

Knights Knews

Grand Knight Report

December 2024

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

I hope you had a blessed Christmas. We have a busy month in January. We have the PGK dinner on Jan 10, all are welcome to attend, the dinner will be held at the KC hall on Patricia at 7pm. **NOTE: PGK dinner has been cancelled due to power outage.** Then the following Sunday, Jan 12 we have a Right to Life Breakfast and Family Mass, join us at the 9am Mass. We still have all the usual events in January like the Sunday community dinners, come down at 4pm any Sunday to help. We are also serving a community Breakfast at the KC hall on Jan 19th from 7am to 9am. We also have the KC Mexico cruise Jan 19 thru 25th. Still cabins available.



Bingo continues to do well and fund our many charitable works. If you are not signed up to help please come by on Saturday and give us a hand, to get on the month Bingo worker rotation give me a call at 805-501-8818. Bingo help is needed 4pm to 9pm on Saturdays.

We will be revising our annual budget to reflect the increased Bingo revenue and to adjust budget categories that are projected to go over the original approved budget. The revised budget will be presented at January and February business meetings and voted on at February business meeting.

GK Rick Ostrich



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

Deacon's Corner

Holy Family

The feast of the Holy Family is celebrated on the Sunday between Christmas and the Solemnity of Mary January 1st. On this liturgical year, the Mass reading was from St. Luke, the story of 12 year old Jesus in the temple, presumably lost. Luke 2:46-48.

This reading is a reminder that families certainly have anxiety and stress. The Holy Family was not exempt from this. Although Jesus had not crossed the line of religion or race, He certainly caused anxiety and stress for His parents. Jesus explained that He was about His Father's business, but it was hard for His parents to understand. After all, His parents thought He was lost and were deeply concerned. What parent wouldn't be anxious and upset about a child who was lost for several days?

Many families have had to deal with all sorts of sickness, sorrows, pain and anxiety. The same was true for Jesus' family. Although we do not hear anything more in Scripture about Joseph, we do hear a lot about Mary. Those last years of walking the path with Jesus to His death, could not have been easy or stress free. She stood at the foot of the cross as He suffered and died.

Although the feast of the Holy Family has already passed, we should make a New Year's resolution to do all we can to ease the stress in our families. We should hold them all up in prayer. We should particularly remember our parents, living or deceased, and call to mind the anxiety and stress they bore for us. By our prayers and actions, we can make our families better. Let us ask Jesus, Mary and Joseph to pray for our families.

Viva Jesu

Deacon Terry



Health and Fitness Update – 2024 in Review

Regarding practical strategies proven to extend our health-span:

My personal big deal was adding Fatty15 to my “must use” supplements – optimal intake adds 1 to 2 decades of health-span for dolphins – a large mammal that gets all the same diseases of aging as we do. Demonstrating this in dolphin populations is SO much more convincing than mouse studies. For a discount on your first 3-month supply go to <https://fatty15.com/SRFIT>. To read the fascinating science: [Discover C15:0](#).

For a review of the important advances in the science of Longevity for us humans, read this writeup by Reason (it seems his mom named him that) at [A Look Back at 2024: Progress Towards the Treatment of Aging as a Medical Condition](#). This is not an easy read, but a good overview.

I have built a course on **Rebuilding Strength for Seniors** that I hope to present with Parks and Recreation this year, maybe monthly if they like it. I have it on a Power-Point file with video demonstrations of each specific exercise, all narrated by me while showing the form, function and intensity of each exercise. I break the body into three training sessions on three workout days focused on Pushing, Pulling and Legs. It is what I teach my clients at LM Fitness. I plan to make it available on my Cloud account for my readers when I sort out how to do that, so stand by for a link to be able to download the course if it interest you; it is a 2.5 GB file, and you will need Office 365 to run the videos; I know that Apple computers can run it as well. Reach me at wilhelmi@pacbell.net.

