



Over the Back Fence

Masonic Homes of California at Covina

Volume 30, Issue 2

DESTINY LODGE NO. 856 F&AM

Seventh Annual Installation of Officers

Ernest Salcido, Jr. Elected Master of Destiny Lodge for 2020

By Karla Johnson

The size of the installation of officers for 2020 was presaged by the sheer number of people who attended it – after all, it was Ernie – yes, that Ernie – who was becoming Master of Destiny Lodge No. 856. Ernie, the driver, who takes us to our doctor's appointments and runs errands for the various departments at the Masonic Home.

The affair began with the entry of the officers into the lodge room, then moved to the reading of the then-current elected and appointed officers. After a moving invocation and presentation of the flag by George Washington DeMolay, it was time for the 2020 officers to be installed.

First to be installed was Robert Scovill as Tiler. Senior and Junior Stewards were David G. Gonzales and Asher "Gus" Cordes, P.M. John P. Zavala was sworn in as Marshall. Juan M. Mena, P.M. and



Stephen T. Hawkins were sworn in as Senior and Junior Deacons, respectively. The Chaplain's role was filled by the amiable Rev. Stephen H. DeMuth, while Gerald L. Chandler, P.M. filled the Secretary role and Stephen R. Miller, P.M. filled the

Treasurer role. Rounding out the head of the list of officers were Junior Warden Bruce O. Carmichael, P.M. and Senior Warden Norman Smith, P.M.

Then came Ernest Salcido, Jr., the next Master of Destiny Lodge. After a long list of prohibitions and entitlements and privileges was delivered by Worshipful Roy R. Pool, P.G.M., the Installing Officer, Ernie put on the Master's top hat and was duly installed.

That was when Ernie thanked everyone who was alive and breathing for the honor presented to him that evening. The whole room was gratified by such a grateful, generous Master (and to Sharanne Wick for photographing the whole thing). After the Benediction and Retiring March, we repaired to the Fellowcraft Room for some light refreshments.

Continued on page 4 and 5



From Worshipful Master Ernest Salcido, Jr.

To Our Friends, Families and Members, I would first like to say what an honor and privilege it is to serve as Master of Destiny Lodge No. 856 F&AM. Thank you to the members of Destiny for the trust you have placed in me by electing me as Master for the upcoming year and for your ongoing support.

It is my hope to continue our good work in the local community in supporting our first responders, Masonic Youth Orders and our local sister Lodges.

As always, my thanks goes out to Ms. Judy Figueroa, Executive Director, MHC-Covina for her undying support of the

Lodge and it's programs. Thank you also to Ms. Bobbie Dimmit, Director of Environmental Services and Facilities, Jennifer Shapiro, Director of Senior Services, Yolanda Herrera, Dining Services Manager, and Leo Garcia, Executive Chef for helping make the Installation possible.

A special thank you to Rachel Barnes, R.N., Director of Nursing and the nursing staff here at the Home, whom I work with every day.

Also, a special thank you to the Destiny Divas for their help in the installation, and to the Residents of the Masonic Homes for all the love and support you have given me throughout this amazing journey. - Ernest Salcido, Jr.

From the Editor

Well, it's that time of year when love is in the air. Love – and taxes – are on every-one's mind. And this edition of Over the Back Fence has none of that stuff!!!

We have, instead, the Installation of Officers for Destiny Lodge No. 856. There is something for everyone in here. Photos galore adorn the pages of this issue. Of course, we have Living on the Edge with Karla's adventures in two art classes she's signed up for and a letter from her urging participation in OTBF, which I very much appreciate! Also, take a look at the Reader's Perspective letter from Karla Johnson on the opening of our remodeled

Nu2U store in lower A7. The grand re-opening is coming soon!

The Resident Council report is finally being published in OTBF because we decided that it's the best way to keep you informed, with the last month's information. The report is reduced for brevity to make everything fit on one page.

There is David Harris' report on the trip to the Reagan Library in Simi Valley, with photos. And don't miss my article on flu shots specifically designed for seniors. Happy reading!

- Jennifer Shapiro, Director of Senior Services

OTBF Readers' Perspectives



Nu2U is Thanks2U!

We have a sparkling new Nu2U! The remodel is nearly complete. Don and Dave have been working tirelessly, along with Matt, to get the work done. New mirrors, mannikins, lighting, carpeting, and more await your discriminating inspection.

