## Knights Knews

### Grand Knight Report

Brother Knights,

We send our condolences to Brothers Jeff Nemit, and

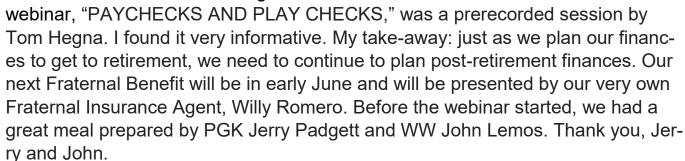
We send our congolerioes to E.E.

Jim and Anthony Keehne.

Jane Nemitt, wife of Brother Knight Jeff, passed away on April 10. Eva Keehne, wife of long-time Brother Knight Jim (34 years and a SK) and mother of Brother hathony passed away on April 6.

April began with Holy Week and the Knights helped in the celebrations of Palm Sunday and the Triduum services.

On April 11, we combined a Fraternal Benefit webinar ші with a normal business meeting. The Fraternal Benefit



We are continuing to have our meetings zoomed thanks to PGK Dan Owen. As we typically have 4-6 brothers on-line, the zooming is definitely worth our efforts. **Knights of Columbus** Thanks. Dan.



KNIGHTS COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

## Grand Knight Report Cont.

On April 16, the Council and Assembly hosted the Karen Roberts Memorial Luncheon 2023. It was a great success with about 35 Ladies being served by our men in their formal attire. PGK Dan Owens did a fantastic job chairing the event and had help from many brothers. See the article in this bulletin for details and pictures.

We had a very successful recruitment drive at St Rose on the weekend of April 22-23. Yours truly and Brother Hector Diaz gave short speeches at all masses, focusing on what K of C and our Council does that demonstrates our FAITH IN ACTION in the areas of Faith and Family. We had 6 candidates fill out Form 100s.

At this time, we have 14 candidates that are potential new Council members! Most important, Brothers, regardless of how many of the 14 join us: <u>let's get new brothers engaged in what we do!</u>

On Saturday, April 29, we had a Seminarian Fundraiser at St Rose Hall, hosted by the Wirtz family, with dinner prepared by Viva La Pasta. The event was very well attended and the meal was fantastic. Based on preliminary estimates, it was a financial success also. We had 2 seminarians attending, including the seminarian we have been supporting, Carlos Tobon and Tim Rodriguez. Thanks Cliff, Paula, Maddi, Will, Nick and, of course, Oliver! See the article and pictures included in this bulletin.

On Sunday, April 30, we had our Family Mass at 9:00 AM combining our Council and the Assembly members and families. That same day, the Lemos family prepared another fantastic Pro-Life Breakfast served after the 7:00 AM and 9:00 AM masses.

<u>Our Council and It's Future</u>: on Sunday, May 7, at 1 PM, we will meet at our hall to reflect on where we are going as a Council as we are faced with many challenges now and in the future. This is not meant to be a planning event and we expect no immediate action items resulting from the meeting: the only action item is to record challenges, ideas and concerns.

We will start the process of nominations for Council Offices for Columbian Year, 2023-2024. If you are willing to be an officer, or have any brother you deem worthy, please nominate yourself or another brother. Chairman of the nomination and election is PGK Chris Smith. Nominations will be taken at the business meetings on May 9 and June 13; elections will be held June 13.

On Thursday, May 11, we will conduct another Soccer Challenge at St Rose of Lima School. Call me if you can help.

On Tuesday May 22, 7 PM, we have an Exemplification to be conducted by the Holy Cross Council team. If you have a sponsored candidate, you should be there! Dress code: coat and tie. We expect to have several new brothers exemplified then.

## Grand Knight Report Cont.

Our <u>34<sup>th</sup> Chili Cook-Off, Car Show & Music Fest</u> is just around the corner, June 24. The event chair, Lee Olson, is doing an outstanding job in planning. This is our major fundraiser to generate Operational Funds. It is imperative that we have "all-hands-on-deck" to run this event. We need lots of help before the event, during the event and clean-up after the event: i.e., June 22, 23, 24 and 25! PLEASE CONTACT PAUL FRIEDEBORN ASAP (805-395-1126) TO SIGN UP TO HELP! Also, visit the newly reconstructed website: <u>www.chilikc.com</u>.