Meanwhile, build your health and fitness with these simple strategies:

- Eat real foods – those found on the outer isles of the store, that have no ingredients list – organic as much as you can afford
- Move your body; sit less, walk more, join a gym, dance, run, pump iron, have fun with it
- Sleep 7-8 hours a night
- Take supplements that counter the damage of ageing and keep energy production at youthful levels, if you need guidance with this ASK – If I know it, it’s free from me
- Lean on your Faith to keep you positive and productive
- Read the 7 pillars of Senior Fitness articles on seniorfitness.com for the basics. Click the icon or the slider topic and then the Read More button

Fellow Knights: I ask God’s blessing on us and all who work to build His Kingdom; may He grant us fullness of life while we work in His Vineyard; may He prosper the work of our hands - Amen



Knights of Columbus Cruise – Jan 2025

I am getting together a cruise for the Council. We have done these in the past every couple of years.

This year's cruise is to the Mexican Riviera, January 19 – 25, 2025 on Carnival Panorama. The cruise leaves from Long Beach and goes to Cabo San Lucas and Ensenada.

Since the cruise leaves Sunday and gets back Saturday Morning, it will not interfere with Saturday Bingo.

Of course you will need a valid passport.

To book the cruise you can book with Reva at Dimensions in Travel at 415-892-5973.

Reva works Monday – Thursday 10:00am – 3:00pm

Reva's email is: reva@dimensionsintravel.com.

After we get closer to cruise date I will contact those that have booked to see if you want to get a shuttle from Simi Valley to Long beach and back.

GK Rick Ostrich

6-DAY MEXICAN RIVIERA FROM LOS ANGELES, CA

 **Carnival Panorama**

 Start: Long Beach (Los Angeles) > Cabo San Lucas > Ensenada > End: Long Beach (Los Angeles)

Sun Jan 19, 2025 - Sat Jan 25, 2025 [Change Date](#)

[What's included?](#)

From **\$459***

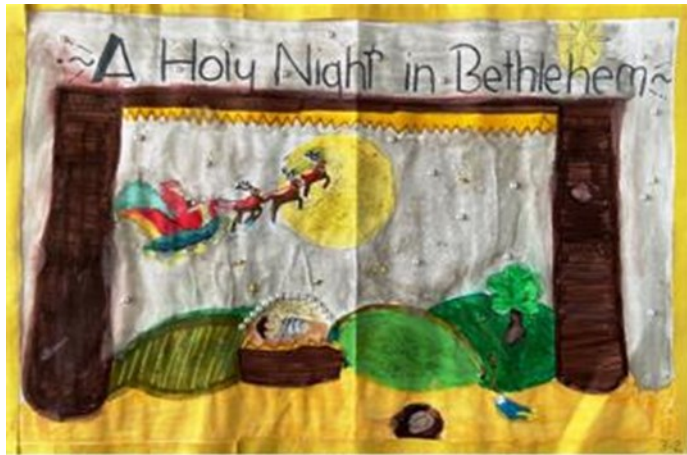
average per person,
2 person room

START BOOKING

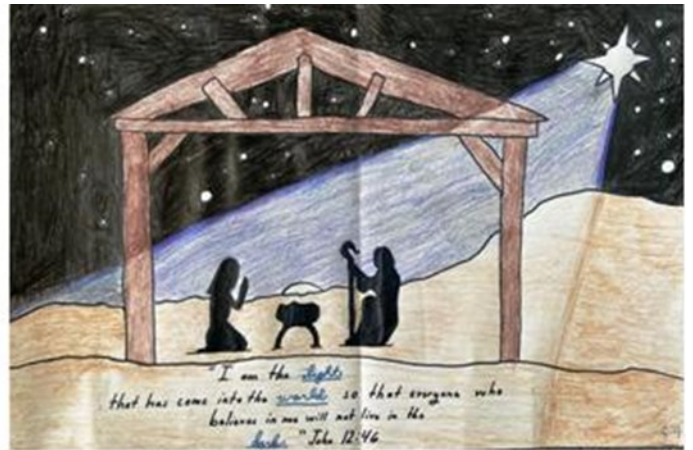


2024 POSTER CONTEST

For the 3rd year, the Council sponsored a poster contest based on K of C's KEEP CHRIST IN CHRISTMAS – Poster Contest. This program's purpose is to encourage students and their families to ponder the true spirit of Christmas. Students in the 3rd and 4th grades in St Rose of Lima school participated in the event. Each 11-in x 17-in poster was to reflect the theme of Keep Christ in Christmas. Each poster was done only by the student; however, families were encouraged to discuss the theme. A scoring system was used to determine the winners based on slogan, visuals and overall impact. Judges included Brothers Joe Ferrall, Jim Meyer and Blair Connor plus Maureen Meyer, wife of Jim, and Lorraine, wife of Joe. The winners of each grade received a \$50 check which was presented by PGK Joe Ferrall after the school mass on December 17. Winning posters are shown here:



