

In the



Daylight

Clarence F. Smith Daylight Lodge No. 866, F.&A.M.
14750 Sherman Way, Van Nuys, CA 91405
Ed: davidikarp@karpmediation.com

August 2023

Leisure (“From Labor to Refreshment”)

Foreword...

When the Lodge is opened for a meeting, the Senior Warden will raise a small column at his station to signify that the Lodge is “at Labor,” that is, the Lodge is doing its work. The Junior Warden will lower his column. See, e.g., <https://ivanbeek.omeka.net/exhibits/show/furn/offfurn/wardcol>.

When the Master declares the Lodge “at refreshment,” the Senior Warden lowers his column and the Junior Warden raises his column. *Id.*

Thus, any Mason can always know if the Lodge is “at labor” or “at refreshment” by looking to the stations of the Senior and Junior Wardens.

(“The word refreshment derives from the Late Middle English ‘refresshement’, which refers to a state of comfort and renewed liveliness. This developed from the Old French word ‘refreschement’, from the verb ‘refreschier’, meaning ‘to refresh’.” <https://www.macmillandictionaryblog.com/refresment> . Also, “Although it is fairly formal, if someone says that they are ‘taking refreshment’, they could be having something to eat or they could be relaxing. In both cases, the feeling of contentment that comes from rest and revitalization is essential to refreshment.” *Id.*)

There are other references to “refreshment” in Masonry. For instance, one of the symbols in Freemasonry is the 24 inch gauge, which reminds

us emblematically that the 24 hours of the day should be divided into three parts, one for the service of God and a distressed worthy brother, one for our usual vocations, and one for refreshment and repose.

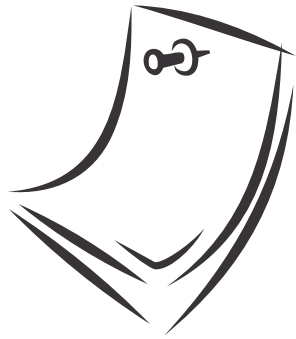
Why do I mention these things? It’s because Masonic Lodges traditionally take time off from their usual activities in August, the Lodge goes dark except for the Stated Meeting, and everyone takes a breather, so to speak, to rest and refresh himself.

As in the opera, *Porgy & Bess*, it’s “summertime and the livin’ is easy.”

I think about “refreshment and repose” as analogous to leisure time, free time, relaxation, ease, restfulness, idleness, and even intentional mindfulness when out in nature. Some of the entries in this edition mirror those thoughts. Here’s wishing you a Happy August as you enjoy your refreshment and repose.

Fraternally,
Bro. David I. Karp
Editor





Children's Book Drive is Still Underway

Begun at the April Stated Meeting, our 2023 Children's Book Drive continues through August, culminating with our Public Schools Program, September 9.

If you haven't already done so, please bring two NEW children's books for elementary school age readers, preferably for ages 8-10, at the next Stated Meeting. You can also order online and have them sent to David I. Karp, 6311 Van Nuys Bl. 409, Van Nuys, CA 91401 (my business mailing address). Thanks.

Bro. David., Book Drive Coordinator.

August Trestle Board

(We meet in person each month on four Saturdays at 10:00 AM at the Van Nuys Masonic Center, except as otherwise noted. Always subject to change.)

August 3, 2023 – Exec. Comm. Mtg. Via Zoom

August 5, 2023, 11AM – Stated Mtg. Lunch donation \$10.

August 12, 2023 – Dark

August 16, 2023, 6PM – Casual, no-host Fellowship Dinner at Presidente Restaurant, 11451 Sepulveda Blvd, Mission Hills, CA 91345.

August 19, 2023 – Dark

August 26 2023 – Dark

Looking Ahead to September

September 2, 2023 – Dark (holiday weekend)

September 7, 2023 – Exec. Comm. Mtg. Via Zoom

September 9, 2023, 10AM – Stated Meeting, dress formal, followed by Public Schools Program. Lunch donation \$10.

