

Knights Knews

December 2023

Grand Knight Report

Brother Knights

I anticipate we will all have a busy end of the year preparing, shopping, enjoying family and friends and celebrating our faith. Before I look ahead, I want to thank everyone for their hard work in November.

On Nov 10th we held the annual turkey dinner and shoot. Of course, great food and friendship. I appreciate Jerry and Rick managing the dinner and the Lemos family hosting the backyard shoot. I did not get all the winners for the Turkey shoot but I know the Chauvin family enjoyed a couple turkeys. It was not our Deputy Grand Knights aim.

On Nov 28th we celebrated our Memorial mass for our deceased brothers. I appreciate St Rose hosting us at the 5:30 pm mass. This year's mass followed the funeral services for Tom Lotz and Mark Zorick the week prior. Please keep their families in your prayers.

On Dec 2nd, we hosted the annual handicapable luncheon, please see the details below in the bulletin.

Monday night football is going strong. Please continue to stop by and enjoy a delicious meal and football. Thanks to John and Patty for all your hard work.

The knight's hall continues to support our weekly community dinners prepared by



KNIGHTS
OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Knights of Columbus Council No. 5803, 1255 E. Patricia Ave. Simi Valley, CA

Grand Knight Report Cont.

Tony, John, Karen and Patty. We also using the hall twice a week to support PADS thanks to Rick.

There is no better place to be on the first Friday that enjoying the KoC monthly fish fry. Enjoy the food and laughter. Thanks to Jerry and John running this event.

We all know you cannot hold bingo down. We continue to have good turnout for bingo. Please continue to support bingo except on Dec 9th. There will be a wedding at the Sheppard of the Valley hall. Despite his best efforts, Rick could not convince the couple to enjoy a free game of bingo at the wedding reception. Much thanks to Rick, John and everyone support of bingo.

For Dec, please continue to support bingo. It takes a lot of work to set up, host and tear down but it is worth supporting our charities. Please link to KoC calendar to keep up with all our events.

A special thanks to the Ya Ya's for decorating the KoC hall. It looks beautiful for all of us to enjoy.

On behalf of myself and all the officers, we wish everyone a blessed Christmas Season and Happy New Year.

Vivat Jesus

Chris Fabry

Deacon's Corner

St. Francis of Assisi and Christmas

St. Francis loved Jesus as a baby, newly born of Mary, lying in a manger. His first biographer, Thomas of Celano, writes this about St. Francis: "The birthday of the child Jesus Francis observed with inexpressible eagerness over all other feasts, saying that it was the feast of feasts, on which God, having become a tiny infant, clinging to human breasts.

St. Francis wanted to share his love for Christmas with everyone. In 1223, Francis was at one of his favorite places of prayer, a small town by the name of Greccio, a few miles from Assisi.

The landowner allowed Francis to make use of a little cave as a hermitage. It was Christmas Eve. Francis invited a local priest to celebrate midnight Mass with him, the other friars, and the people of the area.

In that humble setting, Francis created the first Christmas creche. He had a manger brought to the place and filled it with straw. Then he reverently took a small statue of the infant Jesus and laid it in the manger. Some local people probably took the parts of Mary and Joseph. St. Francis insisted that a living ox and donkey be included in the scene. Many songs and hymns were sung by those gathered around. St. Francis stood by the manger, filled with the utmost joy, and shedding tears of devotion and compassion.

Francis of Assisi explained to the landowner of that piece of property that, "I wish to do something that will recall to memory the little child who was born in Bethlehem and set before our bodily eyes in some way the inconveniences of his infant needs, now He lay in a manger."

St. Francis invited people to kneel before the creche. Christians have been responding to that invitation for centuries. May we in our day also respond with joy and devotion this Christmas.

Viva Jesu
Deacon Terry



Knights of Columbus Insurance

Worthy Brothers,

As we approach the end of the year and our thoughts turn to the angelic declaration of "Peace on Earth" and "Goodwill to Men!" We remember Pope Francis' Prayer for Peace where he prays "Lord God of peace, hear our prayer!...Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last..." In our lives there is much going on: scurrying around buying a Christmas tree, getting it decorated; looking for that perfect gift for our spouse, our kids and maybe grandkids. There are parties and school Christmas shows. Seems like we're busier than ever. But let me ask you to slow down for just a few minutes and consider some financial issues that come up at the end of the calendar year. 1.

