# **Knights of Columbus Council**

# Knights Knews

### Grand Knight Report

#### **Brother Knights**

I hope everyone had a great Halloween. While I am not a fan of horror, ghosts, and vampires, it is a reminder of our life and death. This is a time for us to consider how we are living and are we prepared for judgement. Following Halloween, we celebrate All Saint Day and examples of how we can lead our lives. I feel honored to have many brothers that demonstrate how we can live our lives and dedicating their time to helping others.



Upcoming events in November include Veterans Day Ceremony and Turkey shoot and dinner to get together and celebrate. We also have opportunities to serve others including Veteran's Day Breakfast, Handicapables Lunch, Bingo and community dinners. Monday night football continues to entertain. Whether you like football or not, join us for excellent food and friendship. Always remember to check the calendar for all events.

I want to thank everyone for their support of bingo. This funds our charitable donations through out the year. If you are not supporting, please try to volunteer one weekend a month. There are many positions to accommodate any restrictions.

Vivat Jesus

Chris Fabry



# KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

## Deacon's Corner

#### Souls of the Faithful Departed

During the month of November, we remember and pray for those who have died. If they died in the state of imperfections, they need the purification of purgatory to enter into eternal happiness. The Catholic Catechism tells us: "All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation; but after death they undergo purification so as to achieve the holiness necessary to enter the joy of heaven. The church gives the name purgatory to this final purification of the elect." (CCC1030-1031).



Purgatory has been described as God's hospital for souls.

Here souls are made perfect for heaven. Jesus tells us that we must be perfect as our heavenly Father is perfect. (Matt 5:48).

From the beginning, the church has honored the memory of the dead and offered prayers in suffrage for them. To enter into communication with the all-holy God in everlasting life, we need to be holy. As St. Pope John Paul II explained, "Every trace of attachment to evil must be eliminated, every imperfection of the soul corrected. Purification must be complete, and indeed this is precisely what is meant by the church's teaching on purgatory. For the faithful who die in friendship with God but not yet entirely purified, the mercy of God provides a last cleansing of love which enables them to embrace the fullness of love. This is purgatory. Rather than a forbidding state, purgatory is a region of hope.

Purgatory may be likened to a family that was having Thanksgiving dinner. So they took out their finest china, their most prized possession, for the feast. After a long and delicious meal, their fine china was full of gunk. Rather than put the china directly into the china hutch, the most beautiful place imaginable where it would stay forever, they put in the sink and lovingly washed off the gunk.

This little parable may be a good way for us to understand purgatory. You see you are fine china God's most precious possession The dinner table represents our lives on earth, where we accumulated a lot of gunk. And the beautiful china hutch represents heaven, where we will live forever.

The Catechism tells us that purgatory is not so much a place but a process, the "final purification of the elect." Rev. 21:27 says that nothing unclean will enter heaven. So think of purgatory as the sink, where God lovingly washes us clean, so that we can take our place with all those who have gone to heaven before us.

Viva Jesu

**Deacon Terry** 

## Knights of Columbus Insurance

Worthy Brothers,

As Thanksgiving approaches at the end of the month, I like to take stock of all the things I'm thankful for.

It 's easy to say family and friends, those are blessings; and we sometimes take them for granted...but how about the little things in life. It might be that smile you get from person who hands you your cup of coffee in the morning, it may be relishing the crisp air on an autumn day. It may be a simple stroll in the park marveling at God's nature abounding. Maybe the joy of helping an older neighbor with a chore. All little things to be thankful for.

When I think about helping older neighbors, I often wonder just how many members have taken advantage of help that they might need as they age. Some won't be able to do the simple activities of daily living. They'll need assistance, and with our mobile society may not have a relative nearby to help. That's where our Knights of Columbus Long Term Care Insurance plan might help.

Many people don't know how a long-term care insurance policy helps cover the costs of care when the policy holder has a chronic medical condition, a disability or a disorder such as Alzheimer's disease. You can receive care in your home, a nursing

home, an assisted living facility, or an adult day care center.

LTC insurance helps protect all those assets you've worked so hard for over the years: your house, IRAs, savings, investments. They could all be wiped out with even a short stay in a nursing home. The website: Costs of Care | ACL Administration for Community Living says that Home Health Care costs are about \$20/hour, Assisted Living Facilities about \$7698 per month and Nursing Home \$80,000 per year. More expensive areas of the country are more than that. Without LTC insurance many families would face a serious financial crisis.