September 16, 2023 – TBD

September 20, 2023, 7PM, OSI, Home No. 721

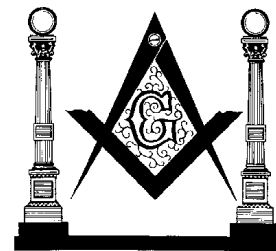
September 23, 2023 – TBD

September 30, 2023 – Family Day

Not yet determined – CFS Dinner Group at a restaurant – will be announced via Facebook

[Words of Wisdom from WB Benjamin Franklin, from around the time he was Grand Master of the Grand Lodge of Pennsylvania:]

“He that would live in peace & at ease,
Must not speak all he knows or judge all he
sees.” - Poor Richard's Almanack, 1736.” See
<https://www.fi.edu/en/benjamin-franklin/famous-quotes>



CFS Daylight's Officers for 2023

Worshipful Master
Wor. Fernando ("Jhonny") O. Lebrilla, Jr.
Senior Warden
Bro. Spartak ("Spo") Khachatryan
Junior Warden Bro. Gerald J. Alvarez
Treasurer Bro. Ramiel Malabanan
Asst. Treasurer Bro. Ely Ayao
Secretary Bro. Akram Al-Awar
Asst. Secretary
Bro. Thomas ("Tom") K. Sheehan
Chaplain Bro. Virgilio ("Virgil") A.
Maravillas, Sr.
Senior Deacon
WB Archimedes ("Kim") S. Cabanig, PM
Junior Deacon Bro. Elvis L. Alvarez
Marshal Bro. Hamood Hamood
Senior Steward Bro. Raffi Hovhannisyian
Junior Steward Bro. Joseph R. Chavez
Organist Bro. Mark G. Cano
Tiler Bro. William ("Bill") C. Raddatz
Officers' Coach
WB Steven ("Steve") A. Wolvek, PM
Asst. Officers' Coach --
WB Archimedes ("Kim") S. Cabanig, PM
Candidates' Coach
WB Roger L. Soriano, PM
Inspector WB Leland H. Celestre, PM

Contact information:

Master: Worshipful, Jhonny Lebrilla

Sec'y: Bro. Akram Al-Awar



**Public Schools Program,
September 9, 2023**

Immediately following our Stated Meeting on September 9, 2023, and because September is Public Schools month, we will invite two elementary school teachers from Noble Avenue Elementary School, their guests, and others, into the Lodge room for a public ceremony to honor these fine teachers and to present them with the books we have been collecting for donation to that school. We will then host them at lunch.

In fine, this effort supports the Lodge's charitable goals, its care for public education and literacy, its commitment to public awareness of the fraternity and its endeavors to improve the world.



CFS Daylight's Masonic Recognition

**Past Masters of Clarence F. Smith
Daylight Lodge No. 866, F. & A.M.**

Steven A. Wolvek (2017-2018)
Rogelio L. Soriano (2019)
Celso V. Cardano, Jr. (2020-2021)
Edgar O. Yeghiazaryan (2022)

Past Masters by Affiliation

Archimedes ("Kim") S. Cabanig, (2021)
Celso V. Cardano, Jr. (2012)
Alberto L. Casanova, Jr. (2014)
Omar Cervantes (2021)
Emmanuel D. Espiritu (2014)
Bruce L. Ewald (2004-2006)
Bruce L. Hawley (1984)*
Luc Paul, Jr. (2018)

**Past Masters who are "Honorary
Members"**

Jovito ("Jovi") R. Rivera (2017)
Timoteo ("Tim") Zuniga (2020)

Hiram Award (for dedicated Service)

Archimedes ("Kim") S. Cabanig (2022)
Celso V. Cardano, Jr. (2022)
Alberto L. Casanova, Jr., PM (2016)
Keith S. Cotton (2017)
Bruce L. Ewald, PM (2011)
Bruce L. Hawley, PM (2000)*
David I. Karp (2020)
Barry Mann (2021)
John T. Seletos (2017)
Thomas K. Sheehan (2014)
Rogelio L. Soriano, PM (2018)
Steven A. Wolvek, PM (2019)

* Deceased.



**The Junior Warden is
Responsible for
Refreshment in the Lodge**

Editor's Note: The image above and the text below come from a web page of The Masonic Lodge of Education at <https://www.masonic-lodge-of-education.com/junior-warden.html>.

"The Junior Warden is the 3rd in line within the Masonic lodge hierarchy and helps the lodge to run smoothly, both at labor and at refreshment.

"ASSISTANT OFFICER: In Freemasonry, the Junior Warden is an elected officer in the Lodge. His position is similar to a Vice-President.

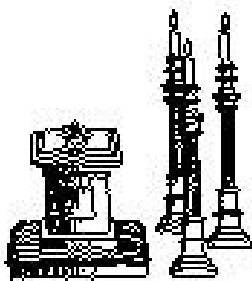
"JEWEL: His Jewel of Office is the Plumb,... which is a stonemason's instrument used for ascertaining the alignment of a vertical surface. It symbolizes upright behavior among Masons.

