



Grand Knight - Paul V. McJunkin



June 2015 in the year of Our Lord

Dear Brother Knights;

I would like to start this report by announcing some important dates for the council members this month.

June 11-Council Election Night. Dinner will be served at 5:00p.m. Council Rosary at 6:30p.m. General meeting at 7:00p.m. There will be no "Good of the Order" drawings that night. All members are welcomed, and urged to attend.

June 13-Council Summer Picnic
(Father's Day is next weekend)

It is scheduled for noon at Aquinas High School in San Bernardino. We will need help transporting supplies from the Council Hall to the school and back. If you can help, please meet us at 9:30a.m. We also need volunteers to take shifts cooking for about an hour each. Please let me know if you can help as it will be greatly appreciated.

I would like to end my report by thanking everyone who has supported our Council events this past Columbian year. Being Grand Knights is, and should always be, a humbling experience. I want to especially thank the Council members and friends who supported our events this year, the Knights' Ladies and their officers, for their instrumental help throughout the year. Lastly, I want to thank my mother, Nina and my late father, Charles, for their loving support, encouragement, and their good guidance during my two terms as Grand Knight. I send my prayers and best wishes to my successor on Election Night and ask all Council members to lend him their support. Thank you and may God bless this Council and it's members.

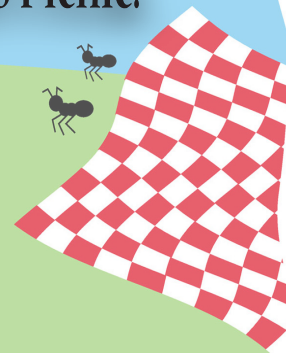
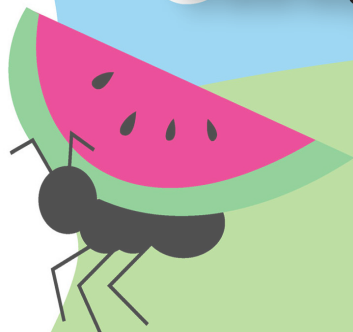
Paul McJunkin, Grand Knight

Grand Knight Paul McJunkin's last big event is the Father's Picnic.

June 13th at Aquinas High School

Set up is 10am.

See GK Paul to assist.



BUDGET INFO.

DEPUTY GRAND KNIGHT
DOMINIC GLASS

In an effort to practice good stewardship with our funds, the 2014-2015 Officers propose the following budget.

Income was extrapolated based on 95% of averages for the last 5 years. Current line item amounts create a negative total, same as last 2 years.

The last column to show the percentage each Charity item was assigned, which could then be used to disseminate as a percentage of profits (after expenses and mandatory items per Supreme or By-law) by quarter.

Example: 1st Quarter profits \$10,000. Bible Study would earn \$60 and Pro-Life \$320.

		Required	Gen Expense	Charities	% of Char	
100 Supreme-Supreme Per Capita	GEN	\$860	\$0	\$0		
105 Catholic-Catholic Advertising	GEN	\$290	\$0	\$0		
110 State Per -State Per Capita Tax	GEN	\$3,100	\$0	\$0		
115 Chapter Per-Chapter Per Capita	GEN	\$130	\$0	\$0		
120 Horseshoe-Horseshoe	GEN	\$0	\$0	\$0		
125 Life-Culture	CHAR	\$510	\$0	\$0		
130 Payment-10% Dues Payment	CHAR	\$0	\$0	\$0		
135 PGK Ring & Pic-PGK Ring & Photo	GEN	\$0	\$940	\$0		
140 Chaplain-Council Chaplain	CHAR	\$0	\$0	\$1,200	3.10%	
145 Postage-Postage	GEN	\$0	\$1,010	\$0		
150 Bulletin-Bulletin	GEN	\$0	\$3,700	\$0		
155 Badges-Badges	GEN	\$0	\$0	\$0		
160 Supplies-Supplies (GK & FS)	GEN	\$0	\$160	\$0		
170 Administrative-Administrative	GEN	\$0	\$570	\$0		
175 Treasurer-Treasurer	CHAR	\$30	\$0	\$0		
200 State Conv-GK / DGK	GEN	\$600	\$0	\$0		
205 State Conv-Members	GEN	\$0	\$0	\$0		
210 GK Fund-Petty Cash	GEN	\$360	\$0	\$0		
215 Parish Projects-Fiesta	GEN	\$0	\$240	\$0		
225 Installation-Officers	GEN	\$0	\$130	\$0		
235 Emergency-GK Auth.	GEN	\$0	\$0	\$0		
236 Funerals-Flowers	CHAR	\$0	\$0	\$180	0.47%	
240 Columbian-Charities	GEN	\$0	\$0	\$0		

