

Knights Knews

April 2025

Grand Knight Report

Brother Knights,

We are at the end of the Third Quarter of this Columbian Year. So far, it has been a rather lackluster year. I say that knowing that we have had a real degree of success in some ways, but we have also had some disappointments.

Let me start with the good stuff. Our main fundraiser each year is the Chili Cook-off. Our 2024 event was a good event and provided our operating funds for this year. In the fall of 2023 we moved our BINGO from St Rose Parish Hall to Shepherd of the Valley Lutheran Church Hall. This move has proved to be beneficial as our clientele has been steady and growing. Our funding for charity has increased significantly and we have been able to be more generous in its distribution. We had built up a building fund to support a potential expansion of the Hall. Due to deferred maintenance and other factors, we were forced to expend those funds to re-roof the hall, upgrade the air-conditioning systems, upgrade the kitchen and safety features, and fix minor structural repairs. All these have nicely improved the Hall for all uses. We have provided Sunday meals for the homeless for years, this past year the customer base expanded from 10-15 until we now provide "Community Dinners" for more than 100 persons including families every Sunday. Our Friday Fish Fry's are in full swing.

Now for the bad points. We are a large council with nearly 400 members. That is down from the over 500 we had a few years ago. On top of that we seldom see most of you. There is a corps of 20 to 25 members who routinely attend meetings and support the Cook-off, Bingo, bowling, and the dinners. Because of various factors,



**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

recruiting is down.

We are a Fraternal Organization. That entails a brotherhood, a familial connection. It means that we get together to meet, break bread, share ideas, build friendships. The life and breadth of an organization is built in the meetings. We need you to attend the meetings. We need your thoughts, your ideas, your talents, your time. Every one of you is an equal member of this council and consequentially of the 100000 Knights worldwide. I realize that a part of you are senior citizens who no longer get out that much and need transportation to and from meetings. We will get you there and back. Others are younger Knights with young families and busy jobs. We need you more. You are the future. Your social and business connections offer the council new ways to bring the Knights and the Church to our community.

We know a growing family needs a dad who is there and involved. We older Knights have all done that and when necessary, taken some time away from our Knights' duties to do that. But part of the element of raising a family is fostering membership and active participation in organizations like the Knights that provide support to our communities. We meet as a council once a month for just over an hour to conduct our business. Some may socialize afterwards for a short time, that is separate. We seek your help to continue our mission and only by coming to the meetings can we bring you into our team. We wish that you could or would like to come to each meeting but know that is not always possible. Attending once or twice each quarter on every second Wednesday will keep you abreast of the actions of the Council. We have a lot going on and would like your help if you choose to give it. More importantly, while not flush with Charity funds, we have a healthy amount right now and in reality need your broader perspective to properly and effectively disburse those funds to our Church Community and throughout the greater community.

So we have Fish fries every Friday during lent. Come down and eat with family and friends or come by and help us cook.

This month our big event is a FREE dinner for Knights and their families, it will be on April 25 at the KC hall from 5pm to 7pm.

We still have all the usual events in April like the Sunday community dinners, come down at 4pm any Sunday to help. Don't forget bowling on Thursdays.

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.

Please see Brother John Downey's article, considering being more active in the council.

GK Rick Ostrich

Field Agent Report

Brothers,

Are you on track to reach your financial goals? Are you unsure how to begin setting those goals?

As your agent, I'm dedicated to helping you find the right insurance solutions, no matter your stage of life. Whether you are in your working years with young kids, living paycheck to paycheck, or knocking on the door of retirement, I'm excited to help you protect what matters most and build financial security with insurance-based solutions tailored to meet your priorities.

The first thing to consider is whether your family would be financially taken care of if something happened to you. Would they struggle to meet the mortgage payments or to pay off other debts?

Term life insurance can be an affordable option to give you protection in case of the unexpected. You'll also have the option to convert to a permanent plan in the future without additional underwriting. Terms and conditions may apply.

Second, start preparing for retirement, no matter how far away it may seem. The Knights of Columbus offers annuity solutions to help provide you with retirement income you can't out-live, guaranteed.

Finally, disability income insurance. For many men, regardless of their phase in life, protecting their income is their greatest financial need. What would you do if you were no longer able to work? Don't overlook how disability income insurance may be able to help you.

