

MAY 2023

TRESTLE BOARD

Ionic Composite Lodge No. 520

2244 Westwood Blvd, Los Angeles, CA 90064

(424) 273-1054 / ioniccomposite.com

Dear Brethren,

I recently returned from the Master's Leadership Retreat, and I was privileged to hear from Right Worshipful Art Salazar, the Senior Grand Warden, as he revealed his logo and theme for his upcoming year in '24-'25. His theme is both simple and profound, consisting of only a single word: Inspire.

While some Grand Master's themes are more mottos or slogans, such as "Coming Home", "Applied Freemasonry", or even this year's theme of "Fulfilling our Obligations", RW Salazar's theme is a call to action – an order. It is a directive to get out into the world and help change it by showing people that they can be better; that there is a better way. Tying in with the Grand Lodge 2025 plan, this takes the idea of Positive Awareness to its logical end – by showing the world who we are and what we do in a visible way, we have the ability to bring new life, vigor, and prosperity not just to the Fraternity, but to the world as well.

We show by example that it is possible to have discussions or even arguments in which all parties remain civil and can still even be cordial to one another afterward, without resorting to recriminations, underhanded tactics, or slurs and personal attacks. We show people that tolerance and inclusivity do not make an organization or a society weak, but rather strong, because it is impossible to create harmony when everyone is playing the same note; it is where there are differences that the chords we create are enriched and enhanced by one other's unique contributions. We embody the ideals of Brotherly Love, Relief, and Truth, and show that you don't have to cheat or lie to be successful, that you can be charitable for no reason other than because it is the right thing to do, and that love truly is stronger than hate.

We also need to Inspire the next generation, because they are not only the future, they are indeed the present. It is their world in which we live, and we are merely the stewards of it. Our Youth Orders desperately need our help and attention, not merely with the occasional check or invitation to do a Flag Salute, but with actual commitments of time from the Brethren. They need advisors and guardians for all three Orders; good Master Masons who can provide positive examples and interactions with teens trying to make their way through a confusing and difficult time in their lives in what we can all agree is an absolutely crazy world right now. Too many young people are slipping through the cracks from lack of those willing to give them the time and attention they need, and we owe it to them and to the world they will inherit from us to Inspire them to become the best versions of themselves they can.

Inertia can be a difficult force to overcome, and I know that many of you have gotten out of the habit of coming regularly to Lodge. While I would certainly love to have you come more often, if you can't come on Monday nights, consider looking into going to one of the local Youth Orders on another night of the week. Consider supporting our young leaders now, because now of all times, Masons need to stand proud and strong as beacons of Light in the Darkness. Let's give our young people – and the world – something to be Inspired by.

Fraternally,
Jacob Gershbock, PM



UPCOMING EVENTS

MAY 1, 2023 7:15PM

May Stated Meeting

Menu

Tostada Salad Cheese & Chicken Enchiladas
Rice & Refried Beans

Please RSVP to brokyleware@gmail.com for headcount
Cost is \$15 payable at the door.

MAY 8, 2023 7:15PM

SECOND DEGREE PRACTICE OR CONFERRAL (TBD)

MAY 15, 2023 7:15PM

3RD DEGREE PRACTICE

MAY 20, 2023 6:30PM

Annual Festive Board, Honoring our Lodge Sweethearts!

All Lodge Sweethearts (and their caretakers, if any) attend free!
All Brethren and other guests, \$45 per person.

Multiple-course meal with drinks provided, as well as a commemorative firing glass.

RSVP Required! Email jgershbock@gmail.com or ioniccomposite@gmail.com to RSVP.

**IF YOU NEED A RIDE TO THE EVENT,
PLEASE CONTACT US SO WE CAN ARRANGE IT.**

MAY 22, 2023 7:15PM

TBD (Possible 3rd degree practice)

MAY 29, 2023 7:15PM

Lodge Dark in Observance of Memorial Day

JUNE 5, 2023 7:15PM

**June Stated Meeting and Presentation of the Isadore Moore Award
Honoring Worshipful Tim Shiner, PM**

Menu

Roasted Beet Salad
Chèvre, Toasted Pecans
Pot roast
Carrots, mushroom and potatoes, Au Jus
Cheesecake
Strawberries and cream

You are Cordially Invited to Ionic Composite Lodge no. 520's

2023 Annual Festive Board, Honoring our Lodge Sweethearts

Saturday, May 20, 2023

Cost is \$45 for all Brethren and Guests

All Lodge Sweethearts attend Free!

Commemorative keepsake shot glasses will be provided to all attendees.

Open to All (Masons and non-Masons)

Multiple-course meal with drinks provided, as well as a commemorative firing glass.

