

# MSOS GAZETTE

September, October,



Volume 10, Issue 3

## MESSAGE FROM THE DIRECTORS

Dear Masonic Senior Outreach Clients, Families and Lodges:  
 Welcome to our Fall edition of the MSOS Gazette. This is where we get to wish you all a Happy Halloween, Veteran’s Day, and a very Happy Thanksgiving. We know this year’s Fall season will be joyous, as many folks may be able to gather safely once again! Staying connected is very important and the holidays give us a great reason to do so. October 27-29 is the Annual Communication Retreat; if you are in attendance, please stop by the Masonic Outreach Services table and say hello!

Stay safe and enjoy this quarter’s newsletter,

Amy Averweg & Sol Silverman

## INTERNATIONAL SUDOKU DAY—SEPTEMBER 9TH

The history of Sudoku dates back to an 18th Century Swiss mathematician’s game called “Latin Squares” and some of the first number puzzles to appear in newspapers were published in France in 1895. The game first appeared in Japan in 1984 where it was given the name “Sudoku,” which is short for a longer expression in Japanese – “Sūji wa dokushin ni kagiru” – which means, “the digits are limited to one occurrence.”

The modern game of Sudoku as we recognize it today was invented by Howard Garns, a freelance puzzle inventor from Connersville, Indiana, in 1979 and was known as “Number Place,” since it involved placing individual numbers into empty spots on a 9 x 9 grid.

The Times of London began publishing Sudoku puzzles in 2004, and the first U.S. newspaper to feature Sudoku was The Conway (New Hampshire) Daily Sun in 2004. The first World Sudoku Championship was hosted in Italy in 2006.

As long as people love to test their brains with the fun and challenge of logic puzzles, Sudoku will be a popular and beloved part of millions of people’s everyday lives around the world.

<https://sudoku.com/easy/>

Angela D., MOS manager NorCal

### Inside this issue:

Epic Lodge Outreach Meeting	2
Authentic Self	2
World Smile Day	2
World Mental Health Day	3
Filipino American History Day	3

6				9	3			
3	5	7		2	1		8	4
	9	4		8	7	3	6	1
5					4			
	7		8			2		3
			7	6			4	9
	4	2			8			
8		5				4		6
			3				2	

## EPIC LODGE OUTREACH

We hosted another successful EPIC Lodge Outreach Meeting! This meeting took place on June 10th at the Masonic Homes Covina campus. Leadership and LO TCs from Divisions 5-9 attended with their excitement and smiles. This meeting consisted of staff from Masonic Homes SNF/Memory Care, MCYAF, and MOS who shared program updates. The meeting was followed by tours at the new SNF/Memory Care, Masonic Homes, Shared Housing, and MCYAF for everyone to check out. It was lovely to see fellowship within all lodges and appreciate those who traveled near and far for this EPIC day. Special thanks to all staff who helped put on this successful meeting as well. This is the 3rd annual EPIC LO Meeting I have facilitated, and I am looking forward to the next one!



Camille S., Manager of Outreach & Education

**“Transformation can occur at any age, gender, race, socioeconomic status.”**

## AUTHENTIC SELF

There is this magical educational institute, which hovers over the Pacific Ocean that promotes “highest human potential”. This summer, I attended a workshop there titled, “Transforming into Your Authentic Self”, facilitated by Justin Michael Williams.

During the workshop, Justin reminded us that transformation can occur at any age, gender, race, socioeconomic status. He invited us to focus on one of our “6 life zones”; relationships, work & career, creativity & passions, physical & emotional well-being, financial freedom & service and to visualize a future filled with achievement, success, and happiness.

We were guided to see, with as much detail as possible, the people, places and things that made up this success. We were encouraged to “feel” what it was like to have already achieved it and to embody the self-actualized victory. Justin reminded us that this vision served as a roadmap, which would lead us down a path towards our idealized future. And that the end goal was not the important factor, but who we became along the journey was what mattered most. He encouraged us to establish each day, one tiny step towards manifesting our dream. I offer to you the steps towards “Transforming into Your Authentic Self.”

Kai H., MOS CM Central CA



## WORLD SMILE DAY—1ST FRIDAY OF OCTOBER



Smiling is infectious, no wonder there's a dedicated day to celebrate! World Smile Day is celebrated yearly on the 1st Friday of October. This day originated when Harvey Ball, an American commercial artist was recognized as the designer of a popular smiley face graphic picture in 1963. This smiley face became an enduring and notable international icon that led to World Smile Day and was first celebrated in 1999.

