

Knights Knews

May 2025

Grand Knight Report

Grand Knights Message

I hope you had a blessed and Holy Easter this year. Please join us in May for the many events the Council has going in May. Just to name a few: we have the Ladies luncheon, Fish Fry and Family BBQ. I hope to see you at some or all of these great events. Please keep our soon to be new Pope in your prayers.

Be sure and sign up to help at our biggest event of the year, the Chili Cook-off and car show on June 21st.

We will be having another free BBQ at the KC hall for members and their families, the BBQ will be on memorial day, May 26 from 5pm to 6:30pm. Hope to see you there.

My year as Grand Knight is drawing to a close, and I want to thank everyone in the council for all their hard work and support of our council. We will be holding Nominations for officers for the next Columbian year at the May and June Business Meetings. If you are interested in running for an office contact any officer.



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

Brothers,

Each of us is in a different phase of life. Some of us are younger, some of us are older. Perhaps you've spent a considerable amount of time planning for your financial future. Or, if you're like many people, you're not quite sure where to start.

Knights of Columbus, along with its wholly owned investment subsidiary, Knights of Columbus Asset Advisors, can help you navigate life's financial journey with insurance solutions to protect what matters most and investment options to help you plan for your future.

Let's start with a few basics.

You'll first want to ensure you're protected in case of the unexpected. Knights of Columbus life insurance can help give you peace of mind whether you have a growing family or simply want protection for years to come. It's important not to assume that coverage through a current employer is sufficient — what happens if you can no longer work, switch jobs, or retire? Make sure to have a life insurance plan in place to meet your future needs.

As you start to lay your financial foundation, it is essential to start preparing for retirement. The Knights of Columbus can offer you reliable annuity options to provide guaranteed retirement income.

Additionally, through our affiliate Knights of Columbus Asset Advisors, you can start your personalized investment journey — in alignment with Catholic guidelines — to help you reach your retirement goals.

Last but certainly not least — it is essential to ensure you and your loved ones have the living benefits you need in place. Have you considered disability income insurance or long term care insurance from Knights of Columbus?

Starting the process of exploring your insurance and financial security goals may feel daunting. But as your agent, I'm here to help. Let's set up time to talk to ensure you are on the right path to protecting your family, preparing for retirement, and ultimately ensuring your financial well-being.

Thank you!

Jehan Fernando, FICF

(805) 231-3675

jehan.fernando@kofc.org

Insurance Field Agent

License # OE07756

Knights of Columbus

Deacon's Corner

Jesus Loves Through Others

Many years ago a businessman in Chicago had this happy hobby. At least once a week, he picked up several boys and girls from poor families, gave them a complete outfit of new clothes, took them to a movie or carnival and to a full meal at a restaurant.

On one occasion, an 8 year old boy, smacking his lips from a delicious dinner, spoke up: "Mister, are you Jesus?"

Again and again, we are told to look upon others, especially the needy and the poor, as Christ Himself. And that is most important, since Jesus said: "Whatsoever you do to the least of my brethren, you do it unto me."



Wasn't that what our founder Fr. McGivney's theme?

I would like to give that a little twist. Every person who does something good for us also represents Christ. Our Lord is continually doing good for us through other people. They are Christ to us.

When you do a good turn for someone, you are Christ to that person. You do it because Christ wants you to do it, and Christ helps you to do it. Here, of course, is another mystery. The person doing the good deed represents Christ; the person to whom you do something good also represents Christ.

You don't have to ask if that person is Jesus who has done something for you - you know it is Jesus.

