



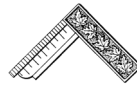
# Los Angeles Harbor

MASONIC LODGE # 332 F. & A.M.

WWW.SANPEDROMASONS.ORG

SEPTEMBER - OCTOBER 2024

## FROM THE EAST



Ahoy Brethren,

Summer is wrapping up, and now we start the countdown to the holiday season. As of September 1st, there are 139 days until Christmas and 156 days until the Annual Installation of Officers for 2025. This year is just flying by.

Our annual 4th of July Picnic and Fireworks show on July 4th was a resounding success, with a remarkable turnout. I extend my heartfelt thanks to Jeff Baker, Eric Landon, Shawn Donohugh, and Eastern Star for their invaluable contribution to the success of this event.

On August 4th, we held our annual Chili Cook-off, also a resounding success with over seventy people in attendance. Congratulations to all the winners and a special thanks to Jeff and Cindy Baker for their hard work in making the competition a success. I also want to express my deep gratitude to Shawn Donohugh, Mike Logan, Tom Dalton, and Todd Heiss for their dedicated work in the kitchen.

September is shaping up to be a busy month. We are prepping for the three potential First Degrees and continuing to practice for officer qualifications for 2025. Stay tuned for more updates.

Mark your calendars for **October 20th**, when we will host our highly anticipated annual BBQ and Bourbon dinner at the Lodge. We will be serving a variety of barbeque entrees, and you will have the opportunity to try some interesting beers, sip some unusual wines, and taste a variety of bourbon whiskies. All are welcome and invited! Tickets are \$30 per person in advance and \$40 at the door.

**On October 23rd**, join us as we support our Job's Daughters Bethel 24 at their annual Spaghetti Dinner fundraiser. Jeff Baker's famous homemade spaghetti sauce and fresh garlic bread will be served. All are welcome and invited. Tickets are \$15.00 per person, and Children 10 and under are \$7.00.

**On October 25th**, some of the Officers and Past Masters will travel to San Francisco for the 175th Annual Communication of the Grand Lodge of California. They will represent our Lodge and vote on legislation before the Grand Lodge.

We will elect the officers for the 2025 Masonic Year at the November meeting. If you want to be appointed an officer next year, please contact Andrew Perry.

Fraternally,

**Greg Peterson**  
Worshipful Master

CALENDAR OF EVENTS			
<b>SEPT</b>			
04	WED	Hall Association Dinner	6:00 PM
		Stated Meeting	7:30 PM
06	FRI	Social Night	6:30 PM
11	WED	Officers Practice	7:00 PM
15	SUN	Eastern Star 125 <sup>th</sup> Anniversary Event	11:00 AM
17	TUE	Shrine Club Dinner Meeting	6:30 PM
18	WED	Officers Practice	7:00 PM
20	FRI	Social Night	6:30 PM
22	SUN	Beach Cities Shrine Club Annual Barbecue and Potentate's Official Visit	12:00 PM
24	TUE	Officers School of Instruction LA Harbor Lodge hosting - Meeting at Torrance Lodge	7:00 PM
25	WED	Officers Practice	7:00 PM
29	SUN	Executive Committee Meeting at Lodge	4:00 PM
<b>OCT</b>			
02	WED	Hall Association Dinner	6:00 PM
		Stated Meeting	7:30 PM
04	FRI	Social Night	6:30 PM
09	WED	Officers Practice	7:00 PM
15	TUE	Shrine Club Dinner Meeting	6:30 PM
16	WED	Officers Practice	7:00 PM
18	FRI	Social Night	6:30 PM
20	SUN	Annual Barbecue and Bourbon Event	4:00 PM
23	WED	Job's Daughters Annual Spaghetti Dinner	6:30 PM
25-27	FRI-SUN	Grand Lodge 175 <sup>th</sup> Annual Communication	1:00 PM
27	SUN	Executive Committee Meeting at Lodge	4:00 PM
30	WED	Officers Practice	7:00 PM
<b>NOV</b>			
06	WED	Hall Association Dinner	6:00 PM
		Stated Meeting	7:30 PM
<b>Annual Election of Officers</b>			

**Social Nights at 6:30 PM**

Sept 6  
Oct 4

Sept 20  
Oct 18

**FOR REFLECTION**

**Mastering the Art of Change**

Did you make any New Year's resolutions this year? By now you've had a chance to test their permanence. How's it going so far? Are you hanging in there, or have you already abandoned some of them?

Don't feel too bad. Change is hard. Most people try to use an act of willpower to resist the behaviors they are trying to eliminate, or to add the habits they wish to begin. You can visualize what is happening in this case by imagining a powerful magnet, pulling you in the direction of what you are trying to avoid, and pushing you away from where you want to be. It's always pulling and pushing, constantly, relentlessly. To achieve your goals you will have to fight it every second, every day, forever. That's asking a lot of our poor willpower.

