

# 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



APRIL 2023

VOLUME 23 • NUMBER 10

## We Must All Be Recruiters

By *Tim Spinelli, Grand Knight*

My Brothers, this Spring I will be planning more parish recruitment drives for new members. These drives do not take much effort or time, just a little coordination with the parish pastors and Knights. We have published materials for distribution, obtained for free from Supreme.

These drives are not the only means of recruiting. Each Knight should feel comfortable approaching Catholic gentlemen at mass, at our Catholic schools and events, encouraging them to join us in our efforts to serve. I know from personal experience that many fathers of children in our parish schools may be more likely to join if they learn that much of their volunteer efforts would overlap. I believe that these fathers are the prime candidates to join our order—they value their faith enough to enroll their children in our parish schools.

If you have the opportunity, please take the time to chat with men at church, to tell our story and how they can become part of it. When the recruitment drives are scheduled for your parish, please consider going to an extra mass or two that weekend to help our drive. Call your sons, sons-in-law, friends, and those in other ministries to join us, even if just to visit. I can also distribute the published materials (fliers and prayer cards) for each of us to hand out in these impromptu recruitments.

Vivat Jesus!

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## Reconciliation

By *Will Friesen, Deputy Grand Knight*

Reconciliation is both humbling and encouraging. It is humbling to reflect on our weakness, our false pride, our envy and the times that we were unkind. This sacrament is encouraging because it gives us healing.

I really do not look forward to the examination of conscience. It does not feel good to think about the ways and times that I have fallen short. Yet while I am there, I get to also consider how I could have done it differently if it were to happen again.

I got upset at the person that messed up my order. I will confess that I was unkind, but also while waiting in line, I get a chance to consider why I let myself be unkind. She messed up, but I own how I responded. In that moment, I was not interested in what was happening in her life that might have caused her to be distracted. I was focused on how I was feeling.

I was inspired to pray for people before I reacted to them. I have not even confessed yet and the healing had begun.

During my confession I did get around to this sin. Father said, "Oh goodness it is not like you are a serial killer or anything." He said that my instincts were good and that praying for her will help us both heal.

If you take your pain to God he does not wait for you to get into the confessional before he hears you. Talk to him.

## April Calendar

Apr 2 – Palm Sunday

Apr 4 – Rosary 7 pm  
**Zoom**

Apr 6 – Holy Thursday

Apr 7 – Good Friday

Apr 9 – Easter Sunday

Apr 11 – Business Meeting 7:30 pm  
**Our Lady of the Assumption**

Apr 18– Rosary 7 pm  
**Zoom**

Apr 20 – Ladies Luncheon  
**Buca di Beppo**

Apr 20 – Men's Bible Study 7 p.m.  
**Rose Room, SI**

Apr 25 – Planning Meeting 7:30pm  
**Our Lady of the Assumption**

## Trustee Recommendations for Council Officers 2023-2024

By Miguel Sabral, PGK and 1<sup>st</sup> Year Trustee.

Grand Knight – Will Friesen  
 Financial Secretary – Deacon Larry Niekamp (appointed by Supreme)  
 Deputy Grand Knight – Frank Consulo  
 Chancellor – Steve Hall  
 Recorder – Gary Mello  
 Treasurer – Steve Millner  
 Advocate – Todd Wilson  
 Warden – Peter Kilkenny  
 Inside Guard – Bill Davis  
 Outside Guard – Ben Dougherty  
 3<sup>rd</sup> Year Trustee – Tim Spinelli  
 2<sup>nd</sup> Year Trustee – Josh Figueroa  
 1<sup>st</sup> Year Trustee – Mike Dougherty  
 Chaplain – (Appointed by the In-Coming Grand Knight)  
 Lecturer - (Appointed by the In-Coming Grand Knight)

## Knights of Columbus Northern State Regional Free Throw Championships

By Loren Wallin – Free Throw Chairman

The Northern State Regional Free Throw Contest was held on Saturday, March 25<sup>th</sup> at St. John the Baptist Parish in Folsom. A similar Southern State Regional Contest was held simultaneously in the LA area. The kid's scores were compared between both contests after each age group shot their free throws to determine the first, second and third place winners in the state. There were 5 of our Council winners that also won the District 9, and the Northern California Chapter Free Throw contests and were eligible to compete at the State contest. Four of them were there and competed. There was also one kid from Presentation that won the District 9 contest that was there and competed. Awards were given to the top three places in each age/gender group in the Northern Regional contest and the overall State winners. Here are the results.

