

K of C

The Del Rosa Bulletin

TEMPUS FUGIT, MEMENTO MORI | DEL ROSA COUNCIL 4488 | DIVISION 5

MARCH 2015

Grand Knight - Paul V. McJunkin



Dear Brother Knights and Knight's Ladies, I wish you all a happy and holy Lent. Lent is the time each year that we should strive to break bad habits and instill positive ones. With that in mind may I make a few suggestions:

- A. Attend daily Mass (a good way to begin each morning)
- B. Attend Stations of the Cross this Lent (takes about 1/2 hour)
- C. Go to Confession (look in your local church bulletin for times & dates)
- D. Visit with someone who is sick or you haven't seen in a while



I also want to thank the Knight's Ladies for cooking last month's dinner. Please attend and support our monthly dinner. We start dinner around 5:30 PM and the cost is only \$5.00. A Rosary is prayed at 6:30 PM in the conference room just before the business meeting at 7 PM. On March 14th the Knight's Ladies will host a St. Patrick's dinner. The tickets are \$10 and corned beef and cabbage will be served. A group of Irish dancers will be performing. Tickets are limited so get yours early. There are some projects the council may decide to do in the next three months such as "The Night for Religious" (held in May or June) and the "Father's Day Picnic". Watch the bulletin for more information.

Don't forget the nominations for council officers is coming up in May and I ask all Brother Knights to take a look into running for an office (including any who have already served as council officers).

Church and Bible study group meets each Wednesdays from 7 to 9 PM. This month topics discussed will relate to the season of Lent. Of course all are welcome.

Finally, I am again asking Brother Knights to help with our bingo program. Remember, this is where our charity money comes from. We have an immediate need for callers, pull tab workers, people to work the registers or even work as team captain for that night.

Thank you all and may God bless our works



Prayer Requests

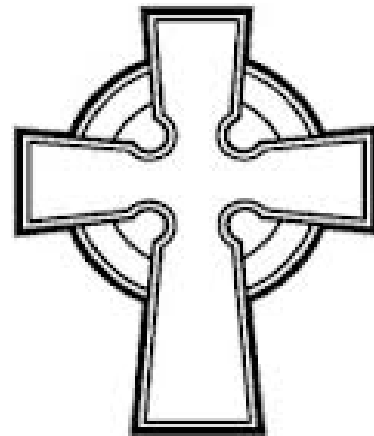
Please say a Prayer for the Sick: Anthony D. Delgado, SR, Phil Garcia, Cecilia Garcia, Lisa Catterress, Anthony Catterress, Leonard Garcia, Thomas P. Ott

Rest of Souls: Margaret Hugelmeier, Robert Garcia, Sal Garcia, and Yolanda Fonsica

St. Patrick's Day is celebrated this month and is the second most popular Saint in the secular world. On March 17th, "Everyone is Irish" is a fine party slogan but can it parry into a conversation about the Saint and his conversion of the druids and pagans of old?

Many of you know the story of Patrick, kidnapped as a teen and a slave of the Irish till the age of 20. God called him and he escaped back to Britain. Years later, was sent back to Ireland to begin their conversion. Legend holds that he used the shamrock (similar to a clover) to illustrate the Holy Trinity.

He is also credited with incorporating the pagan symbol of the sun (a simple circle) in to the Celtic Cross with the sun becoming the Son of God.



Take a moment on this popular holiday to evangelize in your circles. Educate someone to the history behind St. Patrick's Day and the symbols he used. Tie this to the meaning of Lent and dying to one's sins in preparation for His Coming.

KofC News

Shown in the picture are John Rozzi of the Del Rosa Council presenting a check for \$1,070 to Ramona Ramos for the Association for Retarded Citizens (ARC) in the San Bernardino area, which is 1/2 of the income derived from the M/R Drive. The Center For Individual Development (CID) received an equal amount. Others in the picture are people served by ARC.

