

**SCHEDULE OF EVENTS FOR MARCH 2020**



# KNIGHTS OF COLUMBUS®

**St. Mark the Evangelist Catholic Church**

**March, 2020**

**Council #7613**

**Editor: SK A. C. Rogers**

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**COUNCIL CORNER**

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## SCHEDULE OF EVENTS FOR MARCH 2020

DATE	EVENT	TIME & PLACE
3/03/2020, Tues	CHOC Meeting	7:00 PM – Christopher Hall
3/05/2020, Thurs	Mass & Council Meeting	7:00 PM – Christopher Hall
3/06/2020, Fri	Lenten Fish Dinner	5:00 pm – Christopher Hall
3/06 & 07/2020, Fri & Sat	24 Hour Adoration	4:00 PM Fri to 4:00 PM Sat Adoration Chapel
3/07/2020, Sat	Monthly Rosary	4:25 PM - Church
3/12/2020, Thurs	Assembly Meeting	7:00 PM – Christopher Hall
3/13/2020, Fri	Lenten Fish Dinner	5:00 pm – Christopher Hall
3/16/2020, Mon	1 <sup>st</sup> Degree Rehearsal	St. John Hall (Host 8521)
3/17/2020, Tues	St. Patrick's Day	
3/18/2020, Wed	Chapter Meeting	Our Lady of Manaoag Council 15343, 5655 Rigsby
3/19/2020, Thurs	1 <sup>st</sup> Degree (Host 7613)	7:00 PM – Christopher Hall
3/20/2020, Fri	Lenten Fish Dinner	5:00 pm – Christopher Hall
3/21/2020, Sat	4 <sup>th</sup> Degree Exemplification	In Longview
3/26/2020, Thurs	Council Officers Meeting	7:00 PM – Christopher Hall
3/27/2020, Fri	Lenten Fish Dinner	5:00 pm – Christopher Hall
3/28/2020, Sat	Major Degree	Holy Trinity, Host 9967
3/29/2020, Sun	K of C Founders Day	
3/29/2020, Sun	Knight's Family Communion	10 AM Mass

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## ACHIEVEMENTS & RECOGNITIONS

During the February Mass and Council meeting, the following were recognized in gratitude in appreciation for their dedication and service. Also, shown below are 5 new Knights of Columbus members.

- SK Lloyd Anders is shown below being recognized as SK Lloyd & Joann Anders Family of the Month of January 2020.



- Arty Ramirez, shown below, received an award certificate for his outstanding dedication and service to the needs of Council 7613.





- Robert Gilson, shown below, received his 2<sup>nd</sup> and 3<sup>rd</sup> Degree Certificate for attaining his new level of accomplishment in the Knights of Columbus.



- Five of six new members shown below were introduced at the Council meeting. Roger McDonald joined but was not at the meeting.



- Three of our Knights shown below (Stuart Beullieu, SK Pete Blozis, & SK Leo Forget) that received a recognition award for their success in convincing a number of individuals to join the Knights of Columbus.





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## **COUNCIL 7613 DONATION TO HABITAT HOUSE CONSTRUCTION**

A new habitat house is about to be built with the help of our Council 7613. Following is a check for \$2,500 being provided by our Council 7613 to SK Bill Faucher for the new Habitat House.

SK Bill Faucher requests that our Knights come to help build the house which is the 25<sup>th</sup> Habitat house to be built as a St. Mark's project. The work has already started. Included below is a list of activities for the 14 days needed to build the house. Work will be only on Fridays and Saturdays.

SK Bill Faucher request our Knights contact him at his e-mail [Bill.Faucher@gmail.com](mailto:Bill.Faucher@gmail.com) to let him know if they are coming or what days they would like to come. They can also call or text him at 210-863-7062.





