

District 7 News



Editor: WB John Gebhart
District7News@Gmail.com

January 31, 2018

Can You Get Closer to the Goal?

Before I was terrible at football and wrestling I was a barely a competent junior high school soccer player. But I knew enough about the game to volunteer to coach my daughter's soccer team when she was about eight. Two other dads also wanted to coach, so the Fireballs actually had a coaching staff.

It was harder to get a dozen little girls to play a team sport than we had imagined. The only thing more inconsistent than their skill level was their attention span. One time two ducks landed near the practice field and for the next ten minutes the girls reacted as if a popular boy band's tour bus had pulled up. I still can't understand this. There's ducks all over Mercer Island.

We coaches wanted to up our game so we went to a kids-coaching clinic. We learned a few skills and drills that really helped. And we learned a motivation technique that was a game changer. I call it "Can you get closer to the goal?"

Little kids tend to bunch up around the ball until it squirts out of the pack. Then the fastest girl runs to it and begins dribbling toward the goal. With a wide open field in front of her, and fearing the formation of the next bunch-up, a little past midfield she takes her shot on goal. But it's not a shot. It's actually just a pass to the goalie.

At the clinic we learned what not to do about this: don't tell the player to get closer to the goal before they shoot. Instead, ask if they can. By asking if they can get closer to the goal they engage in problem solving and they become empowered as they think about the solution. They're more empowered when their solution is successful. The technique isn't limited to useless midfield shots on goal (i.e. can you pass the ball more often, can you run back to help the defense, etc.).

It works outside of kids' soccer too.

Can you use this technique?

WB John Gebhart

District 7 Month-at-a-Glance

February 1	Thursday	Mercer Island #297	Stated
February 7	Wednesday	Unity #198	Stated
February 8	Thursday	Kirkland #150	Stated
February 10	Saturday	Falls City #66	Stated
February 12	Monday	Lakeside #258	Stated
February 15	Thursday	Myrtle #108	Stated
February 19	Monday	West Gate #128	Stated
February 26	Monday	Renaissance #312	Stated

DDGM schedule at more-out-there.blogspot.com

Mercer Island #297

By WM Dan Taylor

We are off to a very good start in 2018. Our first quarter programs are scheduled and we kicked off our January stated meeting with a delicious dinner and a great presentation by our very own WB Paul Hoeffler on Brother Ben Franklin's lifetime pursuit of striving to live a virtuous life. There were a number of golden nuggets in Paul's presentation. Great job Paul!

By way of a quick primer, here are the 13 areas of improvement identified by Brother Franklin:

- Temperance
- Frugality
- Moderation
- Humility
- Chastity
- Silence
- Industry
- Cleanliness
- Order
- Sincerity
- Tranquility
- Resolution
- Justice

So as not to be overwhelming to tackle all 13 virtues each and every day, Brother Ben wisely focused on practicing one virtue each week. Over the course of a year, he practiced each virtue for 4 weeks (52 weeks/13). WB Paul informed us that Brother Franklin was never near perfect and struggled with some virtues his entire life....but that he was a better man for persevering in this gallant attempt.

Something to think about as we individually reflect on what it means to be a better man and as a lodge "Making Good Men Better"!

For those of you who could not attend the meeting, there is an iTunes app on the subject that you can check out on-line (courtesy of VWB Barnstead): [13 Virtues](#)

At our next stated meeting, Wednesday, February 1st, we will continue this theme of personal improvement with another featured guest speaker during dinner. Steven Smith will be giving a brief presentation on Mindfulness, and how practicing this virtue can help us navigate the challenging times in the world around us. Should be a great session. Happy Hour at 6:30 p.m., Lodge opens at 7:30 p.m., with dinner in between. **RSVP for dinner to me at dantaylor@msn.com** (\$20/pp suggested donation ... our cost).

Mark your calendars to join us at our next stated meeting! (And watch this column for information about our upcoming programs, including a deep dive on membership in a discussion led by RWB Charles "Woody" Wood at our April meeting.)

