



July 2016

Grand Knight ----- Louie Moreno

I want to take this opportunity with my first message as the Grand Knight to share a little about myself. I know everyone knows my name, but probably not much about my background. I am originally from the beautiful city of San Jose, CA better known as the Silicon Valley. I was transferred here 12 years ago by the Dealer group that I work for. I have enjoyed most of my time in Southern California there's been some tough times I have to admit, but my faith in God has carried me through it all.

Joining the Knights of Columbus has been one of the better decisions that I have made, but being part of council 4488 was an even better decision. I admire many of the people that I have met for their countless years of loyalty to this council. I am grateful for the opportunity to be the Grand Knight of Council 4488 and will work smart to have some successes to look back on and say look what we accomplished.

May God bless you and your families and may people see that you are a man of God through your actions and your words. Amen.

Internet Scam Savvy Knight

Be careful of those emails! Daily, the bulletin@kofc4488.org receives emails claiming to contain an invoice that was requested or a picture of products orders... Do Not Open! Do not open any attachment not from a trusted source like a friend or relative, and even then scrutinize it carefully. Many email servers like Microsoft allow you to view the attachment in their window without it downloaded. And as always, no one has a billion dollars in their African or European bank for you to have for just helping them out.

Check out <https://www.ic3.gov/media/2016/160614.aspx> or the FBI site for more details.

The "cold call" from "tech support" scam continues to grow and has cost victims over 2 million dollars so far. You may remember me warning of this one last year... A voice calls your home and claims to be from Microsoft or Windows and asks you to log on to a particular website. This is how they will seize control of your computer, possible leaching any private information from it and then ransom the access to your system back to you. I am sure none of us have purchased tech support so good that they call you. Never give these guys the time of day. <https://www.ic3.gov/media/2016/160602.aspx> - Dominic Glass



CONGRATULATIONS!!!

Officers Elected For Columbian Year 2016-2017

At the June Business Meeting the following Knights were elected as the Del Rosa Council Officers for the 2016-2017 Columbian Year.

Grand Knight - Luis Moreno

Deputy Grand Knight - Dr. Bill Crowder

Chancellor - Victor Licea

Warden - Mario Salcedo

Recorder - David Calhoun

Treasurer - Paul Dainko

Advocate - Dr. Luis Arciniega

1-Yr. Trustee - PGK Vernon Ashbaker

2-Yr. Trustee - PGK Bruce Ewing

3-Yr. Trustee - PGK Dominic Glass

Inside Guard - Vacant

Outside Guard - Joel Wright

**Financial Secretary
Appointed Position - Jack Mielke**

Chaplain - To Be Announced

Let's give them all the support they will need.



Health Corner

Summer is in full swing and heat related illnesses and injuries are on the rise. Hydration is the number one key to staying healthy. Especially important if you are on any medications. Many medications may hinder your temperature or water control or even raise your resting temperature. Pay attention to your body, if you are sweating, you are hydrated and need to replace it. If you stop sweating, you are in danger, seek help. Your skin can give you a false sense of security. Take your temperature, normal is 98.6. Anything higher needs to be checked or monitored by your physicians. <http://www.webmd.com/first-aid/hyperthermia>





Knights of Columbus 4488 invites all Members



INSTALLATION OF OFFICERS DINNER & BINGO VOLUNTEERS

BUFFET DINNER

SATURDAY, JULY 9TH, AT 6:30PM

**Please RSVP to Sam Gutierrez
(909) 362-4079**

**As soon as possible, we need
to know if you are going to join us!**

All Bingo Volunteers and 1 Guest,

Knights Members, and

Knights' Ladies Auxiliary Members

are FREE!

Dinner Menu

Castaway Chicken or Sliced Beef with Au Ju,
Shrimp & Scallop Penne Pasta

Salads

Seasonal Greens, Surimi Crab,
or Apple Waldorf

Accompaniments

Vegetable Medley, Garlic Mashed Potatoes
or Rice Pilaf

Desserts

(3) Castaways Chef Choice

Coffee, Tea or Iced Tea (included)

The Castaways Restaurant

670 Kendall Dr. - San Bernardino, CA 92404



Bible Study Field Trip!

July 20th, 2016 - 6:30pm

Brother Phillip Garciahe, will lead a car pool for all interested in going on a Field Trip to St. Philip's Melkite Church, an Eastern Rite Catholic Church, in San Bernardino. Pastored by Father Justin Rose. He will lead us in prayers commencing at 7:00 p.m. Followed by a light snack.

We hope that any of you who are interested will attend.

