In the Daylight

Clarence F. Smith Daylight Lodge No. 866, F.&A.M. August 2026
14750 Sherman Way, Van Nuys, CA 91405
Ed: davidikarp@karpmediation.com

Take It Easy

Foreword...

August is a time to rest and refresh ourselves. After all, it's "Summertime and the livin' is easy" (cue *Porgy and Bess*). Downtime is good for our health and disposition. Relaxation is the order of the day.

Sounds trite, but think about it. Many things slow down in August. Many lodges go "dark" for the month. People take summer vacations before they resume their workaday lives. In my college years, I remember in August thinking about the upcoming academic year and making the most of the leisure time beforehand. Many, many years before that, at the YMHA summer sleep-away camp I attended in Milford, PA, I remember canoe trips down the Delaware River in August. So much fun

August is a time for reflection and repose, and for personal improvement, a time to clear our thoughts about our place in the world and what can be done to improve ourselves, our families, our surroundings, and our Lodge.

If we are weary and worn out from our routine lives, August invites us to take a walk in the woods, to visit the seashore, to swim, to hike, to listen to the sounds of nature, and to think random thoughts.

Have you ever spent a time just relaxing and letting your mind wander? I have, and it's both refreshing and restorative.

This month, I am taking my own advice, to enjoy leisure time with family and friends, to hear a few classical concerts at the Hollywood Bowl, to take our granddaughter, 9, to a Broadway Musical, and even to celebrate our 45th wedding anniversary at the end of the month,.

In fine, consider making August your time to unwind, to celebrate life, and to let loose from the exhausting routines that many times rule our days.

Sincerely and fraternally,
Bro. David I. Karp, Editor

August Trestle Board

(We meet in person each month on the first and third Saturday of the month at 10:00 AM at the Van Nuys Masonic Center, except as otherwise noted. Always subject to change.*)

Aug 1, 2026 10AM, Masonic Education
Aug 1, 2026 11AM, Stated Meeting. Lunch donation $15/person. Attire: Business casual (polo shirt); Officers - CFS Navy Blue Polo.
August 13, 2026 6PM, Fellowship at Lulu's, 16900 Roscoe Bl. VN, CA 91406. Open to Masons and non-Masons.
Aug 15, 2026 First Degree Conferrals

*See Messenger or text messaging for the Master's postings or contact him directly for add'l info or changes.. Ed.

2 Clarence F. Smith Daylight Lodge No. 866, F.&A.M. 14750 Sherman Way, Van Nuys, CA 91405 Ed: davidikarp@karpmediation.com August 2026



Leisure

Editor's note: The following quoted material is excerpted from an online article entitled, "Relax: Benefits of Leisure Go Beyond the Moment" by James Leonard, University Communications, UC Merced, March 19, 2015, at https://news.ucmerced.edu/news/2015/relax-benefits-leisure-go-beyond-moment

"Doing the things you enjoy can be good for your health, according to a new study by Professor Matthew Zawadzki, a health psychologist with the University of California, Merced.

"The study, published in the Annals of Behavioral Medicine, shows that leisure activity can provide immediate stress relief and other health benefits to just about anyone. But as shown in Zawadzki's previous research, the activity must be mentally engaging too many distractions can negate the effects.

"'When people engage in leisure activity, they have lower stress levels, better mood, a lower heart rate and more psychological engagement that means less boredom, which can help avoid unhealthy behaviors,' Zawadzki said. 'But it's important to immerse themselves in the activity and protect their leisure time from external stressors.'"