Unity #198

At its next Stated Communication, Wednesday April 7th, Unity Lodge will begin an educational series led by VWB Bill Werner that will continue for the next several months. The focus of the series will be the paper "The Individualism of Masonry", originally written and directed to be read to all Lodges in 1928. But even now, the paper is timely, relevant, and when discussed during Shrink the Lodge, lively and involving for the Brothers.

For more information contact WM Matt Roalkvam at webmattr@hotmail.com or VWB Bill Werner at bigwer1@hotmail.com.

District 7 Meeting

By VWB (and D7N Cub Reporter) Bill Werner

(January 19, 2018 – Redmond, WA) District Receptions are an annual event for which each District Deputy must plan, ponder, cajole resources, sweat, ponder some more, worry, fret over minor and major details, and in this case, wise up and ask his wife to help also. It was definitely a Team Effort!

VWB Doug Stamper and his Lady Carol, with some help from our youth groups and a few others had the Eastside Masonic Center in tiptop shape before 6:00 p.m. this evening. Libations were readily available in a variety of modes and as Masons and visitors came in they were greeted with the smell of great food, big smiles and a festive atmosphere. MWB Warren Schoeben and his team were present early and also warmly greeted visitors. In case you didn't know, MWB Warren has an easy and genuine smile and when talking with you fully engages with you. His team is similar. I hope you had the chance to visit with him and others: remember, a Stranger is just a Friend you haven't met yet.

Dinner was scrumptious. Typical Fare at these functions is Costco Lasagna—no sirree Bob—we got us some real home style cooking—Thanks Carol!! We were also entertained by a wonderful couple performing (for lack of better words) Classical 60's and 70's folk songs. More than a few heads were nodding in accompaniment. *(Editor: The better word is "Classic" but at least he got the decades right ... this is what I get for hiring cheap labor.)*

We then met in the main Lodge room where opening remarks were made by our District Deputy VWB Doug Stamper, along with intros of visitors and wives and the Grand Lodge Team. The Ladies then left, met again in the refreshment area and, according to the testimony of my ears, had a loud and raucous time playing cards, joking, and laughing while we men continued with the somber duties of the evening.

VWB Doug next presented the "State of the District" in short form (YAY!!) and then had the WM of each Lodge give a brief synopsis of their Lodge, their goals and their achievements. It was good to hear each WM report this, and perhaps it will drive some additional Visitation and support during Degrees.

VWB Doug then asked the Grand Master to assist him in the East, on the level, and then asked WB Jonathan Seaton to join them and read a summary of one of the Brothers present. The career of WB Ernie Jenner has been long, involved, and noteworthy for taking moral and ethical positions in his personal life and more especially as a Mason. MWGM Schoeben presented WB Jenner with the Grand Master Achievement Award,

and a hearty Public Grand Honors followed along with remarks by WB Jenner.



The Grand Master then asked some of the various Committeemen to speak about their work – Masonic Charities, Grievance and Appeals, Photography. But then instead of asking to hear about Trials, he asked your erstwhile reporter to speak about the Masonic Service Bureau. Masonic Charity begins at home, and Conferring the Last Degree on a Brother is something EVERY Lodge needs to make a priority. (Grazie, Grand Master!)

We then heard from those Brothers who have made themselves available to run for elected positions in Grand Lodge. Each brought a unique perspective and should do well in service to the Fraternity.

The Grand Lodge Electeds then held forth briefly—the original 9:00 p.m. deadline was surpassed already—but MWGM Schoeben brought the evening to a close with his timely remarks on Communicate to Educate.

As people departed and others assisted in the cleanup, on-going 1-on-1 discussions continued with the Grand Master and others. My wife and I helped with the food and libation transfer to VWB Doug's suburban. Then as we were finally leaving at about 10:20 p.m. a most interesting thing occurred.

A small SUV cut us off in the parking lot and a strapping young man approached us and asked if I was a Mason. I said "Dang Tooting!" He reached out his hand, shook mine and said "I am a Travelling Man also, and moved here recently from Georgia. I've been looking for some

Masons and a good Lodge." We spoke briefly, and then WM Enzo walked by and I said: "Hey Enzo, come and meet someone." I made introductions, swapped cards, and from what I understand, Brother Jeff Lucas had great conversation with several others as well.