Age	Shooter	Award
9 yr boy	Sutter Weeden (19/25) – SI	1 <sup>st</sup> Place- State Champion
10 yr boy	Travis Vipond (21/25) – OLA	2 <sup>nd</sup> Place - State Champion
10 yr girl	Madeline Marino (10/25) – SI	3 <sup>rd</sup> Place - N. Regional Champion
12 yr boy	Payne Stark (18/25) – OLA	3 <sup>rd</sup> Place – State Champion
14 yr boy	Samuel Sanchez (20/25) – Pres	2 <sup>nd</sup> Place – State Champion

### COUNCIL 4970 OFFICERS

**Grand Knight**

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**Lecturer**

Jerry Butler

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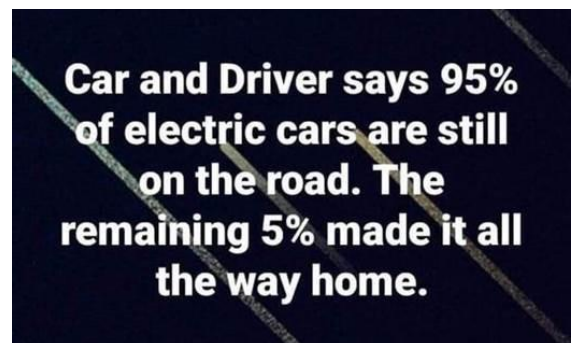
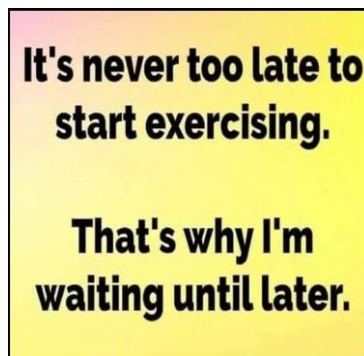
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## JOE’S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

### “There is more to life than being a passenger”

I was challenged by a friend to peruse the Stamp Collectors Quarterly Magazine for the 1st Quarter 2022 and to come up with an article incorporating an idea from the magazine with a spiritual theme for Joe’s Café. After thumbing through the magazine, I found two articles that were of particular interest to me. The first story dealt with Harriet Quimby, the second, with Amelia Earhart. I remember learning about them in elementary school. Both adventurous air pioneers led exciting lives and have been honored by postal stamps issued by the United States Postal Service.



**Harriet Quimby** (1875-1912) was a pilot, journalist, actress and screenwriter. She was the first woman licensed as a pilot in the United States and the first woman to fly solo across the English Channel. She was a heroine and role model for generations to follow even though her pilot career lasted less than a year. **Amelia Earhart** (1897-1937) was an American aviation pioneer and writer who was inspired by Harriet Quimby. Earhart was the first female aviator to fly solo across the Atlantic Ocean. She set many other records, was one of the first aviators to promote commercial air travel, wrote best-selling books about her flying experiences. Earhart disappeared on July 2, 1937 and was declared dead on January 5, 1939. A quote from Amelia Earhart, “There is more to life than being a passenger,” serves as the title chosen for this article. Quimby and Earhart showed an abundance of faith and talent which empowered them to overcome fear in the early days of American aviation. They knew their talents were not just for themselves, but needed to be shared with others so that all could benefit from future air travel.



Did you know these two brave women were not the only humans who could defy gravity and rise into the air? Were you aware that some saints reportedly had the miraculous superpower of flight without using a levitation to rise into the air and hover or fly. **Saint Joseph of Cupertino** (1603-1663) is one of the saints who had the ability to levitate and soar through the air which is why the Church named him the patron saint of air travelers and pilots. Saint Joseph of Cupertino often levitated as he was saying Mass. These flights above the altar were witnessed by many of the Mass goers. Sometimes he would also fly around outside. Many other canonized saints were also able to do this. Among them were **Saint Francis of Assisi** (1181-1226) who is recorded as having been “suspended above the earth,” often to a height of four to six feet. **St. Alphonsus Liguori** (1696-1787) was lifted before the eyes of the whole congregation several feet from the ground when preaching at Foggia, Italy. **St. Teresa of Avila** (1515-1582) levitated about a foot and a half for an extended period of time in a state of mystical rapture. She called the experience a “spiritual visitation.” It is said that **St. Martín de Porres** (1579 –1639) and **St Padre Pio** (1887–1968) also possessed the gift of levitation.

My Brothers, the gift of levitation in our Catholic Church is generally considered a sign of sanctity. These supernatural abilities are not just for entertainment, they are signs designed to draw people closer to God. The Bible says: “Humble yourselves before the Lord, and he will lift you up” (James 4:10). When we humble ourselves before God, we recognize that our own abilities are limited, but God’s power is unlimited. This motivates us to rely on God which pleases Him because it draws us closer in a loving relationship. It may also enable our souls to eventually aviate in first-class comfort to our Heavenly home.