Most people aren't eager to talk about long term care; but it's important to have a plan. Many people want to wait until they are in their 60s or 70s before they start to consider long term care. But at younger ages it's more likely you can qualify...and the price is less expensive when you're younger.

I can help design a plan to fit your needs...and your budget. With that you can have peace of mind that you will get the care you need, when you need and where you

want it.

Let's talk and see how you can protect your assets.

Vivat Jesus!

Fraternal Field Agent Anthony Rodriguez

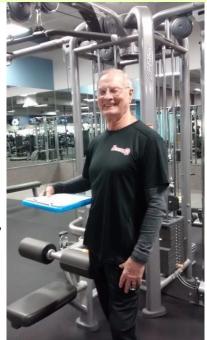


# Frank's Fitness

Aging and Senescence (Getting Old)

Aging happens at the cellular level. As our Cells get old, so do we. Cells have a life cycle; they can divide to form new cells in their youth, but for a number of reasons – too many to explain – they run out of energy and stop dividing. When they do, they change character; they get cranky, irritated and send out annoying messages calling for inflammation; for our immune system to send in the troops to fix what is wrong. But the troops are somewhat destructive and actually make things worse. They cause pain and dysfunction!

As the numbers of cells that have stopped dividing increase with time, we likewise feel a loss of energy, increased discomfort and increasing dysfunction. Muscles shrink, joints



stiffen or hurt and we tire progressively, more quickly. Our arteries may clog, our kidneys fail, digestion gets worse and we have trouble sleeping: things that worked fine in youth become irritatingly less functional and more uncomfortable.

Eventually something will crash and burn, taking us off the planet, simply no longer able to sustain life. We age faster with time, primarily because the signals that senescent cells secrete coax surrounding cells to also become senescent and an accelerating chain reaction follows that results in a catastrophic failure of some organ or system. This is the way most of us will exit the 'land of the living'.

Assuming God put us on Earth to accomplish something, I like the idea of having more time to figure out what it is, and to get it done, before dying or being incapacitated, as we all will eventually.

The best tools I have found for sustaining a productive life so far are exercise, proper nutrition, avoidance of risky behaviors like drugs, and the newly discovered strategy of "killing off" cells that have become senescent. We now know for sure that this practice extends 'Health-Span'; time we have as healthy, well-functioning people, with minimal discomfort and plentiful youthful energy. The research on the use of Senolytics – compounds that kill senescent cells – demonstrates healthy life extension in animals and humans.

# Frank's Fitness Cont.

While the drug industry has yet failed to introduce products for that purpose, the supplement industry has several such products, and being an early adopter, I have been using one for about 4 years now. My choice is **Senolytic Activator from Life Extension**. Most research has been done with the Cancer drug Dasatinib and the flavonoid Quercetin together, which works to kill a fairly broad spectrum of senescent cells with virtually no impact on healthy cells. An extract of black tea called Theaflavins acts very much like Dasatinib, interacting with the same specificity and landing on the same cell receptors as Dasatinib. Life Extension uses this and other known Senolytic flavonoids to offer an effective Senolytic product.

The link above is my affiliate link, and I get a commission if you choose to buy it from Life Extension, but I provide it at a better price (call 805-526-6194 or email wilhelmi@pacbell.net). I use it differently than the label advises: monthly I take the bottle of 36 capsules in 3 days; 4 capsules on an empty stomach, morning, mid-day and before bed; more of a hit-and-run strategy that these cells can't adapt to. I can't prove that this is a better strategy, but I took it from a community of self-experimenters, and it works for me. I do feel something like the fatigue of a hard workout toward the end of the 3 days, which I take as proof of detoxing dead cells.

It is hard to convey the excitement I feel for this advancement in technology, and what it means for humanity. I think this could result in a 20 to 30 year increase in our productive lifespan, if started in our 40s, and we are just getting started.

To Your Greater Health and Fitness - In Christ,

Frank

#### FROM THE FAITHFUL NAVIGATOR

#### Dear Brother Knight

Some members may consider the 4th degree as the final step as a Knight of Columbus when in fact it is really the beginning of the next phase of your career as a Knight. It provides full Council members the ability to fulfill their potential as a Knight

Being a member of the 4th Degree will allow you to experience the 4th founding principal of the Knights of Columbus which is **Patriotism** 

In the next few months you will be given the opportunity to become a member of the 4th Degree. This opportunity only comes along once a year so I encourage you to take advantage of this occasion and join your fellow Brother Knights in the 4th Degree.