3rd Grade – Sithni Edussuriya



4th Grade – Nathaniel Torres



ONELIFE LA 2025



Join the OneLifeLA family on January 18, 2025, to celebrate the beauty and dignity of every human life from conception to natural death. The 2025 theme is **“LET US STAND UP TOGETHER.”** We will walk from Olvera Street through Downtown Los Angeles to LA State Historic Park for a family-friendly day of inspiring speakers, live music, food trucks, and works of mercy. Bring your friends and family and join us to celebrate, defend, and embrace life.

The Knights of Columbus, Holy Cross and Simi Valley Councils, have arranged and paid to have a large Pegasus Transit coach to take pro-lifers to OneLifeLA 2025.

The bus will depart on Saturday, Jan 18, from St Rose at 10 AM and return about 5 PM

There is no cost to any that want go; however, we request that you reserve a seat

Reservations are on a first-come/first-serve basis

Please call, or text, Joe Ferrall, (805-428-1894) to make a reservation

Sleeping Bags needed - Matthew 25:35

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in...”

The winter sleeping shelter that Knights of Columbus hosts are in need of sleeping bags for next season. The clients sleep inside so we need 50 degree warm weather sleeping bags. Please no mummy bags or zero degree bags.

Complete specs: 50 degree, rectangular bag, machine washable. Similar to “Ozark Trail 50 degree bag” for \$16 (tax included) from Walmart. If you would like to donate one please give online at <https://www.kc5803.org/sleeping-bags>

If you don't or won't give online you can buy one yourself and bring to a knights event or toss it over the gate at the KC hall.

If you have questions please contact Rick Ostrich at 805-501-8818

Homeless sleeping shelter

Open Nov 2025 thru March 2025. It is held at the KC hall at 1255 Patricia Ave.

I could use some help with homeless Shelter on Sundays.

I need volunteers to help setup, hang out, clean up and watch a disaster movie. Not hard work. The help is needed 6pm Sunday evening till 9pm Sunday Evening. If you are able to spend the night I need some overnight help on January 19, 2025 and March 30, 2025. I will be out of town those days.

Call me or email me if you can help, rickostrich@gmail.com or 805-501-8818.
GK Rick Ostrich

Due to the power outage at the knights hall, the PGK dinner has been cancelled on January 10th.

NOTE: Due to the wild fires, Mater Dolorosa is closed until further notice. The retreat team will assess future retreats after it is safe to return.

UPDATE: Please pray for the retreat team who lost structures on the grounds and sustained some damage to the main buildings in the retreat center due to the wild fires.



January Bereavement & Fraternal

Brothers and Sisters in Christ.

Updated 1/1/25 This month we mourn the passing of Audrey Costner wife of PGK Al (d), and SK Tom King. Please keep the Costner, King families in your prayers. Please keep the following especially in your prayers PGK/PFN Jerry Padgett's brother Steven, Marissa niece of Manuel Vargas, SK Duke Kopacz wife Roberta and daughter Rebecca, Jean Smith daughter of PGK Chris Smith, PGK/PFN Mike Palacios, Don Meyers, Donna Hull, and PGK Russ Ireland.