I understand that your financial needs are not just unique but change over time. I'm here to help you find the right solutions today and to walk with you as your insurance needs evolve.

If you have any questions, please come chat with me and we can schedule a time to meet.

Thank you!

Guarantees assume all premiums are timely paid and are based on the claims-paying ability of the issuer. Any policy loans will impact the guarantees by reducing the policy's death benefit and cash values.

20298 4/25

Thank you!

Jehan Fernando, FICF

(805) 231-3675

jehan.fernando@kofc.org

Insurance Field Agent

License # OE07756

Deacon's Corner

Crown Of Thorns

Seventy years ago a priest wrote a book about the last hours of Jesus' sufferings. It was particularly interesting what he wrote about Jesus crowning with thorns.

He describe the head: Physically senses and processes material for intellectual knowledge. Spiritually this intellectual head processes between good and evil. The head was so important that kings and queens were given crowns to signify their wisdom and the dignity of their office.

Jesus received the most insulting abuse heaped upon His sacred head. His head took blows, spitting and then crowned with thorns. The thorns were said to be twining branches of briar, covered with sharp points within and without.

Testimony of holy visionaries and the actual relic of thorns were described as a cap, with thorns woven over and across the head. Thus, when Jesus was crowned, the whole crown of His head was pierced with thorns.

The soldiers pushed this crown down and was forced into place on Jesus' head with rods, this being the reasons for the soldiers striking the head, a mockery of His kingship.

It is almost impossible to imagine the intensity of pain which the crowning with thorns caused the sacred head of Jesus which He wore until His death.

Jesus endured this crowning for all of us to atone for our sins. Let us reflect on this so great a love.

Viva Jesu
Deacon Terry



Enhancing Health-Span: Recommended Ages for Application of Key Strategies

As we age, maintaining and enhancing our health-span—the period of life spent in good health, free from the chronic diseases and disabilities of aging—becomes increasingly significant. Various strategies have emerged as effective tools to bolster the health-span. Four key strategies include Strength Training, Senolytics, Fatty 15, and optimizing NAD+ levels. Below, we explore the suggested ages for the application of these strategies, the reasons behind their timing, and the benefits they offer.



Strength Training

Suggested Age: 20s and beyond

Strength training is a cornerstone of enhancing longevity and maintaining a high quality of life. Starting strength training in your 20s lays a solid foundation for muscle mass, bone density, and metabolic health. Engaging in regular strength training helps to prevent sarcopenia (age-related muscle loss), improve insulin sensitivity, and support cardiovascular health. Stive for fitness, not show; leave ego at the gym.

Reasons and Benefits:

****Muscle Mass Maintenance**:** Building muscle mass in the earlier decades ensures a reserve that naturally declines with age. We can rebuild at any age with Strength Training.

****Bone Density**:** Weight-bearing exercises help increase bone density, reducing the risk of osteoporosis and fractures later in life.

****Metabolic Health**:** Strength training boosts metabolism and aids in the management of body weight and fat, reducing the risk of metabolic disorders.

****Functional Independence**:** Maintaining strength allows for greater functional independence and a reduced risk of falls and injuries in advanced age.

Senolytics

Suggested Age: 50s and beyond

Senolytics are compounds that selectively clear senescent cells—those that have stopped dividing and contribute to aging and disease—from the body. While the research on senolytics is still emerging, starting in the 50s is suggested due to the accumulation of senescent cells that typically accelerates around this age, contributing to various age-related diseases and inflammation.

Reasons and Benefits:

- **Cellular Health****: Removing senescent cells can rejuvenate tissues, improve organ function, and reduce chronic inflammation.
- **Disease Prevention****: Lowering the burden of senescent cells may help prevent or delay the onset of age-related diseases such as cardiovascular disease, arthritis, and cancer.
- **Inflammation Reduction****: Senolytics can reduce the inflammatory secretions of senescent cells, thereby lowering systemic inflammation.

Fatty 15

Suggested Age: 30s and beyond

Fatty 15 is a unique essential fatty acid (C15:0) that has been linked to significant health benefits, including improved metabolic health, reduced inflammation, and enhanced cellular function. Introducing Fatty 15 in your 30s can help counteract the early signs of metabolic and inflammatory changes that often begin in this decade. In dolphins, it increases life-span by nearly two decades: 45-50 vs 25-30 yrs.