Charity Received 2014-2015	
A.C.L.J.	50.00
ADVC	112.00
American Diabetic Foundation	50.00
American Life League	25.00
Aquinas High School	1,410.00
Blake Little League	1,150.00
Boy Scout Troop 19	1,060.00
Boy Scout Troop 24	760.00
Boys & Girls Town	40.00
Center for Bioethical Reform	50.00
Central Little League	50.00
Christian Appalachian Project	245.00
Columbian Foundation for People with Intellectual Deficiencies	1,814.06
Congressional Prayer Caucus Foundation	50.00
Created Equal	50.00
Del Roco Corp.	77,910.00
Delta Kappa Gamma-Alpha Pi	220.00
EWTN	60.00
Fatima Center	110.00
Food for the Poor	120.00
Forty Days for Life	50.00
Freedom Alliance	50.00
Highland Senior Center	15.00
Jesuit High School	400.00
Judicial Watch	50.00
Knights of Columbus - Christian Refugee Relief	80.00
Knights of Columbus Council 15812	150.00
Knights of Columbus Council 7776	620.00
Knights of Columbus Supreme Council	903.66
Knights' Ladies	1,380.00
Liberty Institute	50.00
Life Dynamics, Inc.	50.00
Life Legal Defense Foundation	100.00
Lifestream	40.00
Make A Wish Foundation	160.00
Maranatha Flowers	95.00
Marathon Distributors, Inc.	25,168.24
Mary's Mercy Center	6,190.00
National Pen	409.47
National Pro-Life Center	50.00
Office for Consecrated Life	500.00
Our Lady Hope Catholic Community, Inc.	18,430.00
Our Lady of the Assumption Catholic Church	1,645.00

245 Meeting-Refreshments	GEN	\$0	\$1,980	\$0	
250 Degrees-Costs	GEN	\$0	\$240	\$0	
251 Events-Council Sponsored	GEN	\$0	\$1,800	\$0	
255 Other/Awards-Pot Luck/4th Degree	GEN	\$0	\$0	\$0	
300 Family-Activities	GEN	\$0	\$480	\$0	
305 Father's Day-Picnic	GEN	\$0	\$0	\$0	
400 Memorial-Masses	CHAR	\$180	\$0	\$0	
405 Bishop's Burse-Inland Charities	CHAR	\$0	\$0	\$0	
410 Night for-Religious	CHAR	\$0	\$0	\$1,320	3.44%
420 Vocations-Supreme	CHAR	\$0	\$0	\$600	1.56%
430 Religious-Retirement Fund	CHAR	\$0	\$0	\$1,200	3.13%
435 Roundtable-Parish	CHAR	\$0	\$0	\$8,000	20.80%
440 Bible-Bible Study	CHAR	\$0	\$0	\$240	0.60%
445 Evangelization-EWTN	CHAR	\$0	\$0	\$0	
500 Pro-Life-Activities	CHAR	\$0	\$0	\$1,230	3.20%
505 Citizens-Senior	CHAR	\$0	\$0	\$20	0.05%
520 Prison Ministry-Get on the Bus	CHAR	\$0	\$0	\$0	
521 Alkathon-Alkathon	CHAR	\$0	\$0	\$0	
523 Wheel Chair-Wheel Chair	CHAR	\$0	\$0	\$0	
525 Food-Parish	CHAR	\$0	\$0	\$2,050	5.30%
526 Food-Mary's Table	CHAR	\$0	\$0	\$1,670	4.40%
527 Home-Veronica's	CHAR	\$0	\$0	\$600	1.60%
530 Over Seas-O. L. of Fatima 9636	CHAR	\$0	\$0	\$300	0.80%
547 Bingo-Workers	CHAR	\$29,880	\$0	\$0	
565 Rent Sub-Clubs / Del Roco	CHAR	\$0	\$0	\$16,500	43%
590 Disabled-Tootsie Roll Drive	CHAR	\$0	\$0	\$2,740	7%
605 Santa-Holiday Events/Kids	GEN	\$0	\$900	\$0	
608 Blue & Gold-Cub Scouts	CHAR	\$0	\$0	\$0	
622 Scholarship-Larry Keys Mem.	CHAR	\$0	\$0	\$0	
625 Other-Youth Other	CHAR	\$0	\$0	\$540	1.40%
626 Scholarship-Leroy & Pat Fisher	CHAR	\$0	\$0	\$0	
628 Schools-Catholic	Char	\$0	\$0	\$0	
700 Bingo-Expenses	Bingo	\$100,020	\$0	\$0	
705 Bingo-Paper Expenses	Bingo	\$37,420	\$0	\$0	
710 Bingo-Guard Expenses	Bingo	\$14,810	\$0	\$0	
715 Bingo-Advertising	Bingo	\$1,850	\$0	\$0	
720 Bingo-Phone Expenses	Bingo	\$730	\$0	\$0	
725 Bingo-Equip / Repair	Bingo	\$0	\$0	\$0	
		\$0	\$0	\$0	