CFS Daylight's Officers for 2026

Worshipful Master Bro. Joseph R. Chavez
Senior Warden Bro. Roland Cortel
Junior Warden
WB Archimedes ("Kim") S. Cabanig, PM
Treasurer Bro. Ely Ayao
Secretary Bro. Akram Al-Awar
Asst. Secretary WB Gerald Alvarez, PM
Chaplain Bro. Aldrin Perez
Senior Deacon Bro. Ryan Lim
Junior Deacon Bro. Harlem Ruiz
Senior Steward Bro. Lloyd Donasco, Sr.
Junior Steward Bro. Earl Austria
Marshal Bro. Jamille Paas
Organist Bro. Cody Morrison
Tiler Bro. Marvin De Guzman
Officers' Coach
WB Archimedes ("Kim") S. Cabanig, PM
Candidates' Coach
Inspector WB Leland H. Celestre, PM

Contact information:

Master:
Worshipful Joseph Chavez

Secretary:
Brother Akram Al-Awar





Downtime

Editor's note: The following quoted material is excerpted from an online article from Cleveland Clinic at https://health.clevelandclinic.org/why-downtime-is-essential-for-brain-health .

[Quote begins] Your brain needs a rest now and then. A little downtime is important for your brain health. Research has found that taking breaks can improve your mood, boost your performance and increase your ability to concentrate and pay attention.

When you don't give your mind a chance to pause and refresh, it doesn't work as efficiently. You might also be more likely to experience burnout and the health problems that go hand-in-hand with chronic stress.

"When you take breaks, you can solve problems in fresher ways than you could if you just kept your nose to the grindstone," [psychologist Scott Bea, PsyD] says. "Our brains are like any machine: They need a rest." Let the default mode network out to play.

Taking a break doesn't mean your brain has totally checked out. "What we call downtime isn't complete downtime," Dr. Bea says.

That's because some regions of the brain get more active when you aren't focused on processing information. The best known of those brain areas is the default mode network (DMN).

The DMN seems to play an important role when you're focusing attention inward, rather than focusing on the external world. The DMN has been linked to things like ethics, memories, creativity and how we define our sense of self.

"There's some science to suggest that what our brains do when they're not actively processing information is pretty important," he says. "When we let our minds wander, it can be replenishing."

What counts as downtime?

Don't confuse "downtime" with "leisure activity." Going to a museum, doing a puzzle, reading a book, catching up with a friend those are wonderful ways to spend your free time. But they're not true downtime, in the mind-wandering sense.

And watching TV, scrolling through social media or playing games on your phone also don't count as downtime. (What???) "These activities all require processing information and part of the reason we need more downtime is that we're doing way too much processing already," Dr. Bea explains.

To let your mind wander and activate the DMN, you need to do less. A lot less. Like "sit and stare into space" less. If you have trouble sitting and staring, try a mindless task, like vacuuming or weeding, Dr. Bea says. He's a big fan of nature walks. But whatever you do, pick something that doesn't require your brain to do much work. Then, let it meander. [End of quoted material.]





Slow Down

Editor's note: The following are excerpts from Simon and Garfunkel's lyrics of the song, "The 59th Street Bridge," 1966, quoted from https://genius.com/Simon-and-garfunkel-the-59th-street-bridge-song-feelin-groovy-lyrics .

"Slow down, you move too fast
You got to make the morning last
Just kicking down the cobblestones
Looking for fun and feelin' groovy

"I've got no deeds to do, no promises to keep
I'm dappled and drowsy and ready to sleep
Let the morning time drop all its petals on me
Life, I love you, all is groovy."



Masonic Recognition

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

Steven A. Wolvek (2017-2018)
Rogelio ("Roger") L. Soriano (2019)
Celso V. Cardano, Jr. (2020-2021)
Edgar O. Yeghiazaryan (2022)
Fernando ("Jhonny") O. Lebrilla, Jr. (2023)
Spartak ("Spo") Khachatryan (2024)
Gerald J. Alvarez (2025)

Past Masters by Affiliation

Archimedes ("Kim") S. Cabanig, (2021)
Celso V. Cardano, Jr. (2012)
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)

Akram Al-Awar (2024)
Archimedes ("Kim") S. Cabanig, PM (2022)
Celso V. Cardano, Jr., PM (2022)
Keith S. Cotton (2017)
Bruce L. Ewald, PM (2011)
Bruce L. Hawley, PM (2000)*
David I. Karp (2020)
Fernando ("Jhonny") O. Lebrilla, Jr., PM (2025)
Barry Mann (2021)
John T. Seletos (2017)
Thomas K. Sheehan (2014)*
Rogelio L. Soriano, PM (2018)
Steven A. Wolvek, PM (2019)

Sciots' Cornerstone Award

Ely D. Ayao (2025)

Daniel Carter Beard Masonic Scouter Award

Steven W. Engstrom (2022)
David I. Karp (2007)

* Deceased.