Other events and dates can be found on the schedule at the end of this bulletin.

We have reduced clutter in our Trophy Cabinet and will be updating plaques. In particular, we need to update the 'IN MEMORY OF OUR DEPARTED SPOUSES" plaque as the last entry was in 2017.

Brothers, please pray for me, and know that I pray for you!

Vivat Jesus GK Joe Ferrall 805-428-1894

## Deacon's Corner

#### **Help Someone Love**

One of the many charming stories about lovable St. Pope John XXIII tells of the time he was discussing some of the basic truths of our faith with some leaders in the Church. Among other things he asked: "What do you think is the purpose of life?" Several gave answers in line with the usual and correct one, namely: The purpose of life is to know, love, and serve God in this life so that we can be happy with Him forever in heaven. Good Pope John smiled but shook his head. Finally he gave the answer he was looking for:" You are right as far as you go - the purpose of life is to know, love and serve God, but that is not enough. We must help others to know, love and serve God."



As with many other teachings and practices of our Catholic faith, Pope John had given a basic truth of our religion another dimension, another important angle, an angle which we can apply to what Jesus tells us today, namely, that the big proof of our love for God is keeping God's commandments. We do this, not as servants but as friends, not in slavish fear but in true affection for the Father. Then Jesus adds: "This I command you, to love one another."

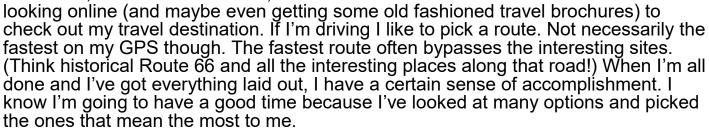
Viva Jesu

**Deacon Terry** 

## Knights of Columbus Insurance

Spring is here, at least by the calendar, and it will soon be summer. Perhaps you're planning your summer vacation. Maybe you've not only planned it, but you've already booked your hotel, VRBO®, or Airbnb®. Maybe you've gone so far as to purchase plane tickets...or maybe your vacation spot will be within driving distance. You're already thinking of the clothes you'll have to pack and those new pieces that you'll have to buy. You've got a little extra cash saved to buy some special souvenirs. You are researching the area and finding the interesting historical sites to visit. Seeing where the fun spots are... checking out the local places to dine. How do you want to plan your week away?

I'll admit it, I enjoy doing that research, especially when I'm driving. I like looking at maps and seeing what sights there are to see, the historical venues, the local restaurants. I like



I think of working with you, my brother Knights, in much the same way. When I sit down with you and your spouse we start with a financial needs analysis. We "drop a pin" on your map to show where you are now. We enter a destination of where you want to go. What do you want to see for your family if the unforeseen happens? That might be a situation where one of our products, life insurance, long-term care insurance, disability income insurance, or a retirement annuity, may be needed. Think of that product as the vehicle that gets you or your family farther along to a better place on your financial road map. Much like a vacation, we'll make stops along the way, take a look "under the hood," and make sure the strategy is still "running on all cylinders." There are many options to discuss, even within the different lines of products available, to help you get to where you want to go.

Do you have a strategy? May I have the privilege of helping you and your family develop one or fine tune the one you have? I'll be calling soon to set up a time to get together to discuss your financial road map.

Vivat Jesus

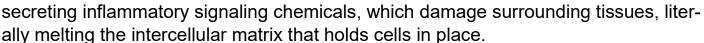


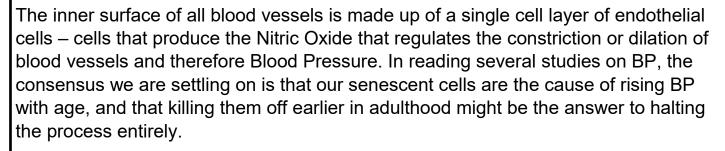
## Frank's Fitness

## Why Does Health Decline With Age – Is there a first Cause?

Science is pointing increasingly at Cellular Senescence (cells that grow old and stop dividing) as the first domino to fall, which leads to many of the specific causes of death. About a third of those are heart-blood vessel diseases, which lead to many related causes of failing health and death. It was thought initially that these cells just went dormant and that they were replaced by new stem cells and eventually collected up and taken out with the metabolic trash.

