

# THE Paladin



Knights of Columbus Arden/Carmichael Council 4970 District 9 – Division 4  
Serving Our Lady of the Assumption, St. Ignatius of Loyola, and St. John the Evangelist Parishes



June 2022

VOLUME 22 • NUMBER 12

## What a Year It's Been!

*By Josh Figueroa, Grand Knight and Michael Fazio, Deputy Grand Night*

As the 2021-22 Columbian Year draws to a close, we reflect on an outstanding year. We began the year with another outstanding fireworks sale with Arden-Carmichael, Inc. and then slowly moved to open up after the terrible COVID-19 pandemic. We met in person for the first time, hosted our first live events, continued our popular Bible Study and Rosary programs, welcomed new members to the Council, and welcomed back one our parishes to the Council. And we were recognized at the Annual State Meeting for some of our achievements.

Here are some highlights of the year:

- **Record breaking ID Drive:** As you will read about in this issue of the Paladin, our Council raised over \$16,000 for Camp Recreation—the highest total in the State of California! The drive was ably spearheaded by PGKs Peter Mendenhall and Joe Romanazzi, with contributions from many members who handed out tootsie rolls at our parishes and in our community.
- **Pancake Breakfast:** breakfast was once again served on a cold January morning at St. John the Evangelist parish, as Council 4970 hosted its first Pancake Breakfast in two years, providing a hearty breakfast to approximately 140 parishioners.
- **Ignatius on the Green:** Bishop Soto, Iggy Dogs, and a band of brothers created a memorable day for the Saint Ignatius community as the parish celebrated the 400<sup>th</sup> anniversary of the canonization of Saint Ignatius.
- **Widows Memorial Mass:** our council welcomed 12 widows of Brothers past to Saint John the Evangelist Church to celebrate their husband's contributions to our Council and community as Knights of Columbus. Lecturer Ken MacDonald led the team for this worthy ministry to our Widowed Lady Nights.
- **First Father McGivney Feast Day mass:** brothers gathered at St. Ignatius and online to celebrate Father McGivney's first feast day on August 13, 2021. Father Tom Lucas celebrated mass and gave an excellent homily on Father McGivney's life and praised our council's work.
- **Arden-Carmichael, Inc. Fireworks sales:** with tremendous support from our council brothers, the corporation raised over \$27,000 for scholarships—another record performance.
- **Stand Down's for Veterans:** council members participated in several Stand Down events this fraternal year. Led by the efforts for PGK Miguel Sabral and Brother Dan Aseltine, brothers and Lady Knights provided need provisions and support to our homeless veterans.
- **Soup & Stations:** brothers participated in the Stations of the Cross and provided delicious soups to those in attendance at Saint John the Evangelist.

### June Calendar

June 1 – Bible Study 7 pm  
**Rose Room, Saint Ignatius**

June 7 – Rosary 7 pm  
**Zoom**

June 14 – Business Meeting (BBQ & Election) 7:30 pm  
**Our Lady of the Assumption**

June 15 – Bible Study 7 pm  
**Rose Room Saint Ignatius**

June 16 – Ladies Luncheon 1 pm  
**BJ's Restaurant**

June 21 – Rosary 7 pm  
**Zoom**

June 28 – Planning Meeting 7:30 pm  
**Our Lady of the Assumption**

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- **Online Rosary and Men’s Bible Study:** Four times a month our council gathered people to discuss the previous week’s gospel or pray the rosary. The Rosary program, led by Recorder Tim Spinelli, and the Bible Study program, led by DGK Mike Fazio and Brother Rich Romo, provided a spiritually enriching experience for all who participated.

This is just a sampling of our programs this year. We also had some wonderful family programs—Christmas party, Ice Cream Social, and RiverCats game, to name a few—which helped us build back our community. And we celebrated our Lady Knights during Ladies Nights Out.

