Temperance in this issue.



*WB. Mike McKamey*

As Freemasons, do we understand the importance of temperance in our daily lives? As I contemplate Temperance, the Master's Lecture reminds us that, "Temperance is the due restraint upon the affections and passions which renders the body tame and governable, and frees the mind from the allurements of vice. This virtue should be the constant practice of every Mason; as he is thereby taught to avoid excess, or the contracting of any licentious or vicious habits, the indulgence of which might lead him to disclose some of those valuable secrets which he has promised to conceal and never reveal, and which would consequently subject him to the contempt and detestation of all good Masons..."

What does this mean in plain English? I take it to mean that temperance is about controlling our emotions and desires so that we can control our body and mind. This is an important virtue that as good Masons, we should all refine. As we practice temperance as Freemasons, we learn to avoid excessive behavior or harmful habits that could lead us to reveal the secrets we've promised to keep. By doing so, an offender of this virtue would be seen as untrustworthy and disliked by Brothers who value and espouse integrity and loyalty.



Controlling our emotions and desires is not always easy, but it is necessary in order to maintain control over our bodies and minds. By practicing temperance, we are able to avoid unhealthy habits and behaviors that could potentially compromise the secrets entrusted to us as Freemasons. I challenge us all to take the practice of temperance seriously. We must hold ourselves accountable to this virtue and challenge ourselves to be better at practicing it in all aspects of our lives. Only then can we honor our commitment to the Fraternity and the promises we have made to one another.

My fellow Brethren, I urge you to reflect on the importance of temperance in our daily lives and how it applies to our obligations as Freemasons. Let us take action and challenge ourselves to practice this virtue in all aspects of our lives. By doing so, we can honor our commitment to the Fraternity and set an example for others to follow. Let us be exemplars of temperance and build a stronger Fraternity that upholds the values of the Cardinal Virtues. May we continue to shine as a beacon of Masonic Light to the world!



Fraternally,

Brother Mike McKamey  
Worshipful Master  
Ashler Lodge #121

# Peace and Love

*A brief word on Peace, Love, and Transformation from Bro. Isiah Brazil*

Peace Brothers. As we enter into Spring, I am reminded that it is all about new beginnings and transformations. The new growth in nature acts as a reawakening and a recharging of our batteries that may have been feeling the wear of winter. As the seasons transition, I am reminded of Brothers that we have lost and appreciative of their time with us. In the same vein, I see the addition of new Brothers to our Fraternity and Lodge; I see the progression and growth of our current Brothers; and I am reminded that the Grand Architect is always at work, shaping, changing, and planning. In that balance I am forever grateful. There are things we may or may not understand or things we try to overcomplicate, but I am reminded that, at every stage in Masonic life, work will be assigned, and work must be completed.

I hope that every Brother is blessed with a moment to detach from the mundane tasks of daily life and to take a second and reflect on his journey. I hope that every Brother remembers every successful step in addition to every agonizing stumble and frees themselves momentarily from the pursuit of perfection. Through our own paths of diligence, we are here as Brothers with goals of improvement and positive influence. Furthermore, by working together, I feel we can each achieve what we initially set foot in Lodge to do individually and in turn strengthen the bonds that keep us whole as an institution.

Peace & Love as always, my Brothers.



# Ashler's Calendar for 2023

*Mark the Dates!*

## March

- 2<sup>nd</sup> Officer's 6 p.m. and Temple Board 7 p.m.
- 7<sup>th</sup> Shoreline Visit 7:00 p.m.  
Stated, 6:00 p.m. Dinner
- 13<sup>th</sup> Masonic Education 7 p.m.
  
- 16<sup>th</sup> Stated Chili Cook-Off  
Congrats Brother Dale for bringing another award-winning chili!!!
- 17-19 Grand Lodge Leadership Retreat, Wenatchee Conv. Center

## April

- 6<sup>th</sup> Officer's 6 p.m., Masonic Education, and Temple Board 7 p.m.
- 13<sup>th</sup> Masonic Education 7 p.m.  
Masonic Degree Conferral (Josh Echeverria) 7:30 p.m.
- 20<sup>st</sup> Stated (Rainbow) Guest Speaker Dinner 6:30 p.m.  
Communication 7:30 p.m.
- 22<sup>nd</sup> Pancake Breakfast at Lodge 8 a.m.
- 22<sup>nd</sup> Ladies Night 7 p.m. at McMenamins (RSVP by Apr. 14th)

## May

- 4<sup>th</sup> Officer's 6 p.m. and Temple Board 7 p.m.  
5<sup>th</sup> Walter F Meier Council 7:30 pm
- 9<sup>th</sup> Yancy C. Blalock Visit 7:30 p.m. Stated, 6:30 Dinner  
Royal Arch Fellowship Chapter no. 61 7:30 pm
- 11<sup>th</sup> Masonic Education 7 p.m.
- 18<sup>th</sup> Stated (Rainbow) Dinner 6:30 p.m. Communication 7:30 p.m.
- 20<sup>th</sup> Pancake Breakfast at Lodge 8 a.m. Street Cleanup 9 a.m.
- 27<sup>th</sup> Bowling Night Kenmore Lanes 7 p.m.