That proves not to be the case; these cells, which in youth are quietly destroyed by our immune system, become zombie-like and cause surrounding cells to become old like them,





Then there is the cholesterol theory of heart and vascular disease; but now it seems likely that the disruption of the endothelial layer by senescence is the failure that lets oxidized LDL invade the artery lining in the first place, starting the plaque-building process. In every American war we have autopsied our fallen war fighters and found that Atherosclerosis is present in in our young men in their twenties. I had 4 blocked coronary arteries in my late 50s and I had been consistently doing strength training for thirty years and eating what passed for a healthy diet well before that. This leads me to believe that this process of senescence, particularly the endothelial lining of our arteries, is the first cause/mechanism of our failing circulatory system, and the cascade of failing health leading to death, and it starts much earlier than we believed.

## Frank's Fitness Cont.

Much research is now aimed at discovering effective Senolytic compounds, both drugs and natural chemicals, which kill or promote suicide of senescent cells. Many of the known Senolytics were recognized from Cancer therapies, and in animal and human studies have proven to restore youthful function and extend both life- and health-span in test animals. Research is progressing to identify Senolytics for specific types of tissues and organs – it seems a-one-for-all cure is not likely.

I've written before about my self-experiments with Life Extension's Senolytic Activator; I'm very enthused about the potential for my own improved health, and for the well-intended, loving folks among us.

To Your Greater Health and Fitness – In Christ,

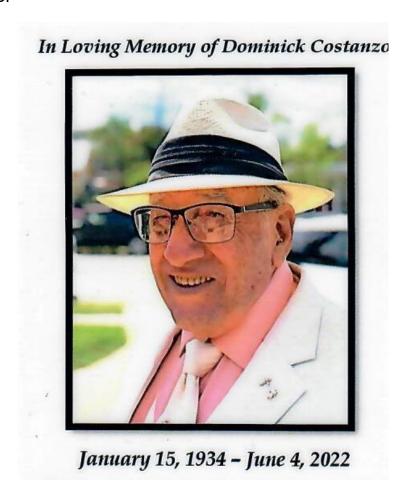
Frank

## Dominick's Corner

This marks the end of Dominick's Corner. Dominick was the most patriotic person I have ever met. His unwavering commitment to the flag and our nation was untenable. He believed that these stories in our own words were part of our history as 4th degree Knights of Columbus and in some way would show that our commitment to the military would pave the way for future Knights to patriotism.

Dominick passed away on June 4, 2022.

This corner in our bulletin was a tribute to us as veterans and Dominick's legacy. SK Joel Bruemmer



## Dominick's Corner Cont.

#### Military Service of SK Jerry Brusseau

In May 1965 I graduated from the University of Portland. In July 1965 I was sent to Naval Aviation Officer Candidate School in Pensacola, Florida. October 15 I graduated as an Ensign, USNR, Saufley Field, Florida. On January 28, 1966 I took my first solo flight at Foley Field, Florida. February 1966 I was sent to Whiting Field for training in aerobatics, formation flying, instruments flight rules, and dog fighting. On August 1966 I became carrier qualified and was assigned to the USS Lexington stationed at Corpus Christi, Tx. February 15, 1967 I was designated the 25,027 Naval Pilot in Naval History to receive Pilots Wings, which was pinned on by Dorothy, my fiancé. April 15 I married Dorothy, and I was also promoted to Lieutenant Junior Grade on that same day. May 1967 I was sent to Naval air Station San Diego for survival training. July 1967 I was on my way to Cam Rohn Bay, Philippines on my 1st deployment to Vietnam where I was attached to the Screaming Eagles Squadron. October I returned to NAS, Whidbey Island, WA. and April of 1968 my son Phillip was born at the naval hospital. My 2nd. deployment came in June of 1968, again to Vietnam. At this point I was qualified to fly four types of planes including a twin engine bomber off of a carrier. I was made a full Lieutenant (captain in the army) on November 1st, 1968. I flew 87 combat missions in Vietnam

up and down the coast bombing ships carrying weapons to the North Vietnamese. Some of them we sunk. Our plane was hit on several occasions but no casualties. February 1969 I was returned to Whidbey Island, WA. and then on to Moffet Field, CA. in May for more training on a different plane. December 1969 I left active duty and Honorably Discharged June 4, 1972 I am proud to have served my country.