Because we're so late in the year, you may have met your individual or family deductible on your health insurance plan. Financially this may be the opportune time for some minor procedure to be scheduled; or that visit to a specialist you may have put off. The same is true about dental insurance and sometimes even for vision coverage. Check with your Human Resource office or your health insurance carrier for details. 2. When it comes to health insurance, do you have a Health Savings Account? Do you have to spend the money that's in there by year end? Some plans have a "use it or lose it" feature. Do you have to make a decision about how much to contribute next year? These are a couple of time sensitive issues.

Again, make sure you check with your HR office or health insurance carrier. 3. If you have earned income for the year, will you contribute to a traditional IRA, Roth IRA, or 401k? Are you eligible to contribute more based on the "catch up" provision? Now is the time to start making plans. 4. Speaking of IRAs, have you received your required minimum distribution for this year? If not, the Internal Revenue Service penalty is a hefty 50% of the amount you should have received! All of these issues come with rules and regulations, and each individual situation is different. I'd be happy to discuss them with you. As we prepare to celebrate Christmas, let us be thankful for all the graces God has showered on us, especially the gift of his Son, our Savior!

Vivat Jesus!

Fraternal Field Agent

Anthony Rodriguez

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Columbus®**
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**Life Insurance • Long-Term Care Insurance
Retirement Annuities • Disability Income Insurance**
Protecting Catholic families since 1882.

Frank's Fitness

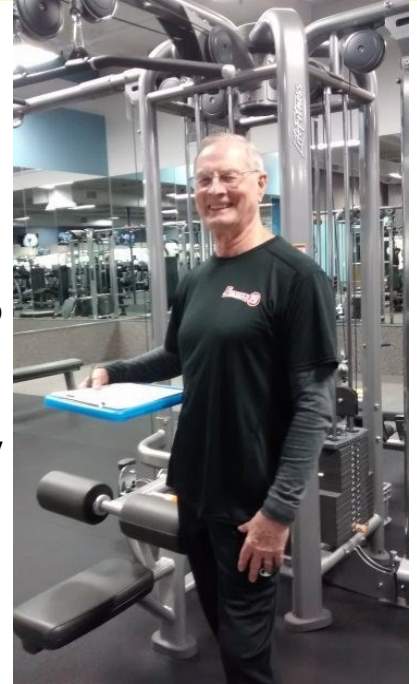
Sleep – Critical Restoration of Body and Brain

Sleep was never easy for me; as a child I took over an hour to conk out, and then dreamed of dinosaurs, lions and sharks; nightmares that would cycle over like I hit a replay button. In adulthood the time got longer, but the dreams improved. When I started researching sleep to write the topic for my website (seniorfitness.com/sleep), I found supplements that I could use to dramatically improve getting to sleep faster and improve how I felt the next day.

The science of how the brain and body rebuild during sleep really blossomed after 2015 with the discovery of the Glymphatic System; a circulatory system that opens during sleep to filter and replace the cerebral/spinal fluid, eliminating toxins and metabolic waste accumulating during each day. That explained why we have to sleep, but not how to improve the process.

The sleep process is governed by a part of the brain coupled to vision processing, which senses the sun going down (rotation of the earth) known as the Ventrolateral Pre-optic region (VLPO). When darkness comes, the VLPO neurons talk to the Orexin System, known as the Awake Center, and shut it off, inducing sleep. There are four known stages of sleep wherein various electrical brain wave patterns occur; three are Non-REM (Rapid Eye Movement) and dreaming happens during the REM part of the cycle. The Glymphatic channels open in the deep N3 sleep stage. Deep, slow brain waves known as delta waves begin to emerge, and the body starts its physical repairs. This stage lasts for about 30 minutes per cycle. We cycle through these stages 4-6 times during the night, nearly waking and then dropping back into deep sleep and into dreaming.

I researched neurotransmitters that the VLPO uses to shut down the Awake Center, and then looked for supplements that promote those signals. First, Melatonin was important; basically the first signal of the onset of darkness. GABA (Gama-Amino Butyric Acid) was very important; it is the brake pedal for anxiety; if you are an anxious person, you likely don't make enough of it. The VLPO produces GABA after dark to quiet the Awake System. I later found that the amino acid Taurine does the same thing. 5-HTP is a precursor to Serotonin, induces drowsiness and promotes a sense of well-being; it's the 'everything is OK' neurotransmitter. I found an herbal formula that greatly helps the onset and depth of sleep: Snooze In (with Melatonin) from Vitamin Shoppe. Also Magnesium-L-Threonate crosses the Blood-Brain Barrier and quiets mind and body. I was also taking Baicalin for kidney function, found that it is used for sleep in Chinese Medicine and moved it to nighttime. I had been using Costco's Sleep Aid, an anti-histamine, because evening alcohol, when it wears off, raises histamine levels, and that wakes us up. You can't buy it on line – need to find it at Costco.