Freemasonry is not a sometimes thing we do. Whether at home, work, in the community or walking down the street, are you prepared in your heart to be so taken at all times?

Communicate Happiness—and Education will follow!

Myrtle #108 Installation

By WM Chad Reece

The light shown powerfully upon us. Diffuse by the clouds and drizzle the glow of the sky was uniform in shades of white in wavering luminescence. Inside the lodge we had our own blue...walls and a ceiling glowing in varying degrees of white. Into this the 2018 officers and the installation team met. A quiet calm enraptured us all, the officers to be waiting without the door patiently. The silence broke as VWB Bill Werner's instructions carried across the threshold. One by one we assembled, an arching line West of the altar and each of us, in turn, were installed in our respective places. A special welcoming home of WB Brian Thomas was made as his hiatus from Secretary/Treasurer ended with his installation into that position. WB Doug Stamper's voice filled the room as he animatedly gave the lecture to new officers. Lastly, WB Gene Ulrich, our conductor for the procession, declared the officers for 2018 installed with the exception of the JD, Chaplain, SS, JS and Tyler. Pictures were then taken and the group of men disbanded quickly and the quiet darkness that the building often enjoys was once again returned.



The WM wishes to thank our installing officers and those who attended.

Unity #198 Installation

By Brother David Bach

Reinstallation of WB Matt Roalkvam as Worshipful Master of Unity Lodge #198 took place on January 20, with VWB Bill Werner presiding. Installed as officers were WB Jonathan Seaton, Senior Warden, WB Ernest Jenner, Junior Warden, and Bro. David Bach, Treasurer.



Also participating in the installation were Installing Marshall, VWB Gene Ulrich; Installing Chaplain, WB Jeffrey Craig; and Installing Secretary, WB Dean Markley

Meet the District 7 Masters

Five Questions for WM Joe Oates, Renaissance #312

When did you become a Mason and why?

I became a Mason in 1967.

Is this your first year as WM, and if not when and where previously?

I was previously Master of St. John's #9 in Seattle.



Following several years under the leadership of VWB Werner, WM Joe Oates (right) steps into the East at Renaissance #312

What do you like most about Freemasonry?

I like the fellowship the best.

What do you like least about Freemasonry and what are you doing about it?

I least like the antiquated recruitment policy and the inability to keep new Masons engaged. I am going to ask each Brother to invite good men to come for dinner with us, answer questions about being a Mason and to have a petition from their home lodge ready when the prospect is ready.

What goals do you have for our lodge in 2017 and how can the D7 Brethren help you accomplish this?

Goals for 2018 are to make Renaissance Lodge a lodge where everyone feels welcome and appreciated to the extent that they will talk about how much they enjoy attending and induce members of their home lodge to join Renaissance Lodge.

Concordant Body Meetings at EMC

<i>Lakeside OES</i>			
February 15	Thursday	Stated meeting	7:30 p.m.
February 24	Saturday	Wine Tasting & Auction*	7:00 p.m.
<i>Bellevue Rainbow Assembly</i>			
February 8	Thursday	Stated meeting	7:00 p.m.
February 22	Thursday	Stated meeting	7:00 p.m.
February 24	Saturday	Membership event cookie making	12:00 p.m. – 5:00 p.m.
<i>Bellevue DeMolay Chapter</i>			
February 14	Wednesday	Stated meeting	7:00 p.m.
February 28	Wednesday	Stated meeting	7:00 p.m.
<i>Job's Daughters Bethel</i>			
February 5	Monday	Stated meeting	7:00 p.m.
February 18	Sunday	Stated meeting	2:00 p.m.
<i>Eastside Scottish Rite Club</i>			
January 31	Wednesday	Stated meeting	7:00 p.m.