### 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**
- Joe Kievernagel**
- Pope Francis**
- Pope Benedict (dec)**
- Michael Aseltine (dec)**
- Christopher Scott (dec)**
- Bill Davis**
- Jacintha Ezeudoye (dec)**
- John DePiazza (dec)**
- Robert Sholtes(dec)**
- Rick Di Regolo (dec)**
- Frank Gianattasio (dec)**
- Dan Aseltine**

#### Lady Knights:

- Joan Cotton**
- Carolyn "Susie" Fonteyn (dec)**

**To report illness or death contact**

- Fraternal Committee**
- PGK Michael Dougherty**

## Silence and Wonder

*By Michael Fazio, Editor*

One of the best examples of a Christ-like person I have encountered in my life is still Fred Rogers. Host of Mister Roger's Neighborhood, I met Mr. Rogers in the 1980's as a young boy. We were television neighbors, and my sister and I enjoyed visiting with him frequently. As I have gotten older, I realized the wisdom of his way—liking us just the way we are—was inspired by and based upon the teachings of Christ. Mr. Rogers called the Neighborhood an offering of love, and his work continues to nourish me and my children.

I came upon an interview he did on Charlie Rose's program sometime in the 1990s, and his comments were both profound and prescient: "I'm very concerned that our society is more concerned about information than wonder; in noise, rather than silence." I wonder what Mr. Rogers would say today about all the noise and information consuming us, and the lack of time and space for silence and wonder.

Even in our Catholic faith, there is a lot of information and noise. Numerous podcasts, YouTube channels, books, magazines, and internet pages devoted to the teachings of the Church, the problems in the Church, living as a Catholic, and every other topic under the sun. Providers of content push out more and more content that is valuable, but also difficult to decipher, conflicting, and overwhelming. But as the prophet Elijah learned, we hear God in the still, small voice.

A great mystery like the Resurrection of our Lord requires silence to contemplate, a sense of wonder about how God gave his only son as a sacrifice for us—for me--that we might live. And so I'm giving you the gift of silence and wonder. Take the time you would use to read the rest of this page and think about the Resurrection of our Lord.

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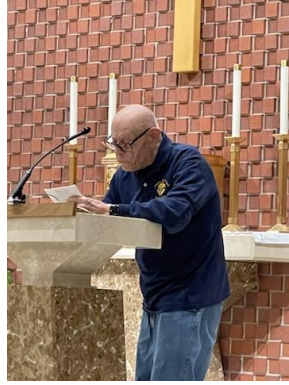
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## Council 4970 Hosts SJE Soup and Stations

By Joe Romanazzi, Past Grand Knight



Our Council was asked by St. John the Evangelist Pastor, Brother Fr. Bernardin Mugabo, to host *Soup and Stations of the Cross* on Friday, March 3, 2023. Many of our Brother Knights and Lady Knights answered the call to help make the well-attended event very successful for the Parish and for this Council. Brother Deacon Jack Wilson began the *Stations* with a prayer and one by one, Brother Knights respectfully approached the ambo on the altar to read and pray each *Station* with the congregation. Readers were Brothers Tim Spinelli, Ken Macdonald, Joe Romanazzi, Mike Dougherty, Peter Kilkenny, Will Friesen, Tony Carvelli, Len Zerilli, Stanley Sowinski, Kevin Hall and Lucas Spinelli. Lucas is the son of GK Tim Spinelli. He did a great job reading the *4<sup>th</sup> Station*. Lucas and his brother Robbie are Sunday altar servers at SJE. Between each of the *14 Stations*, Lady Knight Barbara Di Regolo sang the *Stabat Mater*. The cross and candles were carried to each station by 3 parish altar servers.



A wide variety of soups awaited attendees in St. James Hall at the conclusion of the church services. The delicious soups were served by our Council Brothers and Lady Knights. Free-will donations were accepted at the hall doors to benefit the Parish's St. Vincent de Paul Conference.

A BIG THANK YOU to our Council coordinators for this affair, Brothers Gene Gobbo, Ken Macdonald, Frank Consulo, Joe Romanazzi and to all the Knights and Lady Knights who participated in the church services and in the preparation and serving of the soups.



