



Over the Back Fence

Masonic Homes of California at Covina

Volume 29, Issue 9

To the Moon

*Show at Apollo Dome
Re-Creates Historic
Apollo 11 Space Flight*

By Dean Arnell, Resident

On Saturday, July 27, Hazel loaded about 14 other brave souls on the bus to travel via surface vehicle to a show at the Apollo Dome next to the Rose Bowl in Pasadena to see a re-creation of this historic space event.

The idea of sending a man to the Moon actually got started in 1961 when President Kennedy stated that this Nation should commit itself to sending a man to the Moon and returning him safely before the end of this decade. Our country began working toward this goal by utilizing the services of 400,000 men and women plus 12 astronauts. Their combined effort represents the largest and most successful assembly of persons in the history of the World. As an electronic engineer, I was fortunate to play a very small part by leading a team of 10 other designers who worked on the launch consoles used at the cape to launch the Apollo space shots.

This re-creation of man's first landing on the Moon and safe return to Earth was a "breath taking" experience to say the least. Never before have we seen a more elaborate and

professional use of high fidelity sound, 360 degree video projection, moving props and scenery as well as about 2 dozen live performers to portray such a



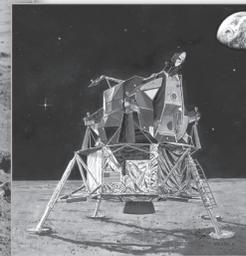
complex event as the Apollo 11 flight. This show made every attendee feel that they were actual participants in this historic event.

During the show the 360 degree projection was used extensively to add additional facts and other background scenes, color, etc. The disastrous Apollo 1 launch pad fire in which 3 astronauts perished temporarily halted further launches while engineers fully investigated possible causes and made

necessary safety changes. The program resumed and the next launch covered by the show was Apollo 8, with three astronauts aboard, which circled

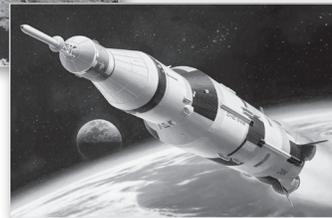
the Moon and successfully returned to Earth. The main event was an in-depth portrayal of Apollo 11 which landed the LEM (Lunar Excursion Module) on the

surface of the Moon. This began with a large cylinder (Saturn rocket 1st stage) being lowered from the ceiling to the center of the circular theatre. It looked exactly like the actual Saturn rocket and was only about 30 feet in front of us. The launch countdown then started at T-60 and counted down to T-0 and we had ignition and then launch. As the giant Saturn lifted off, we saw



this huge cylinder (accompanied by special lighting, very loud rocket sound and vibrating seats) rise and disappear into the ceiling.

This served to create unbelievable realism of the launch. At this point it is helpful to state a few facts regarding the Saturn rocket. The first stage produced 7.5 million pounds of thrust



and burned for only 168 seconds. The second stage then ignited producing over 1.1 million pounds of thrust and it burned for 360 seconds. The resulting thrust from the first two stages brought the Command Module and Service Module into Earth orbit at a speed of 25,000 miles per hour. After a few orbits around the Earth, the 3rd rocket stage fired and brought the spacecraft to Moon orbit.

The spacecraft then circled the Moon in preparation for lunar landing. As the astronauts and flight center in Houston agreed that all parameters were favorable for lunar landing, the LEM began its decent to the Moon. As the descent progressed, a life size replica of the LEM

This show made every attendee feel that they were actual participants in this historic event.

- Dean Arnell

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JUDY FIGUEROA
Executive Director
Covina Campus
X32230

JENNIFER SHAPIRO
Director of Senior Services
X32231

JOHNNY VALLEJO
Concierge
X32232

THIS ISSUES CONTRIBUTORS

DEAN ARNELL
X32251

EDUARDO ESCOBAR
X32314

SHARI J.
X32233

KARLA JOHNSON
X32245

MICHAEL MAGLIATO
X32299

KEITH MCADAMS
X32248

SHARANNE WICK
X32240

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 your 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 29 • Issue 9

**Masonic Homes
of
California at Covina**



From the Editor

Time Flies When You're Having Fun

So long, summer! Labor Day approaching means fall is not far behind. In this issue we have an article about Labor Day and why it is celebrated. Our Residents went to the Apollo Dome to see a re-creation of the historic Apollo 11 space flight, and we also have Resident perspectives. Keep them

coming! While the purpose of the OTBF is to provide information about events on our campus, we also want it to be enjoyable read. It is our sincere hope that this is something you'll look forward to each month.