# Habitat for Humanity of San Antonio, Inc.

## 2020 Spring Build

Lenwood Heights: for GPS use 5203 Enid Street, 78237

Homebuyer family			<b>St. Mark The Evangelist</b>		House address:	
Juan Lopez					5239 Andrew King Way	
Date	Weekday	Day #	Tasks	Volunteer Age Limits	# of Volunteers Per Day	10:45 am -11:45 am Lunch Provider
<i>Mon-Thurs</i>			<i>Layout slab and prepare for weekend.</i>			
01/31/20	Friday	1	Stand, plumb and brace wall panels Install front porch beam Load trusses Prime and paint all exterior trim	16 and up 18 and up 18 and up 14 and up	25	
02/01/20	Saturday	2	Stand trusses Install A/C housing unit and attic access box Start installing fascia Hang blue board wall sheathing	14 and up 14 and up 18 and up 18 and up	25	
<b>Mon- Thurs</b>			<b>Contractors: Complete truss and fascia, Decking, felt, plumbing top-out and gas.</b>			
02/07/20	Friday	3	Complete Blue Board Install windows Install exterior doors and locks Start siding	16 and up 16 and up 16 and up 16 and up	25	
02/08/20	Saturday	4	Install front porch posts Install house numbers Framing punch list	16 and up 16 and up 18 and up	25	
<b>Mon- Fri</b>			<b>Contractors: Electric rough-in, Mechanical rough and shingle; Poly/wall insulation and drywall starts. Inspections: plumbing, electrical, mechanical, frame and E star.</b>			
02/14/20	Friday	5	Complete Siding Start soffit installation	14 and up 16 and up	20	
02/15/20	Saturday	6	Paint/Caulk exterior Finish Soffit Install window and corner trim on exterior	14 and up 16 and up 16 and up	20	
<b>Mon- Fri</b>			<b>Drywall and texture complete. CPS install underground utilities.</b>			
02/21/20	Friday	7	Rain/Mud Make-up work Caulk and touch up paint on exterior Install porch rail	16 and up 14 and up 16 and up	20	
02/22/20	Saturday	8	Rain/Mud Make-up work Complete any previous tasks Assemble shed Clean floors and cover with paper	16 and up 16 and up 16 and up 14 and up	20	
<b>Mon- Fri</b>			<b>CPS install electric meter</b>			
02/28/20	Friday	9	Paint walls, ceilings, doors and trim Floor prep for vinyl planking Clean up site	14 and up 14 and up 14 and up	25	
02/29/20	Saturday	10	Install flooring Assemble and Install cabinets Paint 2nd coat on doors, trim and base	16 and up 16 and up 14 and up	25	
<b>Mon- Fri</b>			<b>Contractors: Countertop install, plumbing trim, electrical trim and mechanical trim; top soil and dig post holes</b>			
03/06/20	Friday	11	Install interior doors and trim Finish Flooring Install wire shelving Install interior hardware	18 and up 18 and up 16 and up 16 and up	25	
03/07/20	Saturday	12	Caulk and touch up paint interior trim Install fence posts Start final punch list Clean house Pre-landscape	14 and up 16 and up 16 and up 14 and up 14 and up	25	
<b>Mon- Fri</b>			<b>Inspections: Plumbing and gas finals, electrical and building finals</b>			
03/14/20	Saturday	13	Install fence fabric and cedar pickets Complete any and all remaining tasks Clean house	16 and up 16 and up 14 and up	20	
<b>Mon-Fri</b>			<b>House completion and landscaping preparation work.</b>			
03/21/20	Saturday	Catch-up	Construction Catch-up Day	16 and up	15	
04/04/20	Saturday	LD	<b>Landscape</b> <b>Dedication Ceremony 9:30 am</b>	12 and up All	25 Any	
<b>Mon-Thurs</b>			<b>Prepare for appliance installation &amp; home closing</b>			

Schedule based on house progression and subject to change.

Revision date: 1/10/2020

For last minute updates due to weather call 210-223-5203 x184 or go to [www.HabitatSA.org](http://www.HabitatSA.org)

For questions contact Trisch at 210-223-5203 x148 or [FaithRelations@HabitatSA.org](mailto:FaithRelations@HabitatSA.org)

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## **SUPER BOWL CHICKEN BBQ**

A busy group of our Brother Knights are shown below performing the cleaning and seasoning chickens on Thursday, January 30 for a very successful Super Bowl Chicken Sale at St. Mark's on February 1 & 2 (Saturday & Sunday). At least 17 Brother Knights are shown performing this first part of the BBQ work while a number of them plus others were up to 3:00 am and later in the morning performing the cooking and arranging the food for sale. This is a very important bit of effort on the part of our Brother Knights in their overall effort to obtain college Scholarship Funds for a number of students.