"REFRESHMENT: He sits in the South (symbolic of the position of the sun at midday) and is responsible for the Brethren while the Lodge is at ease or refreshment.

"It is his to arrange all meals for the lodge, and, typically, the 2 Stewards act as his assistants in this responsibility. Symbolically, it is also his duty to make certain that the members do not convert their refreshment into intemperance or excess.

"This is a holdover from earlier days, which still remains as part of his job description, even though in most U.S. jurisdictions, alcohol is barred from the lodge.

"Which Officers Can Open the Lodge? The Master, the Senior Warden, the Junior Warden or a Past Master may open the lodge if the ranking officer(s) is unable to attend the meeting."



Refreshment and Labor

Editor's Note: The following is quoted from an online article at http://www.themasonictrowel.com/masonic_talk/masonic_matter/files/masonic_matter_2003_01_05.htm entitled "Refreshment and Labor" by Ed Halpaus, Grand Lodge Education Officer, Grand Lodge of A.F. & A.M. of Minnesota:

"What is meant when a Lodge is at either Refreshment or Labor? And who is in Charge of the Craft during those times? Who do Masons acknowledge as being the officer in charge, and how is this acknowledgement demonstrated?"

"Some time ago I came across something that is quite interesting. It has to do with the Lodge being at Refreshment. Some seem to think that when the Junior Warden is ordered to call the Lodge from Labor to refreshment that the Lodge is then closed temporarily and that after the Three Great Lights and the Three Lesser Lights are attended to by the Senior Deacon, that the Brethren can disburse as they please. We know that in most cases they then go into the dining room, or have a program where others are invited to be in the Lodge Room, but when the Lodge is at refreshment it is not closed.

"I've learned that a Lodge after it is opened must be either at Labor or Refreshment. Calling from Labor to Refreshment differs from closing. Besides the ceremony being a quicker one, the Junior Warden assumes control of the craft. The Symbol or Badge of his authority is that he disposes, (erects,) his column on his Pedestal,

Mackey says; that the mythical history of Masonry tells us that high twelve, (or noon,) was the hour at the temple of Solomon when the craft were permitted to suspend their Labor, which was resumed an hour Later. In reference to this a Lodge is at all times, symbolically, to be called from Labor to Refreshment at high twelve, and be called back to Labor one hour after high twelve.

"When a Lodge is at Labor and a Brother needs to enter or leave the Lodge Room he will approach the Altar and salute the Master, or upon the Masters order salute the Senior Warden since the Master is in charge of the craft when Lodge is at Labor, and the Senior Warden assists him in this effort."



[Stated Meeting, July 1, 2023]



The Benefits of Leisure

Editor's Note: The following is quoted from an article entitled "The Benefits of Leisure" at

<https://www.psychologytoday.com/us/blog/the-science-fandom/202109/why-leisure-is-never-waste-time> :

"Far from being a waste of time, engaging in leisure and recreational activities has been found to have significant benefits. Taking time to nurture the self, whether it's taking ... a brisk walk in the park, or watching a favorite TV show, can help us manage stress, provide a sense of balance, and bolster our self-esteem. There are both physical and psychological benefits of leisure time, with reduced levels of stress, anxiety, and depression; improved mood; and higher levels of positive emotion. Engaging in recreational activities can also lower cortisol levels, blood pressure, and heart rate."



Grand Master's Proclamation for August

AUGUST 2023 IS FIRST RESPONDERS MONTH
Fulfilling Our Obligations

Whereas California Masons strive to serve as pillars of society and to recognize, support, and

uplift the people and institutions on which our communities rely; and

Whereas our state continues to grapple with enormous crises on multiple fronts, including the ongoing pandemic and historic wildfires; and

Whereas we all rely on the skill and bravery of more than 4.6 million professional and volunteer firefighters, police, EMTs, and paramedics whose jobs are to keep us safe; therefore,

As grand master, I proclaim August 2023 to be First Responders Month.

California Freemasons understand what it means to take an obligation in support of others.

Firefighters, emergency medical technicians, paramedics, and police take one of the most sacred and challenging obligations of all. For that we all owe them a debt of gratitude, and one that California Masons are eager to recognize. As the past years have shown us, our communities rely on first responders to serve on the frontline of many of the most challenging and dangerous problems we face.

During this month, I encourage California Masonic lodges to honor the efforts of their local first responders and to thank these important members of our community as they see fit whether through a donation, volunteerism, or lodge recognition. I also urge California lodges to consider ways they can be of service to their communities in times of need, either by becoming certified through the Masonic Emergency Response Team program, by offering their lodge halls as emergency shelters, or by other means. As California Masons continue to craft leadership among their ranks, it is important we acknowledge the people around us on whom we all rely.