But first, a quick history of the gently-used clothing store. In the fall of 2003, lower A7 was finished being remodeled. This included the then-new beauty shop, the craft room, and two other rooms which are now used as the paperback library and puzzle room, as well as the original Nu2U.

Our first residents to volunteer in Nu2U were Jim and Pat Hansen. Opal Abernethy started assisting Pat Hansen in November of 2003 and volunteered many hours for over 10 years until she decided to retire in 2014. Pat Sanchez then took it over at that time and had put in nearly 6 years of service until she retired; Don Schmidt and David Studer took over in January of 2020.

But Don and Dave need YOU to help make Nu2U an unqualified success. Contribute your old clothing that no longer fits or that seems out-of-fashion or that you just plain no longer like to Nu2U when it's open again. Even clothing which is less than prime quality will be donated to charity and will live again on the backs of the hungry and homeless.

Congratulations to Don and David for all the work they've put into New2U!

- Karla Johnson

Attention Readers!

A Message From Karla Johnson

As many of you already know, I am taking Art classes through Mt. SAC College on Tuesdays and Thursdays. Each course is half a day in length. This significantly cuts into the time I have available to write articles for OTBF

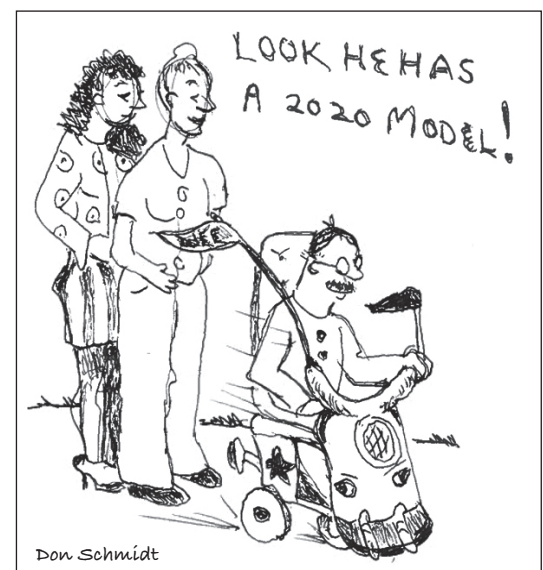
(Over The Back Fence).

It also places a significant burden on our current OTBF contributors to try to replace my articles with "something else." We have a copy editor and page layout designer and a photographer, but not all our contributors are writers. The onus is now on YOU, the readership of OTBF, to step up and pitch in wherever possible.

Additionally, my new role as Vice Chairwoman of the Resident Council and Housekeeping reporter also eats into my time. That is why, without YOU, there will be no OTBF.

Can you bake or cook? Do you have any books you would like to tell others about? Is your home sparkling clean because of things you do to make it easier to keep clean? Do you have any special skill with tools that you would like to share with others? Any special recipes that you'd like to share with other people? Or do you have strong opinions on what the Dining Room serves?

Continued on page 3



JUDY FIGUEROA
Executive Director
Covina Campus
X32230

JENNIFER SHAPIRO
Director of Senior Services
X32231

JOHNNY VALLEJO
Concierge
X32232

THIS ISSUE'S CONTRIBUTORS

LAURIE BUEHLER
X30107

NANCY FREER
X32298

DAVID HARRIS
X32276

KARLA JOHNSON
X32245

MICHAEL MAGLIATO
X32299

SHARANNE WICK
X32308

EDITORIAL ILLUSTRATIONS
DON SCHMIDT
X32254

DESIGN / LAYOUT
JOHN FEAGANS
X32278

Over The Back Fence is published monthly as a vehicle of communication and entertainment for the Residents and Staff of the Masonic Homes at Covina with a focus on sharing information about Residents, Homes activities, and items of interest to the "Masonic Family." ALL RESIDENTS are welcome to contribute to our newsletter. Jennifer Shapiro will assign specific articles to various Residents. All articles are subject to editing by the Editor. If you have an article you wish to have published, please give it to Jennifer before the 15th of the month. Space is limited so please restrict your article to a half page.

Volume 30 • Issue 2

**Masonic Homes of
California at Covina**



Readers' Perspectives

Continued from page 2

Are you political at heart? Can you make a polite case for or against politicians such as Donald Trump or Nancy Pelosi? What are your views on climate change? Global warming? Trade with China?

