

# TRESTLEBOARD



## Scottsdale Lodge 43 F&AM

Volume 71 Issue 7

September 2020

### Welcome Back to Lodge New Health Safety Protocols are in Place

#### GREETINGS FROM THE EAST

Brothers it has been a seemingly long summer. I recall when I was much younger looking forward to the summer with no school no real responsibilities just time to have some fun. As we all know, this summer has been much different than almost any summer in the past or at least in my lifetime. We are faced with a pandemic and economic issues, but we are strong and can survive together. It is time for us to help each other and our community.



On a positive note we are planning on getting back to Lodge for our September stated meeting. We will follow the CDC and state of Arizona guidelines regarding gatherings in an effort to keep everybody at the lodge as safe as possible.

Regarding our return to Lodge, some of the items that you should know, first we will be requiring masks to be worn at all times while at Lodge. We will also utilize a touchless thermometer to check the brethren for a possible fever or high temperature. Hand sanitizer and masks will be available in case someone accidentally forgets the appropriate items. We will be blocking off certain chairs in the Lodge room in order to maintain the best possible social distancing. Food will not be served in any form at this upcoming stated meeting. We plan to offer food as soon as we are able to do so in a safe manner.

Thank you for your patience with this matter.

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#### GREETINGS FROM THE WEST

I wanted to share this since we've had a society changing event recently that has caused most of us to work from home and spend unhealthy amounts of time using social media, technology, obsess over caution flashing news and a barrage of controversial and conflicting information drive a divide. We've seen brothers posting on social media pages very strong and sometimes very controversial opinions that might not be in line with our understanding that we are all on the level here. I studied technologies and their social effects and from everything that has been analyzed, technology in itself has gone down a dark path that effectively causes depression and actively targets your limbic system to manipulate and divide us all based on emotional triggers. I think it would be important for all of us to take a step back, take a literal sniff of the roses, escape into nature, find our peace, and realize that after all of the chaos, order will return, and our love for our fellow brother will reign supreme.



This is a guide to help us understand and then disconnect so we can reconnect:

Let's get to it. We live in a world that is designed to stimulate our emotions. Every advertisement, food, product, and social media post is geared to give us a short rush of pleasure, which is followed by an emptiness and a craving for more. Big companies are able to leverage our cravings and make

trillions of dollars off of keeping us addicted. If you don't have a plan for yourself you will be at the mercy of companies who will play on your impulses to control you like a puppet. You will sacrifice your free will searching for happiness in a maze that's designed to keep you lost. Studies show that on average people use their smartphones for about 3 hours per day. That's 1095 hours every single year. Thankfully there is a way to regain control over your impulses and take your power back through a practice called dopamine fasting. What's that you say?

Well first we need an understanding of dopamine. Dopamine is a brain chemical associated with wanting. According to Loretta Breuning, author of 'Habits of a Happy Brain', dopamine is triggered by new rewards. That's why the first lick of an ice cream cone is heaven. 10 licks later your attention wanders you start thinking about the next thing on your agenda and the next you still love the ice cream but you don't feel it as much because your brain doesn't see it as new information. Your brain is already looking for the next great way to meet your needs. However, with video games and social media your brain always has the next thing to be excited about because they are

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On another note, we have several investigations that need to take place. This is our Masonic duty and I will be assigning investigations based on proximity of the brother to the potential candidate. Guidelines for social distancing and safety during investigations will be provided with each packet.

I have wonderful news to share. Brother Richard Claridge participated in the Russo and Steel car auction earlier this year in concert with Sahuaro Lodge #45 and for his time was awarded a donation to our lodge in the amount of \$679.84. These funds were the result of tips and wages that accrued over a 5 day period. Thank you brother Richard for your terrific work!