The 4th degree exemplification will take place on October 21, 2023 in Moorpark, Ca. I hope you give some serious thought to becoming a 4th Degree member and becoming part of the Father McDonagh Assembly #2557.

For those of you that are interested in becoming a member of the 4<sup>th</sup> Degree or have any questions, give me a call or send me an E-mail.

#### Vivat Jesus

FN Fred Valdez Navigator Assembly 2557 805-428-6413 F\_Valdez@Yahoo.com

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#### **4<sup>TH</sup> DEGREE CORNER – November**

2023 4th degree Exemplification Finally! We have some new Sir Knights. Seven 3<sup>rd</sup> degree council 5803 members joined Assembly 2557. The 4<sup>th</sup> Degree exemplification took place on Saturday, October 21 at Holy Cross in Moorpark. Thanks to SK Jim Hook who registered the candidates, handled all of the fees and lunch money, and made sure that all of the candidate paperwork was in order. Thanks are also in order for PFN Dan Owens who re-did the flag stands and flag poles so that they would look great during the Exemplification. Thanks also to our Captain, John Downey who provided support and valuable and candid input during the planning process.

The food, provided by one of our new Sir Knights, Tino, was delicious as it always is.

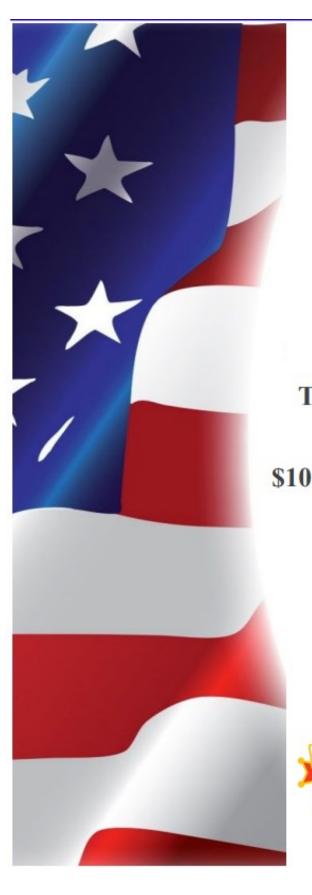
The day ended with a Mass at Holy Cross church celebrated by Msgr Joseph Hernandez .

Vivat Jesus

Fred Valdez

Faithful Navigator





# VETERANS BREAKFAST

SUNDAY NOVEMBER 12, 2023 8:00 AM - 11:00 AM

To honor our Servicemen & Women
Free for veterans and active duty
\$10 Non-Vets, child 5 yrs & under free
Open to the public

Buffet style breakfast

Knights of Columbus Hall 1255 Patricia Ave, Simi Valley



Sponsored by Knights of Columbus Father McDonagh Assembly #2557

Info: Dan Owens (805) 657-1137

## Robember Bereavement & Fraternal

Brothers and Sisters in Christ Updated 11/1/23

This month we mourn the passing of Bob Hacia's brother-in-law Doug Bertucci and Evelyn Keehne wife of SK James. Please keep the Bertucci, Hacia and Keehne famlies in your prayers. Please keep the following especially in your prayers: Mayira Frias sister of Manuel Vargas, PGK SK Joe Ferrall, Marilyn wife of Tony Bonomo, Mahieu brother-in-Law of SK Larry Denning, Roseann Fuentes, niece of PGK SK Henry Mancilla, Cheri Denning and Tracy Antonacci sisters of PGK SK John Antonacci, the Mazo Family, Toni wife and daughter Jen of PFN/PGK SK Jerry Padgett, PGK/PFN SK Tom Lotz, SK Tony Lemos, SK John McCracken, Tony Loniero, and SK Tony Crane.

The sick below and their families are also in need of our love and prayers.

