



Grand Knight - Paul V. McJunkin

Brother Knights and Knights' Ladies,

I begin by wishing all of you a Happy and Holy Easter Season.



- April 1, 2015-7:00 PM Officer Meeting
- April 2, 2015-Holy Thursday
- April 3, 2015-Good Friday-No Bingo
- April 9, 2015-5:30 PM Dinner before meeting
 - 6:30 PM Rosary in the conference room
 - 7:00 PM General Meeting

April 26, 2015-2 PM -- Council 4488 is hosting a dinner for Religious Brothers and Sisters of our diocese. I want to thank the Knights' Ladies for cooking the dinner for this event. I will need some Brother Knights to help on this event. Duties include: serving dinners, washing dishes, pouring water & coffee for our guests, watching cars in the parking lot, setting up and most importantly cleaning up after the event. Please see me to donate your time.

Church and Bible study group still meets every Wednesday from 7 PM to 9 PM in the council lounge. A variety of topics is discussed and all are welcome.

The council still needs help from Brother Knights for bingo on either Monday or Friday so if you want to see out bingo keep working we need your help. Only minimal help is asked of you so if you can work one day or two days per month we surely will welcome you help. Our council bingo is our main fundraiser for charity and hopefully, the player attendance will continue to increase.

Again, next month in May, we will begin nominations for council officers for the next Columbian year. If you are a 3rd Degree member, please consider running for a council position. You can feel proud of yourself when you complete your term in office.

Lastly, Bro. Dave Coy is in Kaiser Hospital in Fontana during the last week of March. Hopefully, by the time you read this article, he should be home recovering. Please keep him and all Brother Knights and Knights' Ladies living and deceased in your prayers.

May you all have a joyous and Happy Easter and may God bless you abundantly.

LATE DUE NOTICES ARE GOING OUT NOW. PLEASE CONTACT ANY OFFICER TO TRUE UP YOUR MEMBERSHIP

PROGRAM DIRECTOR

DEPUTY GRAND KNIGHT
DOMINIC GLASS

Easter is upon us and we celebrate the Holiest time of the year.

The Easter Triduum is composed of Holy Thursday, Good Friday and the Easter Vigil on Holy Saturday. The mystery of our redemption is made visible in the liturgy. He then spent 40 days with on earth before the Ascension in to Heaven. For over a month, the world was a buzz with the rumors and sightings of Jesus come back from the dead. The Disciples would hide, locking their doors for fear of the Jewish leaders. The political forces of the Jewish church and that of Roman Governments would not be shaken because some preacher's tomb was now empty. The Jew's revolting against their leaders and the Romans increased for the next 40 years and in 70 A.D. the temple was destroyed by the Roman generals set to quell the riots. Just as Jesus had predicted, both Him as the temple and the physical (2nd) Temple Mount. "...until He comes again in Glory".



As Faithful Christians believe He will come again, yet we know not the day nor hour... Are we locking our selves in, waiting for that day?

The Holy Spirit came to the hidden Disciples and gave them the strength to go forth and share the good word. The Spirit is in us already yet many times we hide. Do you openly make the sign of the cross in public, like in a restaurant or moment of silence? Do you back down or shy away from the discussion of religion in your world? Do you doubt the strength of your Spirit?

Don't doubt His! For he gave it to us to carry the torch of His Light in to the world. Like an Olympic torch, passed down for over 2000 years, from Christian to Christian. The legacy of the Word for us to shine in to the darkness.

Pray this Easter will lighten your heart this year so that you may carry that torch with out hesitation and past it on as He instructed.

KofC News



Spanish 1 st Degree Team will take Certification Test April 4th, 2015 at the 4488 Council.

Have you checked out the website yet? If not please do @ kofc4488.org

Brother Ernie and wife Delores are fundraising for the San Bernardino Pregnancy Center. Consider sponsoring them at:

https://pregnancyandfamily.givezooks.com/grassroots_fundraisers/ernie-and-dee-ott-s-golf-page





Blood Bank Notes

Don Jones,
Chairman of the "Blood Bank"



Fellow Knights: During February members of our council were able to give six donations. Thank you.

Last month's article dealt with the breaking down of complex sugars into glucose, the storage of glucose in the liver, and the regulation of blood glucose levels by hormones secreted by the pancreas. But just what should our glucose levels be? The answer to this question rather depends on the conditions in which you do the measuring.

There are two major testing methods: the fasting blood sugar (FBS) and the random blood sugar (RBS). The FBS is done after a person has not eaten for at least 8 hours. Normally after eating blood glucose levels will rise slightly and trigger an insulin response to bring the levels back to normal. The American Diabetes Association feels the normal FBS level is between 70 and 99 milligrams of glucose per deciliter (mg/dL) of blood. A RBS test, also known as a casual blood sugar test, does not require fasting. It is predicated on the idea that healthy people's blood glucose levels do not vary widely during the day, irrespective of when they ate.

