

Knights Knews

May 2024

Grand Knight Report

Brother Knights

Please keep Tom Morrissey and Bill Martin in your prayers. Bill has been a great mentor for me during this year. I have appreciated his knowledge and support for me as grand knight. Bill is also our WIFI guy for bingo. I have seen Tom a couple times this year and while I have not spent as much time with Tom recently, I had a lot of great years working bingo together. I pray for their quick recovery.



Bill and Tom both have a history with bingo. I was looking back over the last couple years regarding bingo. In May 2023 there was one Tuesday bingo at St Rose. We had tried bingo at the knight's hall as well as different days at St Rose. I want to thank everyone who has helped support bingo over the years. While the last few years were rough, we have transitioned, and bingo continues to get stronger. My call is for anyone not currently supporting to bingo to get involved. It is a fun evening and supports our charities. There are different positions for you to try. Bingo players can have a loud bark but no bite.

What had a good bite was the Cinco De Mayo Fish Taco Friday. We got to enjoy the creativity of our cooks in transitioning the fish fry to a fish taco dinner. The food was great, and the hall was decorated for the fiesta. I look forward to what other ideas they have.

Planning for the chili cook off and car show is ongoing for the event on June 22nd. I appreciate all the chairmen and women for their dedication. While everything is moving well, please be prepared to support this event. This is a great opportunity



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.

for us to bring our community together.

Finally, nominations for the council officers for the 2024-2025 Columbian year will be conducted at the business meeting on May 14th. Please reach out if you have any questions. We look forward to everyone interested in taking officer positions within our council.

Vivat Jesus

Chris Fabry

Deacon's Corner

Ascension

On May 12th we celebrate the Solemnity of the Ascension of our Lord Jesus. Acts 1:9-11 tells us:

The apostles were looking on when Jesus was lifted up and a cloud took Him from their sight. While they were looking intently at the sky as He was going, suddenly two men dressed in white garments stood beside them.

They said, "Men of Galilee, why are you standing looking at the sky? It's as if the apostles were told. "Don't just stand there, do something."

Certainly there is a great deal to do to carry Jesus' message to the world to get on with the business of living, to look ahead and not be lost in memories of the past.

The Solemnity of the Ascension is a call to make known the meaning and hope expressed in Jesus' Ascension. Our life can be a sign to others that life is hopeful and will lead us ultimately to God.

Gazing upwards after Jesus' ascension is also a model of what we do when we pray. In our life, we need a time and place for personal prayer.

Viva Jesu

Deacon Terry



Alpha-Lipoic Acid; The Master Anti-Oxidant that We Need More of for Aging Well

I was reviewing supplements I used to take for nerve pain but no longer needed and came across newer versions of the most common recommendation for neuropathy, [α-lipoic acid](#). There are now liposomal forms that insure near-complete uptake and assimilation from oral doses, and are [available in 1500 mg doses](#), which have been tested for safety in recent studies.

I also ran across [a recent study](#) that explored the use of α-lipoic acid (ALA) for a plethora of conditions related to aging, touting the benefits of supplementing ALA, to replace production which declines with age, so preventing many such conditions, or delaying them until much later in life, such as follows.

Metabolic Disease and Obesity: ALA increases insulin sensitivity, thereby improving metabolism, lowering risk of type 2 diabetes, related nerve and circulatory damage and fat storage. It reduces triglyceride levels, and improves several other metabolic mechanisms.

Cardiovascular Disease: ALA reduces oxidation of LDL Cholesterol, lowering vascular inflammation, slowing progression of Atherosclerosis and lowering risk of heart attack and stroke. It improves function of the Endothelium, improving regulation of blood pressure (aided by better kidney function).

Neuroprotective Function: In the brain it regulates activation of immune cells (glial cells), lowering several inflammatory factors thought to contribute to Alzheimer's, Parkinson's, Huntington's and ALS. ALA is protective of nerve tissues and their metabolism, preventing many forms of nerve damage and neuropathy and is clinically used as treatment for those conditions.

Kidney-related Disease: Diabetes and high blood pressure are key factors in kidney damage; ALA lowers the impact of both on kidney function. It down-regulates expression of genes leading to subsequent fibrosis in damaged kidneys. It is protective of the microstructure of the glomerula filtration apparatus by quenching free-radicals which increase within aging kidneys.

Inflammatory Disease: In general, ALA serves to recharge anti-oxidant function of several others such as Vitamin C and E, enhancing their function. It lowers the levels of numerous pro-inflammatory factors that increase with aging, likely because it improves overall function of the immune system. It is shown to be chemo-preventive, lowering incidence and severity of a number of cancer types, actually killing many types of cancer cells.

Effects on Gut Microbiome: ALA promoted gut healing in cases of intestinal inflammatory diseases and ulceration, lowered inflammation, and in some studies moved the gut biome population toward a more youthful expression. It increased expression of several factors important to tight junction maintenance of the epithelial cells lining the intestines, improving leaky gut-related issues.