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

SK Bill Alexander and wife Lori	Jacqueline Griffith mother of SK Mark	The Mazo Family
Tracy Antonacci and Cheri sisters of PGK John and friend Cherokee Vandermark	Tanya Guzman	PGK John McCracken and daughter Joan
David Babcock and wife Maddy	SK Bob Hacia's Sister in law Dalton Collins and uncle Tom Riza	Kellie daughter and Jo McKinley wife of PGK SK Al (d)
Regina Barbosa daughter of SK Steve Logan Brammer's mother-in-law	Alfredo Hernandez and his sister Alejandro Hernandez	McGarry family
Salley Brownie wife of SK Ron (d)	Maury Hoffart and sons John & Ron	Don Meyers
Jerry Brusseau and family	SK Tim Hodgins and wife Terry	Mary and Janice Metz
Andrew Budinski	SK Lance Holman	Charles Miserendino and brother Joseph
SK Richard & Susie Case	Stephen son and Lois, wife of PGK SK Ron Huerth	Fr John Moloney
Guillermo Camarena's father	Donna Hull	SK Tom Morrissey and wife Hope
Rosa Camacho	Kyle Kadell's Sister Karen Childers	Terry Brown, sister and cousin Ross Roger of PFN Dan Owens
Juanita Camacho mother of Tony	PGK/SK Russ Ireland	Blair O'Connor's mother Barbara
Blanca Chowdhury and family	Trudy Kern mother of Dave	Megan O'Maler
Barbara Connor, mother of SK Blair	George Powell in Law, Walter Bingham uncle, Sara Jayne Powell Sister and Tim son, of SK Tom King	Stephen Paisley son of Marilyn
Patricia wife of SK Carl Cornell (d)	SK Tom King's daughters Marianne and Carol.	Steven brother, Saylor Padgett, Mateo Briones, grand children, Miguel and Cecelia Briones, father and mother-in-law, PGK David Cabone and Rita Costello friends of Jerry Padgett
SK Don Corson's wife Marian and son Don	SK Duke Kopacz's wife Roberta and his daughter Rebecca	SK Jerry Padgett's wife Toni, daughter Jen
Trudy wife of SK Dominick Costanzo (d)	Al Kowalski and wife Emese	and in-Law Michelle Fairbourn
SK Tony Crane	Tony Lemos and his brother Joel	Bree Rayburn, wife of SK Russ Rayburn
Jerry Mahieu brother-in-Law of SK Larry Denning	Harold (Chris) Lev Jr.	Sean Reeves
Sahera sister of SK Sam Doka	Brian son and Karen wife of John Lin-scott Jr	Deacon SK Terry Reibenspies
SK John Downey's wife Ritamarie, and family Robert, Bobby, Sean Downey and Joan Millenciewicz,	DD Mike LoColo	PGK/PFN Gerry Riss niece Erin Hughes,
Ann Dumas wife of SK Ronald (d)	Maria Lojo's mother-in-law	cousin and friends Steve Stark,
Andy Duport	Veronica Lopez & Alberto Anaya cousin & nephew of SK Alberto Lopez	Ray Salings and Ethan Jordan
Amanda niece & Pam wife of SK Fred Erickson (d)	SK Joseph Lopez and daughter Denise	SK Ed Roberts and wife Jean
SK Jim Fabry and wife Linda	Julia Mora.	Wilda Rodriguez wife of PFN Anthony
Diana Fabry wife of SK Chris	Ray Madden's brother-in-law Lou	SK Willie Romero
Lupita Fanning wife and Dennis brother of SK Neil	SK Henry Mancilla, brother-in-law	PGK/PFN Mike Palacios
PGK SK Joe Ferrall and his friends	Alejandro Arellano, Scott, grandson and niece Roseann Fuentes	Michael Pielaet in-law of SK Jeff Sage
Matt Weaver Sr. & Jr.	SK Jim Manda and son Tim	Miriam wife SK Louie Sanchez (d)
PGK Bill Fisher	PGK SK Bill Martin	Greg Secor
Brian Fransen son of SK Don (d)	SK John Makenzie and friend Andrew Richards	John Segar
Carmen Scurlock grand-daughter, of Paul Friedeborn	Norma Martinez and Daughter Thalia	Fr Joe Shea
Peggy, wife of Gerald Giarrusso		
Nick Gomes and wife Joanie		
SK Cody Gorecki		

January Bereavement & Fraternal

SK PGK SK Bob Smith his wife
Angie, sons

David and Chris.

Susan Smith, wife and Alex son
and Jean daughter of PGK SK
Christopher

PGK/PFN Bob Spielman's wife
Mary

Elaine sister of PGK/PFN Bob
Spielman

David Tellez's wife Alberta and
Brian

Lampkinf son in Law

Kitty Fidermutz, daughter of Lon-
nie Todd

Sandy, wife of Mike Tortorici

Ginger Trematore wife of SK Joe
(d)

Ruben Valdez

Manual Vargas's niece Marissa,
sister Mayira Vargas and his moth-
er Maria Espinoza de Vargas,
John Vera's son Marc Venegas &
Family

Daniel Videgain

SK Gene Walinski and wife Kathy

SK Frank Wilhelmi

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



FEBRUARY BLOOD DRIVE

The next Knights of Columbus Council 5803 Blood Council drive is scheduled for Saturday February 22 from 8 AM to Noon at the St Rose of Lima Parish hall behind the church, Since I get emails almost daily requesting blood donations, it's important that if able to give blood at least 3 times a year (which coincidentally matches up with the number of blood drives we host). Please call me - Paul Friedeborn at 805-395-1126, Vitalant at 805-654-1600 or contact them online to make an appointment.