Viva Jesu

Deacon Terry

Cell Senescence Accelerates Aging: Here's A Practical Strategy for Slowing It

Senescent cells, which enter a state of irreversible growth arrest, accumulate with age and contribute to tissue dysfunction across multiple organ systems. These cells secrete pro-inflammatory factors (collectively termed the senescence-associated secretory phenotype, SASP) that drive chronic inflammation, intracellular matrix degradation, and impaired regeneration. Emerging research highlights their role in vascular aging, joint degeneration, intervertebral disc deterioration, and kidney dysfunction, with senolytic therapies showing promise in mitigating these effects. **Senolytics can slow aging.**



Vascular System

Senescent endothelial cells and vascular smooth muscle cells progressively accumulate in aged arteries^{1,11,13}. These cells exhibit **increased oxidative stress** and SASP components like interleukin-6 (IL-6) and matrix metalloproteinases (MMPs), which promote endothelial dysfunction, arterial stiffness, and atherosclerosis¹⁵. In brain vasculature, senescence disrupts blood-brain barrier integrity and reduces microvascular density, contributing to cognitive decline¹⁵. Experimental clearance of senescent cells in mice improves vascular reactivity and reduces inflammatory markers, suggesting their direct role in age-related cardiovascular pathologies^{5,16}. **Senolytics can slow arterial disease.**

Joints

In osteoarthritis (OA), senescent chondrocytes in articular cartilage secrete MMPs, ADAMTS, and pro-inflammatory cytokines that degrade collagen and aggrecan, accelerating joint degeneration². Transplanting senescent cells into mouse knees induces OA-like changes, including cartilage erosion and pain². While senolytics like Dasatinib + Quercetin (D+Q) reduce pain by clearing nociceptive senescent cells, they fail to reverse structural damage in advanced OA, highlighting the importance of early intervention⁶. **Senolytics can slow joint degeneration.**

Intervertebral Discs

Aging/senescence drives destruction of the disc core structure, by SASP-mediated extracellular matrix breakdown and disc dehydration³. In mice, **early senolytic treatment** (starting at middle age) reduces disc degeneration by 50%, whereas delayed administration shows limited efficacy⁷. Weekly D+Q injections prevent senescent cell accumulation and preserve disc structure, demonstrating the potential for prophylactic use in age-related disc disease⁷. (Fighting back-pain anyone?). **Senolytics can slow spinal disc degeneration.**

Senolytics: Mechanisms and Therapeutic Potential

Senolytics selectively eliminate senescent cells by targeting suicide pathways or modulating survival mechanisms^{5,10,12}. Key findings include:

- **Cardiovascular repair:** D+Q restores cardiac ejection fraction post-heart attack in aged mice by eliminating senescent cardiac stem cells and enhancing angiogenesis¹⁶.
- **Renal protection:** ABT-263 improves kidney function in irradiated mice by reducing SASP-driven fibrosis¹⁷.
- **Disc preservation:** Long-term D+Q treatment in mice delays disc degeneration without adverse effects, supporting its safety for chronic use⁷.

Despite promising results, challenges remain:

1. **Timing matters:** Early intervention is critical, as senolytics show limited efficacy in advanced disease^{6,7}.
2. **Tissue specificity:** Current senolytics vary in efficiency across organs, necessitating targeted delivery systems¹⁴.
3. **Side effects:** First-generation drugs like ABT-263 cause platelet loss, underscoring the need for refined therapies⁸.

Conclusion

Senescent cells are key drivers of age-related decline in vascular, articular, disc, and renal tissues. **Preclinical evidence demonstrates that senolytics can mitigate dysfunction and enhance regeneration, particularly when administered early.** While challenges like optimal dosing and tissue targeting persist, these therapies represent a paradigm shift in treating age-related diseases. Future research should focus on clinical translation, combination therapies, and minimizing off-target effects to maximize healthspan extension.

Practical Strategy to Slow it:

Life Extension makes a senolytic product that I have been using for about 4 years; **Senolytic Activator**. It uses natural senolytic compounds found in foods to do what the drugs do, but without the side effects seen by many of the drugs. I started this at about age 80; a better time would have been around age 45, but it didn't exist. **Today I know that senescence is a primary cause/mechanism of aging, and the degeneration and pain associated with it.**

I use an aggressive strategy with Senolytic Activator; I take a bottle of 36 capsules in 3 days; 4-capsules on an empty stomach 3x/day; morning, mid-day and before bed. I do this every two months now.

VENERATION OF BLESSED FR MCGIVNEY RELIC

Our Council was honored to participate in the veneration of the traveling relic of Blessed Fr Michael McGivney. There are apparently several relics traveling to different parts of the US. Our relic has been to several councils in California.