Frank's Fitness Cont.

To sum this up, here is what I use to get very regular and productive sleep at this stage of life: These (blue) are links to the products on line -

- [Magnesium-L-Threonate 98 mg](#) (2 capsules) at 8:00 PM
- [Snooze-In with Melatonin](#) (2 capsules), [L-Theanine 200 mg](#), [5-HTP 200 mg](#), [Bai°calin 500 mg](#), Costco – Sleep Aid (doxylamine) (1&1/2 tabs, [Taurine 2 g \(4 -500mg capsules\)](#) all taken at 9:00 PM

All this seems like a lot to deal with, but I slip into bed around 10:30 PM and within 20 minutes I'm out, sleep 7-9 hours every night and rarely ever feel fatigue during the day.

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 4th 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



4TH DEGREE CORNER – December



Veterans' Day Ceremony

The Veterans Day program at Rancho Tapo Community Park honoring those who served our country was held on Saturday November 11th. There was good attendance from members of the Fr McDonagh Assembly 2557 along with other veterans and their families from Simi Valley and surrounding counties. The event held at the veterans' plaza included speeches from various military and civilian dignitaries, a gun salute from the local Marine Corps League and the raising of the new US Space Force flag. The US Space force is a new branch of the US armed forces officially established in 2019. Live music was provided by an Air Force band and played shorts of the official songs of each military branch. Veterans of each respective branch stood and saluted as their song was played. Wreaths were presented for each military branch and placed in front of the respective flagpoles. We are fortunate to live in a city that has such great respect for our veterans and has created a great memorial to honor our veterans. If you have never visited the veterans Plaza at Rancho Tapo Park I would encourage you to go and see for yourself how impressive it is.

Dan Owens PFN

Official songs of the 6 US Armed Forces

US Army "The Army goes rolling along"

US Marine Corps "The Marines Hymn"

US Navy "Anchors Aweigh"

US Air Force "The Wild Blue Yonder"

US Space Force "Semper Supra"



Veterans Breakfast

The veterans' breakfast held on Sunday November 12th was a great success. This breakfast was to honor and thank all veterans and active military for their service to our country. The tables were set with red white and blue tablecloths and the National Flag. The flags of the United States of America Military branches were proudly displayed in the lounge and main hall. Posted on the walls of the hall were military service bios from 32 of our 4th degree members who served in the US military. These were from a program started by PFN Dominic Costanzo to honor any of our 4th degree members who served in the military. Starting at 5:30 AM the cooking preparation began with Tony Bonomo cracking and mixing 480 eggs! (It turned out that was a little more than we needed) Ha! Next was getting out the potatoes, Bell peppers and onions all diced up the day before. No less than 30 lbs of potatoes! Then Jerry Padgett mixed over 20 Lbs of pancake batter and the fun began. We had Rick Ostrich making pancakes, Larry Denning and John Mackenzie cooking scrambled eggs and John Linscott frying up all those potatoes, peppers and onions on the grill. Tony Bonomo cooked up about 300 sausage links that were super delicious. Nice work Guys! By the end we had served around 110 people with over 47 of them veterans. We had about 10 veterans come through contacts at the veterans' hospital on Sepulveda in the valley. Some of which have been to the Hall before for our annual veterans dinner and horse race that we put on prior to covid restrictions. We served a great meal of scrambled eggs, pancakes, pork sausage links and potatoes O' Linscott. We had fresh cut watermelon (thanks Jerry and Andrew) and donuts for dessert. We also had plenty of fresh Orange juice and hot coffee. I'd say it was a pretty good breakfast judging by all the compliments we received. I would like to thank all my brother knights that helped put on this event and make it a success.

The Crew: John Linscott Jr, Tony Bonomo, Jerry Padgett, Fred Valdez, Larry Denning, Rick Ostrich, Dan Owens, Andrew Chauvin, John Mackenzie, Tim Hodgins, Paul Friedeborn, Bob Hacia, George Gnesda, John Downey, Jim Hook, Anthony Rodriguez.