Let's consider an example of a man who wants to lose a few pounds. One major component of his weight loss will be decided by the foods he eats. Every time he passes that box of doughnuts someone brought to the Lodge meeting, he must resist the desire to eat one if he hopes to achieve his goal. The problem is that he must fight that desire, and win, every time. Just like water that wears away at solid rock, so too will that doughnut eventually end up in his stomach.

So how do we make lasting changes? First, we must admit that wanting something and denying it to ourselves is not a long-term solution. The secret to success is to work towards not wanting it in the first place. We can achieve this by reshaping our identity. "I want to lose a few pounds" becomes, "I'm the kind of person that enjoys keeping fit." This works with anything you wish to start doing, or something you want to eliminate. "I want to write a book" becomes, "I'm the kind of person that writes every day." "I want to pay off my debts" becomes, "I'm the kind of person who lives debt free and within my means."

Every action we take is really a vote for the kind of person we want to be. At first you will need to tell yourself what kind of person you are. After a while you will start to believe it. Eventually you will become it. If you find yourself saying things like, "I'm terrible with names," or "My memory is awful," your subconscious will believe you.

Start telling yourself that you are the kind of person you want to be. You will be amazed how quickly you can transform your will, without the need for willpower. You won't regret it. With a little practice and persistence, you will master the art of change.

**2024 OFFICERS**

Greg Peterson, P.M. Greg.PetersonPM@gmail.com	<i>Master</i> 562-276-5905
Andrew Perry, PM (Stephanie) perio77@yahoo.com	<i>Senior Warden</i> 562-376-0495
Todd Heiss ToddHeiss@gmail.com	<i>Junior Warden</i> 949-945-8070
Eric Langdon (Michele) EricWLangdon@gmail.com	<i>Treasurer</i> 310-892-3724
Shawn Donohugh, P.M. (Dena) Secretary332@gmail.com	<i>Secretary</i> 310-850-4294
Cleveland Palmer (Maria) nustalq@gmail.com	<i>Chaplain</i> 310-386-3781
Paul Galyean, PM (Susan) pgalyean@gmail.com	<i>Senior Deacon</i> 310-984-4733
Docil Shamoun (Maria) Docil.shamoun@outlook.com	<i>Junior Deacon</i> 310-971-0805
Carlos Rios-Otero (Carmen) Carlos.rios92a@gmail.com	<i>Marshal</i> (424) 308-5578
Thomas Dalton (Sherie) tdaltonjr@yahoo.com	<i>Senior Steward</i> (424) 264-4648
Mitchell Gottesmann mitchell.gottesmann@gmail.com	<i>Junior Steward</i> (714) 715-7787
	<i>Organist</i>
George Nassaney (Elvira) gnassaney@yahoo.com	<i>Tiler</i> (310) 971-8533
Jeff Baker, P.M. (Cindy) mcjeffbake@aol.com	<i>Officer's Coach</i> 310-722-5569
Dave Romero (Maria) Daveromero.lbl327@gmail.com	<i>Inspector</i> 562-818-2788



**Sunday Sept 22, 2024 • Noon**

Everyone is invited to join us for the Beach Cities Shrine Club's Annual Barbecue! Plan to have a great time. It's an afternoon of fun, dining, and fellowship which we are sure you will enjoy.

We've got a great BBQ dinner planned with corn, beans, salad, rolls...and dessert. There will be music and raffles for prizes throughout the event.

Invite your family and friends (they need not be Masons or Shriners) and bring your children and grandchildren.

- 12:00 – 2:00 PM Social Hour**
- 2:00 – 3:00 PM Raffle & Potentate's Visit**
- 3:00 – 5:00 PM Dinner**

Please RSVP to the Club Secretary at 310-833-5985 or email pgalyean@gmail.com so we can get an accurate count. Ladies, Families & Friends are invited!

Tickets: \$30 adults. Kids under 12: Free (hot dogs and hamburgers rather than steaks).

[www.sanpedromasons.org/events](http://www.sanpedromasons.org/events)



# 125<sup>th</sup> Anniversary!!

San Pedro Harbor Chapter No. 174, Order of the Eastern Star, is having a 125<sup>th</sup> Anniversary celebration at the Lodge on Sunday September 15, 2024.

Please join us in celebrating this event!!

## The Annual Barbeque & Bourbon Event Sunday October 20, 2024 • 4:00 PM

Join us as we socialize...and eat...and sip...and watch the sunset over the city on our million-dollar *Harbor View Terrace!*

We'll be serving a variety of barbeque entrees on the terrace where you'll have the opportunity to try some interesting beers, sip some unusual wines and/or taste a variety of bourbon whiskies.