Mass and Veneration at St Rose of Lima

The relic was placed in front of the altar at St Rose of Lima before the 5:30 PM mass on Wednesday, April 23. Fr. Joe Shea, the celebrant of the Mass, gave a moving homily, which captured the spirit and legacy of Father McGivney, with profound emotion and clarity. Fr. Joe's words brought to life the deep faith, compassion, and vision of our founder in a way that touched every one present. It was a heartfelt tribute that reminded us of our mission as members of the Knights of Columbus.

At the conclusion of Mass, two kneelers were placed in front of the relic. A petition box on a table was placed next to the relic table so that prayer intentions could be written and placed in the box. A 4th Degree Knight in Regalia was stationed on either side of the two tables. It was announced that if anyone needed a miracle in their lives, or if they knew of someone that needed a miracle, to please pray before the relic and then place their petition for that miracle through the intercession of Fr McGivney in the petition box. If, in God's will, the miracle happens, it could be the 2nd miracle needed for the canonization of Fr McGivney as a saint of the Catholic Church.

If someone believes their prayers were answered, whether miraculous or a "change for the better," you are encouraged to report this here: <https://www.fathermcgivney.org/favors/>

Canonization Process (Ref [A Saint in the Making-Father McGivney | Knights of Columbus](#))

The long canonization process began with the opening of the Cause for Canonization in December 1997. Shortly after Father McGivney was named a Venerable Servant of God in March 2008, Pope Benedict XVI cited him as a key figure in "the impressive growth" of the Church in the United States, stating, "We need but think of the remarkable accomplishment of that exemplary American priest, the Venerable Michael McGivney, whose vision and zeal led to the establishment of the Knights of Columbus." Through the spiritual genius of Father McGivney,

the Knights of Columbus has become a way for Catholic men to transform friends into brothers — *brothers who care for one another!*

On May 26, 2020, Pope Francis approved a decree for a miracle attributed to prayers for his intercession, opening the way for Father McGivney to be beatified. The approved miracle

VENERATION OF BLESSED FR MCGIVNEY RELIC

involved the healing of a child in the womb from a fatal condition. While expecting their 13th child, Daniel and Michelle Schachle of Tennessee were told that the boy had Trisomy-21 (Down syndrome). A few weeks later, an ultrasound diagnosed fetal hydrops, in which multiple organs were filled with fluid. Doctors said that there was no hope of survival and abortion was the best option. As faithful Catholics, the Schachles refused abortion and began praying to Father McGivney for a miracle. An insurance agent with the Knights of Columbus, Daniel earned a trip to the Marian Shrine in Fatima, Portugal, and brought his wife for a prayerful pilgrimage. At Mass in Fatima, Michelle felt something change within her when she heard the words of Gospel about the Roman official whose son was healed by Jesus: "Go; your son lives." A few days after returning to Tennessee, an ultrasound indicated that the unborn child was healed of fetal hydrops. Studied for years at the Vatican, the healing was declared miraculous by medical and theological experts. Today, Michael McGivney Schachle is an active 5-year-old, with Down syndrome, who is surrounded by a loving family.

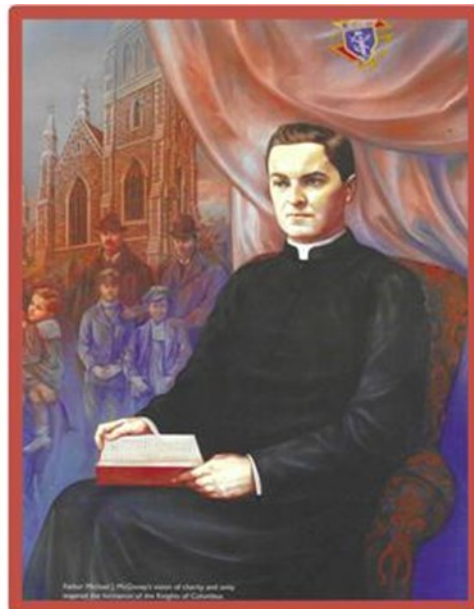
(By the way, Fr McGivney is one of 13, as is Fr Joe and the miracle child, Michael Schachle!)