Medals:

Air Medal (4 oak leaf clusters)
Squadron Meritorious Commendation Medal
National Defense Service Medal
Vietnam Service Medal (2 oak leaf clusters)
Republic of Vietnam Campaign Medal

## Dominick's Corner Cont.

#### Military Service of SK Joel Bruemmer

I was 19 when I joined the Air Force on September 5, 1968. I took my boot training at Lackland AFB, in San Antonio Texas. At the time there were many recruits due to the war in Vietnam picking up. In the infinite wisdom of the Air Force they decided to try out air conditioned barracks. Needless to say that took a toll on the guys in them since we had to run in and out of the barracks several times a day and stand at attention all sweaty in a cold environment. About three weeks in I started to cough and run a fever. I was told to report to sick bay at the base hospital. Unfortunately the only way to get there was to catch a bus. This was about 10PM and it had started to rain. The doctor diagnosed me with acute pleurisy which is an infection of the lining of the lungs. I was sent to casual status for about 4 days where I recuperated with medicines and rest. When I restarted I was sent to another flight (in a barracks not air conditioned) that was behind my previous flight by about 2 weeks. I didn't know it at the time but this threw off my tech school schedule by about 6 weeks. After my basic training I was again sent to casual status, waiting for the start of my school at Keesler AFB in Biloxi, Mississippi. I spent my time as a barracks chief and taking care of the laundry for the recruits caught in casual status like me.

I then started my Ground Radio Maintenance schooling in November 1972 at Keesler AFB. The schooling was presented in 2 blocks with a 2 week leave in between. The leave happened in April of 1969. Annelies and I were High School sweethearts and would correspond daily with each other. We had planned to be married on that 2 week leave. So when I got home we had a short time to say hi and then get married. Annelies then came back with me to Biloxi where we set up home in an old apartment building (We were in the second floor. The third floor was condemned.)

After schooling I received orders for Albrook AFB in Panama. I went down and scouted a place to live in Panama City and when I found a place I sent for Annelies. Living off the economy wasn't the easiest thing, especially when we found out that we were pregnant. Christina was born on May 19, 1970.

Ground Radio Maintenance means you fix everything that's on the ground; radios, PA systems, linear amplifiers, fax machines, short wave radios, and intercoms. Every time the brass wanted to move from one office to another we would pull wires for their intercoms. Seems that I was constantly drilling holes in walls and pulling wires. Every now and then we would need to maintain something interesting like short wave radios and height finders.

All in all I enjoyed what I did and am proud to have served. After 3 years in Panama and 4 years of active duty, I was discharged on August 29, 1972 at Charleston AFB, South Carolina.



Awards: Good Conduct Medal National Defense Medal Marksmanship Medal y Bereabement & Fraterna

Brothers and Sisters in Christ.

This month we mourn the passing of Jane Nemit wife of SK Jeff. Steve Aguinga, husband of Pauline Aguinaga, Barbara Tweedy's son Erick. Please keep the Nemit, Aguinga and Tweedy families in your prayers. Please keep the following especially in your prayers: PGK Bill Fisher, PGK Tony Demarco, PGK SK Bill Martin, PFN SK Jerry Myszkowski, Jo McKinley wife of PGK SK AI (d), Jen Padgett daughter-in-law PGK /PFN SK Jerry, Nick Gomes, SK John Downey, Joyce Erickson sister-in-law and Amanda niece of SK Fred Erickson and SK Tony Lemos .

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

Julie Scrivano Daughter and lori wife of PGK/SK Bill Alexander

Jeff Anderson

David Babcock and wife Maddy

Regina Barbosa daughter of SK Steve

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 PGK/PFN Dominick

Costanzo (d)

SK Tony Crane

PGK/SK Tony DeMarco, Abrianna grand-daughter and Jennifer DeMarco lezza

daughter

Sahera sister of SK Sam Doka

SK John Downey and wife Ritamarie

Andy Duport

Joyce Erickson sister-in-law, Amanda niece and Pam wife of SK Fred Erickson

SK Jim Fabry and grandson Seth

Diana Fabray wife of Chris

SK Neil Fanning's wife Lupita

PFN SK Joe Ferrall and his friends Matt Weaver Sr.& Jr.