Toxicity: ALA demonstrates significant ability to kill cancer cells of several types, while improving function of normal cells. Safety studies indicate chronic safe levels in adults of 1800mg/day and in pregnant women and infants up to 600 mg/day. Supplementary replacement of ALA lost to lower production due to aging looks to be a practical anti-aging strategy. I found no studies with concrete evidence to the contrary.

To Your Greater Health and Fitness - In Christ,
Frank

4th Degree News

Nominations for 4th Degree officers for the upcoming Columbian year will be held in April. Currently, we are in need of individuals to fill key positions. We are looking for a Pilot, Scribe and a Membership Chairman. This last position is appointed, so if you are interested, please reach out to me.

Efforts are underway to make joining the Color Corps more affordable. A generous benefactor has agreed to subsidize the cost of the uniform by \$200. Furthermore, we are reaching out to former Sir Knights of the Color Corps to donate their swords to the Assembly. Currently, we have received 3 donated swords, eliminating the need for new purchases. The donated swords can be used by active members of the Color Corps.

If you choose to take advantage of these opportunities, it is expected that you will actively participate in the 4th degree call outs. For more information or to express interest in this program, please contact Captain John Downey at (805)208-0740.

April was a busy month for the Assembly, during Holy week we participated during the Palm Sunday Mass, on Holy Thursday we were in the procession to Altar of Reposition in the parish hall, and on Good Friday we led the procession with the Dead Christ through the neighborhood to the parish hall.

On April 14 our Assembly hosted the annual Karen Roberts Memorial Lunch. In spite of the pouring rain and a few buckets placed strategically around the patio, the ladies had a great time.

Our Assembly has been invited to participate in a field trip with the Thousand Oaks Assembly to the Nethercutt Museum & Nethercutt Collection on a date TBD in the next few months. The get together trip will include our wives as well and either lunch or dinner. If any of you are interested, send me an email.

We've been keeping busy lately, but we'd love to see more of our Sir Knights joining in. Our calendar is packed with a variety of events, catering to different interests and purposes. Some are deeply rooted in our religious traditions, such as Holy Week observances and funeral masses for our departed members, offering solace and support to their families. Then, there are patriotic gatherings like Veterans Day and Memorial Day, where we honor those who've served our country. And let's not forget the social side of things! Events like our Past Grand Knight dinner provide a great opportunity to mingle with fellow Sir Knights and their guests. So, mark your calendars and bring your lady along for an evening of camaraderie and good company!

Lastly, I will be away for 3-4 weeks from mid-April to mid-May. My wife and I are in the process of selling our house in Mexico and will be finalizing the sale during this time. I will still be reachable via email and my cell phone during this period.

Vivat Jesus

Fred Valdez
Faithful Navigator
Assembly 2557
805-428-6413



May Bereavement & Fraternal

Brothers and Sisters in Christ

Updated 5/4/24

This month we mourn the passing of Tony Leniero, Rachel McCracken wife of John, Chris Jamberg nephew of Pam Erickson and, Sue Espinoza Mother in Law of SK Willie Romero. Please keep the Leniero, McCracken, Jamberg, Erickson, and Romero families in your prayers. Please keep the following especially in your prayers SK Rick Ostrich, SK Don Corson and son Don, SK Frank Cross, AL & Wife Emese Kowalski, SK Tony Lemos, Don Meyers, and Lori Alexander

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

SK Bill Alexander and wife Lori
Tracy Antonacci and Cheri sisters of PGK SK John
David Babcock and wife Maddy
Regina Barbosa daughter of SK Steve
Logan Brammer's mother-in-law
SK Jerry Brusseau and family
Andrew Budinsky
PFN Alan Canfield
SK Richard & Susie Case
Guillermo Camarena's father
Rosa Camacho
Juanita Camacho mother of Tony
Blanca Chowdhury and family
Barbara Connor, mother of SK Blair
Patricia wife of SK Carl Cornell (d)
SK Don Corson, wife Marian and son Don
Trudy wife of PFN Dominick Costanzo (d)
SK Tony Crane
Clair Delto
PGK/SK Tony DeMarco, Abrianna granddaughter and Jennifer daughter
Jerry Mahieu brother-in-Law of SK Larry Denning
Sahera sister of SK Sam Doka
SK John Downey's wife Ritamarie
Andy Duport
Amanda niece & Pam wife of SK Fred Erickson (d)
SK Jim Fabry and wife Linda
Diana Fabry wife of SK Chris
SK Neil Fanning's wife Lupita
PGK SK Joe Ferrall and his friends
Matt Weaver Sr. & Jr.
PGK Bill Fisher
Carmen Scurlock grand-daughter, of Paul Friedeborn
Peggy, wife of Gerald Giarrusso
Nick Gomes and wife Joanie and granddaughter Daphne
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
Kyle Kadell's Sister Karen Childers
PGK/SK Russ Ireland and wife Gail
George Powell in Law, Walter Birmingham 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
Al Kowalski and wife Emese
Tony Lemos and his brother Joel
Harold (Chris) Lev Jr.
Brian son of John Linscott Jr
DD Mike Locolo
Maria Lojo's mother-in-law
Veronica Lopez & Alberto Anaya cousin & nephew of SK Alberto Lopez
SK Joseph Lopez and Daughter Denise
Julia Mora, daughter of SK Joe Lopez
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
Norma Martinez and Daughter Thalia
PGK John McCracken
Kellie daughter and Jo McKinley wife of PGK SK Al (d)
McGarry family
Don Meyers
Charles Miserendino and brother Joseph
Fr John Moloney
PFN Jerry Myszkowski
SK Tom Morrissey and wife Hope
Terry Brown's sister
Megan O'Maler
Blair O'Connor's mother Barbara
SK Rick Ostrich
Amy Babel Daughter of PFN/PGK
SK Dan Owens
Stephen Paisley son of Marilyn
Saylor Padgett, Mateo Briones, grand-children, Miguel & Cecelia