“You can do anything you set your mind to”  
-Benjamin Franklin

**Bradley Manhoff**  
**Worshipful Master 2020**

At this point you might be wondering does dopamine fasting really work to manage your addictions if by dopamine fasting you mean reducing a dopamine levels the answer is no but if you mean dopamine fasting 2.0 based on CBT like we just learned then yes an analysis of a hundred and six studies concluded that in general the evidence base of CBT is very strong but how does dopamine fasting help restore your motivation well sharp or prolonged increases in dopamine levels can reduce the amount of dopamine receptors in your brain dopamine fasting may help increase the amount of receptors you have through a process called up regulation the more dopamine receptors you have the less stimuli it will take to achieve the same amount of pleasure if you don't eat processed sugar for a month a single blueberry could give you the same amount of pleasure as your favorite ice cream so how do you dopamine fast there's two steps in step 1 identify the behaviors that are causing you distress impairment or addictiveness 6 common impulsive behaviors are emotional eating internet and gaming gambling and shopping thrill and novelty seeking recreational drugs and adult entertainment. In step 2 follow a dopamine fasting schedule for example let's say you want to reduce the amount of time you waste on your phone you would refrain from using your phone for 1 to 4 hours every day 1 day per week one weekend per quarter and one full week per year start small and gradually increase the amounts of time you spend away from your phone these are guidelines not concrete rules follow a fasting schedule that works for you so now you know how to dopamine fast but you may find it difficult to do.

I hope you all found this helpful and plan on spending some time finding the things that make us equal instead of focusing on the things that drive us apart. I love you all and can't wait to see you all on the level soon!

Continued from page 1

engineered to trigger constant dopamine release I'm sure you are familiar with the feeling of wanting to make the day productive only to look up at the end of the day and realize you spent four hours mindlessly scrolling through Instagram and checking notifications. You waste time, feel bad about yourself and things that used to excite you no longer excite you like they used to.

That's where dopamine fasting comes in dopamine fasting is the idea that if you avoid a dopamine stimulating activities for extended periods of time you'll be able to reset your brain and let go of addictive behaviors that negatively impact your life it's commonly misunderstood as reducing dopamine but that's not true dopamine is necessary to function as a healthy human being. Dopamine fasting exploded in interest in October 2018 and gained even more interest a year later after Dr. Cameron Sepah published an article on medium titled the definitive guide to dopamine fasting 2.0 the hot Silicon Valley trend. Dopamine fasting 2.0 is better defined. it's based on cognitive behavioral therapy it's about reducing impulsive behavior not reducing dopamine itself and it doesn't encourage you to act like a full-blown monk who abstains from all forms of pleasure so what is the science behind dopamine fasting 2.0 well as mentioned before it's based on cognitive behavioral therapy or CBT.

CBT is an evidence-based practice and prescribed by thousands of professionals worldwide for changing behavior CBT solutions based on stimulus control can help you reduce a probability of engaging in addictive behaviors for example when your phone plays your SMS ringtone you pick up your phone and tap to open the message the ringtone is a stimulus and opening the message is the behavior here are two solutions number one remove the stimulus by putting your phone in another room or disable notifications or to engage in an activity that is not compatible with reading your phone like swimming. Another is abstaining from taking action when you are triggered to react which in the long run will provide a sense of accomplishment and emotional well being.

**Jonathan D'Emilio**  
**Senior Warden**

From the South



A dear friend recently shared with me the story of “who packed your parachute”. It is a story of compassion and humility and sounds like it could have been written about a Mason. Now without further ado I give you.... Who packed your parachute!

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface -to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience!

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came

Continued top of page 3

From the South Continued

up and said ‘You’re Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!’

‘How in the world did you know that?’ asked Plumb. ‘I packed your parachute,’ the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, ‘I guess it worked!’ Plumb assured him, ‘It sure did. If your chute hadn’t worked, I wouldn’t be here today.’

Plumb couldn’t sleep that night, thinking about the man. Plumb says, ‘I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said ‘*Good morning, how are you?*’ or anything else because, you see, I was a fighter pilot, and he was just a sailor.’

Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn’t know.

Now, Plumb asks his audience, ‘Who’s packing your parachute?’ Everyone has someone who provides what they need to make it through the day. He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory – he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

As you go through this week, this month, this year, recognize people who pack your parachutes.

Author Unknown

**Fraternally,  
Tim Scarpino  
Junior Warden**

**From the Organist**

**FREEDOM**

Freedom is not a heartfelt trait. It has been fought for, practiced, loved, and protected. Passed on to the children, taught, and well explained. It is then passed on as the treasure we know it to be.

Freedom may be passed on to new generations, it may be acquired, but never recovered if once lost. It must be seen as a conscious and a priceless asset, relying on our consciousness of necessity. Freedom doesn't exist in doses, which vary in strength and quality. There is nothing akin to a little bit of freedom, only being free or not. It cannot operate in pieces here and there, like a cleared field with an acreage partly missing.

Behold a popular expression, that freedom is not free. It must be guarded like Fort Knox gold times ten.