When Harvey Ball passed away, a foundation was created in his memory known as "Harvey Ball World Smile Foundation". The motto is, "enhancing this world, one smile" at a time and a demonstration of generosity. Smiling is a non-conscious act of communication that can change someone's mood or life unknowingly. Smiling is like a love note that you've given to self or others that lights up our soul. Smiling is a natural pain killer; it releases endorphins, a natural mood booster, and reduces stress. Smiling helps you appear more approachable and trustworthy, making people more likely to help. Next time you're feeling low don't be afraid to give smiling a try. How will you incorporate World Smile Day into your day? Take the challenge! Do an act of kindness, make one person smile.

Brandi W., MOS CM SoCAL

## WORLD MENTAL HEALTH DAY—OCTOBER 10TH

The theme of 2023's World Mental Health Day, set by the World Federation for Mental Health, is 'Mental health is a universal human right'. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

Protecting our mental health is easier than we might think. We can all do it every day, and with simple activities that help us feel OK, we are better able to cope with life.

### *Tips to help us cope:*

Nature can have a really calming effect on us.

Try to get a good night sleep, adults need between 7 and 9 hours sleep a night.

Be kind and help create a better world.

If you feel lonely, stay connected, reach out. Talk to someone you trust for support.

Exchanging a smile or friendly words can be comforting and lift our mood.

Plan things to look forward to.

Be curious and open-minded to new experiences.

Exercise.

**"Adults need between 7 and 9 hours sleep a night, including enough dreaming sleep and enough deeper sleep."**

Esperanza E., MOS CM SoCAL

## FAHM—FILIPINO AMERICAN HISTORY MONTH



Filipinos are the first Asian-origin people known to arrive the United States and Filipino Americans are the second-largest Asian American ethnic group in the nation.

Filipino-Americans were known as "Luzonians" or "Luzon Indians" back then, and they were primarily Filipino sailors who were enrolled in the Spanish navy as native laborers during the Manila-Acapulco galleon trade. From the Spanish galleon Nuestra Señora de Esperanza they arrived at the shores of El Morro now called Morro Bay, California on October 18, 1587. Following years of campaigning and advocacy by both civil society and organizations, the Filipino American National Historical Society established Filipino American History Month in 1992. In 2009, Congress recognized the month of October officially as Filipino American History Month in the U.S. Filipino American History Month is celebrated to appreciate the history and legacy of Filipinos living in the United States, and by recognizing the achievements of Filipino-Americans and outstanding contributions of Filipino-Americans not only during war-time, but also in arts, culture, and entertainment is celebrated throughout the month.

Minnie I., Intake and Resource Coordinator II MA

MASONIC HOMES OF CALIFORNIA



MASONIC OUTREACH SERVICES

1650 E. OLD BADILLO RD.  
COVINA, CA 91724

MASONIC ASSISTANCE:  
888-466-3642

**Our Mission:**

In keeping with the tenets of freemasonry, the Masonic Homes of California will promote the quality of life by empowering our members, their families and our communities to live well and achieve meaningful and rewarding lives.

**We're on the web**  
**Masonichomes.org**

**THANKSGIVING OR GIVING THANKS**

In America, on the fourth Thursday of November many families and friends gather to celebrate Thanksgiving. The event that Americans commonly call the "first Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October of 1621. This feast lasted three days and was attended by 90 Native American Wampanoag people and 53 survivors of the Mayflower (Pilgrims).

Celebrations of Thanksgiving or Giving Thanks are also celebrated in other cultures and countries.

In Germany the celebration of Thanksgiving is called Erntedankfest and is celebrated in October. The literal translation is, "thanks for the harvest fest." Rather than celebrating in the home, Erntedankfest is publicly celebrated in churches and festivals. In South Korea, Chuseok, is a giving thanks celebration, also based on harvest with the gathering of family, often traveling to the ancestral towns and areas of their family to celebrate and feast over three days. There is also a tradition of giving gifts to family and friends. In Tamil Nadu, Pongal is a four-day Hindu holiday. Sugarcane and turmeric are harvested to give thanks to nature for providing for the upcoming year. Traditions include singing, dancing, and painting and decorating cattle.

**SOLUTION**

6	1	8	4	9	3	5	7	2
3	5	7	6	2	1	9	8	4
2	9	4	5	8	7	3	6	1
5	8	9	2	3	4	6	1	7
4	7	6	8	1	9	2	5	3
1	2	3	7	5	6	8	4	9
7	4	2	9	6	8	1	3	5
8	3	5	1	7	2	4	9	6
9	6	1	3	4	5	7	2	8