FBS levels between 100 and 125 mg/dL may indicate a pre-diabetic condition; levels higher than 125 mg/dL indicate a diabetic condition. Additional testing will assist a physician in making the final diagnosis. These additional tests include: an oral glucose tolerance test for gestational diabetes, a Hemoglobin A1c test to see if medication dosage is correct, and a 2-hour postprandial blood sugar test to see if a diabetic is taking the correct amount of insulin. If left untreated, continuously high blood glucose levels can result in damage to your eyes, kidneys, nerves, and blood vessels over time.

If, however, the blood glucose levels are too low, a person may be experiencing hypoglycemia. In this condition, the blood glucose levels are too low to provide the necessary energy to sustain normal body functions. Mild symptoms include a jittery feeling, fast heartbeat, and cold/clammy skin. More moderate symptoms may include a short-temper, confusion, blurred vision, and unsteadiness. Severe symptoms include seizures, coma, and death. Sudden episodes of hypoglycemia can be treated in the short term by eating or drinking something with sugar in it.

At this time, I am not sure just what topic will be next. Stay tuned! If you have any suggestions, let me know.

Please continue to make an effort to visit the blood bank. Remember, the gift of blood is the gift of life for someone. For an appointment, call 1-800-879-4484. Remember to use our group number 'OKC8' when you check in. God bless.

Don Jones

K of C News



Aquinas High School Recognition Dinner

BRUCE EWING, ERNIE OTT, WERE ON HAND AT THE 2015 AQUINAS HIGH SCHOOL RECOGNITION DINNER, IT WAS A FUN NIGHT....





Bible Study

Wednesday from 7 PM to 9 PM
in the council lounge

Bob Herness
Church Director, 4488



Praise God, Laudemus Deus, Fratres,

Through the Passion, Death, Resurrection of Our Lord Jesus Christ, we have been saved by Him. Let us rededicate ourselves as men, as knights and as Americans to pray more fervently, dedicate our efforts to alleviate suffering amongst the poor, the hungry and the martyrs of the eastern Catholic Church today. During the month of April, we will meet on Wednesday of Holy Week and show an appropriate film of Christ's love for us, pray quietly and prepare for the Institution of the Holy Mass and the Holy Priesthood on Holy Thursday, the beginning of the Triduum.

The rest of April, we will be doing an in depth study of the Crusades, pros and cons, and why we must know history to avoid repeating it, or will we. Also, we always spend some time in classes practicing apologetics so we can explain our faith correctly according to the Magisterium of Holy Mother Church.

Have a most holy, prayerful and glorious Easter.

Ad Majorem Dei Gloriam,
SK Bob Herness

Preplanning for the
Father's Day
PICNIC
*in June is starting now. If you would like to help,
 please contact the Grand Knight!
 Any help would be greatly appreciated!*

**Chapter is urging all Councils to increase their EVENT Calendar.
Is there an event you would like to see? Talk to an Officer today!**

Chaplain's Corner

CHRIST IN MY LIFE:

Dear brothers as we approach the season of Easter, this is a wonderful Opportunity to re-examine ourselves and ask the question where is the Christ in My life? For the past 6 weeks we have been preparing for this great occasion of The resurrection of our Lord with mortification and many acts of charity and Prayer. It is time now to settle down in deep meditation as we go through the Holy Week and look at our spiritual mirror of Christ to see if we truly reflect our Lord and Master. Especially in humility, love and self-sacrifice to mention but a few.

Dear brothers let us keep reflecting on the humility of Christ who entered the dark regions of our fallen world and he is glad that he became so humble for our sake, glad that he came and lived among us and shared in our nature in order to raise us up again to Himself. And even though we are told He has ascended above the highest heavens - the proof, surely, of His power and Godhead- his love for man will never rest until he has raised our earthbound nature from glory to glory, and made it one with his own in heaven.

It is my humble opinion that we look at the quality of our lent and the great lessons we have learned from this year's Lenten season and see how it has helped us to become a better version of ourselves. I plead that we participate in the Holy week activities with our family and friends. May we ask God to help us resurrect from an old way of life into a new way of life in Christ.

I wish you all a happy Easter in advance,
Rev. Romanus Ike.

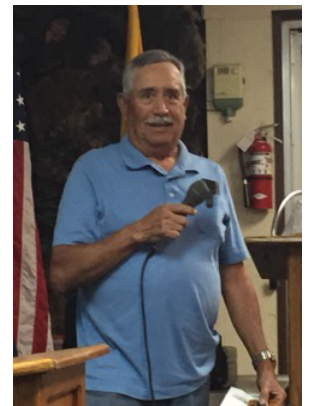


Fr. Romanus Ike



Congratulations!

***BEN UGARTE BECAME A HONORARY
LIFE MEMBER!!!***





Sandy Groszewski
President Knights' Ladies

Knights Of Columbus Ladies Auxiliary Council 4488



Dear Knights' Ladies;

If you did not attend the St. Patrick's Day Dinner, you missed great entertainment and good food. The Tir Ruaidh danced for 40 minutes with about 20 girls and they were awesome. The Knights' Ladies did a great job with decorating and serving the dinner. What a team!!!!!!!

Spring is here already!!!!

This month is the Dinner for the Religious. Also this month, we have received a request from St. Adelaide to contribute to their big fundraiser on April 19th. If you are free on April 19 from 8-3, there will be food and an opportunity to visit the new church still under construction and write your name on the wall before the final wall board is installed. Shirts and mugs with the new church engraved will be available.