Do you have any special areas of expertise? Are you an engineer or a stockbroker or an artist or an antiques dealer or a lawyer or a used car salesperson? Can you tell somebody else about it? Can you put your thoughts into a cohesive lump and write a story about it?

This is what it will take to help keep OTBF growing and full of articles about you and events that take place on our campus. The choice is yours. If you choose not to contribute, over time you may get a smaller newsletter with little or no photos and contributions by staff assigned to the task, and it may not really represent YOU at all.

You don't have to be a Rhodes Scholar to contribute. Just a little chutzpah and a little love will keep OTBF's heart beating.

- Karla Johnson

Showing Support For Our Activities Staff

Don and I attended the New Years Eve party this year, hosted by the Masonic Homes Activities Department. We enjoyed the party and the DJ provided all styles of music. The dancing was fun and games were provided with prizes for the winners. Also, the food was presented so beautifully and the bar was well stocked. We enjoyed socializing with our neighbors.

Hazel and Jenney, the Activities Directors, are always busy planning and organizing trips, and providing the fun for all us. Let's all support them and thank them for all they work they do for us.

- Betty Cannon

Religion and the Masonic Mission

I am not a Catholic, but I was a little dismayed to see an article in the last issue of "OTBF" using one of the most sacred tenets of the Catholic Church as the focus of a misadventure. I just don't think humor at the expense of any religion is in line with the purpose of our newsletter or the Masonic mission.

- Nancy Freer

ALL RESIDENTS are welcome to contribute to your newsletter. All articles are subject to editing by the Editor, Jennifer Shapiro. If you have an article you wish to have published, please give it to Jennifer Shapiro before the 15th of the month.

Living on the Edge...

My Adventures in Art Class at Mt. SAC



Karla Johnson

Thursday the ninth was the first day of class where the instructor was expected to show up. (Tuesday the seventh was aborted because the instructor was ill. Try using that as an excuse if you're a student.)

The class was Drawing (Beginning through Advanced) and the instructor, who shall remain nameless, was Ray Tucker. The school is Mt. San Antonio College.

I was prepared for the Tuesday class, Watercolor Painting, because I had paints in my possession already and I had some prior familiarity with the medium. But Drawing was, pardon the pun, a wash. I had NO prior experience, and I found that the class was a mix of beginning to advanced students. I was a rank beginner.

I didn't bring any materials to class other than a pad and a pencil because I had no idea there'd be anything more. Well, there WAS more – plenty of it. Pencils in Ray's world are not just throwaways. They are graphite in 2H, 4H, 6H, and 8H (harder) and 2B, 4B, 6B, and 8B (darker).

While the other students took out their graphite pencils and drew the two birds given as examples, I was fumbling around with my miserable little pencil and the only thing that saved me was (I think) because I managed to draw the two birds recognizably as chickadee and rooster, and not as, say, feathered rhumba dancers.

The next day, I headed for Hobby Lobby to get my day-late, dollar-short art supplies. Package of 8 graphite pencils, one for all the H's and one for all the B's.

A Bristol drawing pad (don't ask me what it's for; it was on the list of

things to get), and charcoal (I never before bought any that I didn't set on fire in a barbecue) in a package with six sticks labeled Soft, Medium, and Hard.

Next Thursday, I went to class feeling much better prepared than the previous week. I wondered what we'd be doing with the charcoal. I found out. Ray drew a salable charcoal piece with it in about 5 minutes – a mountain landscape complete with scenery, and it was 98% done using the properties of the charcoal and 2% everything else. My jaw hit the floor. I didn't know you could do that.

Our target picture was of a golfer's head. It took me 4 pages of expensive art paper to figure out that you just need a very light coat of charcoal and that you carve out the lighter areas using your kneaded eraser. I used the hard stuff and I drew the golfer's head, but it didn't look anything recognizable as such. What I did have, however, was extremely dirty hands and arms and I had to go to the little girls' room to wash myself off.

