



J. F. Swartsel lodge No. 251 F. & A.M. Trestleboard

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Welcome back to J.F. Swartsel Lodge my Brothers!

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SAVE THE DATE:

JF SWARTSEL Gun Range competition 8/29 @ 9am

Enjoy time with your Brothers and help the Lodge! Details to follow

Your Catechism Instructors for the three symbolic degrees in Freemasonry are:

W^a Jerry M. Snell, Jr. - W^a Stephen Edson – W^a Stuart J. Graff – Br. Allan A. Jenkins

Who does J. F. Swartsel Lodge support in the community?

DONATE  **DONATE**  **= \$** **DONATE** 

The Lutz Fire Department TOPS (take off pounds sensibly) Lutz chapter 56 BSA (Boy Scouts of America) pack and troop 12;
Lutz Lutz Little League Baseball Awards college scholarships in N.W. Hillsborough County McKittrick Elementary “Helping
Paws Program” Rainbow Assembly (Hillsborough County) De Molay (Hillsborough County) Shriners’ Hospital Lifepath
Hospice Jobs’ Daughters Monthly Bingo jackpots at the Florida Masonic Home in St. Petersburg

**Freemasonry will make you a better man... but it is up to
the efforts of men like us to make this a better Fraternity**

Famous Freemasons

“Always do right.
This will gratify
some people,
and astonish
the rest.”

— Bro. Samuel L. Clemens
AKA Mark Twain



**A very special thank you to all of J.F. Swartsel's Past Masters -
Who laid the foundation for us to build upon**

**The Past Masters of J.F. Swartsel that are still with us today, and continue to carry the torch
of Light on behalf of Freemasonry**

1965 W •Thomas B. Daughtey - 1973 W •Stanley E. James - 1976 W •Phillip V. Getz -1981 W •Edward B. Wilson - 1985 W •Charles Inman - 1986 W •Gary F. Gentry - 1992 W •Floyd A. Dozier - 1995 R •W •Donald R. Bell, PDDGM - 1998 W •Gary A. Richey - 1999 W •David B. Lambert, Sr. - 2000 W •David B. Lambert, II - 2001 W •James R. Lambert - 2002 W •Gregory A. Lambert - 2003 W •Joseph E. Fara, Sr. - 2007 W •William L. Boortz - 2008 W •Gregory L. Savage - 2009 W •Drew M. Keenan - 2011 W •Richard D. Sego - 2012 W •Jerry M. Snell, Jr. - 2013 W •Gregory L. Savage - 2014 W •Jeffrey T. Sklet - 2015 R •W •Charles C. Osborne, PDDGM - 2016 W •Danilo O. Valdez . - 2017 R •W •Charles J. "Sam" Pesola, PDDGM - 2018 W •Martin A. Greif - 2019 W •Jerry M. Snell, Jr.



Recommended & Required Practices to Employ when Returning to Lodge Operations

- **MASKS**: As of the time this Trestleboard was published, **Hillsborough County requires us to ensure compliance by denying admittance to any indoor location to people who aren't wearing a face mask, or removing people from our Lodge who aren't following the mandate.** Once you are seated at appropriate distances in the dining room or Lodge Room, masks can be removed.
- **SICK? STAY HOME.**: *If you are sick in any way, have a fever, and especially if you have any symptoms of sickness related to COVID-19, stay home and do not attend functions.*
- **AGE & CONDITIONS**: Members classified as *"senior citizens" aged 65 or older and members with significant underlying medical conditions* (such as chronic lung disease, moderate to severe asthma, serious heart conditions, immunocompromised status, cancer, diabetes, severe obesity, renal failure and liver disease) are *strongly encouraged* within the Florida Governor's Executive Order 20-112 *to stay at home and take all measures to limit the risk of exposure to COVID- 19*. If attending events, *extreme caution* should be employed. Such individuals are known to have the most likeliness of potential *severe illness or death* from the illness.
- **SOCIAL DISTANCING**: No individuals should stand, sit, meet, or congregate in groups without appropriate recommended *6 foot spacing & distancing*.
- **TESTING**: It is recommended to be *tested for COVID-19* at any of the local, free test sites. See www.hillsboroughcounty.org, click the "STAYS SAFE" link at the top for COVID-19 info, then click the button for "Getting tested for COVID-19" to find free testing sites. If you are found to be positive, remain home in quarantine for 14 days or as directed by health officials.
- **BE EDUCATED**: Know the *basics on what to do, and not do*, concerning interactions. Resources are available at <https://floridahealthcovid19.gov>.
- **HAND WASHING**: *PROPER 20 second hand washing* as described on posters is required as frequently as possible (before entering the dining room & Lodge Room, during breaks).
- **HAND SANITIZER**: It is recommended to obtain (if possible) and *carry a small bottle of hand sanitizer* in your pocket to use frequently.
- **HAND SHAKING**: Hand shaking as a greeting should be *discontinued* at all times.

