

RECEIPE OF THE MONTH

Makes 64 pieces of 2by3 inches size.

Material: 3 lb feta, 1 lb ricotta, 2lb large curd cottage, twenty large eggs, 3 lbs fresh spinach, stick of butter, cup of oil, chopped parsley, cillantro, leeks for taste to be sprinkled over layers of spinach.

Utensils: four 8x12 inch 2 inch deep baking pans, one small pot for heating oil and butter mixture, one large bowl for mixing all cheese and eggs and four small bowls for dividing the mixture, three boxes of fine filo dough.

Work: Sprinkle few drops of warm oil/butter mixture on the bottom of the pan, lay two filo sheets accross (there should be about one or less inch hanging over longer side of the pan) sprinkle few drops of oil, lay two more filis, sprinkle and lay two filis halfed on the bottom, spread one third of egg/cheese mixture from the small bowl, spread half of spinach, sprinkle spice (chopped parsley, cilantro, tarragon, dill, leeks or anything else) bind on top with half of one third eggs, cover with two filis halfed and fold over the hanging parts, sprinkle oil and start all over again. Cover with two filis halfed on top and oiled. Cover with alufoil tightly and bake at 325 degrees for about an hour, take the foil off, sprinkle some oil and put back in the oven for about ten minutes more, take out let cool for about ten minute and cut with pizza cutter three parallel lines on each side.



ESD #561

Masonic Hall Association

Meets on the 3rd Monday of
- April @ 7:00pm -

George Martin, PM	President	(619) 449-6399
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ESD Trestleboard



February 2009

EAST SAN DIEGO MASONIC LODGE
No. 561, F&AM
(In the Community of San Carlos)

7849 Tommy Drive
San Diego, CA 92119-1759
Phone: (619) 589-7272
Fax: (619) 589-7273
Email: esd1923@sbcglobal.net

Mike Zdravkovic, Master
(619) 426-4308

John Armstrong, Secretary
(619) 749-5829

David Chavez, Building Manager
(619) 589-7212

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No. 561 F. & A.M.
7849 Tommy Drive
San Diego, CA 92119-1759

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None	Sr. Steward	
None	Jr. Steward	
None	Organist	
Robert Voss (Janet)	Tiler	(619) 589-0124
Abel Parra, PM (Hermelina)	Candidates Coach	(619) 474-2243
Gary D. Miller, PM (Kathy)	Officers Coach	(619) 390-9050

Our Masonic Family

Estrella Chapter No. 412, Order of the Eastern Star
(Meets 1st and 3rd Tuesday of the Month at 7:30 pm)

Suzann Wallace ~ Worthy Matron
Tom Nilson ~ Worthy Patron



Myrtle Assembly No. 155, Rainbow for Girls
(Meets 2nd and 4th Wednesday of the Month at 7:00 pm)

Brittani Chilson Worthy Advisor



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From the Master :

Brethren, greetings from the East!

This being the First Trestleboard in the year 2009 I would like to wish to all readers a very happy new year 2009. It is an honour for me to serve as The Master of the Lodge and I will endeavour to perform the required functions to the best of my ability. Being somewhat new to the Lodge, and therefore not being fully appraised of favoured traditions, I do appreciate members input and will allways do so.

After receiving the availability of the lodge rooms from the building manager I will endeavour to use other days than Mondays and also possibly to move our stated meeting from



the First Thursday to the Second one. There is a set procedure for implementing changes and it will be followed.

I hope that we will keep the Spring Ball as the evening when we can dine in somewhat formal manner with our family and friends with music, romantic setting, mood and dance. We are a family, not all Spring chickens, but we can for sure endure some romance, kindness and affection.

At some years, we will schedule the event around St Valentines Day at others like this year, in the month of April, ever remembering that it is the Spirit of St. Valentine that we live. I also hope that we will hold our best tasting barbeque in Southern California at the time as we always did.

Brethren this is our Lodge, use every opportunity to spend some time in it.

God Bless,
Mihailo O'Zdravkovic, P.M.
 Master 2009



WINTER'S TREASURE



SPECIAL NOTES FROM G.L.

- **MYRTLE RAINBOW #155 ~ Spaghetti Dinner**
When: Wednesday, March 25, 2009 - **Where:** ESD Masonic Center - **Time:** 5:30pm - **Cost:** \$7/per person (\$5/for Rainbow Giels and children 10 and under)
- **CHANGES TO SALUTING FLAG ~** The National Defense Authorization Act now permits Members of the Armed Forces and veterans who are present but not in uniform to render a military salute.
- **SECRETARIES RETREAT ~** The retreat is designed to strengthen collective knowledge of the administrative operations of the lodge and to enhance the lodge secretary communication with each other and the grand secretary's office. The retreat is two and a half days, conducted over a weekend. The date and location for our lodge is: February 20-22, 2009 ~ Irvine, California
- **WARDENS' LEADERSHIP RETREAT ~** The retreats are designed to develop the leadership skills of junior and senior wardens in programs tailored to each office. Training programs include developing a lodge plan and vision, providing resources to meet those goals, and implementing benchmarks to measure lodge success. The retreats are two and a half days, conducted over a weekend. The date and location for our lodge is: Junior Wardens Retreat South: April 24-26 - Senior Wardens Retreat South: May 29-31 ~ Ontario Airport Marriott