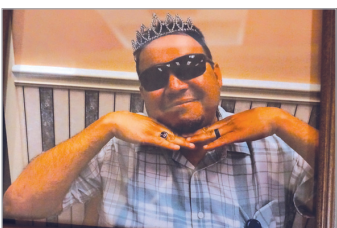
When class was over, I went back to Hobby Lobby, again a day late and a dollar short. This time I bought some Thin Vine charcoal sticks like the advanced students used, in hard, medium and soft; a kneaded eraser; a General's Tri Tip eraser for charcoal, graphite, and pastel chalk (in lieu of a vinyl eraser which Ray told us to use; Hobby Lobby didn't have any); and a drawing pad which claimed to be good for any dry medium (because Hobby Lobby also didn't have any Charcoal drawing paper).

So I'm set for the next class – well, I think I am, anyway. And my pocketbook is soooo much lighter. Stay tuned to find out how much this is costing me in art supplies.

DESTINY LODGE NO. 856 F&AM

Seventh Annual Installation of Officers





Masonic Homes of California at Covina

RESIDENT COUNCIL

January 14, 2020

The meeting was called to order at 10 AM by Chairperson Lenore Upson, 7 members present, and 3 residents.

Jennifer Shapiro reported that we received payment from the insurance co for lower R4 flood and when we have the check in-hand we will start the remodel, 2 apartments are being remodeled, Poinsettia will be planted, NU 2U change from Pat to Don and David, we will now use Caremore OTC, when staff leaves residents will be notified, we will hire a 2-day reception person. Anabel is now the admin. asst.

REPORTS

Treasurer Billie Karz reported a bank balance as of 1-14-2020 is \$674.94.

ACTIVITIES

The small bus was out for servicing and maintenance which included an oil change.

Last month we went out to see 3 theatre shows followed by dinner, one dinner, 2 Christmas lights, and then we had our in-house events like the Grand Master Dinner, Christmas Brunch, and the New Year's Party.

FOOD SERVICES

This year's Hanukkah meal was very good. Overall, the kitchen is doing a good job. Yolanda will get Leo to move on updating a la carte menu.

HEALTH SERVICES

Jessica has finished LVN school. Maria has been promoted to Nurse Management. No head nurse has been hired yet. Give Jessica old insurance cards-except for Kaiser.

HOUSEKEEPING AND BUILDING AND GROUNDS

The committee is looking into Solar Power. Some light fixtures need replacement because of being deteriorated. Overall cleanliness is very good, Carpet & Drapes on request, floors are good, and Restrooms are good. A resident observed that trash was permitted to build up for 5 days in both trash rooms in upper Cedarwood. Locks still need graphite.

DESTINY LODGE

The Lodge is active, we will be having a 1st degree and proficiency for 2 brothers. We had the Annual Installation of Officers on January 11th.

RESIDENT COUNCIL REPRESENTATIVE

No report given.

The meeting was adjourned at 10:30 A.M.

Respectfully Submitted, Howard Steinore, Secretary





FLU SHOTS – Designed For Seniors

Protect Yourself and Loved Ones

Submitted By Jennifer Shapiro

If you are age 65 or older, there are two different flu vaccines available this flu season that are designed specifically for you. One option is the Fluzone High-Dose, and the other is the FLUAD vaccine. You only need to get one of them.

These FDA-approved vaccines are designed to offer extra protection beyond what a standard flu shot provides, which is important for older adults who have weaker immune defenses and have a great risk of developing dangerous flu complications.

The Center for Disease Control and Prevention (CDC) estimates that during the 2018-2019 flu season, up to 647,000 people were hospitalized and 61,200 died because of the flu – 70 to 90 percent of whom were seniors.

Here's more information on the two age-specific vaccines:

Fluzone High-Dose: Approved for U.S. use in 2009, the Fluzone High-Dose is a high-potency vaccine that contains four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection. This vaccine, according to a 2013 clinical trial, was 24 percent more effective than the regular-dose shot at preventing flu in seniors.

FLUAD: Available in the U.S. since 2016, the FLUAD vaccine contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response. In a 2012 Canadian observational study, FLUAD was 63 percent more effective than a regular flu shot. The CDC does not recommend one vaccination over the other, and to date, there have been no studies comparing the two vaccines.

You should also be aware that both the Fluzone High-Dose and FLUAD can cause more of the mild side effects that can occur with a standard-dose flu shot, like pain or tenderness where you got the shot, muscle aches, headache or fatigue. And neither

vaccine is recommended for seniors who are allergic to chicken eggs, or those who have had a severe reaction to a flu vaccine in the past.

If you are allergic to eggs you can ask for a Flucelvax or FluBlok shot. Neither of these vaccines uses chicken eggs in their manufacturing process.