Finally, the long hoped for merger of our council to Saint John the Evangelist parish occurred in April with Supreme’s approval of our merger request to consolidate our council with Council 16612. Now, there is one council—Arden Carmichael Council 4970—serving St. John the Evangelist. This is welcome news for our brothers who are parishioners at St. John’s, as well as pastor Bernardin Mugabo, who advocated for and welcomed our return. Our thanks go to PGK Don Harmata who guided us successfully through the merger process with his wise counsel.

Pope Saint Pius X, when asked by a group of cardinals what is most necessary to save society, responded that “What is most necessary at the present time, is to have in each parish a group of laymen at the same time virtuous, well-instructed, determined and really apostolic.” That’s what we have in Council 4970. The members of this Council represent the best of the Knights and the Church. You are men for others. We know it will be in good hands in the coming Columbian year and beyond. Indeed, we are an active council. We offer our prayers for Council 4970, its members, its intentions, and its programs.

## Council 4970 Receives Several Awards at State Annual Meeting

Our council was the recipient of several awards at the State Annual Meeting held in Sacramento May 20-22. These awards included:

- ID Drive Gold Level Award: raised \$16,112.30
- Newsletter: 3rd Place
- Website: 2nd Place
- Culture of Life: 9th Place, Division 4
- Community: 9th Place, Division 4



COUNCIL 4970 OFFICERS

**Grand Knight**  
Josh Figueroa (707-812-4894)

**Chaplain**  
Fr. Eduino Silveira (916-481-5115)  
[pastor@olaparish.net](mailto:pastor@olaparish.net)

**Deputy Grand Knight**  
Michael Fazio (973-747-6007)

**Financial Secretary**  
Dcn. Larry Niekamp (916-962-1324)

**Chancellor**  
Gary Mello (916-996-7438)

**Warden**  
Peter Kilkenny (916-692-5446)

**Guards**  
Bill Davis (916-944-1348)  
Ben Dougherty (916-470-7599)

**Treasurer**  
Steve Millner (916-502-3162)

**Recorder**  
Tim Spinelli (916-812-0518)

**Advocate**  
Todd Wilson (916-961-2761)

**Lecturer**  
Ken MacDonald (916-284-6541)

**Trustees**  
Joe Romanazzi (916-965-4633)  
Miguel Sabral (916-397-1728)  
Michael Dougherty (916-470-7599)

**District Deputy - District 9**  
Lou Salvatore (acting)

**Insurance Field Agent**  
Greg Bronson (530-503-7473)

## Congratulations to Oge Okoye

Oge Okoye, daughter of Brother Christian Okoye, received the State Scholarship award for 2022/23. Oge will attend the University of San Francisco in its nursing program. Congratulations and best wishes to Oge and her family.

## SACRAMENTO STAND DOWN: MAY 2022

By Dan Aseltine, Veterans Chairman

During the first weekend of May, the Stand Down Association of Sacramento conducted its semiannual event to assist homeless Veterans in the region. As has become customary, Knights and Ladies from Council 4970 volunteered to aid in this cause. The Stand Down occurred at the Volunteers of America headquarters at the decommissioned Mather Air Force Base on May 6-8, 2022.

Some of the services offered at the Stand Down included:

- Mental Health & Counseling
- Medical & Dental Services
- Veterinarian Services
- Hot meals; haircuts; legal aid
- Housing/Employment Services
- Health & Human Services
- Drug & Alcohol Counseling

Under the inspiring leadership of PGK Miguel Sabral and Lady Knight Debra Sabral, several Council members volunteered their time and energy to distribute donated surplus Department of Defense clothing, shoes, and hygiene kits to homeless Veterans: PGK Gene Gobbo and Lady Knight Jean Gobbo, as well as Knights Dave Siegel, Frank Consulo, Gary Mello, and Dan Aseltine.