Remember our Sick & Distressed Brethren:

By: WBro. Abel P. Parra, P.M., Senior Warden

- George S Moyse** (760) 942-8201
1808 Forestdale Dr, Encinitas 92024
- Red Englebrecht** (619) 282-0686
5050 Canterbury Drive, San Diego 92116
- Steve F. Granados, Sr.** (619) 281-9064
2145 Montclair St., San Diego, CA 92104
- Ricardo T. Callera** (619) 690-3356
922 Fuschia Lane, San Diego, CA 92154
- Harry Rose** (619) 449-6028
79068 Northcote Rd, Santee, CA 92071

The **ESD Trestleboard** is a monthly publication of East San Diego Masonic Lodge No. 561 F&AM, located at 7849 Tommy Drive, San Diego CA 92119-1713

Contact information:

Phone: (619) 589-7272 Fax: (619) 589-7273

Editor:

John Armstrong

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EVENTS Calendar

February 2009	5 - Stated Meeting Dinner [6:15pm - 7:15pm] 5 - Stated Meeting [7:30pm - 9:00pm] 12 - 3° Practice [7:00pm - 8:30pm] 23 - 3° [7:00pm - 9:30pm]	MENU
		SLICED ROAST BEEF, MAHI-MAHI OR RED NAPPPER BABY RED POTATOES, ASPARAGUS TIPS, GARDEN VEGGIES, APPLE PIE, COFFEE (REG/DECAF), ICED TEA, ASSORTED ROLLS
March 2009	5 - Stated Meeting Dinner [6:15pm - 7:15pm] 5 - Stated Meeting [7:30pm - 9:00pm]	MENU
		CORNED BEEF, CABBAGE ROLLS, BABY RED POTATOES STEAMED CAULIFLOWER, CAESAR SALAD. BLACK FOREST CAKE, COFFEE (REG/DECAF) ICED TEA & PUNCH, ASSORTED, BREADS
April 2009	2 - Stated Meeting Dinner [6:15pm - 7:15pm] 2 - Stated Meeting [7:30pm - 9:00pm]	MENU
		BAKED FISH (MAHI MAHI), HONEY BAKED HAM, BAKED POTATOS, ASPARAGUS TIPS, CAESAR SALAD, ICE CREAM, COFFE (REG/DECAF), ICED TEA & PUNCH, ASSORTED ROLLS

MASONIC EDUCATION

Q CONCISE HISTORY OF FREEMASONRY: *Is there a Proven History?*

Empirical evidence supporting the history of Freemasonry prior to the 18th century is hard to find. Theories vary wildly from the plausible to the sensational. Most masons believe that Freemasonry is derived from the early medieval stonemasons guilds and enquire no further. However, a well rounded study in Freemasonry should look more deeply at all possible roots, even if only to be able to dismiss most of them.

There is no commonly accepted Ancient History of Freemasonry – even the United Grand Lodge of England (UGLE) does not publish a house view prior to its own initial conception in 1717. This is curious because a resemblance of modern Freemasonry (judging from a corpus of medieval manuscripts) was already in place beforehand, even if its pedigree was lost.

Most historians concur that Freemasonry, in its current form, probably developed as an adjunct from medieval stonemasons through the ages leading up to the Operative Stone Masons Guilds. Just how or when the transition took place from Operative Guild Free-Stone Masonry to Speculative intellectual Freemasonry (using stonemasons tools, clothing and customs as allegorical aids to teach their precepts) is not clear, although the Scottish Lodge Kilwinning has records showing non Operatives being admitted by at least 1672 and some Lodges in England were entirely non Operative by the time that Elias Ashmole was initiated in 1646.

What was so special about stonemasons? They possessed great skill to create the castles, cathedrals and palaces and the necessary sculpted works and ornaments demanded of their masters. Such skill must have seemed almost magical to the vast illiterate masses. They were clearly the elite of the labor force, had secret customs and marks and would have attracted some of the brightest non-educated recruits. However, given the complexity and the emphasis on morality of the various Masonic rituals and teachings, this simple explanation of Freemasonry seems inadequate. To obtain a deeper historical appreciation, one could consider the various ancient and medieval legends with an open mind and then decide for yourself which ones are a better fit.

(To Be Continued...)

This is a "NO MYTHS ALLOWED" section (FORUM). The topics covered in this forum are to facilitate a better understanding of the history, obligations and responsibilities of and for every Master Mason. If there's a Masonic Educational message you believe serves this intent, please submit the information, in writing, to the ESD Trestleboard for listing consideration.