Pope Francis wrote an apostolic letter read at the Mass for Beatification of Fr McGivney on Oct 31, 2020, in the Cathedral of Saint Joseph in Hartford, Conn. In the letter, Pope Francis stated that Blessed Michael McGivney's "zeal for the proclamation of the Gospel and generous concern for the needs of his brothers and sisters made him an outstanding witness of Christian solidarity and fraternal assistance." The Holy Father set his annual feast day for Aug. 13, the day between Father McGivney's birthday, August 12, 1852, and the day he entered eternal life, August 14, 1890.

A Man to Emulate

Those who knew Fr McGivney best in life saw in him both a "genial" countenance and a man with an "indomitable will" to achieve the good. In sum, his founding of the Knights of Columbus "attests to the love in which he held his brother man." He was said to be a "man of the people" who journeyed with many in their suffering and uncertainty; he found practical ways to address their needs. He was very concerned that his parishioners keep-the-faith and he was attuned to familial, social, financial, civic and societal.

VENERATION OF BLESSED FR MCGIVNEY RELIC



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.

This Year's Annual Knights of Columbus Free Throw Contest for the 7th & 8th grade students at St Rose of Lima School was conducted on April 3rd 2025. The Weather was good. Each of the 61 participants received a Knights T-shirt along with a pizza lunch that was provided by our council.

We presented the top 3 winners in each group a ribbon with either a Gold, Silver, or Bronze medallion attached. I think I can speak for all of us involved in putting on this event when I can say we had a great time working with the youth of the school.

The medal winners were:

7th Grade Girls:

1st Place: Charley Heller

2nd Place: Gloria Shorts

3rd Place: Mary Fraser

8th Grade Girls:

1st Place: Isabella Torres

2nd Place: Alyssa Cabal

3rd Place: Arielle Sandico

7th Grade Boys:

1st Place: Nate Carrillor

2nd Place: Andrew Amador

3rd Place: Nate Costello

8th Grade Boys

1st Place: Ian Fraser

2nd Place: Marcos Duarte

3rd Place: Jacob Morse



I would like to thank the following Brother Knights who helped with the pizza lunch and the fun 7th and 8th Free Throw Contest. They are, Bob Hacia, Jim Fabry, Jerry Pitstick, Rich O'Donnell, John Downey, John Linscott, Jerry Padgett, and Gerry Riss. Also, Special thanks to Br. Knight Diego Gomez for setting up ;and taking down the tables and chairs.

PGK George Gnesda



LORD, HEAR OUR PRAYER



May Bereavement & Fraternal

Brothers and Sisters in Christ.

Updated 5/4/25 This month we mourn the passing of SK Tony Crane. Please keep the Carne family in your prayers. Please keep the following especially in your prayers, Noah and Caris Fabray Sons of PPGK/SK Chris Fabray, PGK/SK Chris Smith, SK Frank Cross, PGK SK Bill and Lori Alexander, FN SK John Downey 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
Tracy Antonacci and Cheri sisters of
PGK
John and friend Cherokee Vander-
mark
David Babcock and wife Maddy
Regina Barbosa daughter of SK Steve
Logan Brammer's mother-in-law
PGK/SK Boyd Brotherton
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 Duport
Amanda niece & Pam wife of SK Fred
Erickson (d)
SK Jim Fabry and wife Linda
Diana Fabry wife and sons Noah and
Chris of PPGK/SK Chris Fabray

Lupita Fanning wife and Dennis broth-
er 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 Bing-
ham
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 Lin-
scott Jr
DD Mike LoColo
Maria Lojo's mother-in-law
Veronica Lopez & Alberto Anaya
cousin & nephew of SK Alberto
Lopez
SK Joseph Lopez's wife Beverly 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 Jo-
seph
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, Mi-
guel and Cecelia Briones, father and
mother-in-law, PGK David Cabone
and Rita Costello friends of Jerry

Continued on next page



LORD, HEAR OUR PRAYER



May 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.