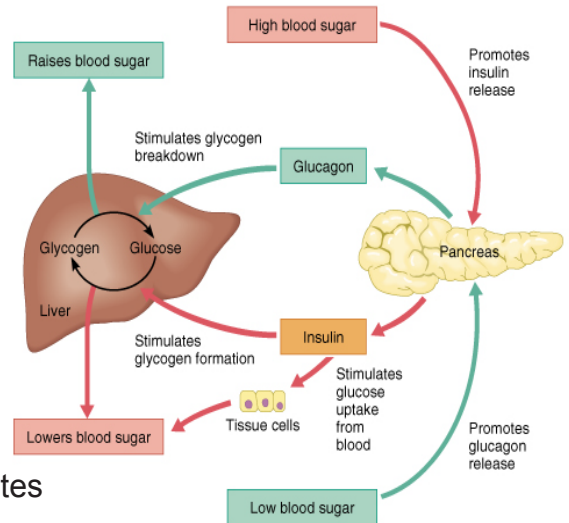




Fellow Knights: Members of our council gave 4 donations during the first month of this year. Thank you.

From last month's article we see that glucose is important as fuel source for our bodies; it is used by the mitochondria, the power plants of our cells, to produce energy molecules that sustain the biological functions of life. So, just how does glucose get into our cells?

It starts with our digestion of foods, even as we are chewing. The saliva in our mouth contains amylase, an enzyme that breaks down the complex polysaccharides (e.g., starches) into the smaller monosaccharides. You can actually test this by placing an unsalted soda cracker in your mouth and letting it dissolve there without chewing. Eventually, you will experience a sweet taste as the amylase works on the complex carbohydrates in the cracker to produce smaller sugars. As the digestion continues in the stomach, these smaller sugars (glucose) are absorbed into our blood stream where they can be carried to every cell in the body.



Because of the protective nature of each cell's lining (or membrane), the glucose cannot just flow into a cell; it needs to be 'transported' across the membrane by a hormone made in the body's pancreas. That hormone is insulin. When the blood sugar level rises, the pancreas produces more insulin to allow the cells to absorb the energy-producing glucose. If the body does not need energy production right away, the glucose is transported to the liver where it is stored as glycogen, a long chain of glucose molecules. When the body's blood sugar levels are too low, the pancreas produces another hormone, glucagon, which triggers the liver to convert the glycogen back into glucose and release it into the blood stream. Thus, the pancreas has an important role in the regulation of blood glucose levels.

Next issue: glucose levels.

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.

IT (Information Technology) Update: Latest phone scams

DGK DOMINIC GLASS

I WRITE FROM PERSONAL EXPERIENCE HERE, HAVING BOTH SCENARIOS START TO PLAY OUT ON ME. MY INSTINCTS KICKED IN IMMEDIATELY, BUT AFTER SOME RESEARCH FOUND THESE ALL TOO COMMON AND WANTING TO WARN YOU ALL. JUST LIKE THE "BRUCE IS IN A MEXICAN PRISON" EMAIL A COUPLE YEARS AGO, SCAMMERS HAVE NOT LET UP AND WE CAN PROTECT OURSELVES WITH INFORMATION AND TRUSTING YOUR GUT. A REPUTABLE COMPANY WILL NOT CALL YOU, YOU HAVE TO CALL THEM. IF IT SOUNDS TOO GOOD OR SUSPICIOUS, IT IS!



SCAM 1: 'ONE RING' WIRELESS PHONE CALL.

YOUR MOBILE PHONE (SOMETIMES HOME LINE) RINGS ONCE, MAYBE TWICE, SHOWING AN OUT OF AREA CODE, 649, 806,284... SOMETHING YOU CLEARLY DON'T RECOGNIZE. IF YOUR QUICK ENOUGH, YOU MAY GET NOTHING OR A RECORDED MES-SAGE ABOUT SOME SERVICE YOU PROBABLY DON'T WANT. TYPICALLY YOU CAN NOT GET IT IN TIME. THEY WANT YOU TO CALL IT BACK. SOMETIMES IT WILL GO TO A MESSAGE PROMPTING ANOTHER PHONE NUMBER OR IT ROUTES DIRECTLY TO AN INTERNATIONAL LINE. THIS IS WHERE THEY CAN BILL YOUR ACCOUNT FOR A VERY EXPENSIVE 'CONNECTION FEE' OR 'MINUTE CHARGE'. IF YOU GET CAUGHT IN THIS, YOU HAVE SOME RESOURCES. CONTACT YOUR PHONE COMPANY, THEY MAY HELP. SEE MORE ABOUT THIS AT THIS LEGIT GOVERNMENT WEBSITE: [HTTP://WWW.FCC.GOV/GUIDES/ONE-RING-WIRELESS-PHONE-SCAM](http://www.fcc.gov/guides/one-ring-wireless-phone-scam)

SCAM 2: "I'M CALLING FROM WINDOWS..."