Our Lady of the Assumption Preschool	380.00
Our Lady of the Rosary Cathedral	20.00
Priests for Life	100.00
Province of St. Mary	50.00
Radio America	50.00
Retirement Fund for Religious	1,000.00
SB Pregnancy Resource Center	765.00
Social Justice Project	1,130.00
Southern Indian RC	60.00
Sr. Joanne Fedewa S.L.W.	1,320.00
St. Adelaide Academy	560.00
St. Adelaide Catholic Church	2,980.00
St. Adelaide Catholic School	200.00
St. Bernardine Catholic Church	560.00
St. John Bosco	4,815.00
St. Joseph's Church	100.00
St. Joseph's Indian School	170.00
St. Jude Children's Hospital	385.00
St. Lawrence Seminary	185.00
St. Louis de Montfort Academy	215.00
St. Philip the Apostle Melkite Greek Catholic Church	180.00
Traditional Values Coalition	50.00
TRI Sales Finance LLC	470.93
US Justice Foundation	50.00
US Postmaster	692.00
V. J. Memorials	500.00
Verizon	605.64
Young America Foundation	50.00

Expected Income		Total	\$190,770	\$12,150	\$38,390
Bingo	\$211,048	remaining	\$42,778	\$30,628	(\$7,762)
General	\$20,000			Over Budget	\$30,628
Charity	\$2,500				
total	\$233,548				



Bible Study

Wednesday from 7 PM to 9 PM
in the council lounge

Bob Herness
Church Director, 4488



With summer just around the bend, a lot of us tend to slack off from the rigors of Lent, Holy Week, Easter and Pentecost, but Our Lord wants us to use this time to continue spreading the Gospel using perhaps our "down time" to have friends, relatives or fallen away Catholics over, share a drink or meal, and discuss more than baseball scores, the upcoming NFL season, and what's on the grill, or how was your vacation.

Our Wednesday evening Bible and Church study class also has refreshments, and after the main discussions, sometimes even a cold beer so if you think Bible and catechetics and apologetics is BORING, you have not attended any of the classes regularly...sometimes they are hotter than the weather. Topics range from Islamic terrorism, to "catholic politicians" who support moral positions which directly oppose the dogmatic teachings of the Magisterium so they can buy your vote.

Please join us in June and July and join the conversation. You might surprise yourself that what you thought was BORING might be the most interesting real conversation you may have all summer. Bob Herness, Church Director, Council #4488

COUNCIL FIELD AGENT REPORT

David Keeling,
Council Field Agent



Have you ever talked to a person who suffered a disability at work, or outside of work, to where they could not perform their job responsibilities? Did they tell you how hard it was to qualify for long term Social Security disability when their Worker's Compensation or State Disability benefits ran out? Did they also tell you how hard it was financially to live on approximately 55% of their regular income while disabled?