**Views of SK Bill Faucher looking at us and SK Sal Scalia working hard with his back to us**



**Workers shown cleaning and seasoning chickens**





**These workers are highly concentrating on what they are doing to also clean and season chickens**



**Here are 3 discussing what should be done (left picture) and 3 that are waiting to be told what to do (right picture - ha)**

**Here's SK Mike Patillo supervising Jonathan Bassett, Chris Huggins, and GK/SK Andy Totah as they serve as cooks and firemen to get all of those chickens cooked on time.**



**SK Mike Patillo, Jonathan Bassett and Chris Huggins**



**SK Mike Patillo, Jonathan Bassett, Chris Huggins on the left & GK/SK Andy Totah on the right**



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## **HEALTH & NUTRITION TIPS FROM BROTHER KNIGHT JERRY GONZALES, RN,MHA,LTC (Ret Army)**

Our good Knight, Jerry Gonzales, has some good tips regarding how we can enhance our healthcare system to a more fair, transparent, and lower healthcare cost system by abiding 27 of his health and nutrition tips outlined by the following topics.

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|--|---|--|
| 1. Don't drink sugar calories                                | 10. Avoid bright lights before sleep                        | 19. Don't fear saturated fat                       |
| 2. Eat nuts  | 11. Take vitamin D3 if you don't get<br>much sun exposure   | 20. Lift heavy things                              |
| 3. Avoid processed food<br>(eat real food instead)           | 12. Eat vegetables and fruits                               | 21. Avoid artificial trans fats                    |
| 4. Don't fear coffee   | 13. Make sure to eat enough protein                         | 22. Use plenty of herbs & spices                   |
| 5. Eat fatty fish  | 14. Do some cardio exercises                                | 23. Take care of your relationships                |
| 6. Get enough Sleep  | 15. Don't smoke or do drugs and<br>only drink in moderation | 24. Track your food intake every<br>now and then   |
| 7. Take care of your gut health<br>with probiotics and fiber | 16. Use extra virgin olive oil                              | 25. If you have excess belly fat,<br>get rid of it |
| 8. Drink some water, especially<br>before meals              | 17. Minimize your sugar intake                              | 26. Don't go on a diet                             |
| 9. Don't overcook or burn<br>Your meat                       | 18. Don't eat a lot of refined carbs                        | 27. Eat eggs, yoke and all                         |

How to proceed toward each of these 27 health topics will be provided in many of our forthcoming newsletters which already provides details regarding the first 6 of the 27 health topics. However if you need a complete set of details regarding each of these 27 topics, contact our Brother Knight Jerry Gonzales. Following is further information on health topics 7, 8, and 9 listed above:

### **7. Take care of your gut health with probiotics and fiber**

The bacteria in your gut, are incredibly important for overall health. A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, taking probiotics and eating plenty of fiber. Fiber functions as fuel for your gut bacteria.

### **8. Drink some water, especially before meals**

Drinking enough water can have many benefits. It can boost the number of calories you burn. "Two studies note that it can increase metabolism by 24-30% over 1-1.5 hours." This can amount to 96 additional calories burned if you drink 8.4 cups (2 liters) of water per day. The best time to drink it is before meals. Another study showed

that downing 2.1 cups of water 30 minutes before each meal increased weight loss by 44%.

## **9. Don't overcook or burn your meat**

Meat can be a nutritious and healthy part of your diet. It's very high in protein. But problems occur when meat is overcooked or burnt. This can lead to the formation of harmful compounds that raise your risk of cancer. Also, try limiting intake of red meat. In one study, "The researchers estimated that substituting 1 serving per day of other foods - like fish, poultry, nuts, legumes, low-fat dairy and whole grains - for red meat could lower the risk of mortality by 7% to 19%. If the participants had all consumed fewer than half a serving per day (about 1.5 ounces) of red meat, the scientists calculated, 9.3% of the deaths in men and 7.6% of the deaths in women could have been prevented.