



MAY 2015

### Grand Knight - Paul V. McJunkin

I begin this month by thanking everyone who helped in the Luncheon for the Religious on Sunday April 26th. A special thanks to the Knight's Ladies for the preparation of the lunch. Thanks also to Ms. Pat Fischer, Fray Francisco Dumetz 4th Degree Assembly and the Catholic Daughters Good Shepherd Court for additional financial assistance in putting this event on.



May is also the month for official nominating members for council officers for Columbian year 2015-2016 and our nomination committee and I am asking everyone in this council to consider running for an office. The only requirement is that the member must be a 3rd degree member in good standing. If you are interested in an office and want to know the responsibilities please contact me. Elections will be held on Thursday June 11, 2015.

In June your council is having its traditional steak dinner (about 5 PM) on election night. Remember to stay and vote. Rosary will start at approximately 6:30 PM and the council meeting will start at 7 PM.

The council picnic will be held on June 13th at Aquinas High School. The picnic will run from about 12 noon to 4 PM. The picnic is open to all members and family. We are looking for something for kids to jump and play around in so if you can help please let me know. I will also need help in transporting the grills, food and drinks from the council to the picnic area. Let me know if you can help in any way.

Please keep Brothers John Rozzi, Tom Sanders and Harold McGrath in your prayers. John is recovering from a foot infection and Tom can no longer drive or leave the house alone and Harold is recovering from pneumonia.

Congratulation to Jack Mielke as he recently got married.

Happy Mother's Day to my wonderful mom, Nina, and all mothers in this council. Mother's Day is May 10th.

Finally, thanks to the Brother Knight who helps me get my monthly article to the printer. May God bless our council.

## KofC News

### May is first nominations for Officer Positions.

*Please consider helping our Council by running for an office if you are a 3rd Degree Knight. All positions are available.*

- Grand Knight
- Deputy Grand Knight
- Chancellor
- Recorder
- Financial Secretary (not elected but needs new member)
- Treasurer
- Lecture (appointed, needs volunteer)
- Advocate
- Warden
- Inside and Outside Guards
- Membership Director



Arm your self...

The tragedy of the Passion in April gives way to the continuing season of Easter in to May. The promise of new life through Him. We take a moment to recognize our Mothers, the flowers in our life who brought us the beauty like that of Mother Mary. They taught us compassion and empathy, arming us to fight from Satan's selfish ways. We grow in to adulthood, not wanting to leave her safe embrace, but she tells us we are ready to tackle the world.

The Disciples were not ready for Jesus to leave, but in John 16:7 the Lord told them, "I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you." At Pentecost the Holy Spirit came to arm them, and us, with the strength to go forth and spread the good word.

And as Knights, we arm ourselves with the Unity, Charity, Fraternity and Patriotism of this grand organization that produces such good works around the world.

What have you armed your self with?

What can you do today to make better a world worthy of His return?

Sunday May 10th Mothers Day.

Thursday May 14th Ascension of the Lord.

Sunday May 24th is Pentecost.

May 31st is Trinity Sunday.



## Del Roco Report

Del Rocco Elections will be in July. There are 3 vacant board positions up for election to the board.

Any 3rd degree member that is not holding a council office is welcome to run .

Please contact Del Rocco President Freddie Roybal by 6/11/15

Phone number is 909-556- 5997 Ballots will be Mailed in late June. Thank you

*Thank You*



ADVANCE REFRIGERATION & ICE SYSTEMS, INC  
GENEROUSLY DONATED A HIGHLY DISCOUNTED ICE  
MACHINE FOR OUR LADY OF THE ASSUMPTION  
CHURCH FOR THE BOY SCOUT PROJECT REQUEST.



## Blood Bank Notes

Don Jones,  
Chairman of the "Blood Bank"



Fellow Knights: I have been unable to obtain the donation numbers for March so far; I hope to include them in next month's report.