Sincerely and fraternally,

Grand Master Randall Brill

Attest:

Grand Secretary Allan L. Casalou



Managing Our Time

We all know that the 24 inch gauge instructs us on how to manage our time. In this edition on

“refreshment and repose,” here are a few words from an article entitled *The 24-inch Gauge and the Common Gavel: an Entered Apprentice Mason’s Perspective on the Medical Profession*’ at

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7155996/> :

“Beyond its effects on our own lives, managing our time has lasting impacts on our friends, families, and the generations to follow. Overall, the 24-inch gauge is a constant reminder of managing and maximizing the time we are given from God to the fullest and richest extent possible.”

How will you use your free time this August for yourself, your friends and families, and for your and their future? DIK.



Take a Walk

Editor’s Note: This is an excerpt from an article entitled *The Other Butterfly Effect* by K.M. Soehnlein in an edition of *California Freemason* at <https://californiafreemason.org/2019/07/11/the-other-butterfly-effect/> :

“[Lisa Goodwin, senior director at the Masonic Center for Youth and Families (MCYAF) in Covina] points to a broad array of research supporting the ways in which nature relaxes, soothes, promotes “flow”, and reduces rumination which is associated with depression.

“‘Being in nature even for 15 or 30 minutes can get the mind to break patterns,’ Goodwin says. And that counts just as much if you’re taking a walk down a trail as it does scaling peaks at Yosemite. For her, seeking out nature creates a new mindset, involving a conscious attempt to join your physical self to the natural world. Goodwin points to our tendency to ruminate on negative thoughts. ‘Let’s say you have a fight with your child or spouse, and you’re just repeating it over and over in your mind,’ she says. ‘Then you tell yourself, “I’m going to take a walk through a park or down some trails,” and very soon, what seemed like your whole world is put in perspective.’”



A Swimming Mason

Editor's note: In the summer swimming is fun, so is writing about Freemasonry. I "googled" both words together -- Freemason and swim -- and came up with an article about a swimming Freemason. Here are some quoted snippets from the article about Duke Kahanamoku at https://en.wikipedia.org/wiki/Duke_Kahanamoku.

"Duke Paoa Kahinu Mokoe Hulikohola Kahanamoku (August 24, 1890 – January 22, 1968) was a Hawaiian competition swimmer who popularized the sport of surfing. A Native Hawaiian, he was born to a minor noble family less than three years before the overthrow of the Hawaiian Kingdom. He lived to see the territory's admission as a state, and became a United States citizen. He was a five-time Olympic medalist in swimming, winning medals in 1912, 1920 and 1924.[fn]"

"During his time living in Southern California, Kahanamoku performed in Hollywood as a background actor and a character actor in several films."

"While living in Newport Beach, California, on June 14, 1925, Kahanamoku rescued eight men from a fishing vessel that capsized in heavy surf while it was attempting to enter the city's harbor.[fn]"

"Kahanamoku joined fraternal organizations: he was a Scottish Rite Freemason in the Honolulu lodge,[fn] and a Shriner. He worked as a law enforcement officer, an actor, a beach volleyball player, and a businessman.[fn]"

"He was initiated, passed and raised to the degree of Master Mason in Hawaiian Lodge Masonic Lodge No 21[fn] and was also a Noble (member) of the Shriners fraternal organization.[fn]." DIK.

Traveling Master Mason

Our Lodge consists of Masons from many ethnic backgrounds and religious beliefs. This is one of the great attractions to this Lodge for this writer.

Although we are not a Filipino Lodge *per se*, many of our members trace their roots to the Philippines. For our Brothers' benefit, this article announces an impressive event taking place August 11-13, 2023, at the Long Beach Scottish Rite located at 855 Elm Ave., Long Beach, CA 90813.

The event is called the "Traveling Master Mason" or Malalakbay Na Gurong Mason (MGM) and is a weekend long Masonic Reunion and Fellowship, all culminating around the conferral of the 3rd degree of Masonry for a very worthy brother. You will find an FAQ page for this event at <https://gurongmason.com/frequently-asked-questions/>. Registration is from this page: <https://register.gurongmason.com/>.

This year the event is hosted by Andres Bonifacio Lodge No. 879, named for Andres Bonifacio y de Castro, "a Filipino Freemason and revolutionary leader. He is often called 'The Father of the Philippine Revolution', and [is] considered one of the national heroes of the Philippines." See, https://en.wikipedia.org/wiki/Andr%C3%A9s_Bonifacio.