- Jennifer Shapiro, Director of Senior Services

OTBF Resident Perspectives



On imbibing in Alcoholic Beverages

The comments you may read here are to shed light on a sensitive subject from a viewpoint of experiences and observations with the disease called alcoholism, in which the physical body is infected by the drinking of alcoholic liquors

Alcohol is excellent and trustworthy, while kept as a servant, or used as a medium in making of pharmaceutical preparations. But alcohol, as a spirit, is ruthless and relentless when it becomes addictive or the master. It is only a matter of time to conquer or be conquered by it. It is not just a concoction of liquids, it is a spirit of which alcohol is the medium that makes contact with the blood and nerves of the physical body and convinces the drinker into the belief that it is a friend, and this belief grows and grows. It is the spirit of conviviality and good fellowship through all stages of drunkenness along which it leads its victim

Alcohol is the preserving spirit in nature, but it kills the thing it preserves. The consequences when consumed tends to incapacitate the human over time, resulting in internal afflictions such as liver and kidney disorder. The only sure way to be the

master and not the slave of the spirit of alcohol is: Do not taste it.

Have a firm and definite attitude and set not to take it under any pretense or form. Then one will be the master... hmmm.

- Michael Magliato, Resident

Magic Masonic Bus

It is important to get out and experience the journey of life, even if you don't particularly enjoy some of the destinations. Having experienced the real Apollo 11 as an excited 12 year-old child, the Apollo 11 live-action show was a small disappointment for me. The show was 90% live actors on stage dramatizing the life of an engineer on the Apollo 11 ground crew at Houston. I was expecting to go to the Moon but instead ended up in the middle of a family drama.

The best part of the excursion was just being out on the town on a summer afternoon. It was fun being a passenger as our new class B driver Hazel expertly chauffeured us around in the comfortable MHC bus. We had new experiences and met interesting new people because life is more about the journey than the destination.

- Keith McAdams, Resident

Why Not Have a Chapel?

We (Don S, John F, Karla J) had an idea for a nondenominational chapel that everyone (and their families) can use. It would be simple, serene and silent. It would be modeled after the Eastern Star Home chapel at Yorba Linda.

This chapel-cum-meditation room would have three rows of pews. Furnishings would be sparse but appropriate. There could be fresh flowers provided daily.

For anyone who just wants a quiet place to meditate, this would be the ideal spot. We could have symbols of all the world's great religions as a reminder that this is a place where one can commune with a higher power. Or we could have no symbols at all. This chapel is intended to serve as a place of quiet contemplation, nothing else.

We were told that "all kinds of office space will open up" when the new building opens up. Perhaps that means that we could have it nearby and upstairs, instead of having it someplace distant and difficult to access, like Solomon Square.

What do you think? Send me a brief email at kgj@ieec.org and let me know.

- Karla Johnson, Resident

Top Work Places Celebration

Masonic Way Empowers Staff to Reach Higher Goals

Submitted by Judy Figueroa, Executive Director, Covina Campus and Joseph Pritchard, Health Services Administrator, Union City Campus

In June of 2019, Masonic Homes of California was chosen as one of the best places to work.

This happened through our Employee Satisfaction Survey and the commitment of the organization to listen to what our employees are saying in the survey. The Covina staff celebrated by having a full day of fun, food, and prizes.

On Thursday, August 15th, we had a colorful Luau in Solomon Square. We had a Hawaiian BBQ, music, lots of games, prizes and raffles.

On June 14, it was also announced that the Masonic Homes of California had been recognized as one of the Top Work Places in the Bay Area. This was an unexpected honor earned by the hard work and compassion of our team.

Being a Top Work Places organization means that a company, through a survey of its employees, has created an environment that allows the team to be engaged, impactful, and happy. For the past three years, the Masonic Homes has chased this illustrious award by instilling the Masonic Homes Way, which, at its core, is a guide for empowering Staff and allowing them to provide the highest level of Resident care. This initial goal was to be in the running for a Top Work Places award within five years, but our Staff of overachievers exceeded that goal in only three years!