* Tickets \$35 in advance. **Contact VWB Gene Ulrich at gene@newsolutionsnw.com**

Lost Masonic Ring

A well-worn man's gold ring bearing the emblems of nine Masonic Bodies has been found in the vicinity of

North Bend. Please contact WB Ernie Jenner for further information. ecjenner272@gmail.com

Letters to the Editor

A Good Officer (January 15, 2018)

WB John,

I did not realize that as a young lad you had harbored a dream to go to West Point. Obviously, so did I. Fortunately for me, my dream came true. Of course, there were times in my four years that the dream seemed more like a nightmare. In the end, however, my four years at West Point were an equal force in shaping my life as is Masonry. In both cases, I have been able to associate with upstanding men with good morals and a sense of purpose. By the way, your mom and dad were right. Cadets do make their beds every day, and officers always eat after their troops. Buy now that I am retired, you will always find me near the head of the chow line.

~VWB Bob Stromberg

WB Editor,

You touched upon one of the best rules of service leadership, **Put the Troops First**. This rule is perhaps best summarized in a quotation from [Field Marshal Sir William Slim](#), commander of the British 14th Army in the Burma Campaign of World War II.

I tell you as officers that you will not eat, sleep, smoke, sit down, or lie down until your soldiers have had a chance to do these things. If you hold to this, they will follow you to the ends of the earth, if you do not, it will break you in front of your regiments. Quite simply, you put the needs of your troops ahead of your own with every chance you get. [Put the Troops First - full text](#)

Slim was the best of the best, and I'm sure Happy forgave you.

~VWB Roger Barnstead

VWB Barnstead,

She forgave me on the spot. That's what made the moment so painful!

~Editor

WB John,

Truer words were never spoken. That's the way I've raised my sons, and when my son was a Sergeant in the Army for five years, he was stationed on the DMZ. This was twenty years ago. He protected his men, and it transferred over to civilian life.

~WB Kenneth Hall (Portland, OR)

John,

A good way to say don't always think of yourself first... Jesus said, "Love your enemies, do good to those who hate you" (Luke 6:27). He said lots more, but many of us don't listen.

Thanks for your offering, John!

Love, hugs,

~Dad

Deadline

Submissions for the February 15th issue of the ~~District 7 News~~ are due on **Saturday, Feb 10, 2018**. Early submission is encouraged.

Proofreader was on Vacation Section



Square Meals

Myrtle #108 welcomes Masons and friends to breakfast at the Gas Lamp in Issaquah every Saturday at 8:30 a.m.

Goose and Gridiron, Nest 0 meets Mondays for lunch at the Longhorn restaurant in Auburn.

Falls City #66 Sticks & Stones meets on the last Wednesday of every month at 7:30 p.m. at the Lit Cigar Bar in Snoqualmie Casino. Consumption of solid food at this “meal” is not customary.

Fern Hill #80 Past Masters welcome Masons and friends in South King and Pierce counties to breakfast at Angleas Restaurant just south of E. 72nd St on S. Portland Avenue (behind Safeway), Saturdays, 8:00 a.m.