2-important reasons why Knights of Columbus has its own disability insurance program: 1-out-of-every-3 workers suffers' a disability sometime in their career in the U.S. And, the #1 reason families lose their home is due to a disability suffered by the wage earner.

Would you say those are good enough reasons to look at purchasing a Knights of Columbus supplemental Disability Insurance program or, are you thinking this may be right for the other worker but it won't happen to me and my family? Frankly speaking, a good number of couples do not protect themselves in areas of Life Insurance, Long Term Care Insurance or, Disability Insurance until someone too close to them (family or friend) suffers through one of these life conditions, where they start feeling vulnerable and talk about it enough to finally purchase the coverage. But what if you are the family member or friend who suffers through this first and everyone around you starts feeling vulnerable? How does this help you or your family any?

Think about the risk: 1-out-of-every-3 workers will suffer a disability. If you went to a casino and saw a slot machine giving odds of 1-out-of-every-3 pulls wins a jackpot, would you sit there and play it? I think you would! Isn't your family & Estate worth considering this coverage? Disability Insurance has a very reasonable premium cost for what its coverage will provide you in return. Let's sit down and talk about this or other Kof C benefit. Call David Keeling, F.A. (909) 824-1024.

An insurance seminar, sponsored by Knights of Columbus, will take place on Tuesday June 9th from 6:30 PM to 8:30 PM in the Council lounge. Come learn of ways where Life, Long Term Care & Disability insurance can benefit you in ways you may not have thought about. Reading material & refreshments will be provided. For information, please call Field Agent David Keeling at (909) 824-1024



KofC Election News

In May we held the first nominations for Officer Positions. Columbian Year 2015-2016 Officer Nominations: Nominations will be open again at June meeting, so it not too late to throw your hat in the ring.

This Council is Successful because of You!

Grand Knight: Dominic Glass

Deputy Grand Knight: open

Trustees

3rd Year: Paul McJunkin, Bruce Ewing

2nd Year: Open

Financial Sec: Jack Mielke (Appointed but need new person)

Treasurer: Paul Dainko

Chancellor: Open

Advocate: Luis Arciniega

Lecturer: (appointed, need volunteer)

Recorder: David Calhoun

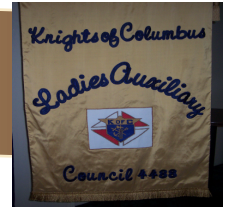
Warden: Victor Licea

Guards: Joel Wright, Mario Salcedo



Sandy Groszewski
President Knight's Ladies

Knights Of Columbus Ladies Auxiliary Council 4488



Dear Knight's Ladies;

This is my last article to you and I want to thank you for the all the support you have provided me the last two years. I am grateful and honored to have been your Knight's Ladies President. Thank you for the opportunity to serve. I know you will continue to support our great organization with my successor. I want to especially thank Gina, Viola, Sylvia and Esther for all their help and support for the Nun's Appreciation Dinner. Also, I can't forget my sous chef and beloved husband, Daniel, for all his help and support throughout the past two years. I could not have done it without him. Speaking of that, please come to the next meeting to vote or at least mail in or provide a friend with your written proxy. The June meeting is on June 11. It will be a catered dinner beginning at 5:00pm, Council Rosary at 6:30ish, and meeting at 7:00PM.

Also, in June is the Council Summer Picnic at Aquinas High School at 12 noon. There will be fun, food, and games for the children and grandchildren.

Don't forget in July we will be providing dinner and our scholarship recipients will attend!

Also, don't forget June 13 for our Bingo Luncheon. It should be a great day with lots of good food and prizes. As usual, we need your dessert and bingo gift. If you have a door prize, that would be appreciated as well.

The nomination of officers for the 2015-2016 Columbian Year are as follows:

- President-Judy Figueroa
- Vice-President-Gina Reynolds
- Secretary-Elena Klopfer
- Treasurer-Renate Huddleston
- Parliamentarian-Kathy Ewing

If you or someone you know would like run for office, please attend the meeting and submit the name to the roster.

Again, thank you for all that you have done to support me and this great organization. God bless you and your family in the coming Columbian year.