Your 2020 J. F. Swartsel Officers are as follows:

Worshipful Master W : Adam Scott Feldman
Senior Warden Brother Samuel McPherson
Junior Warden Brother Raymond Joseph Ciunci
Treasurer W : Stuart Jay Graff
Secretary W : David Bruce Lambert Sr.
Chaplain W : Jerry Marvin Snell Jr.
Marshall Brother William Joe Schmidt
Senior Deacon Brother Wade Edward Angel
Junior Deacon Brother Dennis Morgan Victor Martin
Senior Steward Brother Brian Andrew Reach
Junior Steward Brother Allan Arthur Jenkins
Tyler W : Danilo Orlando Valdez
Musician Brother John Nagy
Historian W : Jeffrey Thomas Sklet



Your Amazon purchases can be helping the Fraternity!

Next time you need something, go to smile.amazon.com instead of [www](https://www.amazon.com), and select “the Masonic Home Endowment Fund, Inc.” , and ½% of your purchase will be donated to provide help, aide, and assistance to the residents of the Masonic Home!

The link is [http://smile.amazon.com/ch/59-2740213](https://smile.amazon.com/ch/59-2740213)



Please remember your Lodge boosters and thank them!

R.:W.: Ronald E. Stanley - R.:W.: Donald R. Bell - Mark L. Lager - Daniel Allen - Brad Sollberger - Ernest P. Sidlow

Chair Chatter

From the Secretary: Worshipful David Lambert, Sr.

Calendar of Important Lodge Dates:

July 2020

- 1st 6 PM / 7 PM – Masonic Leadership Training/District School of Instruction @ John Darling 154.
- 2ND **Stated Communication of Swartsel Lodge, Dinner @ 6:30 PM, Lodge Opens at 7:30 PM.**
- 7th 6:30 – 7:30 Degree Practice.
- 10th 7:PM - Masonic Park Board Meeting @ Tampa 240.
- 14TH 6:30 – 7:30 Degree Practice.
- 15th **Lodge Visit: Temple Terrace #330 , Dinner @ 6:30 PM, Lodge Opens at 7:30 PM**
- 16TH **Stated Communication of Swartsel Lodge, Dinner @ 6:30 PM, Lodge Opens at 7:30 PM.**
- 21st 6:30 - 730 Degree Practice.
- 23rd **Entered Apprentice Degree, RW Steven Silvers as Lecturer, Dinner @ 6:30 PM, Lodge Opens at 7:30PM**
- 24th **6:30, Hillsborough County Master Masons Association @ John Darling 154, with Memorial Lodge to follow.**
- 25th 8:30 AM – Noon / Zone 4 Open Books @ Tampa Scottish Rite.
- 28th 6:30 - 30 Degree Practice.

From the Worthy Matron: Elizabeth McAbee

Dear Brothers and Sisters,

Mark your calendar now to join us for a district covered dish luncheon to honor our founder Robert Morris on Sunday, August 30, 2:00 p.m., at Palma Ceia Chapter (A.W. Windhorst Lodge, 5011 N. Nebraska Ave., Tampa, 33603).

Friendship Chapter will be dark during July and August. Our next meeting will be Monday, September 21, when we will honor the International Order of the Rainbow for Girls by having former Rainbow Girls serve in our stations. Our special guest for the evening will be Mrs. Jackie Harmon, Supreme Inspector in Florida.

We cherish our family ties and appreciate all the Lodge does to support our Chapter. Masons in good standing as well as their female relatives are eligible for membership in the Order of the Eastern Star. Information and petitions can be easily obtained by contacting me.

Have a safe and restful summer. Praying you're blessed...

Fraternally,

Elizabeth C McAbee

Worthy Matron
813/494-6210



From the Worshipful Master: Brother Adam Feldman

Our Lodge visit in June was to Brandon Lodge, and it was wonderful being able to pay them a visit on their first meeting back! We wore masks the entire time after the new regulations, and while it stinks not being able to shake hands, the opportunity to attend Lodge with our Brothers of District 20 in such a beautiful Lodge room was nothing less than an absolute pleasure. Sometimes it takes not being able to do something to truly appreciate how much you enjoy it. Our next Lodge visit is to Temple Terrace Lodge on 7/15, and I welcome everyone to join who feels up for traveling!