NEW DISTRICT DEPUTY FOR DISTRICT 132

My brother Knights, I am honored to inform you that our State Deputy, Sonny R. Santa Ines has appointed me as District Deputy for District 132. My new assignment begins July 1, 2016

As District Deputy I will officially represent our Supreme Knight, Carl A. Anderson and our State Deputy, Sonny R. Santa Ines. I will be responsible for the supervision, growth, expansion, and general care and well being of all the councils assigned to my district. In accordance with the the Knights of Columbus Charter Constitution and Laws of the Order, Chapter X sec. 62.

During my term in office, I look forward to expanding professional relationships with all council officers through successful membership and programming activities, recognizing outstanding achievements not only in this council but within all my assigned councils.

Please feel free to meet with me and share your ideas for a more productive council. Always remember, service to our Bishop and local clergy should always be our first priority. My goal is to always be of service to you my brother Knights.



Sam Gutierrez
District Deputy



Bible Study

Wednesday from 7 PM to 9 PM

in the council lounge

Bob Herness
Church Director, 4488



As we celebrate Independence Day, July 4th, let us all take time to ask God to pardon our sins, especially the sins against the 5th and 6th commandments, namely abortion, the murder of innocent children created by God, euthanasia, the intentional taking of human life which only God can do, fornication, or co-habitation whether heterosexual or homosexual which abuses the beautiful gift of sexuality to bring forth children for the greater glory of God, so called same sex marriage which is a perversion of the very foundation given by God in Genesis 1:28.

We also will be having a very special event on the evening of July 20th.

Brother Phillip Garcia will meet all interested at 6:30 p.m. and lead a car pool to St. Philip's Melkite Church, an Eastern Rite Catholic Church, pastored by Father Justin Rose, formerly in the theology department at Aquinas High School. He will lead us in prayers commencing at 7:00 p.m. followed by a light snack.

We hope that any of you who are interested in an approach in prayer and the Divine Liturgy, which is their Mass, will attend, and be sure and thank Fr. Rose.

AMDG

SK Bob Herness, Church Director, 4488



Blood Bank Notes

Don Jones,
Chairman of the "Blood Bank"



Fellow Knights: Recently, LifeStream (the blood bank of San Bernardino and Riverside Counties) instituted some changes in their screening process. I had prepared a presentation of these changes for the June general meeting but, due to the elections, the sub-committee reports were deferred. Thus, I have resurrected this column to explain these new requirements.

New donating regulations starting May 23, 2016:

1) Previously, any male having sex with another male since 1977 had been banned for life from donating. This was initiated in an era when there were no effective tests for screening the blood supply and a few widely-publicized cases of AIDS-tainted blood caused concern about donating to and receiving from the supply. Since that time testing procedures have vastly improved and many other countries have been deferring donors for a one-year term. The evidence from today's data shows that the one-year deferral is sufficient for protecting the blood donation supply and the recipients of those donations. Thus, LifeStream is adopting the '1 year' deferral policy for any male who has had sex with another male. This length of time is similar to the one given to any donor who travels to certain regions of the world, e.g., areas of high malaria rates.

2) The acceptable male hematocrit level has been raised from 38 to 39 percent; it remains at 38 percent for females. This change was made by the Food and Drug Administration due to the naturally higher production of red blood cells in males, the relative amount of iron lost by the body during blood donation, and the need to maintain a certain iron level for the support of vital organs and tissue in the body. Since the iron levels are correlated to the amount of hemoglobin (or red blood cells), this can be reflected in the hematocrit percentage.

3) Previously, apheresis donors were verbally asked their weight prior to donation in order to adjust the machine setting for the recovery of plasma and/or platelets. Now, the donor will actually be weighed prior to donation to more accurately assess their suitability for the various apheresis processes.

4) Addressing transgender issues: All donors will be asked their 'sex' (as assigned at birth), not their 'gender'. The answer to this question will affect the evaluation of other aspects of the donation questionnaire and process, e.g., males having sex with males, proper hematocrit levels. Also, everyone will be asked if they have ever been pregnant; previously, this question was only asked of females. This is due to a potential condition (Transfusion Related Acute Lung injury or TRALI) affecting previously pregnant females who may currently represent themselves as male.

During the month of May 2016 we had 4 donations. Please continue to volunteer for this life-giving cause through the summer months. For an appointment, call 1-800-879-4484. Remember to use our group number 'OKC8' when you check in. God bless.

Knights Of Columbus Ladies Auxiliary Council 4488



Thank you Angie and Terry for another fun and delicious "Dinner and a Movie" night in May. Our next dinner will be held on Sunday, June 26 and is a Hawaiian theme. Unfortunately, if you didn't already reserve a space, the event is filled. Great job ladies on creating a fun night while raising funds for our scholarships!