Sandy Groszewski
Knight's Ladies President



Blood Bank Notes

Don Jones,
Chairman of the "Blood Bank"



Fellow Knights: In March our group had 8 donations followed by 4 more in April! Thank you for all who have been able to participate in this life-giving process.

Continuing with the topics of cholesterol and lipids: Lipids (or fats) are essential molecules for our bodies, used in the construction of cells, hormones, and vitamins. They can also be used as a source of energy for our bodies (burning off fat) in a different manner than previously discussed with carbohydrates (sugars). Since our blood, cells, and intercellular fluids contain mostly water and fats are not soluble in water, it is difficult for lipids to freely move through our bodies without the help of other molecules, such as proteins. Many proteins can attach themselves to lipids and help move them through the blood stream. These complexes of fats and proteins are called 'lipoproteins'.

When health care providers test our blood to monitor our 'fat' levels, they usually order a lipid panel which determines our cholesterol level along with our 'high density' and 'low density' lipoprotein levels. Other terms commonly used are 'good cholesterol' (for high density lipoproteins or HDL) and 'bad cholesterol' (for low density lipoproteins or LDL), although cholesterol is not the only fat attached to these proteins.

A LDL particle is composed of 80 to 100 protein molecules which attach to as many as 3,000 to 6,000 lipid molecules. These are transported away from the liver to various tissue cells to allow for building of additional tissue, vitamins, and hormones. However, if LDL levels are too high, they can let go of the cholesterol which then sticks to the walls of blood vessels because it no longer has help in traveling through the water-based blood. There they become involved with white blood cells (WBCs) which over time can cause the artery walls to harden (atherosclerosis) and thicken (plaque buildup) if they are not removed. This condition may affect the blood flow, causing higher blood pressure readings. If the plaque material becomes dislodged, it may cause clots and lead to blockages in large and small blood vessels.

A HDL particle is also composed of 80 to 100 protein molecules attached to hundreds of lipid molecules. HDL particles are able to remove the LDL particle remnants and other cell debris away from blood vessel walls and transport them to the liver for removal from the body. Thus, high HDL levels may reduce the risk of heart disease and heart attacks. They may also reverse the effects of atherosclerosis

Next month: HDL, LDL, and cholesterol levels

Please continue to make an effort to visit the blood bank; as you know, 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.

KofC News

June General Meeting will be catered! Come on out and vote on the annual Officers, Budget and important items of the year. Dinner will be catered so we can eat and fellowship.

La Paloma Taco will be preparing Carne Asada, Chicken and Pastor Tacos with rice and beans, Aqua Frescas Horchata and Strawberry

Food starts at 5:00pm

Also...June meeting will the final vote to affirm the 7pm start time.



Information Center

CHAPLAIN	FR. ROMANUS IKE	909-862-8669	IKEROMA@YAHOO.COM
GRAND KNIGHT	PAUL MCJUNKIN	909-862-6403	
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"In God We Trust"

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www.kofc4488.org

JUNE 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  6:15 - 10:00 PM	2	3 CHURCH & BIBLE STUDY 7:00 PM	4 OFFICER'S MEETING 7:00 PM	5  6:15 - 10:00 PM	6
7 ATTEND MASS	8  6:15 - 10:00 PM	9 BENEFITS SEMINAR @ 4488 BY DAVE KEELING, 6:30-8:30	10 CHURCH & BIBLE STUDY 7:00 PM	11 DINNER 5:00 PM ROSARY 6:30 PM GENERAL MEETING ELECTION OF OFFICERS 7:00 PM	12  6:15 - 10:00 PM	13 KNIGHT'S LADIES BINGO LUNCHEON FATHER'S DAY PICNIC 3RD DEGREE FONTANA-10AM
14 ATTEND MASS	15  6:15 - 10:00 PM	16	17 CHURCH & BIBLE STUDY 7:00 PM	18 BULLETIN ARTICLES DUE DEL ROCO 7:00 PM	19  6:15 - 10:00 PM	20
21 FATHER'S DAY ATTEND MASS	22  6:15 - 10:00 PM	23	24 BINGO BOARD 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	25	26  6:15 - 10:00 PM	27
28 ATTEND MASS	29  6:15 - 10:00 PM	30				