At last month's general meeting I received a suggestion from the Deputy Grand Knight to provide some information on cholesterol and lipids. Thus, this next series of articles will deal with those topics: what cholesterol and lipids are, what they do in the body (good and bad), and how blood cholesterol and lipid levels are interpreted. Coincidentally, cholesterol levels are something that is fairly routinely screened by Life Stream whenever we make a donation.

We will start by looking just at cholesterol. It is a specialized form of lipid (or fat) that plays important roles in cell membrane formation, bile salts, and hormone production. The human body is capable of producing sufficient cholesterol for its needs, most of this occurring in the liver but several other organs responsible for hormone production (e.g., adrenal glands over the kidneys) are also capable of doing this. Its function in the cell membrane is to keep it fairly rigid, maintaining cellular integrity by reducing the permeability of the cell to unwanted outside molecules. In the liver it is converted to bile which is stored in the gall bladder and assists with the digestion and intestinal absorption of fat molecules as well as fat-soluble vitamins (such as A, D, E, and K). Thus, cholesterol that is excreted by the liver as bile gets 'recycled' back into the body along with other nutrients. Cholesterol is also a precursor to the body's synthesis of Vitamin D. Cholesterol is the basic building block for the body's manufacturing of estrogen, testosterone, and several other critical hormones.

The body can make about 1 gram of cholesterol per day through a 37-step process which uses small simple starter molecules to produce the much larger final product. Cell membranes are estimated to contain about 35 grams of cholesterol in an average sized man (150 pounds). Most cholesterol that is ingested as food comes from animals and is in such a form (i.e., esterified) that it is not easily absorbed by the body. However, when outside sources of cholesterol do raise cholesterol levels above what is required for the body's needs, the body's self-regulatory system cuts back or suspends its production until the levels are reduced. Plants produce little cholesterol but do manufacture phytosterols, substances chemically similar to cholesterol. When humans eat plant material, these phytosterols compete with the reabsorption of the bile products in the intestines, thus potentially lowering the amount of recycled cholesterol.

Next month: high and low density lipoproteins

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.  
Don Jones

**SAT MAY 9TH 12PM - 2PM,**

**MEMBERS OF THE CHURCH AND BIBLE STUDY  
TEAM WILL BE PROMOTING**

*"God deems Marriage is between a Man  
and a Woman"*

**WITH SIGNS AND BANNERS AT 40TH AND WATERMAN.  
COME OUT AND SEE HOW MANY OF OUR FELLOW  
CITIZENS BELIEVE THE SAME.**





# Bible Study

Wednesday from 7 PM to 9 PM  
in the council lounge

Bob Herness  
Church Director, 4488



During the month of May as we honor Our Blessed Mother Mary who always leads us to Jesus, we knights who have a special devotion to her should show that devotion by regularly attending Holy Mass, be outspoken in defense of life and the authentic teachings of Holy Mother Church, and should not be absent in these critical times facing our nation and the world. How are we absent, you say? By not praying regularly, letting our children and others buy into the culture of death which includes same sex so-called marriages, idolizing false messiahs in our government, the entertainment industry, and materialism to name a few of many.

We have been studying, in depth, the threats of radical Islam that goes back in history to 450 years BEFORE POPE URBAN II asked Christendom, its knights and barons to defend pilgrims going to visit the Holy Land. Does history repeat itself? How many innocent women and children are still being bought and sold into slavery or used as sexual objects? How many innocent men, women and children are being beheaded, burned alive and even little children being crucified while we listen to false messiahs in our land who either do little or nothing to eradicate this evil, or distract us with promises to be "our champion" of the middle class, turn a blind eye to lawbreakers, and call evil like abortion a "choice" and call saintly people like the Archbishop of San Francisco intolerant because he wants to teach what the Catholic Church has always taught...marriage is between one man and one woman for procreation not for self indulgent gratification. Your comments to this editorial are welcome. Please join us on Wednesday evening at 7:00 any time to share your insights and see if they follow Jesus Christ or other "messiahs"

AMDG

Bob Herness, Church Director

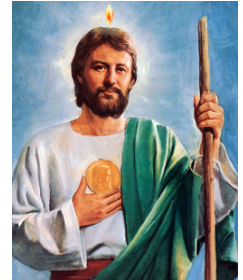


## Past Chapter President's Dinner

Arrowhead Desert Valley Chapter  
Presents

### A MARDI GRAS CELEBRATION

In honor of Immediate PCP Kevin Cavanaugh



To God Be the Glory!