*“In the trenches”:* PGK Miguel, PGK Gene, Lady Knight Jean, Lady Knight Debra, Knight Dan, Knight Frank May 6, 2022

### PRAYER LIST

Names on the sick/distress list are removed after being on the list for more than one year. Names may be reinstated simply by contacting Will Friesen at [will.friesen@friesen-research.com](mailto:will.friesen@friesen-research.com), or by personal request at any meeting. Some very long-term entries (marked with an asterisk) will remain since they are known special cases. Names will continue to be removed each month as their anniversary occurs.

**Brothers, families, and friends listed below will be remembered during our business meetings:**

- Aborted Children**
- All Caregivers of the sick**
- Mario LaSchiazza**
- Ben Dougherty**
- Joe Kievernagel**
- Mark Kievernagel (dec)**
- Richard Hill (dec)**
- Steven Koscheski (dec)**
- Pope Francis**
- Father Dave Ayotte (dec)**
- Don and Joan Cotton**
- Richard Shultz (dec)**
- Michael Aseltine (dec)**
- Christopher Scott (dec)**
- Bill Davis**
- Jacintha Ezeudoye (dec)**
- John DePiazza (dec)**
- Robert Sholtes(dec)**

- Lady Knights:**
- Norma Niekamp**
- Danielle Corcoran**

**To report illness or death contact**  
**Fraternal Committee**  
**PGK Michael Dougherty**

The next Stand Down will likely be held in October 2022 at the old McClellan Air Force Based; details are forthcoming. Please consider joining us as we help those who once wore the uniform. For further details about Stand Down, please contact PGK Miguel Sabral, Dan Aseltine, or <https://www.sacramentostanddown.org/>

## JOE'S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight



### The Holy Desert Fathers and Mothers of the Church

There are Sundays in May and June set aside in the United States to honor our fathers and mothers who gave us life. Did you know that as Christians we also have what are known as Desert Fathers (Abbas) and Desert Mothers (Ammas) who profoundly influenced the history of religion? Between the second and sixth centuries, these men and women left their cities and fled into the deserts of Egypt, Syria, Palestine and Arabia. They withdrew from society to live their Christian faith because they viewed society's misuse of human relationships, power, and material possessions contrary to their sense of the sacredness of life. Some lived as hermits in isolated huts, caves or "cells". Others dwelled in caves, but formed larger communities with one another. The desert monastic communities that grew out of the informal gathering of hermit monks became the model for Christian monasticism, including the Rule of St. Benedict and the eastern monastic tradition of Mt. Athos.

All of the monastic revivals of the Middle Ages looked to the desert for inspiration and guidance. They all possessed the same desire to commit themselves totally to Jesus and a greater awareness of God. Thousands of men and women renounced anything that made them comfortable. They focused their energies on praying, singing psalms, fasting, giving alms to the needy, and preserving love and harmony with one another while keeping their thoughts and desires for God alone. Men included St. Anthony the Abbot, St. Paul the Hermit, and St. Arsenius the Great. Women included Saint Syncletica of Alexandria, St. Mary of Egypt, and St. Sarah of the Desert. These Holy Monks, nuns and hermits lived a solitary life. Many of the monks and nuns developed a reputation for holiness and wisdom, with the small communities following a particularly holy or wise elder, who was their spiritual father or mother. The Desert Fathers and Desert Mothers are mostly known through The Sayings of the Desert Fathers, which included 1,202 sayings attributed to twenty-seven Abbas and three Ammas. Here is a sampling of some of their wise and pithy teachings:

***"Let your thoughts be ever in the kingdom of heaven and soon you will possess it as a heritage."***

***"The way of humility is this: self-control, prayer, and thinking yourself inferior to all creatures."***

***"I prefer a sinful man who knows he has sinned and repents, to a man who has not sinned and considers himself to be righteous."***

***A brother asked Abba Sisoes, "What shall I do, Abba, for I have fallen?" The old man said to him, "Get up again." The brother said, "I have got up again, but I have fallen again." The old man said, "Get up again and again." So then the brother said, "How many times?" The old man said, "Until you are taken up either in virtue or in sin. For a man presents himself to judgment in the state in which he is found."***

My Brothers, we know that deserts can be lonely and treacherous places. The Desert Fathers and Mothers gave up all of their possessions and lived solitary lives in the desert to challenge us to make our own daily sacrifices, live more simply, and dedicate time each day for prayer and silence. In a world filled with numerous earthly temptations and distractions, the Holy Desert Fathers and Mothers of the Church serve as examples of how to live differently, focusing entirely on Jesus and a greater awareness of God's presence in our own lives.