I wanted to share something that happened recently, and that I think will always stick with me. The Officers met at J.F. Swartsel one month ago to decide how best to safely reopen our Lodge. I arrived early, and snuck up to the costumes we recently hung while we were deep cleaning the Lodge. After changing into the King Solomon robe and crown I went downstairs, excited to show off our new toy! As I opened the stairwell door, I heard the sound of jovial people talking and catching up, excited to see one another for the first time in 10 weeks in most cases. In that moment, I remembered how much I had missed the Lodge and my Brothers. I mean, even the opportunity for a person to person conversation in this day and age seems like something that ought to be cherished! I round the corner and am met by cheers over the new costumes, but the cheers come from a place deeper than how cool they look (and they do look cool). The cheers come from people who see them as more than props to a play... they are the badge of a Lodge that takes the Ritual work seriously enough that we figured we should dress the part! I am proud of you all, for the commitments you have made and honored to J.F. Swartsel Lodge over the years. Thank you, my Brothers!

From the Senior Warden: Brother Samuel McPherson

Brethren, it was great seeing everyone that brave the elements to come out for our first communication since March, we thank the Great Architect of the Universe that no family or members were lost during these time that I am aware of. Thank you G.A.O.T.U.

I also want to thank those Brothers who came out to help clean and prepare the lodge for our return, thank you Brothers.

Let us keep in prayer our Brothers W: Bell, W: Snell, and W: Graff who is back home was great to see him at lodge continue recovery to them.

This month Masonic Education is **The Altar** by William R. Fischer

The most important article of furniture in the Lodge is the Altar. When we talk about this type of furniture, we intend it to be a chair, a table, a desk, etc. not the symbolic furniture. Altars in ancient times were made generally of turf and stone. When permanently erected, were cubical and built long before temples. Altars of sacrifices were erected outside and altars of incense inside. These altars were for sacrifice and incense, only because at this early period the holy scripture had not yet been written.

The Masonic Altar is both sacrificial and incense. You lay down your passions and vices in an obligation to the ALL Mighty God as a sacrifice to him. You offer up the thoughts of a pure heart as a fitting incentive to the Supreme Architect of the Universe.

The Altar is therefore the most holy place in the Lodge. Stay safe and Healthy my Brothers

From the Junior Warden: Brother Ray Ciunci

Well its July Brothers, and greetings from the South!!

I hope you have all continued to be well. Stay safe and please pray for our first responders, military, and medical personnel.

If you have been to Lodge lately you'll notice that we have been going with lighter fare/"finger food". This is to keep your

time in the serving line to a minimum and maintain your safety. Even though this type of menu is a little more limited we'll still do our best to provide you the best meal possible.

Take care and be safe.
Brother Ray Ciunci

Masonic Education – Brother John Nagy

The Purposes Behind Memorizations

So many Experience it; so few Understand the Experience. Further Light facilitates Further Travel.

“Proficiency”, also known to most Brothers who have gone through them as “Catechism”, is a requirement in which many Brothers must participate to progress through the Blue Lodge Degrees, at least, within the majority of the Jurisdictions in the USA. The Proficiency requirement does a multitude of things for both the Candidate and the Lodge. Over the years, the Proficiency requirements exist within fewer and fewer Jurisdictions due to a host of reasons. It is most unfortunate that those Jurisdictions eliminating it are not training these Brothers in one of the most important aspects of Masonic Travel.

Freemasonic Purposes

Given opportunity to explain, the average Brother would say that Proficiencies have important purposes for the Fraternity. The most obvious response some Brothers provide is that it reveals how serious a Candidate is to participate in the Organization. Another response you'll readily receive is that it helps Brothers remember what they went through during the degree.

Those Brothers who are savvy to the needs of the Lodge and the Organization as a whole shall immediately share that it installs a script within each Brother. Such installation makes it easier for each of them to participate in Degree work when new Candidates come through to be Initiated, Passed or Raised.

Masonic Purposes

The purposes for Proficiencies are far more than what may seem to be obvious to Organizational support upon first glance. One purpose that I have been sharing for years is that Proficiencies are in themselves Road Maps that Candidates can and follow to Better themselves. These Road Maps, once recognized as such, contain specific directions and tasks that aid toward Making Good Men Better, *when followed through upon*.

When Candidates Recognize them in this form, for what they truly are, and seek to Understand what these Road Maps direct them toward, they can then journey forth using them as guides toward Betterment. It's truly a shame that too few Proficiency Instructors do not point this out to Candidates before, during and after the Proficiencies are engaged in by them. Candidates would benefit much more by Understanding the basis behind this effort and perhaps have more incentive to engage in them knowing the purposes that lay behind them.

Another underlying purpose has nothing to do with the Catechisms themselves. *It has to do with men getting to know one another*. In this sense, the Catechisms are there for Instructors to use as a tool and vehicle for Brotherly bonding. The catechisms become a catalyst for each man to become familiar with and to learn about the other, by focusing upon a task that lessens the awkwardness sometimes experienced by men initially unfamiliar with each other.

I've seen a lot of very good opportunities missed, deliberately skipped over and even lost because the activity focus was so strongly upon the Catechism that the men involved faded into the background.