Reasons and Benefits:

- **Metabolic Improvement****: C15:0 aids in regulating lipid metabolism and maintaining healthy blood sugar levels.
- **Anti-inflammatory Properties****: It helps reduce chronic inflammation, a key driver of many age-related diseases.
- **Cellular Resilience****: [Fatty 15](#) enhances cell membrane integrity, promoting cellular health and longevity.

Optimizing NAD+

Suggested Age: 40s and beyond

NAD+ (nicotinamide adenine dinucleotide) is a crucial coenzyme involved in cellular energy production and repair. NAD+ levels decline with age, impacting mitochondrial function and overall cellular health. Optimizing NAD+ levels in your 40s can help mitigate the effects of aging and maintain robust cellular function. Best/optimal method: supplement with [Liposomal NMN](#) or NAD Complete.

Reasons and Benefits:

- **Energy Production****: Higher NAD+ levels support efficient mitochondrial function, boosting energy production and reducing fatigue.
- **DNA Repair****: NAD+ is essential for DNA repair mechanisms, helping to maintain genomic stability and reduce the risk of mutations.
- **Longevity Pathways****: It activates sirtuins, proteins that regulate aging and longevity pathways, thus promoting a longer health-span.

In conclusion, adopting these strategies at the recommended ages can significantly enhance health-span by addressing different aspects of aging. Starting strength training in your 20s builds a strong foundation for physical health, while senolytics in your 50s target cellular senescence and inflammation. Incorporating Fatty 15 in your 30s supports metabolic and inflammatory health while optimizing NAD+ levels in your 40s ensures cellular energy and repair. By implementing these strategies, one can not only extend one's years of life but also improve the quality of those years, ensuring vitality and independence well into old age.

Email me with questions or for clarification (wilhelmi@pacbell.net)

To Your Greater Health and Fitness – In Christ,

Frank

POSSIBLE 4th DEGREE MEETING CHANGE

Since attendance is dropping for the 4th degree meetings, a recommendation has been given to move the 4th degree business meeting from the 3rd Wednesday to after the normal business meeting on the second Wednesday of each month. The details have not been totally worked out, so this meeting, if moved, would probably happen in June.

2025 St Patrick's Day Dinner

This year, we had our celebration from 1-4 PM; we had enough corned beef, cabbage, carrots and potatoes left over for the Community Dinner at 5 PM.

We invited as guests, the Sisters of Notre Dame, to attend free of charge as they are celebrating their 101st year of serving the Los Angeles area. The entertainment was hi-lighted by the Scoil Rinca dancers. Also, Lupita Fanning sang GLWAY Bay accompanied on the flute by Marilyn Erickson. Ray Madden sang the tearful ballad, GRACE. And, of course, some hooligans along with Gerry Riss sang WHAT DO YOU DO WITH A DRUNKEN SAILOR. It was a fun time.

Here is a list of those that I know helped by category.**

Food Preparation and Serving Crew

Bob Joyce, Jerry Padgett, Jim Fabry, Chris Fabry, Jess Cunanan, Rick Ostrich, John MacKenzie, Tim Hodgins, Jim and Allyson Krebs and others

Bartenders

John Antonacci and Henry Mancilla

Entertainers, MC's, Audio/video Set-up, Photographers

Mark Griffith, Dan Owen, Gerry Riss, Joel Bruemmer, Daryl Goldes and Scoil Rinca, Lupita Fanning, Marilyn Erickson, Ray Madden, Jim Hook, Joe Ferrall

Soda bread, Cupcakes, Set-up, Parking and Decorating

Jo Wilhelmi, Lupita Fanning, Lois Palacios, Dottie Reibenspies, Betsy Pitstick, Kathy Cross, Margaret Joyce, Jan & George Gnesda, Karen Linscott, Mary Linberg, Annelies Bruemmer, Lorraine Ferrall, Paul Friedeborn, Richard Buetow and others

Tickets, Plate Distributors

Bob Hacia, Richard Buetow

Thank you!

Joe Ferrall



** A Guinness if I left you off the list of helpers

IRISH JOKE:

Two Irishmen sitting in a boat - fishing.