All of these vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

Pneumonia Vaccines: Two other important vaccinations the CDC recommends to seniors, especially this time of year, are the pneumococcal vaccines for pneumonia. Around 1 million Americans are hospitalized with pneumonia each year, and about 50,000 people die from it.

The CDC recommends that all seniors, 65 or older, get two vaccinations –Pneumovax 23 and Prevnar 13. Both vaccines, which are administered just once at different times, protect against different strains of the bacteria to provide maximum protection.

If you haven't yet received any pneumococcal vaccine you should get the Prevnar 13 first, followed by Pneumovax 23 at least one year later. But if you've already been vaccinated with Pneumovax 23, wait at least one year before getting the Prevnar 13. Medicare Part B covers both shots, if they are taken at least one year apart.

Source: <https://kfor.com/2019/10/09/4-seniors-flu-shots-designed-for-seniors/>



A GRAND EVENING

John and Dana Trauner pose for a last minute photo at the Grand Masters Dinner in December. John Trauner was elected Grand Master for 2020.

EGYPT'S LOST CITIES

Residents Spend a Day Taking in Exhibits at the Ronald Reagan Library

Submitted By David Harris

The Reagan Library rests on a majestic hill overlooking the breath-taking topography of Southern California. The 100-acre campus, with picturesque views reaching out to the Pacific Ocean, lush gardens, and a serene setting, pays tribute to one of the nation's most beloved leaders.

We set off for a trip to the presidential library and upon arrival we immediately went to the auditorium to join other tour groups for a catered lunch. During lunch an expert on the Lost City of Egypt gave a presentation with slides explaining the Lost City. We all enjoyed the lunch and presentation.

We were then divided up into small groups (3-4) for a guided tour of the complete life of Ronald Reagan. It was explained from his childhood to the end of his presidency, how he saved for college as a lifeguard, his first job as a sports announcer and Governor.

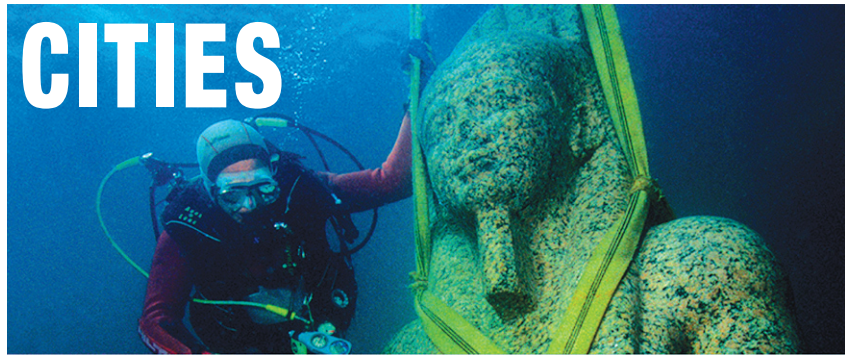
He also hosted the General Electric Hour on TV. He then toured the country visiting all the General Electric factories giving speeches. We saw a film on his attempted assassination, the suit he wore with the bullet holes and many of Nancy's outfits.

We then enjoyed touring Air Force One. He traveled more miles visiting countries than all the presidents before him.

At the end of the tour we visited the Lost Cities of Egypt on our own to enjoy the displays of some of the carved statues brought up from beneath the sea.

Situated where they were in the Bay of Abu Qir as small islands surrounding cities that were intersected with canals, **Thonis-Heracleion and Canopus** were susceptible to tsunamis, floods, earthquakes, and changes in the level of the Mediterranean Sea. At some point in the second century BC, probably after a flood or tsunami, the waterlogged ground beneath that section at the northern edge of the Delta turned from solid ground into a liquid. As their bases collapsed, most of the city slipped into the sea. The edges remained occupied through the end of the Roman and into the Arab periods, but by the eighth century AD, it all had sunken into the bay, where it remained undiscovered for over a thousand years.

Portions of this story and photos are sourced to: <https://www.reaganfoundation.org/library-museum/special-exhibits/lost-cities/>



Below: The crew of IEASM is assembled to watch the colossal bust of god Hapy being raised, strapped with webbings, for the first time in more than 2000 years out of the waters of Abu Qir Bay, Egypt.

Photo: Christoph Gerigk
© Franck Goddio / Hilti Foundation