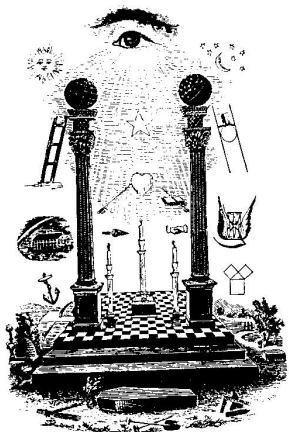
On behalf of Clarence F. Smith Daylight Lodge No. 866, congratulations in advance to Andres Bonifacio Lodge, to the Brother being raised to Master Mason at the event, and to all who attend and find fellowship, fulfillment, and fun, at this special meeting of Masons. DIK.



So, What Happened in August (1753)?

Editor's Note: The following is excerpted from a web page of the Library of Congress at https://www.loc.gov/item/today-in-history/august-04?loclr_eatod.

“On August 4, 1753, George Washington became a Master Mason in his hometown of Fredericksburg, Virginia. The twenty-one-year-old young man would soon hold his first military commission.... [¶] For George Washington, joining the Masons was a rite of passage and an expression of civic responsibility. Members were required to express their belief in a Supreme Being and in the immortality of the soul. Masons also were expected to obey civil laws, hold a high moral standard, and practice acts of charity.”



Here's an Idea: What If We Were to Develop a Buddy System for the Lodge?

A few members of our Lodge met agreeably to appointment in July for dinner and fellowship. A discussion arose about re-engaging with our Brothers who do not regularly attend our Stated Meetings, Degree Conferrals and/or our events. This is likely a perpetual problem for many Lodges not only ours.

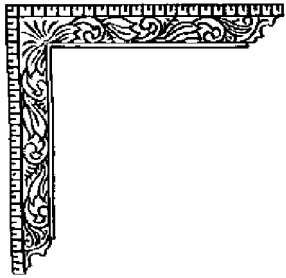
Certainly those who do not attend may have good reasons, which might include: competing commitments; health, aging or transportation issues; even perhaps a feeling of apathy or indifference for the same-old-same-old. (There was even a time when I did not attend Lodge regularly, when I was raising a family or just too tired after work for a weeknight meeting. Fortunately the kids are grown and I have a daylight Lodge to attend now.)

Perhaps our missing Brethren just don't know the members who regularly appear at our meetings and events, and they feel uncertain, apprehensive, unwelcome, or excluded.

As your editor, I try to reach our missing members via this newsletter. It may be their only tie to the Lodge at present. Certainly, I try to include items of interest that may raise some enthusiasm for Masonry in their lives. They probably also welcome newsy messages from our Pillars when available. More than that is needed however.

So, at dinner, I suggested a “buddy system” wherein a regular attendee is paired with an absentee Brother, and the former can reach out to the latter to establish a relationship, to re-enthuse our absentee Brother, and to invite him or coax him into coming back. Maybe this will help.

If this interests you, maybe you will contact our Worshipful Master and/or our Retention Committee and VOLUNTEER to lead or help as a Buddy! Respectfully, Bro. David I. Karp, Ed.



From the East

Brethren,
As we round the half-way point of the year, we can see, with tangible results, the progress of our next officer line.

In my articles for this Trestle Board, I've done my best to lay out milestones, a framework whereby our Lodge can pursue its labors.

First I wrote about vision and having a shared perspective on who we are and what want our lodge to become to be the bar by which Masonic proficiency and harmonious fellowship is measured. The quality and caliber of our initiates have been outstanding. I always tell our prospects that, before we can be brothers, we first have to be friends. And though it took time, the relationships we have forged with them have bonded us and set the foundation for what will be a lifetime of loyalty and service to our Lodge.

Today, we move past action. The next milestone is called "follow-through". Sports lovers know this term. It ensures that proper body mechanics and technique are maintained far past the point of contact or release. For us, it is the firmness of resolve; to remain stoic without yielding to pressure or fatigue. Because yes, we have come a long way, but we cannot just to go into cruise control. There will come a point when we run out of firsts and we settle into a groove of operations. It is critical for us to maintain the momentum. The fire must be stoked.

This perhaps is the most difficult milestone because we're not in race, we're in a marathon. It is incumbent on us to challenge, encourage, and empower one another.

Fraternally,

Wor. Fernando ("Jhonny") O. Lebrilla, Jr.

Master

[Source: Wor. Norman Tondares, PM, Master of Andres Bonifacio Lodge No. 879, used with permission and edited]



[Fellowship Dinner, July 12, 2023]