Dan Owens PFN





40 DAYS FOR LIFE FALL CAMPAIGN FOR 2023

Joe Ferrall

The fall campaign extended from September 27 to November 5. Since the inception of 40 Days for Life in 2007, it is estimated that 24,203 lives have been saved worldwide, including 539 lives saved during this fall campaign. Locally, our peaceful, prayerful presence has also been effective. Here is a picture of one of the lives we have saved with his grandmother:



Ohana Health Center, the nearest pregnancy resource center to the Planned Parenthood facility in Thousand Oaks, has confirmed that our prayerful, peaceful presence on the sidewalk in front of Planned Parenthood has helped to save FOUR babies during the 2023 fall campaign! **THIS IS WHAT IT'S ALL ABOUT!**

Praises go to Leonore Schuetz, the 40 DFL Thousand Oaks Leader. She continues to amaze me with her dedication, courage, and positive attitude: she is incredibly committed to saving babies.

Our Council and other Councils were present at Eucharistic Processions at Planned Parenthood:

On October 1, Sir Knights Geroqe Gnesda, Dan Owen, Jerry Pitstick and Joe Ferrall, dressed in color-guard uniforms, carried the canopy for the Blessed Sacrament with Deacon Chris Ryan leading the procession, prayers and Benediction.

On November 5, Brothers Greg Liu and John Segar carried the canopy for the Blessed Sacrament with Fr. Luis Estrada leading the procession, prayers and Benediction.

Brothers, join 40 DFL in prayer and presence at the next campaign during Lent, 2024.

40 DAYS FOR LIFE FALL CAMPAIGN FOR 2023(CONT'D)

EUCCHARISTIC PROCESSION OCT 1



EUCCHARISTIC PROCESSION NOV 5



The Rescue Project

Dave Babcock

Brothers,

I strongly recommend that you attend the Rescue Project at St. Rose next year. I found it very helpful in deepening my faith and understanding of the gospel message that we have been rescued by Jesus Christ. “Rescued people rescue people.”

Recent polls reveal that a large number of Catholics do not believe in the true presence of Christ in the Eucharist. Alarmed by this, the US Catholic Bishops are encouraging parishes to offer at least one program on basic tenants of our faith during the year of Eucharistic Revival. St. Rose selected the “Rescue Project”, produced by Fr. John Riccardo and his Acts XXIX ministry.

The Rescue Project seeks to answer four big questions:

Created - Why is there something, rather than nothing?

Captured - Why is everything so messed up?

Rescued - What, if anything, has God done about it?

Response - And if he’s done anything, how should I respond?

The program is structured similar to Alpha. There are eight weekly sessions, each begins with a meal, followed by a 30 – 60 minute video, then a table discussion of the current topic. Each video is a powerful presentation by Fr. Riccardo on the answer to one of the four questions. The seventh session is a half-day retreat with an opportunity for personalized prayer and reflection.

St. Rose just completed two full sets of the program – one Wednesday evenings and one Saturday mornings, in lieu of Fr. Joe’s Men’s Holy Hour. Approximately 80 people attended, including many brother Knights who helped lead table discussions. Tim Dawson, our parish Director of Evangelization, plans to offer the Rescue Project several times next year. The first will be done in a single weekend format in February.

More information about the program and all videos and workbooks are available at:

<https://rescueproject.us>

The trailer for the program is here:

<https://watch.actsxxix.org/therescueproject/videos/the-rescue-project-trailer>



Annual Handicapable Luncheon

On Saturday December 2nd our council prepared and packaged meals for the annual Handicapable Luncheon. This continues to be delivered lunches due to health concerns. We prepared 85 boxed meals including turkey, mash potatoes, corn, cranberry jelly, roll and pie. As always the knights prepared a delicious lunch and had fun in the process.

Thanks to all that supported, Jim Fabry, Jerry Padgett, Rick Ostrich, Bob Joyce, Paul Friedeborn, Joe Ferrall, Jerry Pitstick, Jim Hook, John McKinsey, Dan Owens, Patty Jones, and Henry Mancilla. Also Jackie Kammerer who coordinates the event and delivery.