Simple Gifts

Aaron Copeland's "Appalachian Spring" is one of my favorite orchestral pieces of this composer's works. And Copeland is one of my favorite American composers.

In Appalachian Spring, Copeland includes the melody of the Shaker Song, "Simple Gifts" and gives it a beautiful rendition, treating it with reverence and the simple scoring for which Copeland was known.

"The Shaker song, 'Simple Gifts,' was not widely known before American composer Aaron Copeland used the tune to score choreographer Martha Graham's 1944 ballet Appalachian Spring. The song, however, was certainly popular among the Shakers.... The song ... appears to have been written by Elder Joseph Brackett while he lived at the community at Alfred as a member of the Maine Shaker Ministry."
https://www.shakermuseum.us/tis-gift-simple-things-arent-simple-seem?nocache_1 .

Here are some of the lyrics, as shown on https://www.bbc.co.uk/teach/school-radio/articles/z2qyn9q :

"'Tis the gift to be simple, 'tis the gift to be free,
'Tis the gift to come down where you ought to be,
And when we find ourselves in the place just right,
'Twill be in the valley of love and delight.

"[Refrain] When true simplicity is gained,
To bow and to bend we shan't be ashamed.
To turn, turn will be our delight,
'Til by turning, turning we come round right.

[...]

"'Tis the gift to have friends and a true friend to be,
'Tis the gift to think of others not to only think of 'me',
And when we hear what others really think and really feel,
Then we'll all live together with a love that is real."

August can be a time for true simplicity. "Taking it easy" is the simplest gift we can give ourselves. Also, true friendship is the simplest gift of Freemasonry.

Enjoy the month ... and each other's company if you so choose. DIK.



Simplify Simplify

Editor's note: The following quoted material is excerpted from an online article entitled "Henry David Thoreau: 'Simplify, Simplify'" posted July 31, 2015, by Robert Puff Ph.D. at https://www.psychologytoday.com/us/blog/meditation-modern-life/201507/henry-david-thoreau-simplify-simplify .

"Busy, busy, busy. Boy, can we be busy! We can be so active from the second our alarm goes off in the morning to the second we put our head down at night. By that time, we're exhausted.

"We do so many different things and yet often we still don't feel as if we accomplished everything we set out to do that day. What's this all about? Where does busyness come from?

[Continues on next page, see "Simplify"]

[“Simplify,” continued from p. 5]

"Although I don't think we can give credit to him for figuring it all out, Henry David Thoreau did make some great discoveries when he spent two years in the 19th century living by a lake called Walden Pond. The book he wrote, entitled Walden, describes the beauty of nature and how much of a wonderful time he had. In that book, Thoreau says, "Simplify, simplify." I think we often go through life exhausted because we take on too many things, bring too much complexity to our days, and don't have time to enjoy life. We are in need of simplifying our lives.

"[...]

"[I]t is better to enjoy life now because we don't know what the future holds. Life is impermanent and full of unpredictability. If you enjoy life along the way, you are definitely going to be happier than if you are waiting for a specific time to begin enjoying it. Let's see how we can learn to do this from Henry David Thoreau's "simplify, simplify" motto.

"If our lives are full of activities work or volunteering or other activities important to us then time goes by very quickly, and we are going to miss out on a lot. We can start today to move our lives into something simpler while still doing what we must. Here are four steps to take to get us there:

"1. Becoming aware of how we spend our time.

"2. Identify what we can spend less time doing.

"3. Say no to some requests.

"4. Reduce some expenses."

[Editor's comment: Take time to think about this in August! DIK."]