In summary, the Masonic Homes of California is a Top Work Place, and the new goal is to become the err... Most Top Work Place... Toppest Work Place... or something like that! We want to be the best, because we know our team is the best!



Wellness Center Classes to Improve Your Overall Physical Fitness

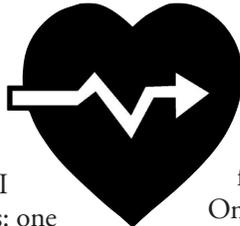
Get in Shape with Personalized Training

By **Edwardo Escobar**,
Wellness Specialist

Hello everyone! I am the wellness specialist at the Wellness Center. I graduated from Cal State Northridge as a BS for Kinesiology, with the option of exercise science. I also have two certifications: one is ACSM CPT, which is a personal training certification, and a NSCA CSCS, which is a trainer for athletes.

In the wellness center, we provide two classes. The first is the chair exercise class, which are on Monday, Tuesday, Thursday, and Friday from 3:00pm to 3:30pm. The chair exercises go through a circuit training style workout, where you do a certain amount of exercises with a small amount of rest in a row. This style of workout works as both cardio and resistance training since it keeps your heart rate elevated and we use weights to increase muscle strength and mass.

Another class we have is the walking class, which is only offered from 9am-9:30am every Monday and Wednesday. We walk around the campus and I observe your gait.



During or after the class, I offer some advice on not only on your gait, but your overall physical fitness and how to improve it. I also do some personal training for whoever is willing to go through my training regimen according to your fitness level and goals.

One of the best things we purchased for the wellness center was the Hur Balance Machine. This machine can test your balance, play balance games, and you can weigh yourself. The highlight for this machine is that it tells you where you are more prone of falling in the future and what exercises you can do to avoid falling.

Lastly, I want to offer a tip regarding fitness. If you feel sore the next day due to working out, do not limit yourself from doing exercises. Soreness is just your muscle fibers breaking down and making new ones that are stronger and able to withstand the next workout you give it. Stretching after the workout will help with your soreness and also improve your ROM (range of motion).



To the Moon and Back

Continued from Page 1

descended from our ceiling and landed in the center of the room. The decent was accompanied by various special lighting, retro rocket sounds and fog (smoke), etc. After the successful Moon landing, the actual video of the original astronauts was shown as they first stepped on the Moon. We also heard Neil Armstrong's first words from the lunar surface, "That's one small step for man, one giant leap for mankind". This historic event happened 50 years ago on July 20, 1969.

In the last scene of the show we saw one of the live actors step onto the surface of Mars. This was especially interesting because we are aware of the current plans to send colonists to Mars. As the house lights came up, all the live actors came out for their final bow while the audience stood and gave a very well deserved resounding round of applause.

CORRECTION

In our previous issue, we inadvertently omitted Harry Truman from the article titled "Presidents of the United States who were Freemasons". Below is the copy missing from that article.



Harry S. Truman

Truman was one of the most active and enthusiastic Masonic Presidents. He was

initiated as a Master Mason in 1911, and two years later broke away from his Lodge with several others to form his own Lodge, of which he was elected Worshipful Master.

In 1940, he was elected Grand Master of Masons of Missouri, and shortly after World War II ended, he attained the 33rd Degree rank.

Our apologies for the omission.

- Jennifer Shapiro, Director of Senior Services



Masonic Homes Covina RESIDENT CENSUS

TOTAL POPULATION	64
Women	32
Men	32
COUPLES	9 (Includes Outplacements)
OUTPLACEMENTS	
Pickett, John	Palm Desert
Parker, Betty	Claremont Place
Stoddart, Yvonne	Fullerton Board and Care
Riedel, Robert	Alta Loma Gardens
Ripley, Daisy	Pilgrim Place - SNF
OFF CAMPUS	
Bente, Clare	Claremont Care Center

What are the origins of Labor Day?

Celebrating the Workers Who Make America Run

Submitted by John Feagans, Resident

Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our Country.