Saturday, May 9th, 2015

Yucaipa Council 9679 Banquet Hall  
12586 California Street  
Yucaipa, CA 92399

Attire Coat and Tie

Social Hour Begins at 6PM - No Host Bar

Dinner Begins at 7PM

Your choice of Bourbon Street Salmon or Chicken Marsala

Creole Red Beans and Rice

Cajun Corn Maque Choux Salad

Bread and Butter

Dessert

Hurrican Drink Special

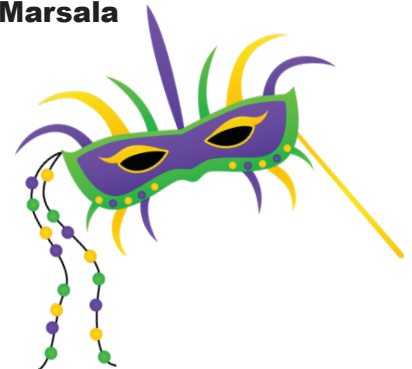
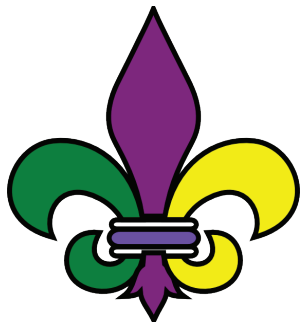
\$18 per Person

Tony Despart

PO Box 1819

Running Springs, CA 92382

For more information Contact Tony Despart at  
ajdespart@yahoo.com or (951) 905-8685  
Please RSVP by Wednesday, May 6th, 2015



# Chaplain's Corner

Fr. Romanus Ike



## CHRIST HAS DEFEATED DEATH FOR US:

In the Book of Revelation, the Lord Jesus speaks: "Fear not, I am the first and the last, and the living one: I died, and behold I am alive for evermore, and I have the keys of Death and Hades"(Revelation 1:17-18). No tomb in the world could contain the Lord Jesus for long. His death on the cross-purchased our redemption and his triumph over the grave on Easter morning defeated death. What preserved the Lord Jesus from corruption? He was kept from decay and he rose from the dead by divine power. "My flesh will dwell in hope. For you will not let your Holy One see corruption" (Psalm 16:9-10). The mystery of Christ's lying in the tomb on the sabbath reveals the great sabbath rest of God after the fulfillment of our salvation which brings peace to the whole world (Colossians 1:18-20). Is your hope in this life only, or is it well founded in the resurrection of Christ and his promise that those who believe in him will live forever?

According to Pope Francis, the Gospel of Easter is very clear: we need to go back there, to see Jesus risen, and to become witnesses of his Resurrection. This is not to go back in time; it is not a kind of nostalgia. It is returning to our first love, in order to receive the fire which Jesus has kindled in the world and to bring that fire to all people, to the very ends of the earth." (Pope Francis, Easter Vigil Homily, 2014)

Archbishop Fulton Sheen has this to tell us during this season of Easter, the Cross had asked the questions; the Resurrection had answered them...The Cross had asked: Why does God permit evil and sin to nail Justice to a tree? The Resurrection answered: That sin, having done its worst, might exhaust itself and thus be overcome by Love that is stronger than either sin or death. (Archbishop Fulton Sheen, Lent and Easter Wisdom, 110)

The Lord's triumph, on the day of the Resurrection, is final. Where are the soldiers the rulers posted there? Where are the seals that were fixed to the stone of the tomb? Where are those who condemned the Master? Where are those who crucified Jesus asks St Esciva. He is victorious, and faced with his victory those poor wretches have all taken flight. Be filled with hope: Jesus Christ is always victorious. (St. Josemarie Escriva, The Forge, 660)

We are the Easter People and Alleluia is our song (J.PII).