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

David Tellez's (d) wife Alberta and

Brian

Lampkin son in Law

Kitty Fidermutz, Lonnie Todd's (d) daughter

Sandy, wife of Mike Tortorici

Ginger Trematore wife of SK Joe (d)

Ruben Valdez

Josephine Valdez of wife PGK /PFN

Fred Valdez

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

Daniel Videgain

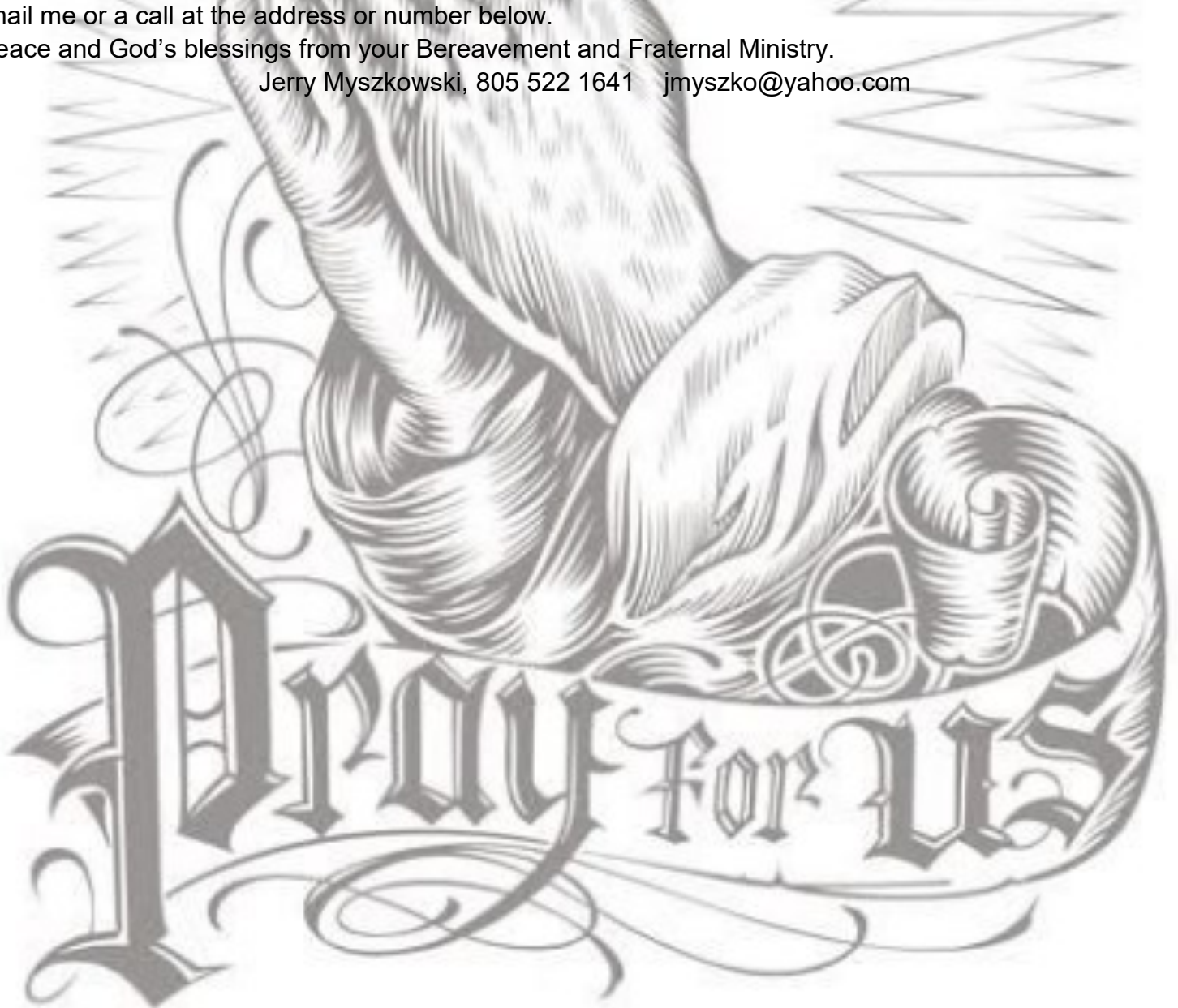
SK Gene Walinski and wife Kathy

SK Frank Wilhelmi

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

Please help with the gift of life by donating blood Saturday June 28 and/or October 25 at the Knights of Columbus council 5803 Vitalant blood drives at the St Rose of Lima parish hall from 7:30 AM to Noon. Call me at 805-395-1126, Vitalant at 805-654-1600 or contact them online to make an appointment