**Fraternally,  
Dave Woodland, PM  
Organist**



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**Terry Kelley, PM**

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**BROTHERS – IMPORTANT NOTICE**

Brothers, if you haven't been receiving the Monday evening email blast from the lodge, we probably don't have a valid email address for you. Please update your information including mailing address with the lodge secretary at [secretary@scottsdalelodge43.com](mailto:secretary@scottsdalelodge43.com) or call him at 480-946-1072. Thank you for taking care of this immediately!

**Editorial Opinion and Comments**

September continues to find us in a very challenging time for ourselves, our country and indeed the world. It is almost as if a theme from a late night disaster movie came to life. It is also a time where once again Freemasons are stepping forward to help bring everyone to more light. Darkness comes from despair caused by people feeling they have no control over their present circumstances.

First, it is time to remember what you have to be thankful for, your health, family, friends, Masonic Brothers and the beauty of this G'd given world around us.

Second, assistance is available, should you need it. We are a fraternal brotherhood of men who have taken an oath to help one another in distress, to the best of our ability, if within the length of our cable-tow. Should you find yourself in need, reach out to the Secretary of the Lodge or WM Brad Manhoff. They will offer guidance and put you in contact with someone that will try to help you.

Brothers in a position to offer guidance or help should also contact the Secretary and let him know how they are ready and willing to be of help.

Fraternally,

Fred LaBell 32°,  
Trestleboard Editor

**Arizona Grand Lodge Website**

In an ongoing effort to keep in touch with the Masons of Arizona, the Social Media Committee of the Grand Lodge of Arizona has launched an online Social Media monthly newsletter to recap some of the items each month that are trending around the State.

We hope that it will encourage communication and share knowledge around the State while also giving another outlet to the activities of our many Lodges in Arizona. As is the case with Social Media, we intend for it to be enjoyable and informative and hope that it will grow and adapt to the needs and wants of our Craft as it progresses.

<http://www.azmasons.org>

Fraternally,  
Tom Burke,  
Secretary

**Fred's ability to Multitask was key to his Lodge's success**

Lodge officers	
Master	T.B.A
Secretary	Fred
Treasurer	Fred
Almoner	Fred
Steward	Fred
Chaplain	Fred
Deacon	T.B.A
Organist	Fred
D.C	T.B.A

Fellowcraft uk



The more Brothers that pitch in, the stronger we get.  
Don't wait to be asked, just show up.

The Human brain is an amazing organ. It functions 24 hours a day from the day we are born and only stops when we are performing ritual





Passed to the Celestial Lodge

Brother John A. Solemina 33rd

Born: .....8/17/1936  
Initiated .....5/12/1966  
Passed.....6/9/1966  
Raised.....7/7/1966  
Died .....7/10/2020



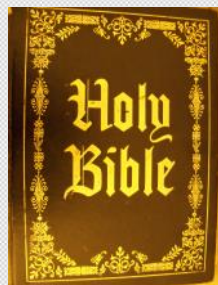
Brother Norman Lee Colbert

Born: .....8/12/1940  
Initiated .....1/14/1986  
Passed.....6/24/1986  
Raised.....4/11/1987  
Died .....7/10/2020



Henry William Johnson PP

Born .....11/5/1931  
Initiated ..... 10/23/1986  
Passed .....12/17/1987  
Raised ..... 2/23/1989  
Died .....6/28/2020



LODGE OFFICE HOURS

Regular Office Hours for the Secretary:

Monday 5PM-7PM  
Thursday 5PM-7PM  
Sunday 10AM-2PM

Scottsdale #43 Masonic Shirts for Sale

Contact the Secretary for details, cost and to place your order (480) 946-1072.



Remember, while you are at Lodge check out our Masonic jewelry case for various Masonic themed pins, emblems, ties and many other items.