THREE TIMES NOW, I HAVE HAD A MAN WITH FOREIGN ACCENT CALL MY HOME AND STATE HE WAS CALLING TO HELP BECAUSE MY WINDOWS COMPUTER SENT THEM AN ERROR AND THAT HE WOULD HELP ME CLEAR THE VIRUS. FUNNY SINCE I NOW HAVE A MAC. IN THE ARTICLE LINKED BELOW, THE REPORTERS PLAYED ALONG KNOWING WHERE THIS IS GOING. THEIR END GAME IS TO GET YOU TO OPEN REMOTE ACCESS TO YOUR COMPUTER TO THEM OVERSEAS. THEN THEY CAN COMMONLY STEAL DATA OR LOCK YOUR COMPUTER AND YOU HAVE TO PAY A 'RANSOM' TO "FIX" IT. IF YOU ASKED THEM SIMPLE SPECIFIC QUESTIONS ABOUT YOUR COMPUTER LIKE "WHICH IP ARE YOU REFERRING TO? I HAVE 2 COMPUTERS?" OR "IS THAT THE ONE NAMED FAMILY OR MY PERSONAL ONE?", THEY CAN NOT ANSWER. A REAL IT REMOTE LINK CAN TELL YOU WHICH COMPUTER THEY ARE LOOKING AT. JUST TELL THEM YOU ARE PRAYING FOR THEIR SOUL AND HANG UP.

[HTTP://ARSTECHNICA.COM/TECH-POLICY/2012/10/I-AM-CALLING-YOU-FROM-WINDOWS-A-TECH-SUPPORT-SCAMMER-DIALS-ARS-TECHNICA/](http://arstechnica.com/tech-policy/2012/10/i-am-calling-you-from-windows-a-tech-support-scammer-dials-ars-technica/)
[HTTP://BLOGS.MICROSOFT.COM/CYBERTRUST/2014/02/19/5-THINGS-YOU-NEED-TO-KNOW-ABOUT-TECH-SUPPORT-SCAMS/](http://blogs.microsoft.com/cybertrust/2014/02/19/5-things-you-need-to-know-about-tech-support-scams/)

COUNCIL FIELD AGENT REPORT

David Keeling,
Council Field Agent



I recently read an article on the current status of Long Term Care needs and little has changed with one notable exception: the national average per day cost of this care now runs \$212. While those of us living-retiring in the Inland Empire will see a lesser per day cost of this care (currently \$160), it still creates a financial burden for the couple or family paying for this care out-of-pocket. Our Medicare coverage provides 20 days of full payment for any retiree age 65 & over needing this care with a \$135 a day deductible cost for the next 80 days. Then Medicare coverage stops and will no longer help a patient in this type care unless they are willing to give up their estate to qualify for State Welfare. And even then you will likely be put on a waiting list for an available bed somewhere and have to go there...

The principal reason for purchasing Long Term Care insurance remains the same... if you or your loved one has a long enough stay at a facility or need of nursing care at home, the cost can devastate the savings/income of a typical household as told by Philip Moeller of Time/Money magazine who has investigated the need of owning private Long term Care insurance.

"Unless you are wealthy, private Long Term care insurance is the lone assured solution to the financial repercussions of this care-cost if ever needed. Currently about 1-in-8 Americans buy it while the other 7-can't qualify or believe they won't need it. And even if they do need it, they assume their family will take care of them. This attitude often leads to financial hardship within the family as the children of the patient(s) can find themselves heavily burdened in helping to pay for the care costs. Such as: taking a 2nd mortgage, withdrawing 401K money, using funds meant for college, selling family heirlooms, etc. Learning from others, "it has lead to many children willing to pay for their parent's LTC coverage!"

The odds of your house burning down are very, very small as is the odds of your car being totaled in a crash. And yet you have insurance to cover those possibilities. But both pale in comparison to the average ratio of retirees needing some long term care in retirement according to AARP: 1-of-every-2!

The Knights of Columbus offers you the best & cheapest way to protect your financial well-being in owning "K of C Care coverage". Its cost fits most any budget but good health is required at the time you apply to own it. So here is the big disclaimer about its availability to you (and your wife): at some point in time, your good health can/will be lost and with it, any chance of you acquiring this coverage, DON'T WAIT.