Doing Proficiencies provide ample time to get to know one another. This especially in a day and age where the mobility of people is almost certainly going to interfere with knowing each other much better, and certainly before having these Brothers Passed and Raised.

Should you be in the position of Instructing Candidates through these Proficiencies, you might want to step back and look at it as an opportunity to get to know the Candidates.

Ancient Purposes

There is an ancient purpose that is not often known that should be Understood by both Instructors and Candidates alike before they engage in these activities. That ancient purpose has been described in a whole host of different sources over the years. That purpose was to develop the Candidates' ability to remember using an ancient technique referred to repeatedly by both Plato and his student Aristotle, among many others. It is currently known by many names: “*Method of Loci*”^[1], “*The Roman Room*” and “*The Memory Palace*”, are just a few.

The Technique is truly simple. It requires that you memorize the layout of a room, home, or even a well-traveled path. Colors, shapes, sizes, textures and anything that is best suited to the individual's method of experience^[ii] should be taken into consideration. Once you have created a location or path within your mind with which you are familiar, you can then Travel through it.

You might say, "So what? What does that do for me?" What it does for you is Establish a path that you can Build upon. In other words, the cultivation of this technique within one's mind brings about a structure for recall. Doing so remaps the Parietal Lobes of the brain and interconnects it with the other lobes as well^[iii]. Should you research this Further, you'll find that the ancients knew a lot about using the brain more effectively than we might give them credit for today.

Once this internal path is Established, you then create specific stop points or loci along the way that you shall remember without fail. As you Travel through this imaginary path at anytime thereafter, these stopping points shall allow you to place images that shall remind you of what it is that you want to recall.

When I first heard this method explained, I thought to myself, "Yikes! That's an awful lot of work to memorize something! First I have to memorize a path, and then I have to memorize images that will trigger memories of what I want to remember! There's got to be an easier way." I reluctantly tried to use it but gave up because it seemed to not work quickly enough for me. I resolved in those moments that I would not pursue it any further, no matter how great it might have worked for those who perfected it.

Along the Road

I held that opinion for many years. And there was nothing that seemed to budge me from it. Even though I knew that it was a technique that was recommended for over 2400 years, I resisted Cultivating it. My conclusion and choice kept me from Traveling down that Path.

Then something changed for me. I went through my first Degree as a Freemason and was told immediately afterward that I was required to memorize about six single spaced sheets of responses to question and requests from a proficiency Instructor before I was allowed to advance to the next Degree. I had no idea how I was going to accomplish that task. I was encouraged by my Instructors. I was told that I was not the only one faced with this overwhelming task and that many others faced it too and succeeded. With the help of my Instructor I stepped up and started to memorize what was asked of me.

As you know from my status as a Master Mason, I was successful in memorizing what was required of me. I did this three times over and was supported by my Brothers in doing so. It wasn't till years later that I became aware of what actually occurred for me through those memorization efforts.

Locus Focus

I had a question put to me by a Brother. The question was simple.

What does memorizing all these Proficiencies do for a man?

It was a bit too simple a question and I should have expected there would be another not so easy question fired at me very quickly after the first one was put forth. And I was right. That second question was not so simple.

Wouldn't a man be better off understanding what he went through rather than simply memorizing all those provided responses not knowing what they meant?

Over the years, I've responded to the second question with an unshakably energetic and confident, "Absolutely!" That response went unchecked for a very long time. That is, until I Recognized the underlying reason for the memorization. Once I realized that the basis behind these memorizations was to install a Freemasonic version of a "Roman Room" in the form of a Masonic Lodge, it all clicked!


Yes! It was very important to Understand what was being memorized. And to get to the point where you can Understand what you are memorizing, you have to be able to recall it and do so without wasting a lot of time trying to remember it!

This led to the following connection: *The underlying purpose behind doing Proficiency is to both honor and engage in an ancient practice involving teaching Candidates how to remember using the "Method of Loci" used by humankind since time immemorial.*

To be a "Traveling Man", one must be capable of Traveling Masterfully within one's mind, not only through "natural" occurring memory, but through what the Greeks referred to as "artificial" memory^[iv]. Proficiencies help us toward this end, should we participate in doing them. When you never have opportunity to Cultivate this important technique within yourself, your Travel shall be muted by many moments caused by memory roadblocks and stumbling points. Those Jurisdictions that still require Mnemonic Cultivation are providing an invaluable supportive service that *Builds Better Travelers, one mind at a time!*



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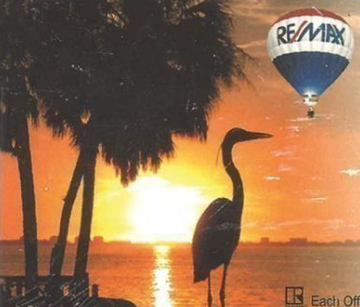
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