District 7 Stated Communications

Lodge	Address	Meeting Times	Contacts
Falls City #66	4304 337th Place Southeast Fall City, WA 98024 www.fallcitylodge.com	2nd Saturday, 1st Saturday June; dark July & August. 7:30 p.m. except January, 7:00 p.m.	WM: David Hisel davidhisel@outlook.com Sec: Nick Michaud (contact WM Hisel)
Myrtle #108	Street Address: 57 West Sunset Way Issaquah, WA 98027 Mailing Address: PO Box 766 Issaquah, WA 98027 www.myrtlelodge108.org	3 rd Thursday, 7:30 p.m. (The lights stay on in the Summer months)	WM: Chad Reece damnthings@gmail.com Sec: Brian Thomas bjt19@comcast.net
West Gate #128	8561 Willows Road NE Redmond, WA 98052 westgatelodge.org	3rd Monday except July, August. 7:30 p.m.	WM: Earl Lara earllara@westgatelodge.org Sec: Donn Castro - donncastro@yahoo.com
Kirkland #150	702 1/2 Market St. Kirkland, WA 98033 www.kirklandmasons.org	2nd Thursday (3rd Thursday June) except July, August. 7:30 p.m. Dinner at 6:30 p.m.	WM: Brian Clubb bclubb@Outlook.com Sec: David Pearson dlpearson@gmail.com
Unity #198	119 North Bend Way North Bend, WA 98045 www.unity198.org	1st Wednesday. If Holiday, 2nd Wednesday except July, August. 7:30 p.m.	WM: Matt Roalkvam webmattr@hotmail.com Sec :
Lakeside #258	8561 Willows Road NE Redmond, WA 98052 www.lakeside258.org	2nd Monday, except July & August. 7:30 p.m.	WM: Vincenzo Sainato vsainato@me.com Sec: Dean Markley wdeanm@gmail.com
Mercer Island #297	1836 72nd Avenue Southeast Mercer Island, WA 98040 www.mercerislandmasons.org	1st Thursday; 2nd Thursday if Holiday or Grand Lodge, dark July & August Open bar 6:00 p.m., catered dinner at 6:30 p.m., meeting at 7:30 p.m. RSVP for dinner, \$20.	WM: Dan Taylor dantaylor@msn.com Sec: Scott Anderson papabear120@hotmail.com
Renaissance #312	11440 Avondale Road Northeast Redmond, WA 98052 www.renaissance312.org	Last Monday of February, April, June, August, October and December; if holiday, next available Monday that is not a holiday. Meeting at 6:30 p.m., Table Lodge at 7:30 p.m. RSVP for dinner, \$25.	WM: Joe Oates joates_48323@yahoo.com Sec: Bill Werner bigwer1@hotmail.com

District 7 Officers

District Deputy of the Grand Master: VWB Doug Stamper dstamper@outlook.com,  @dstamper

	Falls City #66	Myrtle #108	West Gate #128	Kirkland #150	Unity #198	Lakeside #258	Mercer Island #297*	Renaissance #312**
WM	WB David Hisel	WB Chad Reece	WB Earl Lara	WB Brian Clubb	WB Matt Roalkvam	WB Vincenzo Sainato	WB Dan Taylor	WB Joe Oates, Jr.
SW	Br Joshua Bushman	Br Laurence Lance	VWB Ray Lavidia	Br Bryan DeNosky	WB Jonathan Seaton	WB Jim Groves	WB Thomas Aquino	WB Todd Pike.
JW	Br Robert Coats	Br Gerry O'Brien	VWB Henry Fletcher	Br Steve Preston	WB Ernest Jenner	WB Mike Campbell	Br Carl Bronkema	VWB Gene Ulrich
Sec	WB Nick Michaud	WB Brian Thomas	WB Donn Castro	WB David Pearson		WB Dean Markley	WB Scott Anderson	VWB Bill Werner
Treas	VWB Henry Fletcher	WB Brian Thomas	WB Donn Castro	WB Bill Reynar	Br David Bach	VWB Gene Ulrich	WB Paul Hoeffler	VWB Bill Werner
SD	Br Noah Phillips	Br. Matt Meyer	Br Arjay Protacio	Br Ron Quartel		Br Dirk Benisch	Br Brent Fleckner	Br. Sheraz Malik
JD		WB Jeff Joosten	Br Karl Egts	Br Rod Beacham	Br David Bach	WB Todd Pike	Br Dane Shaffer	WB Brian Wheeler
Chp	WB Matt Roalkvam	WB Jeff Craig	VWB Mark Williams	WB Dan Chadrow		Br Max Box	VWB Roger Barnstead	Br Mihai Manolache
Mrsh		Br Thomas Monds	WB Jim Nash	Br Gary Weber		VWB Henry Fletcher	Br Stephen Burns	
Mu			Br Bert Bertram				WB John Gebhart	
SS				Br Jorge Coronel		Br Kevin Ward		
JS				Br Zach Carpenter				
T	WB Frank Schumacher		WB Henry Castro					

* VWB Dean Quigley is Mentor

** Br Andy Precious is Master of Ceremonies for the Festive Board