

Knights Knews

October 2025

Grand Knight Report

So we had a great turnout for the PGK dinner. Saw lots of us old past grand knights, wonderful dinner by Tony Bonomo and his crew. Many thanks to the Antonacci family for doing serving and cleanup. We have the Bishop fishing Trip coming up on Oct 2 thru 5th.

We have the usual Sunday dinner for the community every week and a breakfast on Columbus Day Oct 13th at the KC hall. Come down and help if you can

Happy Halloween

GK Rick Ostrich



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



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

Field Agent Report

PERMANENT LIFE INSURANCE

A Part of K of C's Suite of Insurance Products

Permanent life insurance is our signature product. It can provide money to your family when you die, and can build cash value while you live. It's **guaranteed**. It's **secure**. It's **dynamic**.

Permanent life insurance is a great way to provide security for your family. It may be an ideal solution if you're interested in:

- Providing money for final expenses so your family doesn't have to.
 - Supplementing or replacing income so an untimely death wouldn't impact your family's level of financial comfort.
 - Providing funds for your children's college education in case of the unexpected.
 - Shielding your family against any remaining mortgage payments, so that they aren't overwhelmed by debt or forced to move if you die unexpectedly.
 - Giving a donation to a charity or special interest as part of your legacy.
- Supplementing an estate or mitigating estate taxes.

Permanent life insurance – like all life insurance – is designed primarily to provide money (also known as a death benefit) to your designated beneficiary when you pass away.

All Knights of Columbus permanent life insurance policies have premiums that are guaranteed not to increase – no surprise bills to keep your policy.

Our permanent life insurance policies also accrue cash value over time. Should the policy be eligible for any dividends (which are not guaranteed), you can also elect to put those proceeds back into your policy by purchasing additional paid-up insurance. Additional paid-up insurance increases your policy's death benefit and cash value. Your policy's cash value can be used either through a partial loan or a full surrender of the policy, or as collateral.

Contact me to learn more about our permanent life insurance products and the security we can help your family achieve.

Thank you!

Jehan Fernando, FICF

(805) 231-3675

jehan.fernando@kofc.org

Insurance Field Agent

License # 0E07756

Deacon's Corner

Perfect Thanks

In September of 1973, Mr. and Mrs. Dan Matile of Elmdale, KS asked Msgr. Arthur Tonne to offer Mass for the success of their sons, Gene and Joe in the National H.S. Rodeo Championship Finals to be held in Ogden, UT. The boys won first place in the team roping contest. After winning, the Matiles asked Father to offer Mass in Thanksgiving. The Matiles expressed their gratitude in the perfect way.

How often have you thanked God for the many benefits you have received. When you attend Mass, how often is the thought of thanks in your heart? It should be often, because Mass is the perfect means of giving thanks for God's blessings. Remember, the very word Eucharist means Thanksgiving. Notice how often we hear the word "thanks" in the Holy Sacrifice of the Mass!

Viva Jesu

Deacon Terry



A Newer Supplement that Lets Us Hang on To Muscle in Old Age

Long ago I used a supplement from MHP that claimed to be a formula that would reduce Myostatin. Myostatin is a regulator of muscle size and sets an upper limit to our muscle structure. It was eventually taken off the market as being ineffective.

Wouldn't you know, Myostatin increases with aging and forces our body to carry less muscle. It is one of the factors in aging that leads to Sarcopenia, the crippling sudden decline of strength that ends our independence.

I periodically search the supplement world for something to replace it, and last month found a product that works for real; Turkesterone. I found it on Amazon, and it is reasonably priced as well. The write up on the product is full of errors: It does not boost testosterone production (that would actually be good for old guys and gals), and it does not contain any testosterone.

There are probably 40+similar products on display, but this one grabbed my attention at a great price.

In September I added about 4 pounds of what looks to be muscle. I also searched the literature for negative impact and found none; this seems to be a benefit for both genders in late life.

To Your Greater Health and Fitness – In Christ,

Frank



us



This month is Respect Life month. Join us as we pray to

- Save lives
- To turn the minds and hearts of those that consider abortion a solution....
to see it for what it really is:
a cruel and evil act upon an innocent human being!

Also, Sunday, **Oct. 26 is Respect Life Breakfast** at St. Rose after the 7:00 and 9:00 AM masses sponsored by the by the Knights of Columbus. Net proceeds will go the RealOptions Women's Clinic of Simi Valley.

[Lorraine & Joe Ferrall](#)

Lorraine 805-428-1893

Joe 805-428-1894



LORD, HEAR OUR PRAYER



October Bereavement & Fraternal

Brothers and Sisters in Christ.