Lord Jesus, you died that I might live forever in your kingdom of peace and righteousness. Strengthen my faith that I may know the power of your resurrection and live in the hope of seeing you face-to-face forever.

## CHARITABLE NEWS

The generosity of people continues to manifest itself and a recent event is a great example of that.

On April 21, 2015 a very large number of bags and boxes of used men's & women's clothing were delivered to Cedar House in Bloomington. Cedar House is a drug and alcoholic rehab center and they also have a women's shelter where women & children are housed and taken care of. Many times the clients of these two facilities come there with only the clothes on their backs. So be assured that whatever you donate will go to some truly needy person.

Your donation consisted of 16 large trash bags, 3 boxes and about 30 articles of clothing still on hangers. These 30 articles of clothing would have filled at least 3 more large bags. Jose Flores, from Cedar House, can be seen with the two hampers filled with the clothing donations. Thank you all for your donation.





Sandy Groszewski  
President Knight's Ladies

## Knights Of Columbus Ladies Auxiliary Council 4488



Dear Knights' Ladies;

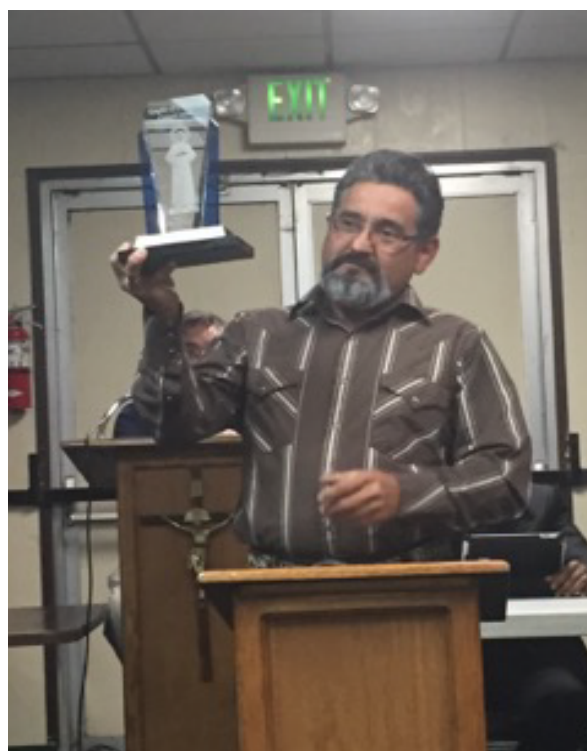
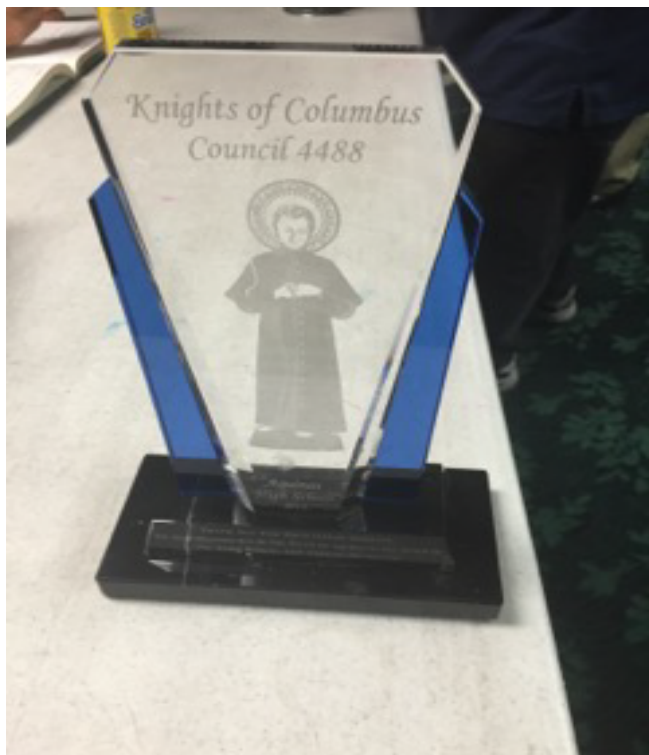
May is here and the beginning of Spring. At this time we have no event scheduled for May. We are looking into having our Memorial Mass in June or July. At the May meeting we will be talking about a parking lot sale. Please, please come to the May meeting as the slate of new officers will be announced and you can nominate someone as well. It is through your participation that we ensure the success of our great organization. We also will present the list of scholarship recipients. This year we have 10 students who will receive scholarships. Have a blessed month of Mary and see you at the meeting on 5/14/15.