**SCOTTSDALE MASONIC LODGE #43**

*July, August and September Masonic Anniversaries  
Celebrating Another Year in the Light*

Alan Scott Dye	7/26/1972	Chanchhaya Chanchhaya Tan	8/3/2013	Jeffrey Charles Takoushian	9/21/1999
Michael Gordon Milmine	7/30/1981	Peter Rockefeller Carpenter	9/5/1960	Jeffrey Vilas Morris	9/28/2000
John Anthony Poth	7/22/1989	Benjamin Otis Marney	9/24/1964	David Allen Deere	9/11/2003
Marquez P Pope	7/7/2005	Edward Thomas Hartnett	9/28/1967	Eric Arthur Christianson	9/22/2005
Alexander Bryan Reece	7/7/2011	Carl Frederick Eschenbrenner	9/21/1972	Robert Curtis Hills	9/11/2008
Jason Jonas Caldwell	7/5/2018	Truett George Craft	9/28/1972	Charles Alberto Castaneda	9/10/2009
Richard John Claridge	7/5/2018	James (Jim) Garbett Miller Sr	9/27/1973	Barlas Demirciler	9/8/2011
David Allen Rose	7/5/2018	Fred William Moore Jr	9/26/1974	John Wayne Jacoby	9/8/2011
James Marion Grissom	8/29/1960	Nanik Chandiramani	9/15/1975	Carlos Manuel Silva	9/13/2012
James Arland Osman Jr	8/21/1969	Oliver James Horton Jr	9/25/1975	Taylor Michael McMullen	9/11/2014
Joseph Andrew Decker	8/30/2007	Mark Tracy Messerly	9/25/1975	Kenneth Richard Von Hopf	9/11/2014
Paul Lancaster Davenport	8/2/2012	Bernard Louis Young	9/25/1975	DashmeshSingh Khalsa	9/10/2015
Robert Francis Gruler Jr	8/2/2012	Joseph David Barksdale	9/28/1983	Charles WilliamParker	9/15/2016
Eric Charles Marble	8/9/2012	James Eli Lewis	9/17/1998	LucasMicheal Ruwe	9/20/2019
William Roscoe Bryant Jr	8/3/2013				

**Scottsdale Masonic Lodge Building**

**EVENT PLANNING? - WE WELCOME RENTALS**

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**Photos and bldg. diagram on the website: <http://scottsdalelodge43.com/>**

**Call (480) 946-1072 for details and prices**



**Brothers Helping Brothers**

It has come to the attention of the Lodge that some of our Brothers still are having a challenging time during the business shutdowns facing all of us. Loss of jobs, businesses and income are very stressful in normal times and during these times are even more so.

Please if your business can use more publicity at this time, notify the Lodge Secretary and he will see that it is distributed to the members who then, may seek you out for their needs.

Brothers try and help your Brothers whenever possible, within the length of your Cable tow. The Grand Hailing Sign is in view, please respond accordingly.

**FROM THE LIBRARY**

**Scottsdale Lodge Memories**

One of the most interesting things in the library is a gavel. O.C. Wilson was one of the founders of Scottsdale Lodge 43 and it's first Worshipful Master. He used this gavel in the first year, 1950, and likely at the meetings when the Lodge was being formed. The gavel was around the Lodge for many years and used by Wardens and some Worshipful Masters. It is unusual because it is one piece tree with a 90 degree branch or a branch with a smaller 90 degree branch. In the tear 2000, 50 years later, Worshipful Master Chuck Squires ordered the gavel not be used any more, except if an incoming Master wanted to use it at his installation. The gavel is in great condition and should last many more years if used at the most once a year. When it was taken out of service it was taken down to Wood Workers World to see what the wood actually was. They took it and studied it for some time and could not tell us what kind of tree it came from. This is just one of the interesting artifacts in the library.

Fraternally,  
**Ritchie Yorsten PM**  
**Library Chairman**



**EASTERN STAR**

Eastern Star will not be resuming meetings until it is safer to do so; but we are in contact with each other by using 'Zoom'. This is a wonderful method and it would be nice if more people would use it. We are in contact about once per month; and our next 'Zoom' meeting will be on September 15<sup>th</sup> at 7:30 pm. This certainly helps us 'get through' our mandated isolation. Please join us on that date and stay safe!



Fraternally,  
 Janet Mielke  
 Past Matron  
 Scottsdale #47 Order of the Eastern Star