PGK/SK Bill Alexander and wife Lori Jeff Anderson

Tracy Antonacci and Cheri sisters of PGK SK John

David Babcock and wife Maddy Regina Barbosa daughter of SK Steve

Marilyn wife of Tony Bonomo Logan Brammer's mother-in-law

PGK SK Ron Brown

SK Jerry Brusseau and family

Andrew Budinski PFN Alan Canfield

SK Richard & Susie Case Guillermo Camarena's father

Bernadette, wife of Hugh Chisholm (d)

Rosa Camacho

Juanita Camacho mother of Tony

Brian and Joseph Conant grand nephew and cousin of PGK/PFN Herman (d) Patricia wife of SK Carl Cornell (d)

Marian Corson wife of SK Don Corson Trudy wife of Dominick Costanzo (d)

SK Tony Crane

PGK/SK Tony DeMarco, Abrianna granddaughter and Jennifer DeMarco lezza

daughter

Jerry Mahieu brother-in-Law of SK Larry

Denning

Sahera sister of SK Sam Doka SK John Downey's wife Ritamarie

Andy Duport

Joyce Erickson sister-in-law, Amanda niece & Pam wife of SK Fred Erickson (d)

SK Jim Fabray

Diana Fabray wife of SK Chris SK Neil Fanning's wife Lupita

PGK SK Joe Ferrall and his friends Matt

Weaver Sr.& Jr. PGK Bill Fisher

Brian Fransen son of SK Don (d)

Carmen Scurlock grand-daughter, of Paul

Peggy, wife of Gerald Giarrusso Nick Gomes and wife Joanie

SK Cody Gorecki SK Peter Grace

Jacqueline Griffith mother of SK Mark

Tanya Guzman

SK Bob Hacia's Sister in law Dalton Collins and uncle Tom Riza,

Alfredo Hernandez and his sister

Aleiandro Hernandez

SK Tim Hodgins and wife Terry

SK Lance Holman

Lois, wife of PGK SK Ron Huerth Gavle Ireland wife of PGK/SK Russ George Powell in Law, Walter Bingham uncle, Sara Jayne Powell Sister and Tim

son, of SK Tom King

SK Tom King's daughters Marianne and Carol.

SK Duke Kopacz's wife Roberta Tony Lemos and his brother Joel

Vincent Lendonne Harold (Chris) Lev Jr.

Brian son of John Linscott Jr

DD Mike Locolo

Tony Loniero and son Jackie

Marlene Looney

Veronica Lopez & Alberto Anaya cousin & nephew of SK Alberto Lopez

SK Joseph Lopez and Daughter Denise Julia Mora, daughter of SK Joe Lopez

PGK/PFN SK Tom Lotz

Leo Maciel

Ray Madden's brother-in-law Lou PGK/PFN/SK Henry Mancilla and his brother-in-law Alejandro Arellano Scott, grandson and niece Roseann

SK Jim Manda and son Tim

PGK SK Bill Martin

Andrew Richards friend of SK John

The Mazo Family

PGK John McCracken and wife Rachel Kellie daughter and Jo McKinley wife of

PGK SK Al (d)

Charles Miserendino Fr John Moloney PFN Jerry Myszkowski

SK Tom Morrissey and wife Hope

Terry Brown sister

Amy Babel Daughter of PFN/PGK SK Dan

Peace and God's blessings from your Bereavement and Fraternal Ministry.

Stephen Paisley son of Marilyn

Saylor Padgett, Mateo Briones, grandchildren, Miguel & Cecelia Briones Father & mother in laws, PGK David Cabone & Rita Costello friends of SK Jerry Padgett SK Jerry Padgett's wife Toni, and daughter Jen

Bree Rayburn, wife of SK Russ Rayburn Sean Reeves

Deacon SK Terry Reibenspies

PGK/FN Gerry Riss niece Erin Hughes, cousin Mike Novak and friends Steve

Stark and Ethan Jordan

Jean Roberts wife of SK Ed Wilda Rodriguez wife of PFN Anthony Sam Nenca cousin of SK Willie Romero

Michael Pielaet in-law of SK Jeff Sage

Miriam wife SK Louie Sanchez (d) Amber Santiago and children

Bill Schmidt Greg Secor John Segar

Fr Joe Shea PGK SK Bob Smith his wife Angle, sons

David and Chris.