Briones Father & mother in laws,
PGK David Cabone & Rita Costello
friends of SK Jerry Padgett
SK Jerry Padgett's wife Toni,
daughter Jen and in-Law Michelle
Latham Fairbourn
Bree Rayburn, wife of SK Russ Rayburn
Sean Reeves
Deacon SK Terry Reibenspies
PGK/PFN Gerry Riss niece Erin
Hughes, cousin Mike Novak and friends Steve Stark and Ethan Jordan
SK ED Roberts and wife Jean
Wilda Rodriguez wife of PFN Anthony
SK Willie Romero and cousin Sam Nenca
Michael Pielat in-law of SK Jeff Sage
Miriam wife SK Louie Sanchez (d)
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
Sara, wife of Jim Spencer
Mary wife of PGK/PFN Bob Spielman
Elaine sister of PGK/PFN Bob Spielman
SK David Tellez's wife Alberta and Brian 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
Daniel Videgain
SK Gene Walinski and wife Kathy
Colleen, wife of Jim Wehr (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

JUNE-OCTOBER BLOOD DRIVE

Please take the time Saturday June 29 and October 26 to give blood at the Knights of Columbus Vitalant Blood drive from 8 – 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.

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

Helping Hands needs help manning the Knight's pop up at the GiGis event at Rancho Santa Su Community Park June 1 from 7 AM to 1 PM

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	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	Ron Sandoval	(626) 510-6262	

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			

May 2024

Sun Mon Tue Wed Thu Fri Sat

			1	2 Bowling	3 Fish Fry 4:30 to 7PM	4 *Rosary at Assumption 9:30AM *Bingo *Men's Holy Hour *Street Fair 9-4
5 *Community Dinner 5:30-6:30	6 Chili cook off meeting 5PM	7 Officer Meeting	8	9 Bowling Soccer Challenge St Rose	10	11 *Bingo *Men's Holy Hour POSTAL FOOD DRIVE
12 Mothers Day *Community Dinner 5:30-6:30	13 Chili cook off meeting 5PM	14 5803 Business Meeting 7:30PM Pre Meal 6:30 Rosary 7PM Nominations	15 *4th degree Officers meeting 6PM Rosary 7:00PM Meeting 7:30PM 4th Degree Elections	16 Bowling KofC State Convention	17 KofC State Convention	18 *Bingo *Men's Holy Hour KofC State Convention
19 *Community Dinner 5:30-6:30 KofC State Convention	20 Chili cook off meeting 5PM	21	22 KoC Benefits night 7:00 PM	23 Bowling Banquet	24 4th Degree distribute graveside flags	25 *Bingo *Men's Holy Hour
26 *Community Dinner 5:30-6:30	27 Memorial Day 4th Degree Callout- Assumption *Community Breakfast 7-9AM	28 Pick up flags at Assumption	29	30	31	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 *Rosary at Assumption 9:30AM *Bingo *Men's Holy Hour *GiGis event at Rancho Santa Su Park 7-1PM
2 *Community Dinner 5:30-6:30	3 Chili cook off meeting 5PM	4 Officer Meeting	5	6	7 Fish Fry	8 *Bingo *Men's Holy Hour YA-YA Meeting 12-5 PM
9 *Community Dinner 5:30-6:30	10 Chili cook off meeting 5PM	11 5803 Business Meeting 7:30PM Pre Meal 6:30 Rosary 7PM Elections	12	13	14	15 *Bingo *Men's Holy Hour
16 Fathers Day *Community Dinner 5:30-6:30	17 Chili cook off meeting 5PM	18	19 *4th degree Officers meeting 6PM Rosary 7:00PM Meeting 7:30PM *Chili Cook-off setup	20 Chili Cook-off setup	21 Chili Cook-off setup	22 *Bingo *Men's Holy Hour *Chili Cook-off
23 *Community Dinner 5:30-6:30 *Chili Cook-off Breakdown	24 Chili Cook-off Breakdown	25 Chili Cook-off Breakdown	26	27	28	29 *Bingo *Blood drive
30 *Community Dinner 5:30-6:30 *Family Mass 9AM						