GK Chris Fabry



December Bereavement & Fraternal

Brothers and Sisters in Christ

Updated 11/30/23

This month we mourn the passing of PGK/PFN SK Tom Lotz, SK Ed Lafata, Mark Zorick, Paul Kessler, Edward Carron Son of Letty and . Please keep the Lotz, Kessler, Carron and families in your prayers. Please keep the following especially in your prayers: Linda Fabry wife of SK Jim, Maria Lojo's mother-in-law, John Vera's son Marc, Mayira Frias sister of Manuel Vargas, Patrica wife of Tony Bonomo, Jerry Mahieu brother-in-law of SK Larry Denning, , SK Tony Lemos, Tony Loniero, and SK Tony Crane.

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

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
 Patrica 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
 Sahara 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 and wife Linda
 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 Friedeborn
 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
 Alejandro Hernandez
 SK Tim Hodgins and wife Terry
 SK Lance Holman
 Lois, wife of PGK SK Ron Huerth
 Gayle Ireland wife of PGK/SK Russ
 George Powell in Law, Walter Bing-
 ham 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 Lendonnie
 Harold (Chris) Lev Jr.
 Brian son of John Linscott Jr
 DD Mike Locolo
 Maria Lojo's mother-in-law
 Tony Loniero and son Jackie
 Marlene Looney
 Veronica Lopez & Alberto Anaya
 cousin & nephew of SK Alberto Lopez
 SK Joseph Lopez and Daughter Den-
 ise
 Julia Mora, daughter of SK Joe Lopez
 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
 Fuentes
 SK Jim Manda and son Tim
 PGK SK Bill Martin
 Andrew Richards friend of SK John
 Makenzie
 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 Owens
 Stephen Paisley son of Marilyn
 Saylor Padgett, Mateo Briones, grand-
 children, Miguel & Cecelia Briones Fa-
 ther & 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 Ray-
 burn
 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 Angie ,
 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 Spiel-
 man
 Peter Stiner
 SK David Tellez's wife Alberta and Bri-
 an Lampkin 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
 Johnn vera's son Marc 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.

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

Jerry Myszkowski, 805 522 1641 jmyszko@yahoo.com

MARCH BLOOD DRIVE

Please take a few moments to help the community by donating a pint of blood at the Knights of Columbus Vitalant blood drive on Saturday March 9 from 7:30 AM to Noon at the St Rose of Lima parish hall. Call Paul Friedeborn at 805-395-1126, Viatalant 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

\$400 to support Jerry Pagett's son in the POA bike ride from NYC to Washington DC later this Fall.

\$500 for the February "NUN-RUN" at Lorena High School.

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

Lee Turner is taking the lead on deep cleaning headstones of any Knights. If anyone needs this done they can contact him at 805-813-1656.

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
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Recorder	John Downey	(805) 579-8970	johndandrita@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@sbcglobal.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