## June

- 1<sup>st</sup> Officer's 6 p.m. and Temple Board 7 p.m.
- 3<sup>rd</sup> Shoreline Crab Feed 6p.m. – 9 p.m.
- 8<sup>th</sup> – 10<sup>th</sup> Grand Lodge Annual Communication Wenatchee, WA  
13<sup>th</sup> Royal Arch Fellowship Chapter no. 61 7:30 pm
- 15<sup>th</sup> Stated (Business Casual) Dinner 6:30 p.m. Communication 7:30 p.m.
- 17<sup>th</sup> Pancake Breakfast at Lodge 8 a.m.
- 22<sup>nd</sup> Masonic Education 7 p.m.

## July

- 4<sup>th</sup> of July Parade –  
Downtown Bothell
- 6<sup>th</sup> Officer's Meeting 6 p.m.
- 13<sup>th</sup> Masonic Education 7 p.m.
- 20<sup>th</sup> Stated (Hawaiian Shirt Night) Dinner 6:30 p.m.  
Communication 7:30 p.m.
- 22<sup>nd</sup> Pancake Breakfast at Lodge 8 a.m.
- 29<sup>th</sup> Barbeque at Blythe Park  
Noon

## August

- 3<sup>rd</sup> Officers Meeting 6 p.m.
- 10<sup>th</sup> Masonic Education 7 p.m.
- 12<sup>th</sup> Family Barbecue Noon  
Blythe Park
- 17<sup>th</sup> Stated (Jersey Night)  
Dinner 6:30 p.m.  
Communication 7:30 p.m.
- 19<sup>th</sup> Pancake Breakfast at Lodge 8 a.m. Street Cleanup 9 a.m.

## September

- 7<sup>th</sup> Officer's 6 p.m. and  
Temple Board 7 p.m.  
8<sup>th</sup> Walter F Meier Council 7:30 pm
- 12<sup>th</sup> Royal Arch Fellowship  
Chapter no. 61 7:30 pm
- 14<sup>th</sup> Masonic Education 7 p.m.
- 19<sup>th</sup> Millcreek Visit 7:30  
Stated, 6:30 Dinner
- 21<sup>st</sup> Stated (Jobies) Dinner  
6:30 p.m. Communication 7:30 p.m.
- 23<sup>rd</sup> Pancake Breakfast at  
Lodge 8 a.m.

## October

- 5<sup>th</sup> Officer's 6 p.m. and  
Temple Board 7 p.m.
- 7<sup>th</sup> Family Bowling Kenmore  
Lanes
- 10<sup>th</sup> Royal Arch Fellowship  
Chapter no. 61 7:30 pm
- 12<sup>th</sup> Masonic Education 7 p.m.
- 19<sup>th</sup> Stated (Step-up Night)  
Rainbow Dinner 6:30 p.m.  
Communication 7:30 p.m.
- 21<sup>st</sup> Pancake Breakfast at  
Lodge 8 a.m. Street Cleanup 9 a.m.
- 21<sup>st</sup> Game Night 7 p.m.
- 31<sup>st</sup> Safe Halloween 5 p.m.

## November

- **2<sup>nd</sup> Officer's 6 p.m. and Temple Board 7 p.m.**
- **9<sup>th</sup> Edmonds Visit 7:30 Stated, 6:30 Dinner**
- **10<sup>th</sup> Walter F Meier Council 7:30 pm**
- **14<sup>th</sup> Royal Arch Fellowship Chapter no. 61 7:30 pm**
- **16<sup>th</sup> Stated (Jobies) Dinner 6:30 p.m. Communication 7:30 p.m.**
- **18<sup>th</sup> Pancake Breakfast at Lodge 8 a.m.**

## December

- **2<sup>nd</sup> Ashler Installation (open to public) 2:00 pm**
- **7<sup>th</sup> Officer's 6 p.m. and Temple Board 7 p.m.**
- **12<sup>th</sup> Royal Arch Fellowship Chapter no. 61 7:30 pm**
- **21<sup>st</sup> Stated (Rainbow Girls) Dinner 6:30 p.m. Communication 7:30 p.m.**