

University Lodge 141 April 2026 Trestleboard



FROM THE EAST

Greetings from the East,

This upcoming meeting will mark the halfway point of my year as steward of this Chair and I am uncomfortably reminded that the work I'd hoped to accomplish is less than half done. Some goals I'd thought achieved have met with setbacks, others buffeted by headwinds, and some risk succumbing to "the speed of Masonry." But there is also an acceptance that the work will always grow, and it will always be such. The hardest impulse to muster toward a task is the first. Too often, the inertia of inaction triumphs. But a mindset of industry begets more industry. I remind myself of this often, usually while sitting in a comfortable chair.

In that spirit, I invite you all out to the Lodge on Saturday, May 2nd, for our annual Spring Cleaning. This will be a good opportunity to shake off the cobwebs and emerge from the doldrums of our long wet winter while also enjoying some fellowship. Tasks and details are still under development, but there will be ample opportunity for both labor and refreshments. With a little divine assistance, maybe even a few rounds of pool. No promises.

I endured a very taxing March and I have not yet fully recovered, but I am hoping to find reinvigoration in the company of the brethren at our upcoming Stated Meeting. Dinner will be spring salad, with an entrée of roast pork loin, farro and green beans, with dessert to follow. This meeting will be a continuation of our annual Past Masters' Night and I hope to see many of you come out to receive a little bit of recognition for your service to the Craft.

Fraternally,
WB John Bryan

Next Stated Meeting

April 6th

***Past Masters
Appreciation Night!***

Doors open 6:00pm

Dinner served 6:30pm

Lodge opens 7:30pm



Upcoming Dates:

April 11 – Food Bank

May 2 – Spring Cleaning!

May 4 – Stated Meeting

May 9 – Food Bank

Top 10 Things Said by University Lodge Past Masters!

10. "I'll be brief..." (Followed by a 20-minute history of the Lodge furnace).
9. "That's not how we did it in my year."
8. "Is it just me, or is the air conditioner set to 'Arctic Tundra' tonight?"
7. "I'm not correcting your ritual, I'm just... providing a loud, helpful hint."
6. "We used to have twice as many guys here, and the green beans were actually hot."
5. "In my day, the Secretary didn't need an 'email' to get things done."
4. "I'm not sleeping, I'm contemplating the deeper mysteries of the Fellowcraft degree."
3. "I remember when the Junior Warden was actually junior to me."
2. "We tried that back in '92. It didn't work then, and it won't work now."
1. "That gavel strike was a little flat—needs more wrist, less elbow!"





University District Food Bank

Brethren Raised in April

| | |
|------------------|------|
| Joel Rindal | 1957 |
| Ralph Watson | 1962 |
| James A. Smyth | 1963 |
| John Parks | 1964 |
| William Petrie | 1965 |
| William Booth | 1979 |
| Daniel Fisher | 1986 |
| Stephen Stewart | 1992 |
| Remy Valenzuela | 1996 |
| Mark Creed | 2001 |
| Alex Credgington | 2012 |
| Renick Hamil | 2012 |
| Adam Alsobrook | 2019 |

On March 14, some of the brothers got together to labor at the Food Bank. As usual, they were thrilled to have us and we were able to sort food and clean a bit so that the facility was ready for the clients on Monday morning. In attendance where Scott Bohart, Kokou Tighankpa, Sean Lindsey, and Chris Lee.

The next opportunity is Saturday, April 11th, from 12:00-2:00pm.

This is open to spouses, partners, friends, and children ages 14-up. For any that are interested in signing up for this shift or one in the future, please contact me by email at crowscall@gmail.com

-Bro. Scott Bohart



Brethren of University Lodge,

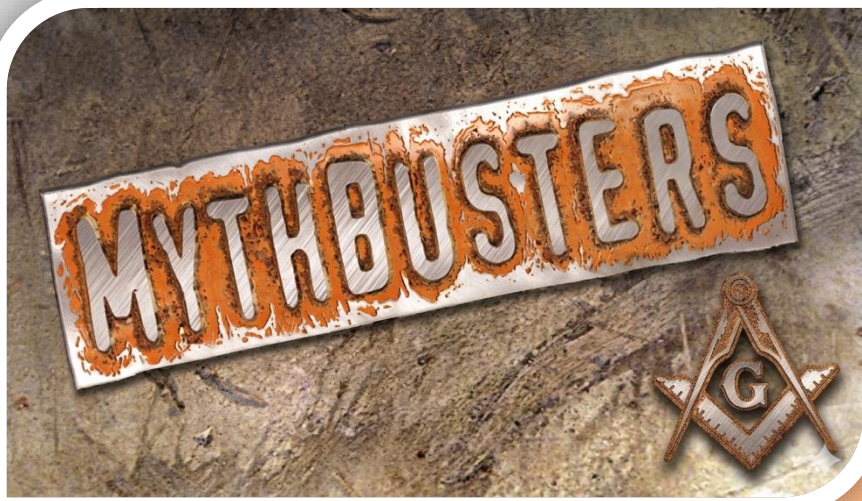
The University Lodge Building Association is hosting a Lodge Spring Cleaning on Saturday, May 2nd between noon and 6:00 PM. Please join us to pitch in on various cleaning projects around our building. Refreshments and cleaning supplies will be provided.

Please email or text me if you plan to attend, even if you can only come for part of the time. Thank you for helping the University Lodge Building Association keep our building neat and tidy.