EVENT	DATE	CHAIRMAN	TEL	E-MAIL
On Going/ As needed				
Bingo	On going	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com
Blood Drive	On going	SK Paul Friedeborn	522-6080	paulf@rsrpd.us
Christian Service Program	On going			
Family Mass	5th Sundays			
Fish Fries—1st Friday	1st Fridays	SK Tony Bonomo	805-407-0578	marilyn@marilynehrman.com
Healthy Living Director	On going	SK Frank Wilhelmi	526-6194	wilhelmi@pacbell.net
Helping Hands	As needed	SK Paul Friedeborn	522-6080	paulf@rsrpd.us
Homeless Breakfast	Monthly	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com
Homeless Dinner	3rd Fridays	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com
Membership Chair	On going	Jay Espiritu	587-9028	jayespiritu@sbcglobal.net
Admissions Chair	On going	PGK George Gnesda	522-5699	g.gnez@yahoo.com
Knights Knews- Bulletin	On going	SK Joel Bruemmer	(818)307-3590	bruemmer@pacbell.net
Pro-Life Breakfast	5th Sundays	SK Tony Lemos SK George Lemos	584-3803 584-9816	eliman7@sbcglobal.net lemos11@sbcglobal.net
Rosary for the Unborn	1st Saturday	SK Tony Lemos SK George Lemos	584-3803 584-9816	eliman7@sbcglobal.net lemos11@sbcglobal.net
Various Food Drives	TBA	TBD		
Seasonal				
Fish Fries- Lenten	Ash Wed to Easter (Fridays)	SK Tony Bonomo	805-407-0578	marilyn@marilynehrman.com
Monday Night Football	Sept- Jan	PGK John Antonacci	559-2944	john_thetilepro@yahoo.com
Bowling	Sept-May	PGK George Gnesda	522-5699	g.gnez@yahoo.com
PADS	Oct-April	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com
K of C 5803 Toy Drive	Oct-Dec	PGK Cliff Wirtz PGK Norm Ouellette	208-8970 551-3704	cawpaw@aol.com njouellette7@yahoo.com
Once Per Year				
Charter Night	TBD	SK Richard O'Donnell	522-0906	
Super Bowl Party	February	PGK John Antonacci	559-2944	john_thetilepro@yahoo.com
Annual Men's Retreat	March	Oren Robles	(805) 432-6034	orencio8@yahoo.com
St Patrick's Day Dinner	March	GK Joe Ferrall	428-1894	jnl_70@outlook.com
Scholarship	Spring	PGK Bob Smith	587-0434	truestorybob@hotmail.com
Free Throw Contest	Spring	PGK George Gnesda	522-5699	g.gnez@yahoo.com
Soccer Chalange	Spring	GK Joe Ferrall	805-428-1894	jnl_70@outlook.com
International Dinner/Vocation Sun.	TBD	PGK Cliff Wirtz	208-8970	cawpaw@aol.com
Chili Cook Off	June TBD	Need chairman		
Installation of Officers	July			
Turnover Dinner	July			
PGK Testimonial Dinner	September	PGK Bob Smith	578-0434	truestorybob@hotmail.com
Simi Valley Days	September	SK John MacKenzie PGK John Antonacci	522-9818 559-2944	ukmackenzie@yahoo.com john_thetilepro@yahoo.com
Bishop Fishing Trip	Oct	PGK Christopher Smith	579-7373	groobee@sbcglobal.net
Dream Cuisine	Oct	PGK Cliff Wirtz	208-8970	cawpaw@aol.com
MRC Tootsie Roll Drive	October	PGK John Antonacci	559-2944	john_thetilepro@yahoo.com
Columbus Day Dinner	October	SK Tony Gammariello	522-9548	tgammy@yahoo.com
Thanksgivng Dinner / Turkey Shoot	November	PGKs Jerry Padgett & Rick Ostrich	661-492-5473 501-8818	rickostrich@yahoo.com
Memorial Mass	November	PGK Bob Smith	578-0434	truestorybob@hotmail.com
Hanicapable Lunch	December	DGK Chris Fabry	805-624-9858	chrisfish74@hotmail.com
New Years Party	Dec 31st			

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Fish Fry	2 *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 Holy Day of Obligation	9 *No Bingo
10 *Community Dinner 5:30-6:30 *PADS	11 Monday Night Football	12 5803 Business Meeting 7PM	13 PADS	14 Bowling Pot Luck	15	16 *Bingo at Shepard of the Valley Lutheran church
17 Community Dinner 5:30-6:30 PADS	18 Monday Night Football Last one	19 SRLS Keep Christ in Xmas Poster contest	20 *4th degree Officers meeting 6PM Rosary 7:00PM Meeting 7:30PM	21 No Bowling	22	23 *Bingo at Shepard of the Valley Lutheran church
24 Community Dinner 5:30-6:30 PADS	25 CHRISTMAS *Community Breakfast	26	27 PADS	28 Bowling	29	30 *Bingo at Shepard of the Valley Lutheran church
31 Community Dinner 5:30-6:30 PADS						

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year! *Community Breakfast	2 5803 Officers Meeting 7PM	3 *PADS *Essay Contest Planning *Scholarship Award Planning	4 Bowling	5 Fish Fry	6 *Rosary at Assumption 9:30AM *Bingo at Shepard of the Valley Lutheran church
7 *Community Dinner 5:30-6:30 *PADS	8	9 5803 Business Meeting 7PM	10 PADS	11 Bowling	12	13 *Bingo at Shepard of the Valley Lutheran church
14 *Community Dinner 5:30-6:30 *PADS	15 Martin Luther King Day	16	17 *4th degree Officers meeting 6PM Rosary 7:00PM Meeting 7:30PM	18 Bowling	19	20 *Bingo at Shepard of the Valley Lutheran church *Walk for Life One Life LA
21 *Community Dinner 5:30-6:30 *PADS *K of C Recruitment	22	23	24 PADS	25 Bowling	26 Novena for Life	27 *Bingo at Shepard of the Valley Lutheran church
28 *Community Dinner 5:30-6:30 *PADS	29	30	31 PADS			