Grand Master’s Proclamation

AUGUST 2026 IS MASONIC HOMES MONTH

Whereas Masons have taken a pledge to support all brothers and their wives, widows, and children in their hour of need; and

Whereas for more than 100 years, the Masonic Homes of California has provided compassionate, relevant, and critical services to Masons and their families; and

Whereas Masonic Outreach Services plays a crucial role in connecting vulnerable Masons and their family members to crucial and life-changing relief; and

Whereas the Masonic Center for Youth and Families provides children, teens, families, and seniors with important counseling services and tools for maintaining mental health and emotional wellness; therefore,

As grand master, I proclaim August 2026 to be Masonic Homes Month in California.

Since 1898, the Masonic Homes of California have provided compassionate care and service to members of the fraternal family. Since then, our fraternity has made good on that promise by offering crucial services to those in need through its retirement homes in Union City and Covina, through Masonic Outreach Services, and through the Masonic Center for Youth and Families.

Together, these organizations provide a powerful network of support for our fraternity. But they also require your support.

[Continues on next page, see “Proclamation”]

["Proclamation, continued from page 6]

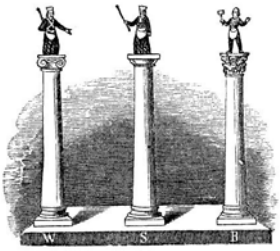
This month, I call on Masons to proactively work strengthen our Masonic assistance programs. There are many ways to do so: First, familiarize yourself with the many programs and services available through Masonic Assistance, and then help spread the word about the benefits available to all Masons, spouses, surviving spouses, and their families. Next, seek out opportunities to volunteer through the Masonic Homes, MOS, and MCYAF. Sign-up forms can be found at masonichomes.org. And finally, consider making a financial gift to the Masonic Homes at masonicfoundation.org to strengthen these programs into the future.

Sincerely and fraternally,
Grand Master Garret S. Chan
Attest: Grand Secretary Allan L. Casalou



[Stated Meeting, July 11, 2026]





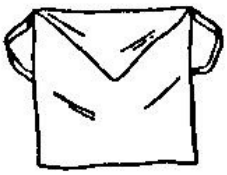
Greetings from the East

Hello Brethren,

I hope everyone is doing well. I would like to extend my heartfelt congratulations to Bro. Ernesto Reutotar on being raised to the Sublime Degree of Master Mason.

Brother Reutotar, please know that your Masonic journey is only just beginning. As you continue your travels, remember that you now belong to a Lodge filled with Brothers who possess a wealth of knowledge, experience, and a genuine desire to help you grow. Never hesitate to ask questions, seek guidance, or participate in our degrees, practices, and fellowship. Freemasonry is a lifelong journey of learning, self-improvement, and service, and we are honored to walk that path alongside you. May you continue to grow in Brotherly Love, Relief, and Truth, and may your Masonic journey be filled with wisdom, friendship, and many years of faithful service.

Fraternally,
Joseph Chavez
Master



Greetings from the West

Brethren,

I hope that everyone is enjoying a blessed and joyful summer season. As quickly as this year is flying by, I encourage us all to take some time to reflect on the many blessings that Freemasonry has given us. The lifelong bonds of friendship, brotherly love, and our shared sense of family are truly to be cherished and enjoyed.

I would like to congratulate Brother Ernesto Reutotar on becoming a Master Mason and as such, I commend you to the kind care, love and protection of all Master Masons withersoever dispersed. The eyes of the Fraternity are now upon you. Be just, be faithful, be true, and convince the world, by your acts that on becoming a Master Mason you become a better man.

I would like to extend my sincere gratitude to Bro. David Karp for his continuing Masonic education presentations. It is both enlightening and enriching, and provides a meaningful opportunity to engage with our newer members.

I hope you all enjoy and let us continue to strengthen our fellowship and uphold the principles we have been charged to practice. May you have a restful and enjoyable summer with your families and friends. I look forward to seeing you all.