RSVP Required! Email jgershbock@gmail.com or ioniccomposite@gmail.com to RSVP.

If you need a ride to the event, please contact us so we can arrange it.

DINNER MENU

1st Course: Chicken & Vegetable Pot-sticker

2nd Course: Chicken Noodle Soup

3rd Course: Caesar Salad

4th Course: Grilled Chicken Breast w/ Marsala Wine Sauce

5th Course: Beef Tenderloin w/ peppercorn and merlot wine sauce

6th Course: New York Cheesecake w/ raspberry sauce

Dinner Rolls & Butter



FROM THE WEST

Brethren and Ladies,

A while back I attended a funeral for one of our departed Brethren and, while waiting for the service to begin, I was perusing the Yizkor Memorial Service prayer book that had been provided by the mortuary. As I am usually do under these circumstances, I was contemplating both life and death and my attention focused on a portion of one of the prayers that read:

"The number of our years may be many or few,
"Yet vain toil fills their span,
"For it is soon ended, and we fly away.
"So teach us to number our days that we may grow wise in heart."

This passage reminded me of our own teachings where we are urged to

"... remember that we are traveling upon the level of time, to 'that undiscovered country, from whose bourne no traveler returns.'"

Time, not money, is the most important spendable asset we posses. We may have a great deal of money or only a small amount, but we always know how much money we posses and can always earn more of it. Unlike money, we never know how much more time we posses and can never replace the time we've spent.

There are two lessons we can draw from this fact. First, we should never waste our own time. I'm not saying we should never relax or have a good time. Leisure is a perfectly legitimate use of time. After all, one of the reasons we work is so we can spend time doing

the things we enjoy. No, the waste of time of which I am writing is "sloth". Using that word recalls Brother Ben Franklin, who said things like, "Sloth, like rust, consumes faster than labor wears, while the used key is always bright" and "Sloth makes all things difficult, but industry all easy." To me, "sloth" is just laying around doing nothing: not working, but not relaxing, either. This is simply a waste of our own valuable time.

Secondly, we should never waste the time of other people. I suppose that wasting the time of other people is the greater of the two evils. At least by wasting our own time we aren't stealing that time from anyone else. We waste the time of others not just when we are late, but also when we don't do what we are supposed to do when we are supposed to do it. Here, those that counted on us are forced to waste their time while we do what should have already been accomplished.

Hoping that you haven't felt that this article has been a waste of your time, I want to put in a special plug for the last entry in our upcoming Festive Board at which our lodge Ladies and Widows will be honored. There will be a fantastic multi-course meal and the usual refreshments accompanied by good cheer and fellowship. Please see the accompanying display ad.

As always, Trisha and I look forward to seeing you.

Fraternally,
Jeff Bear, P.M.,
Senior Warden

Batter Up!

Be a Supporter by Funding a Child's Mitt

For the 2023 Masons4Mitts Fundraiser

supporting the LA Dodgers Dreamteam Program

For each \$20 donation a quality baseball glove will be provided to a needy youth in the LA Dodgers Dreamteam program. This program is more than just baseball and softball. Kids and parents attend programs about leadership, teamwork, health, safety, finances and good citizenship.

Support your lodge's participation in this great program.

Go to www.masons4mitts.org

Click LA Dodger Logo

Click Media Central Titans

Click Give a Mitt



Dodgers DreamTeam Program Goals

Who is ready to P.L.A.Y.?

1. **Provide** tools for 1,000+ volunteer parents and coaches essential to the creation and maintenance of an LA-based, sports-themed, youth-development-program.
2. **Lower** financial barriers to a safe recreational sports environment with over 80 locations across the region.
3. **Assist** in the delivery of programs, services, and resources that serve the needs of 11,000+ players, with social, cultural, emotional and educational opportunities.
4. **Yield** opportunities for underrepresented groups, including African Americans, teens, and girls, to participate in an established and effective youth program.

DONATING IS EASY! JUST SCAN
THE BAR CODE!!!



BE SURE TO VISIT

The updated Lodge Website at

ioniccomposite.com

More exciting updates to come in the near future.

BEWARE...

of scam / phishing emails asking for money or personal information.
Scammers are pretending to be Masons, even the Worshipful Master!
We'll never ask you to send money or gift cards via email.
Reach out to Lodge Leadership directly or by phone.