PGK Bill Fisher

Brian Fransen son of SK Don (d)

Carmen Zarcone grand-daughter, Janice Buck niece and Rose mother 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

lins 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 Bingham uncle, Sara Jayne Powell Sister, Tim son, Marianne and Carol daughters of SK Tom

SK Duke Kopacz's wife Roberta

Tony Lemos and his brother Joel

Vincent Lendonne

Harold (Chris) Lev Jr.

Bob Linscott Nephew of SK John (d)

John Linscott Jr

DD Mike Locolo

Jackie Loniero son of Tony

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 of PFN Henry Mancilla

SK Jim Manda

Andrew Richards friend of SK John

Makenzie

Fr John Moloney

PGK SK Bill Martin

PGK John McCracken and his wife Rachel

Kellie daughter and Jo McKinley wife of

PGK SK Al (d)

Charles Miserendino

PFN Jerry Myszkowski

SK Tom Morrissey and wife Hope

Terry Brown sister of SK Dan Owens

Saylor Padgett, Mateo Briones, grand-children, Miguel & Cecelia Briones Father

& mother in laws, PGK David Cabone and Rita Costello friends of PFN/PGK SK Jerry Padgett

SK Jerry Padgett's grand-daughter Logan, Daughter in law Jen and Mother-in-law Mary Gardner

Stephen Paisley son of Marilyn

Bree Rayburn, wife of SK Russ Rayburn

Deacon SK Terry Reibenspies

Sean Reeves

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

SK Tyler Ritch

Jean Roberts wife of SK Ed

Wilda Rodriguez wife of PFN Anthony

SK Willy Romero and family

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

Greg Secor

john Segar

Fr Joe Shea

Angie Smith, wife, sons David and Chris of PGK SK Bob

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 and wife Alberta Tellez

Brian Lampkinf son in Law of SK David

Telez

Kitty Fidermutz, daughter of

Lonnie Todd

Sandy, wife of Mike Tortorici

Ginger Trematore Wife of SK Joe(d)

Ruben Valdez

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

#### **NEXT BLOOD DRIVE**

Please take the time on Saturday June 17 to donate a pint of the red at the Knights of Columbus coming blood drive Saturday June 17 from 7:30 to noon at the St Rose of Lima Parish Hall. Call Paul Friedeborn at 805-395-1126, Vitalant at 805-654-1600 or contact them online to make an appointment.

#### **HELPING HANDS**

No input on helping hands.

#### **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 for May.

#### **Targeted Donations**

\$1,500 for the Wheelchair Program to purchase 10 new wheelchairs.

\$1,000 to the BEA Foundation, a Foundation for underprivileged kids.

\$500 for a seminarian, Christopher Daniels in Italy.

\$700 to the Little Sisters of the Poor.

#### **Seminarian Dinner**

On April 29th the council sponsored a dinner to benefit the seminarians. It was cooked by Viva La Pasta and catered by the Wirtz family. All seemed to have a good time and the food was excellent.



#### Karen Roberts Memorial Luncheon 2023

It's been a few years but we were finally able have the Ladies Luncheon once again. It was started in remembrance and honor of the late Karen Roberts who was so instrumental in starting and supporting many Council, Assembly and Ya-Ya activities. This luncheon was to thank all of our ladies from the council and Assembly for supporting us in our continuing good works to help others in need. You can always tell that there was a ladies touch when we do an event. In fact for most events it's the ladies that do the decorating and this event was no exception. Josephine Valdez, Jenny Owens and Lois Palacios did the decorating and table placements. See! We even need some ladies to help us thank you for helping us.

Thank you for supporting us. You understand when we say we have to go to a meeting or that we volunteered to chair or help at an event. Even if you don't agree you let us go knowing that we enjoy it. It means a lot to us. The warm friendship and camaraderie that's present when we are together, doing things to help others is part of why we keep doing what we do. And you ladies are an important part of that. The Knights and their wives alongside each other are a powerful force.

The Luncheon was a success with about 35 Ladies being served by our men in their formal attire. Nothing but the best for you! The food was delicious and many compliments were given to the cooks, SK Fred Valdez, SK John Mackenzie, SK Dan Owens, John Linscott Jr and SK Jerry Padgett. I want to especially thank John Linscott for cooking all the chicken and helping figure out the recipe.

A big thank you goes to all the volunteers who helped plan, cook, setup and clean up the luncheon. It takes a team. Thank you for giving our organization some of the most precious things you will ever own – your time and talent.