One of the Irishmen picks up a bottle that was floating by and when he opens it a genie comes out and grants them one wish,

The second Irishman (without hesitating) shouts, "Turn all the water in the lake into Guinness !!!

The first Irishman frustratingly says, "You dumb ass. Now we'll have to pee in the boat!!!

St. Patrick's Day Dinner Sunday, March 16



April Bereavement & Fraternal

Brothers and Sisters in Christ.

Updated 4/1/25 This month We mourn the passing of SK Tony Crane, Joanie Gomes wife of Nick, Lonnie Todd, . Please keep the Carne, Gomes , and Todd families in your prayers. Please keep the following especially in your prayers, PGK/PFN George Gnesda, Armando Correa, Stephan A, Sean Duggan nephew of SK Joel Bruemmer, PGK/ SK Chris Smith, SK Frank Cross, Pam Erickson wife of SK Fred, PGK SK Bill and Lori Alexander, FN SK John Downey, PGK/PFN Jerry Padgett's daughter-in-law Jen, and PGK Russ Ireland.

SK Bill Alexander and wife Lori
Tracy Antonacci and Cheri sisters of PGK John and friend Cherokee Vandermark
David Babcock and wife Maddy
Regina Barbosa daughter of SK Steve
Logan Brammer's mother-in-law
Salley Brownie wife of SK Ron (d)
Sean Duggan nephew of SK Joel Bruemmer
Jerry Brusseau and family
Andrew Budinski
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)
Armando Correa
SK Don Corson's wife Marian and son Don
Trudy wife of SK Dominick Costanzo (d)
Jerry Mahieu brother-in-Law of SK Larry Denning
Sahera sister of SK Sam Doka
SK John Downey's wife Ritamarie, and family Robert, Bobby, Sean Downey and Joan Millenciewicz.,
Ann Dumas wife of SK Ronald (d)
Andy Dupont
Amanda niece & Pam wife of SK Fred Erickson (d)
SK Jim Fabry and wife Linda
Diana Fabry wife of SK Chris
Lupita Fanning wife and Dennis brother of SK Neil
PGK SK Joe Ferrall and his friends Matt Weaver Sr. & Jr.
PGK Bill Fisher
Brian Fransen son of SK Don (d)
Carmen Scurlock grand-daughter, of

Paul Friedeborn
Peggy, wife of Gerald Giarrusso
Nick Gomes
SK Cody Gorecki
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
Maury Hoffart and sons John & Ron
SK Tim Hodgins and wife Terry
Fran Hokanson
SK Lance Holman
Stephen son and Lois, wife of PGK SK Ron Huerth
Donna Hull
Kyle Kadell's Sister Karen Childers
PGK/SK Russ Ireland
Trudy Kern mother of Dave
George Powell in Law, Walter Bingham uncle, Sara Jayne Powell Sister and Tim son, of SK Tom King D
SK Tom King's daughters Marianne and Carol.
SK Duke Kopacz's wife Roberta and his daughter Rebecca
Al Kowalski and wife Emese
Tony Lemos and his brother Joel
Harold (Chris) Lev Jr.
Brian son & Karen wife 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.
Ray Madden's brother-in-law Lou
SK Henry Mancilla, brother-in-law Alejandro Arellano, Scott, grandson and niece Roseann Fuentes
SK Jim Manda and son Tim

PGK SK Bill Martin
SK John Makenzie and friend Andrew Richards
Norma Martinez and Daughter Thalia
The Mazo Family
PGK John McCracken and daughter Joan
Kellie daughter and Jo McKinley wife of PGK SK Al (d)
McGarry family
Don Meyers
Mary and Janice Metz
Charles Miserendino and brother Joseph
Fr John Moloney
SK Tom Morrissey and wife Hope
Terry Brown, sister and cousin Ross Roger of PFN Dan Owens
Blair O'Connor's mother Barbara
Megan O'Maler
Stephen Paisley son of Marilyn
Steven brother, Katie, 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 Jerry Padgett's wife Toni, daughter Jen and in-Law Michelle Fairbourn
Bree Rayburn, wife of SK Russ Rayburn
Sean Reeves
Deacon SK Terry Reibenspies
PGK/PFN Gerry Riss niece Erin Hughes, cousin and friends Steve Stark, Ray Salings and Ethan Jordan
SK Ed Roberts and wife Jean
SK Anthony Rodriguez and wife Wilda
SK Willie Romero
PGK/PFN Mike Palacios
Michael Pielaet in-law of SK Jeff Sage
Miriam wife SK Louie Sanchez (d)
Greg Secor
John Segar
Fr Joe Shea

April Bereavement & Fraternal

SK PGK SK Bob Smith his wife Angie, Brian

sons

David and Chris.