Susan Smith, wife and Alex son of PGK SK

Christopher

Mac Senise son of Gary and Moira

Sara, wife of Jim Spencer

Mary wife of PGK/PFN Bob Spielman Elaine sister of PGK/PFN Bob Spielman

Peter Stiner

SK David Tellez's wife Alberta and Brian

Lampkinf son in Law

Kitty Fidermutz, daughter of

Lonnie Todd

Sandy, wife of Mike Tortorici

Ginger Trematore Wife of SK Joe (d)

Ruben Valdez

Manual Vargas, sister Mayira Vargas and his mother Maria Espinoza de Vargas

Venegas Family Daniel Videgain

SK Gene Walinski and wife Kathy Colleen, wife of Jim Wehr (d)

Chelsea grand-daughter of Jack White (d)

Shirley, wife of SK Dan Zengierski

Please continue praying for our service men and woman, they serve throughout the world helping to maintain peace and the ideals of our country. My brothers, if you know of someone in your family, or a friend who is in ill health, who needs our prayers, or of someone who can thankfully be removed from the list, Email me or a call at the address or number below.

Jerry Myszkowski, 805 522 1641 jmyszko@yahoo.com

#### **BLOOD DRIVE**

Please take the time to help our community by donating the red at our blood drive at St rose of Lima parish hall from 7:30 AM to noon. Your donations help Vitalant distribute blood to local hospitals and the National grid during emergencies. Call Paul Friedeborn at 805-395-1126, Vitalant at 805-654-1600 or contact them online to make an appointment.

#### **HOMELESS DINNERS**

The homeless dinners are served between 5:50pm – 6:30pm at the Knights hall. If you would like to help give Rick Ostrich a call at 805-501-8818.

#### **PENDING MOTIONS**

No pending motions.

#### WE NEED BINGO WORKERS

We are in need of more Bingo workers:

Callers

Cashiers

Paper

Call Back

Finance

Pull Tabs

Training is free, they are not hard jobs, and you get a free dinner. All we ask is 3 - 4 hours per month. Remember that CHARITY is one of the founding principles of the Knights and Bingo is where the council gets its money to donate to our charities! If you are new to the council, or if you have not worked Bingo, please call me so I can schedule you for training and add you to the Bingo schedule. Thank You.

Fred Valdez 805-428-6413

F\_valdez@yahoo.com

#### **Helping Hands**

Thank you Joe Ferrall, Dan Owens John Linscott, John Downey, George Gnesda, and Jerry Pittstick for helping the Goersch family organize and put out the household goods for their estate sale, and putting what was left in the dumpster.

Thank you Joe Ferrall for helping remove the cactus that is buckling the terraced wall at Jill Mcdermott's that I had promised John for 5 years we would remove.

Please feel free to contact me with any helping hands needs of Knights, and/or the St Rose community.

2023 - 2024 OFFICERS						
Grand Knight	SK Chris Fabry	(805) 624-9858	chrisfish74@hotmail.com			
Spiritual Advisor	SK Deacon Terry Reibenspies	(805) 390-0745	terryreib@pacbell.net			
Deputy Grand Knight	Andrew Chauvin	(805) 295-7083	andrew.chauvin@gmail.com			
Chancellor	SK Paul Friedeborn	(805) 522-6080	paulf@rsrpd.us			
Warden	John Linscott, Jr.	(805) 428-8145	johnlinscottjr@sbcglobal.net			
Recorder	John Downey	(805) 579-8970	johnandrita@sbcglobal.net			
Financial Secretary	SK Lee Olson	(805) 907-2984	maleegic@aol.com			
Treasurer	SK Jim Hook	(805) 579-8438	jhook643@gmail.com			
3-Year Trustee	PGK Joe Ferrall	(805) 428-1894	Jnl_70@outlook.com			
2-Year Trustee	PGK Chris Smith	(805) 579-7373	groobee@sbglobal.net			
1-Year Trustee	PGK Bob Smith	(805) 578-0434	truestorybob@hotmail.com			
Advocate	SK Joel Bruemmer	(818) 307-3590	bruemmer@pacbell.net			
Membership Chair	Jay Espiritu	(805) 587-9028	jayespiritu@sbcglobal.net			
Guard	Larry Peltier	(818)209-3580	larrabypel@sbcglobal.net			
Guard						
Guard						
District Deputy	SK Mike LoCollo	(805) 231-6188	mikelocollo@rosdrunner.com			
Insurance Representative	Anthony Rodrigues, FICF	(805) 328-9788	AnthonyG.Rodriguez@kofc.org			