Fraternally yours,
Bro. Roland Cortel
Senior Warden

Greetings from the South

Brethren,

A few different thoughts:

We have been out for several days now, and our Lodge events have been paused due to matters that must be addressed in accordance with our California Masonic Code (CMC). Let us remain faithful to the guidance of the Grand Lodge of California and follow all instructions pertaining to our Lodge activities.

A few days ago, the Master of the Lodge and Lodge Brethren had a brief conversation regarding our after-stated-meeting lunch, that we will continue our fellowship in a place chosen with ample parking, easy access, variety of menu and a short distance from our lodge.

As your Officers Coach, I urge every brother to diligently study your California Cipher, CMC and LMCP. These are not merely books they are tools that preserve our ritual, strengthen our discipline, and uphold the integrity of our craft.

To All Brethren celebrating their birthdays in the month of August, a warm and heartfelt Happy Birthday. May you be blessed with many more years of Light, health, and happiness.

I would also like to respectfully suggest to the Master of the Lodge that we hold an open meeting attended by all members Entered Apprentice, Fellowcrafts, Master Masons and Past Masters. Such a gathering will strengthen unity, encourage learning, and reinforce the bonds that make our Lodge a true home of Brotherly Love.

Congratulations also to our new candidates! We are pleased to welcome you and congratulate you on reaching this important milestone. You will soon be scheduled for your degree conferral. Further details regarding your schedule and next steps will be shared with you shortly.

Congratulations, too, to Bro. Ernesto on being raised to the Sublime Degree of Master Mason. Thank you to all who participated or attended.

May the blessings of Heaven rest upon us All.

Fraternally yours,
Archimedes “Kim” Cabanig, PM.
Junior Warden



[Third Degree Conferral, July 25, 2026. Congrats Bro. Ernie!]

Op-Ed: An Observation about Language and Affinity Bias, and a Request

Aoyb ir kent dos nisht farshteyn, vet ir visn farvos ikh hob es geshribn. (Transliterated from this: àåáí àéø ÷òðè ãàìé ðêùè ôàçùèéí, åãòè àéø åãåñïî ôàçãàìé àéê äàìé òñ âòùøéíï.[1])

Kung hindi mo ito maintindihan, malalaman mo kung bakit ko ito isinulat.

Both of the foregoing are Google translations of “If you cannot understand this you will know why I wrote it.”

I understand the first statement in the Yiddish language; you probably don’t.

You may understand the second statement in the Filipino language, I do not.

We have a policy in our Lodge to speak English, only, when we are in Lodge so no one will feel left out.

Simply as an illustration and not to assess fault: recently one visitor with obvious good intentions spoke at length (as I was just returning to the Lodge room) in a language that many, but not all, understand. I am sure that what he said was generous, meaningful, important, and heartfelt from this fine, outstanding Mason. However, I do not speak or understand that language. I had no idea what was going on or what he was actually saying.

That is just an example.

That said, when something like this occurs, one who does not understand may feel that he is unimportant, left out, marginalized, ostracized, or excluded.

This is “affinity bias” at work, a form of implicit bias, i.e., having a tendency to associate with one’s cultural heritage that does not include others. It is a natural, innocent, unconscious, human behavior. I get it. Individuals with similar characteristics, backgrounds or experiences tend to coalesce into one homogeneous group. I was aware of the composition of the audience when the Brother spoke. The point is this, however.

The risk of such bias is that it may alienate those who are not a part of the in-group (i.e. those who don’t speak the language). Unintentionally, it could even drive people away. It is not a unifier, it is a divider

I do not write this as a criticism or to offend that Brother or any other. I write this only to raise awareness and to remind us to be consciously and conscientiously inclusive. I have written about this phenomenon in the past.

My request is that we vigorously maintain our policy to speak only English in a Masonic gathering and to inform our visitors of the policy in advance.

Fraternally and respectfully,

Bro. David I. Karp

[1]This is actually written backwards: the words are in reverse order. They would normally be read right to left but this is the only way I could import it. If you can read it here, read the words from left to right.