Updated 9/26/25 This month we mourn the passing of Helen Tatone wife of SK, Bud (d), Steven Ryder, Please keep the Tatone and Ryder families in your prayers. Please keep the following especially in your prayers, Dennis Fanning brother of SK Neil, Nick Gomes, Kelly Schibi friend of SK Chris Smith, Rick Statler friend of John Antonacci, Dolores Smith mother of Chris and Bob Smith, Rosean Fuentes, Don Runion, Mary Spielman wife of PRK/PFN Bob (d), Deacon Dave Lawrence, Jean Roberts wife of SK Ed, PFN Jerry Myszkowski, Loria French, PGK Bos Smith, PGK/PFN Boyd Brotherton, PGK SK Bill Alexander, 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	Friedeborn	niece Roseann Fuentes
Tracy Antonacci and Cheri sisters of PGK	Alexandra and Loria French	SK Jim Manda and son Tim
John and friend Cherokee Vandermark	Steve Garlin	Joanna Manley
Rick Statler friend of John Antonacci	Peggy, wife of Gerald Giarrusso	PGK SK Bill Martin
David Babcock and wife Maddy	Nick Gomes	SK John Makenzie's friend Andrew Richards
Regina Barbosa daughter of SK Steve	SK Cody Gorecki	Norma Martinez and Daughter Thalia
Logan Brammer's mother-in-law	Jacqueline Griffith mother of SK Mark	The Mazo Family
PGK/SK Boyd Brotherton	Tanya Guzman	PGK John McCracken and daughter Joan
Salley Brownie wife of SK Ron (d)	SK Bob Hacia's Sister in law Dalton Collins	Kellie daughter and Jo McKinley wife of
Sean Duggan nephew of SK Joel	and uncle Tom Riza	PGK SK Al (d)
Bruemmer	Alfredo Hernandez and his sister	Don Meyers
Jerry Brusseau and family	Alejandro Hernandez	Mary and Janice Metz
Andrew Budinski	Maury Hoffart and sons John & Ron	Charles Miserendino and brother Joseph
SK Richard & Susie Case	SK Tim Hodgins and wife Terry	Fr John Moloney
Guillermo Camarena's father	Fran Hokanson and Mia Garza grand-	SK Tom Morrissey and wife Hope
Rosa Camacho	daughter	Terry Brown, sister and cousin Ross Roger
Juanita Camacho mother of Tony	SK Lance Holman	of PFN Dan Owens
Blanca Chowdhury and family	Stephen son and Lois, wife of PGK SK Ron	Blair O'Connor's mother Barbara
Barbara Connor, mother of SK Blair	Herth	Megan O'Maler
Patricia wife of SK Carl Cornell (d)	Donna Hull	Stephen Paisley son of Marilyn
Armando Correa	Kyle Kadell's Sister Karen Childers	Steven brother, Katie, Saylor Padgett &
SK Don Corson's wife Marian and son	PGK/SK Russ Ireland	Mateo Briones grand children, Miguel
Don	Trudy Kem mother of Dave	and Ceelia Briones, father and mother-in-
Trudy wife of SK Dominick Costanzo (d)	George Powell in Law, Walter Bingham	law, PGK David Cabone, Rita Costello
Jerry Mahieu brother-in-Law of SK Larry	uncle, Sara Jayne Powell Sister and Tim	and Marc Silvestri, Lou Porter friends of
Denning	son, of SK Tom King (d) and daughters	Jerry Padgett.
Sahera sister of SK Sam Doka	Marianne and Carol.	SK Jerry Padgett's wife Toni, daughter Jen
SK John Downey's wife Ritamarie, and	SK Duke Kopacz's wife Roberta and his	and in-Law Michelle Fairbourn
family Robert, Bobby, Sean Downey and	daughter Rebecca	Bree Rayburn, wife of SK Russ Rayburn
Joan Millenciewicz,.	Al Kowalski and wife Emese	Sean Reeves
Ann Dumas wife of SK Ronald (d)	Deacon Dave Lawrence	Deacon SK Terry Reibenspies
Andy Duport	Tony Lemos and his brother Joel	PGK/PFN Gerry Riss niece Erin Hughes,
Amanda niece & Pam wife of SK Fred	Harold (Chris) Lev Jr.	cousin and friends Steve Stark,
Erickson (d)	Brian son & Karen wife of John Linscott Jr	Ray Salings and Ethan Jordan
SK Jim Fabry and wife Linda	DD Mike LoColo	SK Ed Roberts and wife Jean
Diana Fabry wife and sons Noah and Chris	Maria Lojo's mother-in-law	SK Anthony Rodriguez and wife Wilda
of PPGK/SK Chris Fabray	Veronica Lopez & Alberto Anaya	SK Willie Romero PGK/PFN Mike Palacios
Lupita Fanning wife and Dennis brother	cousin & nephew of SK Alberto Lopez	Michael Pielaet in-law of SK Jeff Sage
of SK Neil	SK Joseph Lopez's wife Beverly and	Miriam wife SK Louie Sanchez (d)
PGK SK Joe Ferrall and his friends Matt	daughter Denise	Fr Joe Shea
Weaver Sr. & Jr.	Julia Mora.	Greg Secor
PGK Bill Fisher	Ray Madden's brother-in-law Lou	John Segar
Brian Fransen son of SK Don (d)	SK Henry Mancilla, brother-in-law	
Carmen Scurlock grand-daughter, of Paul	Alejandro Arellano, Scott, grandson and	