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

The Chili Cookoff and Car show is in need of Knights to help man the 140 or so four-hour slots.

Thursday June 19 setup – 20 – 8 AM to 3 PM

Friday June 20 setup – 20 – 8 AM to 3 PM

Saturday June 21

Guiding cars – 10 – 5:30 AM to 8 AM

Car table – 8 – 6 AM – 10 AM, 8 – 10 AM to 4 PM

Vendors/chili cook gate – 10 – 6 AM to 10 AM

Front Gate – 8 – 10 AM to 1 PM, 8 – 1 PM to closing

Kitchen – 4 – 6 AM to 10 AM, 8 – 10 AM to 1 PM, 8 – 1 PM to 4 PM

Parking lot help – 4 – 6 AM to 11 AM, 4 – 11 AM – 4 PM

Beer/Tequila – 8 – 10 AM to 1 PM, 8 – 1 PM to 3 PM

Wrist bands/voting chips – 6 – 10 AM – 1 PM, 6 – 1 PM – 3 PM

Sunday June 22 cleanup – 20- 8 AM – 2 PM

Monday June 23 cleanup – 20 – 8 AM – 2 PM

Please arrive ½ hour before shift for ease of transition

Call Paul Friedeborn at 805-395-1126 to arrange your shifts

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			

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 *Simi Valley Street Fair
4 *Community Dinner 5:30- 6:30	5 Chili Cook off meet 6pm	6	7 Officers Meet- ing	8 Bowling	9 Margarita Tast- ing 5pm	10 *Bingo *Men's Holy Hour *Seminarian Fund Raiser
11 *Community- Family Dinner 5:30-6:30 Mother's Day	12 Chili Cook off meet 6pm	13	14 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM Nominations	15 Bowling	16 Mater Doloro- sa Retreat	17 *Bingo *Men's Holy Hour *Mater Dolorosa Retreat *4th Degree La- dies Lunch
18 *Community Dinner 5:30- 6:30 *Mater Doloro- sa Retreat	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 10AM *AV Memorial Wall *Community Breakfast *Community BBQ dinner 5-6:30	27 Pick up grave site flags	28 Funeral Mass, Tony Crane 11am St Rose	29 Bowling Banquet	30	31 *Bingo *Men's Holy Hour

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 *Community Dinner 5:30- 6:30	2 Chili Cook off meet 6pm	3	4 Officer Meeting	5	6 Fish Fry 4:30-6:30	7 *Rosary at As- sumption 9:30AM *Bingo *Men's Holy Hour *Ya-Ya General meeting
8 *Community Dinner 5:30- 6:30	9 Chili Cook off meet 6pm	10	11 Pre Meal 6:30 Rosary 7PM 5803 Business Meeting 7:30PM Elections	12	13	14 *Bingo *Men's Holy Hour
15 *Community- Family Dinner 5:30-6:30 Father's Day	16 Chili Cook off meet 6pm	17	18 21 *4th degree Officers meet- ing and Rosary 6:30PM Meeting 7:00PM *Set up Chilli Cook-Off	19 Set up Chilli Cook-Off	20 Set up Chilli Cook-Off	21 *Bingo *Men's Holy Hour CHILI COOK-OFF
22 *Community Dinner 5:30- 6:30 Tear Down Chili Cook-off	23 Tear Down Chili Cook-off Chili Cook off debrief 6pm	24	25	26	27	28 *Bingo *Men's Holy Hour *Blood Drive
29 *Community Dinner 5:30- 6:30	30					