COUNCIL 5803 EVENTS AND CHAIRMANS					
DATE	CHAIRMAN	TEL	E-MAIL		
On going	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com		
On going	SK Paul Friedeborn	522-6080	paulf@rsrpd.us		
On going					
5th Sundays					
1st Fridays	SK Tony Bonomo	805-407-0578	marilyn@marilynehrman.com		
On going		526-6194	wilhelmi@pacbell.net		
As needed		522-6080	paulf@rsrpd.us		
Monthly			rickostrich@yahoo.com		
3rd Fridays	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com		
On going	Jay Espiritu	587-9028	jayespiritu@sbcglobal.net		
On going	PGK George Gnesda	522-5699	g.gnez@yahoo.com		
On going	SK Joel Bruemmer	(818)307-3590	bruemmer@pacbell.net		
5th Sundays	SK Tony Lemos SK George Lemos	584-3803 584-9816	eliman7@sbcglobal.net lemos11@sbcglobal.net		
1st Saturday	SK Tony Lemos SK George Lemos	584-3803 584-9816	eliman7@sbcglobal.net lemos11@sbcglobal.net		
TBA	TBD				
Ash Wed to East- er (Fridays)	SK Tony Bonomo	805-407-0578	marilyn@marilynehrman.com		
Sept- Jan	PGK John Antonacci	559-2944	john_thetilepro@yahoo.com		
Sept-May	PGK George Gnesda	522-5699	g.gnez@yahoo.com		
Oct-April	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com		
Oct-Dec	PGK Cliff Wirtz PGK Norm Ouellette	208-8970 551-3704	cawpaw@aol.com njouellette7@yahoo.com		
TBD	SK Richard O'Donnell	522-0906			
February	PGK John Antonacci	559-2944	john_thetilepro@yahoo.com		
March	Oren Robles	(805) 432-6034	orencio8@yahoo.com		
			jnl_70@outlook.com		
1 0			truestorybob@hotmail.com		
Spring	PGK George Gnesda	522-5699	g.gnez@yahoo.com		
Spring	GK Joe Ferrall	805-428-1894	jnl_70@outlook.com		
TBD	PGK Cliff Wirtz	208-8970	cawpaw@aol.com		
June TBD	Need chairman				
July					
July					
September	PGK Bob Smith	578-0434	truestorybob@hotmail.com		
September	SK John MacKenzie PGK John Antonacci	522-9818 559-2944	ukmackenzie@yahoo.com john_thetilepro@yahoo.com		
Oct	PGK Christopher Smith	579-7373	groobee@sbcglobal.net		
			cawpaw@aol.com		
October			john_thetilepro@yahoo.com		
October	·		tgammy@yahoo.com		
November	PGKs Jerry Padgett & Rick Ostrich	661-492-5473 501-8818	rickostrich@yahoo.com		
November	PGK Bob Smith	578-0434	truestorybob@hotmail.com		
December	DGK Chris Fabry	805-624-9858	chrisfish74@hotmail.com		
Dec 31st					
	On going On going On going Sth Sundays 1st Fridays On going As needed Monthly 3rd Fridays On going On going On going On going Sth Sundays 1st Saturday TBA  Ash Wed to Easter (Fridays) Sept-Jan Sept-May Oct-April Oct-Dec  TBD February March March Spring Spring Spring Spring Spring Spring TBD July July September September Oct Oct Oct October October November November December	On going PGK Rick Ostrich On going SK Paul Friedeborn On going SK Paul Friedeborn On going St Paul Friedeborn On going St St Sundays Ist Fridays SK Tony Bonomo On going SK Frank Wilhelmi As needed SK Paul Friedeborn Monthly PGK Rick Ostrich 3rd Fridays PGK Rick Ostrich On going Jay Espiritu On going PGK George Gnesda On going SK Joel Bruemmer  5th Sundays SK Tony Lemos SK George Lemos Ist Saturday SK Tony Lemos SK George Lemos  TBA TBD  Ash Wed to Easter (Fridays) Sept- Jan PGK John Antonacci Sept-May PGK George Gnesda Oct-April PGK Rick Ostrich Oct-Dec PGK Cliff Wirtz PGK Norm Ouellette  TBD SK Richard O'Donnell February PGK George Gnesda Oren Robles March Oren Robles March GK Joe Ferrall Spring PGK George Gnesda Spring PGK George Gnesda Spring PGK George Gnesda Spring PGK George Gnesda Spring PGK Bob Smith Spring PGK George Gnesda Spring PGK George Gnesda Spring PGK George Gnesda Spring PGK Gob Smith Spring PGK Goorge Gnesda Spring PGK Gob Smith Spring PGK George Gnesda Spring PGK George Gnesda Spring PGK Gob Smith Spring PGK George Gnesda Spring PGK Gob Smith Spring PGK Goorge Gnesda Spring PGK Gob Smith Spring PGK Goorge Gnesda	DATE         CHAIRMAN         TEL           On going         PGK Rick Ostrich         501-8818           On going         SK Paul Friedeborn         522-6080           On going         SK Paul Friedeborn         522-6080           On going         SK Tony Bonomo         805-407-0578           On going         SK Frank Wilhelmi         526-6194           As needed         SK Paul Friedeborn         522-6080           Monthly         PGK Rick Ostrich         501-8818           On going         PGK Rick Ostrich         501-8818           On going         Jay Espiritu         587-9028           On going         PGK George Gnesda         522-5699           On going         SK Joel Bruemmer         (818)307-3590           5th Sundays         SK Tony Lemos         584-3803           SK George Lemos         584-3803           SK Tony Lemos         584-3803           SK George Lemos         584-9816           TBA         TBD           Ash Wed to Easter (Fridays)         SK Tony Lemos         584-9816           SK Tony Lemos         SK 4-9816           Sept-Jan         PGK John Antonacci         559-2944           Sept-May         PGK George Gnesda         522-5		

# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 PADS	Bowling  All Souls Day  Mass at Assumption cemetery 10AM  Callout	3 Fish Fry	*Eucharistic Renewal 7AM-9AM *Rosary at Assumption 9:30AM *Bingo *Ya Ya General Meeting *Chalice fund raiser
5 *Community Dinner 5:30- 6:30 *Daylight Saving Time ends *PADS *Yaw Yaw Memorial Mass/ brunch *40 Days for Life Procession	6 Monday Night Football	7 5803 Officers Meeting 7PM	8 PADS	9 Bowling	10 Veteran's Day Observed Turkey Shoot 4:30-6:30PM	*Eucharistic Renewal 7AM-9AM *Bingo at Shepard of the Valley Lutheran church *4th degree representation at the veteran's ceremony at Lemon park 11:00 AM
*Community Dinner 5:30- 6:30 *PADS *Veterans Day Breakfast	13 Monday Night Football	14 5803 Business Meeting 7PM	*4th degree Officers meet- ing 6PM Rosary 7:00PM Meeting 7:30PM	16 Bowling	17	*Bingo at Shepard of the Valley Lu- theran church  4th degree 25th anniversary Pot Luck 4-7PM
19 Community Dinner 5:30- 6:30 PADS	20 Monday Night Football	21 Tom Lotz Funeral 4th Degree Callout	22 PADS	23 No Bowling THANKSGIV- ING	24	*Bingo at Shepard of the Valley Lu- theran church
26 Community Dinner 5:30- 6:30 PADS	27 Monday Night Football	28	29 PADS	30 Bowling		

# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Fish Fry	*Rosary at Assumption 9:30AM *Bingo at Shepard of the Valley Lutheran church *Handicapable Lunch *Ya Ya Christmas Party
3 *Community Dinner 5:30- 6:30 *PADS	4 Monday Night Football	5 5803 Officers Meeting 7PM	6 PADS	7 Bowling	8	9 *No Bingo
*Community Dinner 5:30- 6:30 *PADS	11 Monday Night Football	12 5803 Business Meeting 7PM	13 PADS	14 Bowling	15	*Bingo at Shepard of the Valley Lu- theran church
17 Community Dinner 5:30- 6:30 PADS	18 Monday Night Football	19	20 *4th degree Officers meeting 6PM Rosary 7:00PM Meeting 7:30PM	21 Bowling	22	*Bingo at Shepard of the Valley Lu- theran church
24 Community Dinner 5:30- 6:30 PADS	25 CHRISTMAS	26	27 PADS	28 Bowling	29	30 *Bingo at Shepard of the Valley Lu- theran church
31 Community Dinner 5:30- 6:30						
PADS						