This is a great way to unwind and enjoy a lazy Sunday afternoon with your family and friends.

You surely won't want to miss the once-a-year opportunity!

Seating is limited! Get your tickets now to avoid disappointment.



**Ladies, Family & Friends are invited!**

**Tickets \$30 per person in advance | \$40 at the door**

<https://sanpedromasons.org/tickets/>

**Wednesday October 16, 2024 • 6:30 PM**

Join us as we support **San Pedro Job's Daughters** in their annual fundraiser!

We'll be serving Jeff Baker's famous homemade spaghetti sauce and fresh garlic bread. Remember that it's an ALL-YOU-CAN-EAT evening!

All proceeds benefit San Pedro Job's Daughters.

**Ladies, Family & Friends are invited!**

**Tickets \$15 per person. Children 10 (and under) \$7.**

<https://sanpedromasons.org/tickets/>



**L I V I N G P A S T M A S T E R S**

1971 ROBERT H. HAYNES 1972 ANTHONY N. ENGLISH 1977 EDWARD HOLLAND, JR. 1977 ROBERT R. WOLFE 1988 PAUL H. GALYEAN 1989 REX S. WIEDERANDERS 1990 MICHAEL J. LOGAN 1992 PHILLIP R. HEISS 1994 MICHAEL J. LOGAN 1997 JEFFREY P. BAKER 1999 MICHAEL J. LOGAN 2000 PHILLIP R. HEISS 2002 JEFFREY P. BAKER	2003 F. SCOTT CORRIGAN 2004 M. SHAWN DONOHUGH 2005 M. SHAWN DONOHUGH 2006 M. SHAWN DONOHUGH 2007 JEFFREY P. BAKER 2008 JEFFREY P. BAKER 2009 PHILLIP R. HEISS 2010 M. SHAWN DONOHUGH 2011 RONALD E. DUNCAN, JR. 2012 KENNETH M. FULLER 2013 EDWARD J. TAYLOR 2014 MICHAEL J. LOGAN 2015 MICHAEL J. LOGAN	2016 RONALD E. DUNCAN, JR. 2017 MATTHEW W. STEVENS 2018 PAUL H. GALYEAN 2019 JOSEPH ARITELLI-NEWMAN 2020 GREGORY L. PETERSON 2021 GREGORY L. PETERSON 2022 GREGORY L. PETERSON 2023 GREGORY L. PETERSON
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**AFFILIATED PAST MASTERS**

1967 PATRICK T. DONOHUGH
1975 R. STEPHEN DOAN, PGM
1987 STEVEN R. YOUMANS
1989 M. SHAWN DONOHUGH
2015 DOUGLAS D. BURROWS
2016 DOUGLAS D. BURROWS
2016 GREGORY L. PETERSON
2017 ANDREW N. PERRY
2022 DONALD A. JOE

<p><b>ORDER OF THE EASTERN STAR</b>                  1<sup>ST</sup> &amp; 3<sup>RD</sup> MONDAYS AT 7:30 PM                  PAULA BOWKER 978-758-1524                  PAULA.BOWKER@GMAIL.COM                  RORY RICHARDSON 310-210-6473                  EBEGBE60@GMAIL.COM</p> <p>The Order of the Eastern Star is the largest fraternal organization in the world to which both women and men may belong. Founded on heroic conduct and moral values, it is open to all faiths. The stated purposes of the organization are: Charitable, Educational, Fraternal and Scientific. It is dedicated to charity, truth and loving kindness.</p>	<p><b>JOB'S DAUGHTERS INTERNATIONAL</b>                  2<sup>ND</sup> &amp; 4<sup>TH</sup> SATURDAYS AT 10:00 AM                  WENDY MCLAUGHLIN 562-209-9761                  WENINSPAIN@YAHOO.COM                  JEFF BAKER 310-722-5569                  MCJEFFBAKE@AOL.COM</p> <p>Job's Daughters is an organization of young women between the ages of 10 and 20. It is an order that promotes fun, while offering life skills that teach young women about the importance of organization, leadership, service to others and scholarship.</p>	<p><b>ORDER OF DeMOLAY</b>                  2<sup>ND</sup> &amp; 4<sup>TH</sup> FRIDAYS AT 7:30 PM                  TOM DALTON 424-264-4648                  TDALTONJR@YAHOO.COM                  MIKE LOGAN 310-702-9717                  MALOGAN1767@GMAIL.COM</p> <p>DeMolay is an organization for young men, 9-21 years of age, who develop management, leadership, and social skills as they participate in sports, community projects, and educational programs. They learn to grow into responsible adults of good moral character, providing them with lots of fun, companionship, and the opportunity to develop solid values.</p>
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