I can be contacting by phone, (909) 824-1024 or e-mail; david.keeling@kofc.org to arrange an appointment to provide all the necessary coverage details. David Keeling, KofC Benefits Field Agent.

Chaplain's Corner

Doing a good lent:

Lent is a Christian tradition that is observed in many denominations. It is the hallowed forty-day period of sacrifice leading up to Jesus' death and Resurrection. During Lent, Catholics and some Protestants prepare for Holy Week by fasting, praying, and reconciling with the Lord. These forty days are a wonderful time to rethink everything and to allow ourselves to take up our crosses as Christ once did.



Fr. Romanus Ike

1. Decide on your Lenten sacrifice. Lent is a season of solemnity and sacrifice commemorating Jesus' exodus into the desert; our sacrifice is a reminder of the sacrifice of self-Jesus made to save us from our sins. Because of this, it is a Lenten tradition to sacrifice something for these 40 days.

2. Attend Mass as often as possible. In addition to weekly Sunday service, it's good to go to church frequently, especially during Lent. Lent begins on Ash Wednesday when we remember that we come from dust and to dust we shall return. Additional worship service in mid-week, especially Stations of the Cross is a good way to participate in Lent.

3. Reconciliation, or Confession, is a wonderful way to turn away from sin and reunite yourself with Christ. If you don't already, try getting into the habit of going to Confession on a regular basis. The Catholic Church has made it obligatory that all the faithful receive the sacrament of Penance at least once a year and once during the season of Lent, though it's recommended that you attend Confession at least once a month if possible.

4. Spend time on devotions. Devotions are a great way to put oneself in the right mind-set for Lent. The Church highly encourages Adoration of God or the veneration of the Blessed Virgin and the saints. Some parishes probably have regular Eucharistic Adoration, where you can go to sit and engage in deep prayer, in the presence of the Blessed Sacrament. Any prayer, so long as it means something to you, is a step in the direction God intended. If you have a prayer you've grown up with that speaks to you, resolve to spend more time focusing on what it truly means and how you can embody that prayer in your everyday life.

During this season of lent we are called to do some Spiritual and corporal Works Of Mercy: Spiritual works of mercy (1) Converting the sinner, (2) instructing the ignorant, (3) counseling the doubtful, (4) comforting the sorrowful, (5) bearing wrongs patiently, (6) forgiving injuries, (7) praying for the living and the dead.

Corporal Works Of Mercy (1) Feeding the hungry, (2) giving drink to the thirsty, (3) clothing the naked, (4) harboring the stranger, (5) visiting the sick, (6) ministering to prisoners

Let us keep reflecting on these great quotes from some of our spiritual leaders: "Are you capable of risking your life for someone? Do it for Christ." -- Pope John Paul II, "Lent comes providentially to reawaken us, to shake us from our lethargy." -- Pope Francis, "As Lent is the time for greater love, listen to Jesus' thirst...'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor -- He knows your weakness. He wants only your love, wants only the chance to love you." -- Blessed Teresa of Calcutta

"Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: who we are, where we come from, where we must go, what path we must take in life..." -- Pope Benedict XVI. Finally, let your Lenten lapses and failures - whatever they may be serve only to increase your dependence upon God. None of us will do all we want to do during Lent. That's the human condition. The point is not to get a good grade; the point is to increase your capacity to love God and your neighbor. This is what it means to do a good lent.



Bible Study

Wednesday from 7 PM to 9 PM
in the council lounge

Bob Herness
Church Director, 4488



March is a month in our liturgical year that always encompasses the penitential season of Lent. We use this holy period to deepen our relationship with Almighty God through His Son, Our Lord Jesus Christ who fasted in the desert for 40 days, was tempted by Satan, and answered his temptations by refusing to submit to carnal desires, pride and avarice.

Like Jesus, if we are to be His disciples, we too must abstain from sin, do penance for our past and future sins, pray always and support the poor, the hungry, the thirsty and the persecuted with our alms giving. May I suggest a couple of worthy charities : social justice project in our own council, Food for the Poor, Aid to the Church in Need, and Catholic Near East Welfare Association.