Our next bingo luncheon will be held on Saturday, June 25 at 12 noon. The theme is summer and the cost is \$10. Come and join us for a lot of fun, and support our efforts to raise funds for our charities.

"We owe Judy an apology for changing her article and getting some facts wrong in the June issue above is the correct information, We are so sorry for the mistake!"

Erin Atkisson, Precise Print

July Article...

Elections were held at our June meeting for our 2016-2017 officers. Parliamentarian, Evy Trevino; Secretary, Elena Klopfer; Treasurer, Renate Huddleston; Vice President, Angie Vargas; President, Judy Figueroa. Congratulations to our new officers. Thank you all for your support for this past year, and a special thank you to our out-going officers.

The ladies will be cooking for the July meeting. The menu will include roast beef, rice, beans, vegetable, salad and rolls or tortillas. We will be presenting our scholarships to the 6 recipients at this meeting.

Sincerely,

Judy Figueroa

Knights' Ladies President

Culture of Life-----

As we venture into this next Columbian Year, let us remember several important objectives which enable us to be pro-active. Above all, we direct all of our efforts to achieve Person-hood for the Unborn, for it is then that Roe v. Wade loses its jurisdiction. Those of you who have access to the internet, or are on the council's Email List should make every effort to respond to the messages which are sent to you for compliance with Pro-Life action and especially for contacting the congressional representatives for California. Use whatever financial capability you can afford to help the various agencies fighting abortion, especially those which the council cannot help with donations because they are not 501 (c)(3) groups. Above all, pray for those who are in the thick of the battle fighting abortion, such as Troy Newman of Operation Rescue and presently, David Daldeiden, who revealed the videos about Planned Parenthood (PP) selling baby parts. The authorities in Houston, Texas are still pressing an indictment against him for this expose because David had not told PP that he was taking the videos of their selling baby parts. David would like 3 Hail Marys said for him on a daily basis. Let's do it for him. Generally speaking, let's get off the sidelines and begin to do more than we have been doing.

Submitted by:: John Rozzi, Director

THE MODERN TACO SALAD

A favorite summer dinner! There are lots of variations and you can change it up for taste/dietary restrictions. Add some more or leave some out. It's so easy, tasty, and doesn't heat up the kitchen.

Ingredients:

1 lb Ground Beef (May substitute ground chicken or turkey)
 1 Taco Seasoning packet
 1 Bag of iceberg salad or cut up head of iceberg (May use any type of lettuce you like)
 1-3 Tomatoes, diced
 1 small can Garbanzo beans (drained)
 1-2 cups Grated Cheddar Cheese
 1 small can sliced olives (drained)
 1 bunch cilantro (chopped with stems discarded)
 1 Avocado, sliced
 1 bag Doritos (I use Nacho Cheese flavor)
 Catalina Dressing (amount as desired,
 Salsa and Sour Cream



1. Brown ground beef, drain, add taco seasoning. Set aside and let cool.
2. In large bowl toss lettuce, cheese, garbanzo beans, olives, and cilantro. Add ground beef.
3. If desired, add Catalina Dressing and toss or add to individual portion.
4. Serve with over crushed Doritos (or tortilla chips) on bottom layer and add taco salad on top.
5. Use salsa, sour cream, avocado and/or Catalina dressing as desired.

INFORMATION CENTER

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"In God We Trust"

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JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  6:15 - 10:00 PM	2
3 ATTEND MASS	4  Happy 4 th of July BINGO 6:15 - 10:00PM	5	6 CHURCH & BIBLE STUDY 7:00 PM	7 OFFICER'S MEETING 7:00 PM	8  6:15 - 10:00 PM	9 KNIGHTS' INSTALLATION & BINGO VOLUNTEER APPRECIATION DINNER
10 ATTEND MASS	11  6:15 - 10:00 PM	12	13 CHURCH & BIBLE STUDY 7:00 PM	14 GENERAL MEETING 7 PM	15  6:15 - 10:00 PM	16
17 ATTEND MASS	18  6:15 - 10:00 PM	19	20 CHURCH & BIBLE STUDY 7:00 PM	21 DEL ROCO 7:00 PM	22  6:15 - 10:00 PM	23
24 ATTEND MASS	25  6:15 - 10:00 PM	26	27 CHURCH & BIBLE STUDY 7:00 PM	28 BINGO BOARD 7:00 PM	29  6:15 - 10:00 PM	30
31 ATTEND MASS						