Fraternally,

*Bro. Adam S. Alsobrook
206-582-9989 or
adam.alsobrook@gmail.com.
University Lodge Building Association*





5 Wives Tales!

Swallowed Gum Doesn't Stay in Your System

A common childhood myth is that when you swallow gum, it hangs out in your stomach for seven years. In reality, it makes its way through your body pretty quickly, except in extreme circumstances. But it is true that your body can't digest it, so it comes out in the same form as when you first swallowed it. Too much swallowed gum can lead to intestinal blockages, but you're not going to want to wait seven years to get that fixed.

5 Masonic Myths!

The Dollar Bill

The myth is that the "All-Seeing Eye" and the pyramid on the back of the U.S. \$1 bill were placed there by Masons to signal their control of the treasury. In reality, the Great Seal was designed by committees of mostly non-Masons (only Benjamin Franklin was a member). The "Eye of Providence" was a common Renaissance symbol for God's watchfulness long before it was adopted by Masonry in 1797.

Most Founding Fathers were Masons

The myth is that almost all of the signers of the Declaration of Independence and the U.S. Constitution were Freemasons. In reality, only **9 of the 56** signers of the Declaration of Independence and **13 of the 39** signers of the Constitution were documented Masons. While influential (like Washington and Franklin), they were far from the majority.

The "Satanic" Connection

The myth is that high-ranking Masons (33rd Degree) eventually learn that the organization actually worships Lucifer. This myth largely stems from the **Taxil Hoax** of the 1890s, where a writer named Léo Taxil fabricated elaborate stories of Masonic devil-worship to prank the Catholic Church. He eventually confessed it was a total lie, but the stories stuck in the public imagination.

The "Secret Handshake" Opens Any Door

The myth is that using a Masonic handshake will get you out of a speeding ticket or guarantee you a job promotion regardless of your qualifications. While "preferential treatment" (nepotism) happens in every social circle, Masonic code strictly forbids using the fraternity for **mercenary or selfish motives**. Most police officers and HR managers today wouldn't even recognize a "Masonic grip" if they felt one.

The "Tax Exemption" Myth

The myth is that Masonic lodges are tax-exempt "havens" because they are secret religious or government-protected entities. In reality, in the U.S., most lodges are registered as **501(c)(10) Domestic Fraternal Societies**. This means they generally pay property taxes like any other business, though the income they generate for charitable purposes is tax-exempt. They don't get a "secret" pass from the IRS.

Coffee Doesn't Stunt Your Growth

Old studies suggested that coffee could cause osteoporosis, a condition that causes bones to lose density, so a myth developed that coffee could stunt your growth. Later studies showed no clear link between coffee drinking and osteoporosis — it's just that people who drank more coffee tended to not drink as many calcium-rich beverages such as milk, and lack of calcium can contribute to osteoporosis. However, osteoporosis itself doesn't tend to make people shorter (although it's associated with bone fractures that can). Nevertheless, the old wives' tale persisted.

Cracking Knuckles Doesn't Cause Arthritis

When you "crack" your knuckles, the telltale popping that comes from your joints sounds a little distressing, and maybe irritating, but it's not as dramatic as it sounds. The noise is caused by nitrogen bubbles popping in your synovial fluid, a substance that lubricates the joints. The bubbles come back in about 20 minutes. Contrary to a popular belief, cracking your knuckles doesn't cause arthritis, but it doesn't cause a lot of short-term relief either. You might feel a little looser in the joints, but the effect is mostly psychological.

Pulling Gray Hairs Doesn't Cause Two More To Pop Up

There's a myth that if you pluck out a gray hair, two more will grow back, but it's not based in fact. Every strand of hair on our bodies grows from its own single hair follicle, and one by one, those follicles eventually stop producing pigment. When that happens, the follicle grows gray or white hair, but it still only grows one single hair. So, plucking a gray hair affects only that hair. You do, however, run the risk of zero hairs growing back from that follicle when you pluck one, so if you want to avoid bald patches, it's best to leave them on your head.

You Can't Tell a Baby's Sex From the Bump

One of the most pervasive genres of old wives' tales is sex determination during pregnancy — but you can't tell a baby's sex from the outward appearance of a pregnant person's body. According to one myth, if the belly is sitting high it's a girl, and if it's lower, it's a boy. Or, extra weight out front means a girl, and extra weight around the hips and bottom means a boy. Both are false, and have more to do with the anatomy of the pregnant person, whether it's a first pregnancy, and baby position.

University Lodge No. 141, like the institution that is its namesake, holds up the ideals of lifetime learning, self-improvement and service, both for the benefit of its members and the community at large. Nothing less than excellence in ritual is acceptable and jovial fellowship will be its counterbalance.

4338 University Way NE, Seattle WA 98105

www.universitylodge141.org

secretary@universitylodge141.org



2026 Officers

Worshipful Master John Bryan

| | | | |
|---------------|--------------------|---------------|--------------------|
| Senior Warden | Adam Alsobrook | Junior Deacon | Daniel Shapiro |
| Junior Warden | Scott Bohart | Chaplain | WB KC Gates |
| Secretary | WB Matt Livingston | Marshal | Matthew Peck |
| Treasurer | WB Ren Hamil | Tyler | WB Evan Lobenstein |
| Senior Deacon | WB Bryan Baldwin | Musician | Jason Frazier |