COMMUNITY DINNERS

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 everyone that has helped with the hall renovations, the Community dinners, and the thousands of other projects the Knights have worked on over the year. Everyone deserves an atta boy that has put aside time to help others in this season of giving and throughout the year. If you have a need for helping hands or know of any Knights, widows or community members in need of helping hands please notify me at 805-395-1126. I will go through the proper channels to get it done.

2023 - 2024 OFFICERS

Grand Knight	SK Rick Ostrich	(805) 501-8818	rickostrich@yahoo.com
Spiritual Advisor	SK Deacon Terry Reibenspies	(805) 390-0745	terryreib@pacbell.net
Deputy Grand Knight	John Antonacci	(805) 559-2944	john_thetilepro@yahoo.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 Jim Hook	(805) 579-8438	jhook643@gmail.com
Treasurer	Dave Babcock	(408)499-5576	dave@babcock-family.org
3-Year Trustee	SK Chris Fabry	(805) 624-9858	chrisfish74@hotmail.com
2-Year Trustee	PGK Joe Ferrall	(805) 428-1894	Jnl_70@outlook.com
1-Year Trustee	SK Jerry Padgett	(661) 492-5473	jtpadgett2013@gmail.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) 231-6168	mikelocollo@roadrunner.com
Insurance Representative	Scott Frost	(818)957-2649	scott.frost@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
Community Breakfast	Weekly	PGK Rick Ostrich	501-8818	rickostrich@yahoo.com
Community Dinner	Weekly	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	PGK 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	PGK 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	DGK Chris Fabry	805-624-9858	chrisfish74@hotmail.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			

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Years Day	2 No Bowling	3 Fish Fry	4 *Rosary at Assumption 9:30AM *Bingo *Men's Holy Hour
5 *Community Dinner 5:30-6:30 *PADS	6	7 *PADS	8 Officers Meeting Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM	9 National day of morning for Jimmy Carter *Bowling	10 PGK Dinner at KofC Hall 7:00 PM No PGN dinner due to power outage	11 *Bingo *Men's Holy Hour
12 *Family Mass 9AM *Right to Life Breakfast *Community-Family Dinner 5:30-6:30 *PADS	13	14 *PADS	15 *4th degree Officers meeting and Rosary 6:30PM Meeting 7:00PM	16 Bowling	17	18 *Bingo *Men's Holy Hour * One Life LA (Buss)
19 *Community Breakfast 7AM *Community Dinner 5:30-6:30 *PADS *KoC Cruise	20 Inauguration Day Martin Luther King Day *KoC Cruise *College Championship Game 4:30 PM	21 *PADS *KoC Cruise	22 *KoC Cruise	23 Bowling *KoC Cruise	24 *KoC Cruise	25 *Bingo *Men's Holy Hour *KoC Cruise
26 *Community Dinner 5:30-6:30 *PADS	27	28 *PADS *FIN Benefit Event 8:00 PM	29	30 Bowling	31	

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 *Rosary at Assumption 9:30AM *Bingo *Men's Holy Hour
2 *Community Dinner 5:30-6:30 *PADS	3	4 *PADS	5 Officers Meeting	6 Bowling	7 Fish Fry	8 *Bingo *Men's Holy Hour
9 *Community-Family Dinner 5:30-6:30 *PADS *SuperBowl	10	11 *PADS	12 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM	13 Bowling	14 Valentine's day	15 *Bingo *Men's Holy Hour
16 *Community Dinner 5:30-6:30 *PADS	17 President's Day *Dr Nguyen blood work	18 *PADS	19 *4th degree Officers meeting and Rosary 6:30PM Meeting 7:00PM	20 Bowling	21	22 *Bingo *Men's Holy Hour
23 *Community Dinner 5:30-6:30 *PADS	24	25 *PADS	26	27 Bowling	28	