As you know from the news, Catholics and Orthodox Christians and Jews are being murdered by crucifying children as young as 4-5, burning people alive, and beheading and selling human body parts. We can not, as knights, sit idly by and hope this goes away. We, too, must take up the cross, whether physically or spiritually to assist the Christians who are being martyred and driven from their homes. Please join us this month to discuss what we can do, study the enemy to Christ and His Church and do penance. Every Wednesday during Lent, we will read appropriate scriptures, listen to dynamic speakers and participate in discussions with others on topics ranging from what are the mortal sins in our lives, the sins of omission in our lives, and how to understand why some followers of Mohammed believe that they are fulfilling the dictates in the Koran by killing Christians.

Ad Majorem Dei Gloriam,
Bob Herness, Church Director



Sandy Groszewski
President Knights' Ladies

Knights Of Columbus Ladies Auxiliary Council 4488



Dear Knights' Ladies;
St. Patrick's Day Dinner will be on March 14 at 6:00PM. We will have the great Irish Dancers, a traditional Irish meal and prizes. Tickets will be \$10.00. They can be purchased before the night of the dinner or at the door. The dinner will be in the large hall so all can see the dancers.

Scholarships are now available. So please contact Gina Reynolds for applications. Applications must be submitted by March 31st.

Thank you so much for all that you do to make our organization so successful. We could not do it without your continued support. Please pray for World Peace daily. Our world is sadly in need.

Our next meeting is March 12. Hope to see you there!!!

Sandy Groszewski
Knights' Ladies President



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Culture of Life

John Rozzi-Culture of Life Director



There are many factors that can influence, threaten or change our culture of life. Striving to gain Personhood for the Pre-born, defending the U. S. Constitution, our legacy from our Judeo-Christian heritage to our present way of life, and preventing Sharia Law from entering our court system is another. By signing petitions and contacting our congressional representatives, we can do much to eventually gain Personhood for the Preborn. We must be proactive in doing what is necessary to keep Sharia Law out of our courts wherever it appears to get a foothold. This is especially difficult when our current administration is headed by a president who, apparently, finds it difficult to say that the present beheadings and other atrocities are carried out by "radical Islam" Please keep in mind that not all Germans during WWII were Nazis, but we still had to go to war to fight them. So it is now, we are compelled to confront the radical Muslims, those who are committing the atrocities and those who threaten our culture of life by employing Sharia Law as directed by their Holy Book, the Quran. Here we have a president who has said that the future does not belong to those who slander the name of the prophet, Mohammed, and yet, he had the audacity, just a short time ago, to call attention of the audience at the National Prayer Breakfast to the killings of the past, including slavery, by people "in the name of Christ." I am truly offended by this statement and also, being lectured to by a man who, if he is not a Muslim, is highly sympathetic to Islam. We have our work cut out for us. Let's do it.



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"In God We Trust"

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www.kofc4488.org

 **MARCH 2015**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ATTEND MASS	2  6:15 - 10:00 PM	3	4 CHURCH & BIBLE STUDY 7:00 PM	5 OFFICER'S MEETING 7:00 PM	6  6:15 - 10:00 PM	7
8 ATTEND MASS	9  6:15 - 10:00 PM	10	11 CHURCH & BIBLE STUDY 7:00 PM	12 ROSARY 6:30 PM GENERAL MEETING 7:00 PM	13  6:15 - 10:00 PM	14 1ST DEGREE 10AM COUNCIL LOUNGE ST. PATRICKS DINNER 6PM
15 ATTEND MASS	16  6:15 - 10:00 PM	17 	18 CHURCH & BIBLE STUDY 7:00 PM	19 DEL ROCO 7:00 PM	20  6:15 - 10:00 PM	21
22 ATTEND MASS	23  6:15 - 10:00 PM	24	25 BINGO BOARD 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	26	27  6:15 - 10:00 PM	28 4TH DEGREE SPAGHETTI DINNER 4-7PM
29 ATTEND MASS	30  6:15 - 10:00 PM	31				

Knights of Columbus
Fray Francisco Dumetz Assembly 0055
Cordially Invites You
to a Fundraiser Dinner

Spaghetti Dinner

Saturday, March 28, 2015
at
Knights of Columbus
Del Rosa Council 4488 Hall

4PM to 7PM

Adults \$7.00
Children (3-10) \$4.00

Menu
(Included in cost)
Spaghetti (with or without meat sauce)
Salad
Rolls with Butter
Punch/Water
Coffee (Cream and sugar)
Desserts



All Proceeds go to the diocese of San Bernardino
Junipero Serra House of Formation for Seminarians