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

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

David Tellez's (d) wife Alberta and

Lampkinf son in Law

Kitty Fidermutz, Lonnie Todd's (d)

daughter

Sandy, wife of Mike Tortorici

Ginger Trematore wife of SK Joe (d)

Ruben Valdez

Manual Vargas's niece Marissa, sis-

ter Mayira Vargas and his mother Ma-

ria Espinoza de Vargas, John Vera's

son Marc Venegas & Family

Daniel Videgain

SK Gene Walinski and wife Kathy

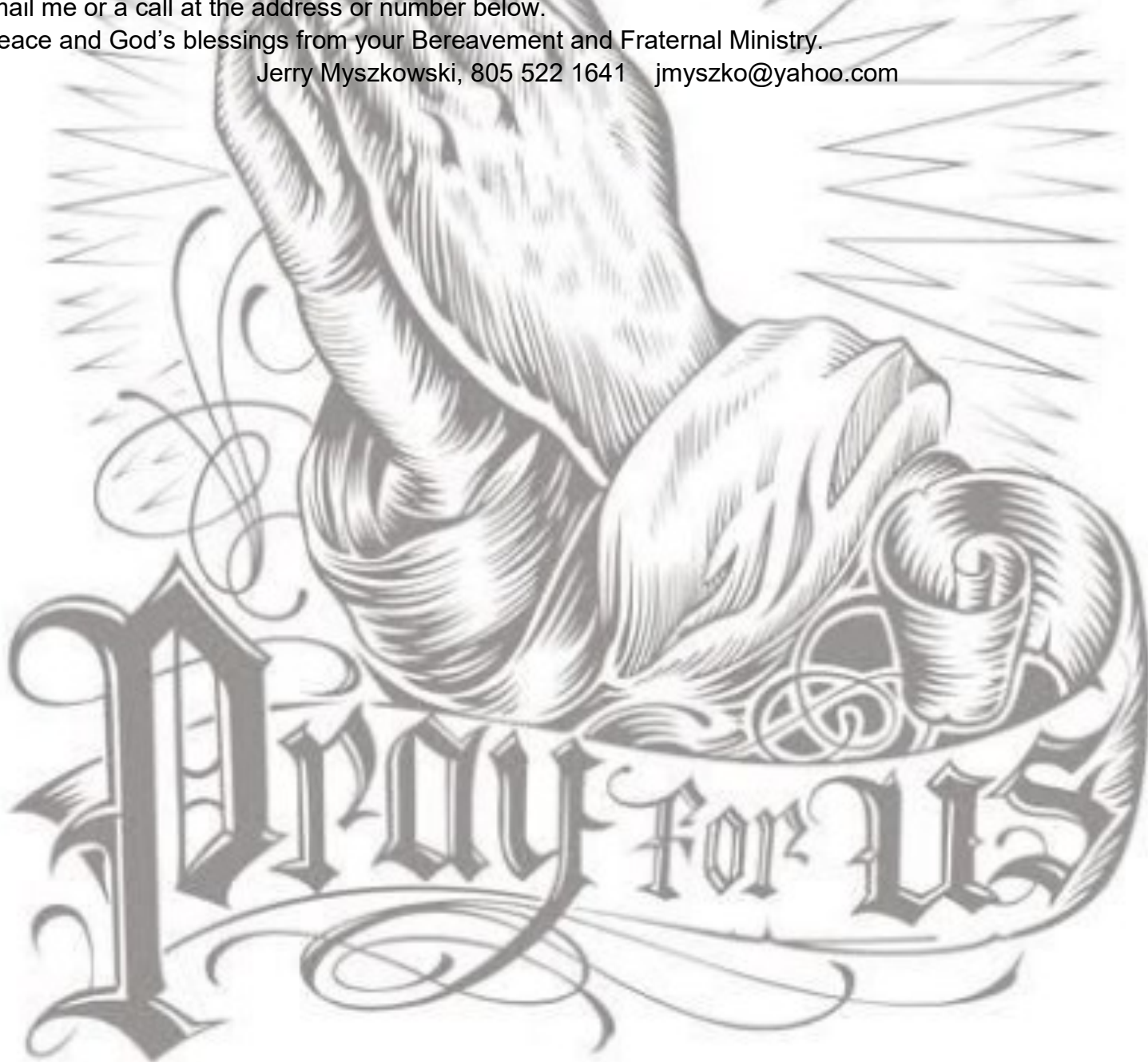
SK Frank Wilhelmi

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



BLOOD DRIVE

The next Knights of Columbus Vitalant blood drive will be June 28 at the St Rose of Lima parish hall. Since the blood has a shelf life of 56 days it's important to always keep the blood bank stocked for local hospitals and the National grid during emergencies. Please call meat 805-395-1126, Vitalant at 805-654-1600 or contact them online to make an appointment.

PENDING MOTIONS

\$1000 donated to the Little Sisters of the Poor to support their house in Newberry Park in honor of PGK John Linscott Sr

\$1000 donated to the BEA Foundation which provides Christmas Gifts to needy Families in the San Fernando Valley

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

If you've helped anyone other than yourself you are part of the Knights of Columbus Council 5803 helping hands community and you deserve a thank you.

Our 2025 Chili Cookoff and car Show on Saturday will need everyone's help setting up Wednesday June 17 - Friday June 20, the day of the event Saturday June 21, and Sunday June 22 - Tuesday June 24.

I'll be sending out a flocknote with numbers of people needed each day and which areas we'll need help to make this a successful event.

Call me at 805-395-1126 if you have an area or day that you'll be helping.

Thank you