The rest of the Team (I apologize if I missed someone):

FN Mike Palacios, SK Deacon Terry Reibenspies, SK Frank Wilhelmi, SK Niel Fanning, SK Jim Hook, SK Eric Knoester, GK Joe Ferrall, SK Joel Bruemmer, SK Norm Quillette, Sk Larry Peltier, SK Richard Beutow, SK Anthony Rodriguez, Paul Rodriguez, SK Lee Turner, SK George Gnesda, SK John Downey.

#### Karen Roberts Memorial Luncheon 2023



2022 - 2023 OFFICERS					
Grand Knight	SK Joe Ferrall	(805) 428-1894	jnl_70@outlook.com		
Spiritual Advisor	SK Deacon Terry Reibenspies	(805) 390-0745	terryreib@pacbell.net		
Deputy Grand Knight	SK Chris Fabry	(805) 624-9858	chrisfish74@hotmail.com		
Chancellor	SK Paul Friedeborn	(805) 522-6080	paulf@rsrpd.us		
Warden	John Lemos	(805) 791-7789	lemos.hvac@yahoo.com		
Recorder	Nick Wirtz	(805)791-5145	snickerdudeenw@aol.com		
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 Jerry Padgett	(661) 492-5473	jtpadgett2013@gmail.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	John Downey	(805) 579-8970	johnandrita@sbcglobal.net		
Guard	Andrew Chauvin	(805) 295-7083	andrew.chauvin@gmail.com		
Guard	John Linscott, Jr.	(805) 428-8145	johnlinscottjr@sbcglobal.net		
District Deputy	SK Mike LoCollo	(805) 231-6188	mikelocollo@rosdrunner.com		
Insurance Representative	SK Willie Romero	(805) 522-1916	wilfrido805@hotmail.com		

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 East- er (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	SK Lee Olsom	805-527-7542	maleegic@aol.com	
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				

# May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Chili Cook-off meeting 6:30PM	2 5803 Officers Meeting 7PM	3	4 Bowling Rosary for Jane Nemit 6PM	5 Fish Fry Services for Jane Nemit 10AM	6 *Men's Holy Hour 7AM *Rosary at Assumption 9:30AM *Bingo *Street Fair
7 Council and it's Future Meet- ing 1:00PM Homeless din- ner 5:30-6:30	8	9 5803 Business Meeting 7PM Council Nomi- nations	10	Bowling Soccer Challenge at SRTL 11:45	12	*Men's Holy Hour 7AM *Bingo
Mothers Day  Homeless dinner 5:30-6:30	Chili Cook-off meeting 6:30PM	16 Men's disciple group 7pm	*4th degree Officers meeting 6PM Rosary 7:00PM Meeting 7:30PM 4th degree elections	Bowling  K of C State Convention	K of C State Convention	*Men's Holy Hour 7AM  K of C State Convention  Bingo
K of C State Convention Homeless dinner 5:30-6:30	22 Council Exem- plificaion 7AM	23	24	25 Bowling	26	27 *Men's Holy Hour 7AM Bingo
28 Homeless din- ner 5:30-6:30	29 MEMORIAL DAY HOLIDAY	30	31			

# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Fish Fry	3 *Men's Holy Hour 7AM *Rosary at Assumption 9:30AM *Bingo
4 Homeless dinner 5:30-6:30	5 Chili Cook-off meeting 6:30PM	6 5803 Officers Meeting 7PM	7	8	9	*Men's Holy Hour 7AM *Bingo
Homeless dinner 5:30-6:30	12 Chili Cook-off meeting 6:30PM	13 5803 Business Meeting 7PM Council Elec- tions	14 FLAG DAY	15	16	17 *Men's Holy Hour 7AM *Blood Drive *Bingo
18 Father's Day Homeless din- ner 5:30-6:30	19 Chili Cook-off meeting 6:30PM	20 Men's disciple group 7pm	*4th degree Officers meet- ing 6PM Rosary 7:00PM Meeting 7:30PM	22 Chili Cook-off setup	23 Chili Cook-off setup	*Men's Holy Hour 7AM CHILI COOKOFF NO Bingo
25 Homeless din- ner 5:30-6:30 Chili Cook-off tear down	26	27	28	29	30	