**Save the Date**

**Scottsdale Lodge Annual Cookout**

**McCormick Railroad Park**

**7301 E Indian Bend Rd.**

**November 15, 2020**

**From 11AM -4 PM**



**Burgers, Hots Dog & Brats**

**Families and Friends Welcome**

**WATCH FOR MORE DETAILS TO COME**

# SCOTTSDALE MASONIC LODGE #43

## 2020 OFFICERS and CONTACT INFORMATION

<b>Worshipful Master</b>	<b>Bradley Manhoff</b>	<b>602-809-5995</b>	<b>Email: <a href="mailto:worshipfulmaster@scottsdalelodge43.com">worshipfulmaster@scottsdalelodge43.com</a></b>
Senior Warden	Jonathan D'Emilio	732-267-4980	<a href="mailto:jondemilio@gmail.com">jondemilio@gmail.com</a>
Junior Warden	Tim Scarpino	480-544-6843	<a href="mailto:timothyscarpino@gmail.com">timothyscarpino@gmail.com</a>
Senior Deacon	John Favara	480-352-3700	<a href="mailto:favara.js@gmail.com">favara.js@gmail.com</a>
Junior Deacon	Shawn Hunter	480-486-9419	<a href="mailto:shawnphunter182@gmail.com">shawnphunter182@gmail.com</a>
Senior Steward	Clynton Tupas	602-425-3991	<a href="mailto:clynton247@gmail.com">clynton247@gmail.com</a>
Junior Steward	Gary Nelson	480-215-0077	<a href="mailto:bikertat@aol.com">bikertat@aol.com</a>
Marshal	Robert Beer	720-231-3294	<a href="mailto:robertbeer33@comcast.net">robertbeer33@comcast.net</a>
Chaplain	David Earney	817-567 5109	<a href="mailto:david.earney@gmail.com">david.earney@gmail.com</a>
Tyler	Tom Jaeger	480-327-7700	<a href="mailto:tajaeger_80@yahoo.com">tajaeger_80@yahoo.com</a>
Organist	David Woodland, PM	480-639-9639	<a href="mailto:woody1925@msn.com">woody1925@msn.com</a>
Treasurer	Roger Behm	630-660-2147	<a href="mailto:rogerbehm@yahoo.com">rogerbehm@yahoo.com</a>
Secretary	Thomas A. Burke, PM	203-559-9504	<a href="mailto:tomalso@yahoo.com">tomalso@yahoo.com</a>



### Scottsdale Lodge Committee Chairmen

Candidate Proficiency	Jonathan D'Emilio	732-267-4980
Chamber of Reflection	Steve Clarke	480-946-5390
Distressed MM WO	Pillar Officers	
Trestleboard Editor	Fred LaBell	480-717-7716
Friend to Friend	Ken Von Hopf	480-998-7018
Finance Committee	Russell Sayre PM	480-998-7018
Fund Raising	Stan Sparrow	602-317-4071
Celestial Journey Team	David Earney	817-567 5109
Investigations	Bradley Manhoff	602-809-5995
Jewelry Case	Shawn Sawaqed	602-369-0576
Library	Ritchie Yorsten	480-694-0075
Photographer	Allen Nichols	602-617-4504
Brother's Outreach	George Brookler	480-510-2214
Masonic Education	David Earney	480-283-5411
Bikes for Books	Wil Wilkins	602-500-4474

### CALL IF YOU NEED A RIDE TO LODGE

The Brother's Outreach Team has raises funds for our brothers who don't drive after dark or don't drive at all so they can come to Lodge to enjoy the fellowship. **If you would like to attend Lodge**, contact the secretary Tom Burke @ 203-559-9504 to arrange for a ride to and from at no cost to you (Valley area only).

If you would like to support this worthy cause, please send a check to Scottsdale Lodge 43, POB 486 Scottsdale, AZ 85252. On the check write "Transportation Fund" or use credit card by calling the Secretary at 480-946-1072.

### 2020 TRUSTEES

Stephen Owen Clarke	(480) 946-5390
Eric Charles Marble	(602) 377-1544
Gary Allen Nichols	(602) 617-4504
Scott Herbert Tracy	(602) 697-1132
Brandon John Valentine	(480) 639-9040
William Frank Wilkins	(707) 332-9973

### MEETING LOCATION

**Scottsdale Masonic Lodge #43**  
2531 N. Scottsdale Rd., Scottsdale, AZ.

**Stated Meeting:** The first Thursday of each month at 7:00pm, except July and August.

Dinner at 6:00pm.

For further information call (480) 946-1072 or visit [www.scottsdalelodge43.com](http://www.scottsdalelodge43.com).

### \*\* September Calendar of Events \*\*

**September 2.....Trustees Meeting**

**September 3 .....\*Stated Meeting by Pre-registration**

\*ALL MEETINGS AND EVENTS

Will be per weekly email announcements.

*Watch for email updates from the Secretary*

<http://www.scottsdalelodge43.com>