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	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	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			

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Officers Meeting	3 Bowling	4 Fish Fry 4:30-6:30	5 *Rosary at Assumption 9:30AM *Bingo *Men's Holy Hour
6 *Community Dinner 5:30-6:30	7 Chili Cook off meet 6pm	8	9 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM	10 Bowling	11 Fish Fry 4:30-6:30	12 *Bingo *Men's Holy Hour * Junior Olympics
13 *Community-Family Dinner 5:30-6:30 PALM SUNDAY	14	15	16 *4th degree Officers meeting and Rosary 6:30PM Meeting 7:00PM Nominations	17 No Bowling HOLY THURSDAY	18 No Fish Fry GOOD FRIDAY	19 *Bingo *Men's Holy Hour
20 *Community Dinner 5:30-6:30 EASTER	21 Chili Cook off meet 6pm	22	23	24 Bowling	25 Free Family BBQ	26 *Bingo *Men's Holy Hour *Ya-Ya general meeting
27 *Community Dinner 5:30-6:30	28	29	30			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Bowling	2 Fish Fry 4:30-6:30	3 *Rosary at As- sumption 9:30AM *Bingo *Men's Holy Hour
4 *Community Dinner 5:30- 6:30	5 Chili Cook off meet 6pm	6	7 Officers Meet- ing	8 Bowling	9	10 *Bingo *Men's Holy Hour *Seminarian Fund Raiser
11 *Community- Family Dinner 5:30-6:30 Mother's Day	12	13	14 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM	15 Bowling	16 KOC State Convention	17 *Bingo *Men's Holy Hour *KOC State Con- vention *4th Degree La- dies Lunch
18 *Community Dinner 5:30- 6:30 *KOC State Convention	19 Chili Cook off meet 6pm	20	21 *4th degree Officers meet- ing and Rosary 6:30PM Meeting 7:00PM	22 No Bowling	23 *AV Memorial Wall *PLACE GRAVE SITE FLAGS	24 *Bingo *Men's Holy Hour * AV Memorial Wall
25 *Community Dinner 5:30- 6:30 *AV Memorial Wall	26 Memorial Day *Mass at As- sumption *AV Memorial Wall *Ya-Ya Gen- eral Meeting	27 Pick up grave site flags	28	29 Bowling Banquet	30	31 *Bingo *Men's Holy Hour