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LORD, HEAR OUR PRAYER



October Bereavement & Fraternal, continued

SK PGK SK Bob Smith his wife Angie, sons David and Chris.

PGK SK Chris, wife Susan, Alex son and Jean daughter.

Kelly Schibi friend of SK Chris Smith Dolores Smith mother of Chris and Bob

PGK/PFN Bob Spielman's wife Mary and sister Elaine

David Tellez's (d) wife Alberta and Brian

Lampkin son in Law

Helen Tatone wife of SK Bud (d)

Kitty Fidermutz, Lonnie Todd's (d) daughter

Sandy, wife of Mike Tortorici

Ginger Trematore wife of SK Joe (d)

Ruben Valdez

Josephine wife of GK /PFN Fred Valdez and nephew Gabriel Loranzo family

Manual Vargas's niece Marissa, sister Mayira Vargas and his mother 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



OCTOBER BLOOD DRIVE

Please take 30 minutes to help resupply the Vitalant blood bank at the Knights of Columbus council 5803 blood drive on Saturday October 25 at the St Rose of Lima parish hall from 7:30 AM to Noon. Your donation to the blood bank is used for local hospitals, and the national grid for much needed blood. Call Paul Friedeborn at 805-395-1126, Vitalant at 805-654-1600 or contact them online to make an appointment.

PENDING MOTIONS

No Pending Motions from last Business Meeting.

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 willing and able to help with the large variety of volunteer opportunities that our council offers each month especially the Bonomo, Linscott, and Riss families and other volunteers for their weekly Sunday community dinners. If anyone knows of any Knights, St. Rose parish members/community members in need of helping hands call me at 805-395-1126.

2025 - 2026 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)395-1126	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	Jehan Fernando	(805) 231-3675	jehan.fernando@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	TBD		
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			

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Officers Meeting 7PM	2 Bowling Fishing trip	3 No Fish Fry Fishing trip	4 *Rosary at Assumption 9:30AM *Fishing trip *Bingo *Men's Holy Hour *Boy Scout BBQ
5 *Community Dinner 5:30-6:30	6 Monday Night Football (MNF)	7	8 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM	9 Bowling	10	11 *Bingo *Men's Holy Hour *Ya-Ya General Meeting
12 *Community-Dinner 5:30-6:30	13 *Community Breakfast 7-8:30AM *MNF	14	15 *4th degree Officers meeting and Rosary 6:30PM Business Meeting 7:00PM	16 Bowling	17	18 *Bingo *Men's Holy Hour
19 *Community Dinner 5:30-6:30	20 MNF	21	22	23 Bowling	24	25 *Bingo *Men's Holy Hour Blood Drive
26 *Community Dinner 5:30-6:30 *Pro Life Breakfast	27 MNF	28	29	30 Bowling	31 Halloween	

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 *Rosary at Assumption 9:30AM *Men's Holy Hour *Bingo
2 *Community Dinner 5:30-6:30 DAY Light Saving Ends *40 Days For Life Ends *Dia Los Moertos *PADS	3 Monday Night Football (MNF)	4 *PADS	5 Officers Meeting 7PM	6 Bowling	7 Fish Fry	8 *Bingo *Men's Holy Hour
9 *Community-Dinner 5:30-6:30 *PADS	10 MNF *Veteran's Flag Placement	11 Veteran's Day *Veteran's Day breakfast *PADS	12 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM *Flag Removal	13 Bowling	14	15 *Bingo *Men's Holy Hour
16 *Community Dinner 5:30-6:30 *PADS	17 MNF	18 *PADS	19 *4th degree Officers meeting and Rosary 6:30PM Business Meeting 7:00PM	20 Bowling	21 Turkey Shoot	22 *Bingo *Men's Holy Hour Blood Drive
23 *Community Dinner 5:30-6:30 *PADS	24 MNF	25 *PADS	26	27 No Bowling THANKSGIVING	28	29 *Bingo *Men's Holy Hour
30 *Community Dinner 5:30-6:30 *PADS Xmas tree lighting						