Sandy Groszewski  
Knights' Ladies President

### 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!*

THE KNIGHTS OF COLUMBUS COUNCIL 4488 RECEIVED  
THE AQUINAS HIGH SCHOOL ST. JOHN BOSCO RECOGNITION AWARD



# COUNCIL FIELD AGENT REPORT

David Keeling,  
Council Field Agent



What is the worth of a Knights of Columbus Whole Life cash value policy? Over the past month & a half, I have been seeing members & wives who have contacted me asking for values in their plans for a number of reasons. And all... were thankful they had purchased this program.

This program is a disciplined way to build cash not just for final expenses. As a matter of fact, I would say more policy owners use some of the values while they are alive. Knights of Columbus Whole Life insurance plans have what we call a "live on leave on" feature. It provides tax-free cash available to policy owners while they are alive (live on) and also provide their survivors tax-free money for final expenses and other purposes (leave on).

Now comparing a Knight's program like this to an investment isn't really comparing apples to apples. I know of very few if any tax-free investments available anymore. I also know there are likely penalties involved pulling money out of an investment at the wrong time. Does the investor know in advance when it is the right time? There are no penalties in a Knights' Whole Life program. You have a guaranteed 4% minimum growth in cash values in addition to surplus dividends (not guaranteed but expected).

When putting all your eggs in 1-basket, you are confining your money in what its limitations are. Most couples only have a 401K type program containing a larger lump sum of cash. If you are not at least age 59 ½, what happens when you arrange a withdraw of these funds? You will pay a 10% penalty, State & Federal income taxes (the lump sum will be considered earnable income during this tax year) and whatever service fee the investment program will charge in addition. You add it all up and you become sick at the thought of what is left over. No wonder these couples are thankful they have a Knight's program such as this! We can arrange a program for you as a member & wife with just about any budget. You just need to get it started and build accessible cash that won't beat you over the head if & when you want/need to take a withdrawal. Call me for an appointment: (909) 824-1024, David Keeling, Field Agent

## Information Center

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*"In God We Trust"*

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www.kofc4488.org

# May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  6:15 - 10:00 PM	2
3 ATTEND MASS	4  6:15 - 10:00 PM	5	6 CHURCH & BIBLE STUDY 7:00 PM	7 OFFICER'S MEETING 7:00 PM	8  6:15 - 10:00 PM	9 1ST DEGREE AT THE COUNCIL HALL 4488
10 MOTHERS DAY ATTEND MASS	11  6:15 - 10:00 PM	12	13 CHURCH & BIBLE STUDY 7:00 PM	14 DINNER 5:30 PM ROSARY 6:30 PM GENERAL MEETING 7:00 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 BULLETIN ARTICLES DUE DEL ROCO 7:00 PM	22  6:15 - 10:00 PM	23
24 ATTEND MASS	25 MEMORIAL DAY	26	27 BINGO BOARD 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	28	29  6:15 - 10:00 PM	30
31 ATTEND MASS	 6:15 - 10:00 PM					