Labor Day Legislation

The first governmental recognition came through municipal ordinances passed in 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During 1887, four more states – Colorado, Massachusetts, New Jersey, and New York – created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

Founder of Labor Day

More than a century after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, General Secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first in suggesting a day to honor those “who from rude nature have delved and carved all the grandeur we behold.”

But Peter McGuire’s place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the Secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as Secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and



A Labor Day parade on Main Street in Buffalo in 1900. President Grover Cleveland made Labor Day a national holiday in June 1894, as he faced a crisis of railway workers striking in Chicago. - Credit Library of Congress

on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public “the strength and esprit de corps of the trade and labor organizations” of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has changed in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics, and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation’s strength, freedom, and leadership – the American worker.

Source - <https://www.dol.gov/general/laborday/history>

ON DARKNESS AND LIGHT...

The following article was written in 2017 by Bryan Godwin, and is from the website freemasonlifestyle.com. Brian is a charter member, and current Master of Anchor Bell Lodge, #868, a member of Culver City Foshay #467, Los Angeles Scottish Rite Valley SMJ, Santa Monica Bay Chapter #97, Alpha Council of Cryptic Masons #39, Santa Monica Bay Commandery of Knights Templar #61.

“In the beginning God created the heaven and the earth. And the earth was without form, and void ... And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness.” -Genesis



A week ago I had the opportunity to participate in an exemplification of Albert Pike’s original 28th degree, “The Knight of the Sun, Adept.” The thrust of which concerns contrasts, light and dark, history and mystery and the importance of allegory as a way to unravel contrasts.

Light can be an allegorical word to help explain the concept of Deity, which is, by its ineffable nature, explainable. Analogies of contrast, such as darkness versus light help us reconcile the divide between reason and faith which on the surface can mutually exclude each other. Deity is essentially defined by what it is not, rather than what it is, without darkness, we could not know the light of Deity.

The concept of “light,” is interwoven throughout nearly all of Masonic ritual and allegory. We use the word “light” to refer to knowledge, information, divinity, and inspiration. Indeed the desire for light is memorably emblazoned in the heart of every Freemason, and central to our mythos. If asked what the ultimate goal of Freemasonry is in a word, it would be “light.”

Light is not only a symbol of goodness, but a measurable phenomena that brings life into the world. Light is synthesized into the energy that creates

life and powers our world. Light is omnipresent even on the darkest of nights. Light encompasses and measures both distance and time, duality being part of its very composition as both a particle and a wave.

But what of the darkness? Francis Bacon is quoted: “In order for the light to shine so brightly, the darkness must be present.” And Shakespeare wrote: “The web of our life is a mingled yarn, good and ill together.” Our travels through human existence are checkered with moments of both darkness and light, good and evil. Our collective moments of triumph are bracketed by our failures. This causes many to ask the question; if light is the wellspring of goodness, and the energy that brings life to the earth, why would darkness be

Free will is the capacity to decide our own fate and to choose how we interact with the world around us, rather than acting on instinct alone.

so prevalent in the great design of our existence? It is difficult to reconcile this darkness as evil acts pervade the world around us throughout history.

It is exactly this contrast that defines human existence. The duality of light and dark is the core of consciousness; free will. Free will is the capacity to decide our own fate and to choose how we interact with the world around us, rather than acting on instinct alone. Free will is facilitated by the concept of choice. By having knowledge of both good and evil we are able to create our view of the world and act accordingly.



This duality governs every aspect of our existence, and is unique to each individual. What is good for one, may be evil to another. What is right and just in one moment may be wrong and unfair in the next. To quote Albert Pike: “To show the light to birds of night is to conceal it from them, since it blindeth them, and is darker to them than the darkness.”

As seekers of light and goodness, it is our quest to reconcile these two opposites and transcend their dynamic tension throughout life. To create balance and harmony in oneself, one must transmute these two concepts into one synthesis of existence and acknowledge their necessity. Trust in humanity, is surrounded and safeguarded by the divine expression of the universe, in all its complexity, and held constant by one’s faith.

“You absolutely have to have dark in order to have light. If you have light on light, you have nothing. If you have dark on dark, you have nothing. You need a little sadness once and while so you know when the good times come.”
-Bob Ross

Submitted by John Feagans, Resident