MAY BIRTHDAYS

Joseph Reinke	1 Joseph Brewer	13 Cedric Malambu	20
Harold Kirman	2 Mark Crugnale	13 David Philips	23
Robert Sills	2 Robert Goldman	13 Jeffrey Platt	27
Robert Gordon	4 Richard Kaplan	13 Mark Ameli	29
Barry Sporn	5 Edward Novshad	14 Neil Sherman	29
William Bilkiss	11 Stephen Rennick	14 Dale Effren	30
Peter Kaplan	11 Michael Savage	17 Zev Vered	30
Errol Stambler	12 Matthew Rodman	17	
Evan Weiss	12 Max Solomon	19	

THINK ABOUT IT

For some time now, our society has been concerned about perceived inequalities in the workplace based on such things as race or gender. This has even been a focus of attention in the medical field. Most individual medical organizations, composed primarily of doctors, have created committees to address and eliminate “inequities” in their particular specialties.

In the March 16, 2023 issue of the New England Journal of Medicine, three female physicians, Suzanne Koven, Jessica Haberer, and Deborah Kwolek, wrote a column addressing this issue. It was entitled “Pregnancy and residency – overdue for equity”. Residency training (which includes internship) is the period of time between when one graduates from medical school and one begins his or her medical practice in the community. It lasts for several years and is the time when one takes care of patients under the supervision of more experienced physicians. The precise number of years depends on the particular specialty.

Dr. Koven had become pregnant during her internship and was not offered any alteration in her schedule. She developed preeclampsia which required a month of bedrest, and, after her baby was delivered by emergency Caesarian section, was plagued with months of guilt (regarding the work transferred to others) and exhaustion (long work shifts and caring for a newborn). Dr. Haberer avoided getting pregnant until she finished her residency, subjecting herself to various risks related to being older when carrying a baby. Dr. Kwolek took leaves during her residency, delaying her graduation from that program for 2 years (stalling her career).

All of these events occurred in the 1980s and 1990s, a time when, as these three women claimed, “that was simply the way it was”. While stating that

“incremental progress” has since been made, even today residents (presumably female ones) believe that they have these same limitations if they desire to become pregnant. They attributed the reluctance for the system to make changes to be due, at least in part, to a “male-dominated culture”. They believe that there is a lack of “gender equity” in medicine and argued for changes so that trainees who wish to become parents will be able to have a reasonable work-life balance, as that would ultimately strengthen both the medical profession and society.

One proposal that they made was to have “advanced practitioners” (the older and more experienced supervisors) cover the work load that would exist from the absence of a pregnant trainee. This particular recommendation struck me as very peculiar if not completely contrary to their concerns. Adding more work to others did not seem to be to be equitable at all; it just changed what some have perceived as inequitable to one that others would find inequitable.

In fact, this entire call for gender equity disregards a basic biologic truism. Pregnancy is not a universal condition; it only occurs in relatively young females. Men and women are not created equal biologically. When I, as a training director, was personally confronted with this issue many years ago, I proposed that the pregnant trainee do the rotations that required more hours of work early in her pregnancy and have a softer schedule later on. I would suggest that any person considering a career in medicine carefully consider all of the advantages and disadvantages of that profession, and accept them, before even applying to medical school.

Think about it.
Ron Koretz, P.M.

BRETHREN AND FAMILY MEMBERS

Sick and Visitation Committee Report

Earl Hellum

Home with long-standing medical problems.

Wor. Howard Steinore

Recovering at home from a bout of pneumonia.

Wor. Bill Miller

On the mend from a broken arm.

Steve Kierman

Whose wife is undergoing chemo therapy.

Wellness Calls And Funeral Notification List Please Contact Bro. Stan Sax
stan_sax53@yahoo.com

Brethren Please, a Telephone call from you could brighten their day. To get the contact information of those listed please contact the lodge Secretary or Master. If you know of a Brother or a member of a Brother's family who is ill, please contact the Lodge Office.

2023 Officers Needed

If you would like to serve your lodge as an officer in 2023 please contact Officer's Coach
Bernie Morse PM at (310)704-2262

2023 OFFICERS

Master – Jacob Gershbock

Marshal –

Senior Warden – Jeffrey Bear, P.M. (Trisha)

Senior Steward – Varun Dadabhoy

Junior Warden – Steve Resnick, P.M. (Sheelah)

Junior Steward –

Treasurer – Bernie Morse, P.M. (Carolyn)

Assistant Secretary – Michael Bear, P.M. (Debbie)

Secretary – Kyle Ware

Tiler – Roy Steinfeld, P.M.

Chaplain –

Officers' Coach – Bernie Morse, P.M. (Carolyn)

Senior Deacon – Chay Alexander Wright, P.M

Inspector for the 626th Masonic District
Jhairo Echevarria P.M.

Junior Deacon – Luis Tananta (Maria)

Trestleboard Layout – Kyle Ware