I am wishing you all a Blessed Easter!!!! Please take the time to look for Christ in all the people you meet.

Sandy Groszewski
Knights' Ladies Presidentt



St Patricks Pics



Information Center

CHAPLAIN	FR. ROMANUS IKE	909-862-8669	IKEROMA@YAHOO.COM
GRAND KNIGHT	PAUL MCJUNKIN	909-862-6403	
DEPUTY GRAND KNIGHT	DOMINIC GLASS	909-831-5812	DOMINICGLASS@HOTMAIL.COM
CHANCELLOR	DAVID CALHOUN	909-888-7121	DAVID.CALHOUN@VA.GOV
WARDEN	LUIS AVALOS	564-435-3795	METALGOD_75@YAHOO.COM
RECORDER	JOHN MCELLIGOT	909-862-0302	JOHNMCELLIGOTT@MSN.COM
FINANCIAL SECRETARY	JOHN D MIELKE	909-862-1545	PILOTJACK@ROADRUNNER.COM
TREASURER	PAUL DAINKO	909-425-1845	JPDAINKO@GMAIL.COM
ADVOCATE	ERNEST K OTT	909-793-2349	EKMO@EKOTT.BIZ
1-YEAR TRUSTEE	BRUCE EWING	909-907-0512	BEWING_5@YAHOO.COM
2-YEAR TRUSTEE	ENSELMO GUTIERREZ	909-362-4079	SAMGUTIERREZCA@SBCGLOBAL.NET
3-YEAR TRUSTEE	LUPE PEREZ	909-864-4377	LPEREZ56@ROADRUNNER.COM
INSIDE GUARD	PHILIP GARCIA	909-882-3141	
OUTSIDE GUARD	JOEL WRIGHT	951-973-8096	JGWRGHT@YAHOO.COM
CHURCH DIRECTOR	ROBERT K. HERNES	951-845-2615	RKHARNES@GMAIL.COM
COMMUNITY DIRECTOR	VACANT		
PROGRAM DIRECTOR	DOMINIC GLASS	909-831-5812	DOMINICGLASS@HOTMAIL.COM
MEMBERSHIP DIRECTOR	LUIS ARCINIEGA	909-213-4738	LARROARRIL@HOTMAIL.COM
RETENTION DIRECTOR	LUIS ARCINIEGA	909-213-4738	LARROARRIL@HOTMAIL.COM
FAMILY DIRECTOR	PAUL MCJUNKIN	909-862-6403	
YOUTH DIRECTOR	ERNEST K. OTT	909-793-2349	EKMO@EKOTT.BIZ
BLOOD DONATIONS CHAIR	DON JONES	909-883-7256	DTJMJONES@VERIZON.NET
VOCATION CHAIR	VACANT		
ROUNDTABLE CHAIR GK	PAUL MCJUNKIN	909-862-6403	
SQUIRES CIRCLE ADVISOR	VACANT		
BULLETIN	PRECISE PRINT	909-381-3447	PPPI@SBCGLOBAL.NET
INSURANCE FIELD AGENT	DAVID KEELING	909-824-1024	DTKSRL@DSLEXTREME.COM
BINGO CHAIR	GERRY DOUBEK	909-862-0774	CJDOUBEK@ROADRUNNER.COM
DEL ROCO PRESIDENT	FREDERICK ROYBAL JR		
KNIGHTS LADIES PRESIDENT	SANDY GROSZEWSKI	909-260-8675	SANDYS264@GMAIL.COM
CLUB STEWARD	GINA REYNOLDS	909-889-7053	CHERUBLVR1@AOL.COM



Knights of Columbus
 Council 4488, Division 5
 1729 E. Baseline
 San Bernardino, CA 92410

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 Proofreaders: DGK Dominic Glass, SK Steve Figueroa,
 Lady Sandy Groszewski, & Grand Knight Paul McJunkin
 Email: pppi@sbcglobal.net

www.kofc4488.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 OFFICER'S MEETING 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	2 HOLY THURSDAY	3 GOOD FRIDAY NO BINGO	4 SPANISH 1ST DEGREE CERTIFICATION CERT. 4488
5 Easter ATTEND MASS	6 BINGO 6:15 - 10:00 PM	7	8 CHURCH & BIBLE STUDY 7:00 PM	9 DINNER 5:30 PM ROSARY 6:30 PM GENERAL MEETING 7:00 PM	10 BINGO 6:15 - 10:00 PM	11
12 ATTEND MASS	13 BINGO 6:15 - 10:00 PM	14	15 CHURCH & BIBLE STUDY 7:00 PM	16 BULLETIN ARTICLES DUE DEL ROCO 7:00 PM	17 BINGO 6:15 - 10:00 PM	18
19 ATTEND MASS	20 BINGO 6:15 - 10:00 PM	21	22 BINGO BOARD 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	23	24 BINGO 6:15 - 10:00 PM	25
26 4488 DINNER FOR THE RELIGIOUS ATTEND MASS	27 BINGO 6:15 - 10:00 PM	28	29	30		