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##### **LIFE**

John Mizerak (916-332-5511)

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## ELECTION OF OFFICERS FOR FRATERNAL YEAR 2022-2023



Trustees Joe Romanazzi, Miguel Sabral and Mike Dougherty are pleased to recommend the following Brothers to be Council Officers for the next Fraternal Year 2022-2023. The list below is for reference only. Nominations will also be taken from the floor and anyone can be nominated who has received their full knighthood. Just make sure the person has agreed in advance to serve. The election will be conducted in June.

- GRAND KNIGHT- Tim Spinelli
- FINANCIAL SECRETARY- Deacon Lawrence Niekamp\*
- DEPUTY GRAND KNIGHT- Will Friesen
- CHANCELLOR- Frank Consulo
- RECORDER- Gary Mello
- TREASURER- Steve Millner
- ADVOCATE- Todd Wilson
- WARDEN- Peter Kilkenny
- INSIDE GUARD- Tim Kyle
- OUTSIDE GUARD- Steve Hall
- ONE YEAR TRUSTEE- Miguel Sabral
- TWO YEAR TRUSTEE- Michael Dougherty
- THREE YEAR TRUSTEE- Josh Figueroa
- CHAPLAIN (Appointed)-
- LECTURER (Appointed)-

\*Deacon Lawrence Niekamp was appointed by Supreme as our Financial Secretary and will continue to serve without council vote. The Lecturer position is for a 1-year term to be appointed by the incoming Grand Knight. The Chaplain position is also appointed by the incoming Grand Knight.

## ANOTHER JOB WELL DONE

*Joe Romanazzi, PGK*

Our Council ID Drive contributions in the amount of \$16,112.30 garnered us **TWO BIG AWARDS** at the K of C State Annual Meeting held at the Doubletree Hotel in Sacramento, May 20-21. Council 4970 Delegate, PGK Peter Kilkenny, happily accepted the awards on behalf of our Council membership. Award eligibility was based on reports from the Intellectual Disabilities Foundation showing council contributions through April 1, 2022. Our Council was the "Top" contributor of any Council in the NorCal Chapter and in the state. Councils achieving \$4,000 or more in contributions were eligible for the "Benefactor's Award" at varying levels depending upon the amount raised. District Deputies achieving 100% district participation are also recognized, along with Chapters



having the highest earnings and percentage of participation. Organizations awarded funds through the Anne and Frank Nigro Grant Program were also announced, along with the sponsoring council. **Camp ReCreation was the beneficiary of our program again this year. Brothers, our hard work and monetary donations will result in numerous campers with special needs going to Eagle Lake in June. Congratulations on another job well done!**

KNIGHTS OF COLUMBUS  
ARDEN – CARMICHAEL COUNCIL 4970  
PO BOX 175  
Carmichael CA 95609

**ELECTRONIC SERVICE  
REQUESTED**

**If you can't look back at your  
younger self and realize that  
you were an idiot, you are  
probably still an idiot.**

**Marriage is a  
relationship where one  
person is always right  
and the other person is  
the husband.**

## **Knights of Columbus Ladies Luncheon**

*By Jean Gobbo*

Linda? Liz? Barbara? Roni? YOU? You all were missed at the May Ladies Luncheon. Hopefully you can make it in June. Here's the details:

June 16, 2022, 1 p.m. at BJs Restaurant and Brewhouse, 1689 Arden Way, located in the main entrance of the Arden Fair Mall.

Questions? You can call Glenda MacDonald at 916-631-0774 or myself, Jean Gobbo at 916-283-5223. [Return](#)