**Top Photos:** Lucas Spinelli, Tony Carvelli, Deacon Jack Wilson, some of the Knights in attendance, Jesus carrying his cross, and the soup line. **Bottom Photos:** Tim Spinelli, Joe Romanazzi and Mike Dougherty. *Photos provided by PGK Jerry Marenich.*

## Chug, Chug, Toot, Toot, Here We Go AGAIN!

By Joe Romanazzi, PGK

In late February, a small group of 15 intrepid Brother Knights and Lady Knights from our Council, along with a few friends, once again made the popular, scenic Amtrak train trip to Reno. The trip was expertly facilitated by "Gobbo Family Productions", a venerable institution specializing in great parties, sporting events, and exciting travel for adventurous Council 4970 members. For those of you who may not know, Amtrak's California Zephyr travels between Chicago, IL and Emeryville, CA. At 2,438 miles, it is their longest daily and most scenic route, with travel time between the termini taking approximately 52 hours. We rode the portion often referred to locally as the Snow Train to "The Biggest Little City in the World."



All Aboard!! Like prior trips, our High Sierra train odyssey began when the magic carpet made of steel pulled out of the cold, windy and rainy Roseville Amtrak Station headed for Reno. As we traveled east on February 26th, we viewed towns and numerous structures covered with lofty mounds of snow and ice, admired pristine lakes and rivers and traversed high mountain passes covered with deep snow. We could feel the wheels rumbling beneath the floor as we rocked to a gentle beat and felt the rhythm of the rails. Along the way, there were both expected and unexpected delays when we had to pull off the main track to allow freight trains with higher priority to zip around us, or to stop to let snow plows get ahead of us to clean fresh falling snow on the tracks. The train sped up, then slowed down as it climbed steep grades and snaked its way

around curves. We were plunged into total darkness at a tunnel's entrance and into filtered-gray light at the tunnel's exit. The stunning rock formations and beautiful coniferous trees with limbs thickly covered with snow were incredible to behold. None of us ever imagined that experiencing this beauty from a train window was only the beginning of the story and that thrilling times lay ahead for us over the next few days.

This trip on the snow train was radically different than the other two previous ones I went on because of the harsh weather, particularly the epic snowfall we encountered. Abundant rain and snowfall due to a parade of atmospheric river systems late last year and continuing into 2023 caused snowpack levels in the Sierra Nevada to surge to near-historic highs and made travel in the mountains problematic. We were plagued by heavy snowfall, and high and gusty winds which created dangerous to impossible situations for not only the trains, but for buses, and even airplanes. All were forced to cease or curtail operations due to blizzards and other horrible weather conditions. This met scheduled trip reservations out of Reno were canceled, then rescheduled, then canceled again. On one such occasion, part of our group was left in the lurch at the Greyhound bus stop for 4 hours until they realized the bus was not coming. So, it was back to the hotel for another night. In addition, the CA and NV Department of Transportations closed



the main thoroughfares across the summits due to storm-related problems, leaving numerous automobiles and trucks



parked on roadsides. It didn't take long for everyone in our group to realize that we were helplessly marooned in Reno. What started out to be a 3-day adventure turned into one lasting 5 or 6-days, depending upon when each individual was able to leave. One person in our group observed that getting out of Reno was like trying to get out of Hell---Impossible! Our situation was made even worse when some folks in our group ran out of or were close to running out of clean clothes, prescription medications, and money for hotel rooms, meals and to feed the wretched slot machines. As the days went by and we remained stranded in our hotel, some members of our traveling group stopped calling our trip an adventure and began to refer to it as a nightmare. Worries, concerns, and fears raised their ugly heads. Even the tragedy of the Donner Party began to be mentioned in conversations.

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You may remember they spent the winter of 1846–1847 snowbound in the High Sierras. Some of the migrants resorted to cannibalism to survive, eating the bodies of those who had succumbed to starvation, sickness, and extreme cold. Praise God that our plight never reached that extreme. Eventually, with lots of prayers, and trust and faith in His Divine Providence, things began to improve. The reopening of Interstate 80 and two days of clear weather between storms, provided the chance for all 15 of us to depart Reno in airport rental vehicles and a bus and to return safely to our homes and families on March 2nd and 3rd.

My Brothers, besides spectacular views of the snow-covered Sierra Nevada Mountains, our Council trip to Reno afforded golden opportunities to reflect on the gospel truth that God is our happiness, and underscored the fact that He is in charge of our movements and coordinator of what happens in our daily lives. His son, Our Lord Jesus Christ, proves over and over that He is the Good Shepherd who is our strength and our salvation. He guides us on our earthly journeys and eventually leads us to everlasting joy and peace. I thank the Lord for granting us what turned out to be a safe and memorable train adventure across the Sierras in the dead of winter. He showcased His Divine Father's wondrous hand in Creation and demonstrated to us that every day on earth is a day worth remembering, especially when you make the journey and share a "Great Adventure" with friends who trust in the Lord and possess a sense of humor. And about the weather. I quote the wisdom of St. Teresa of Avila who said, "There is no such thing as bad weather. All weather is good because it is God's."

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## The Importance of having an Ideal.

*By Will Friesen, DGK*

**Mark Twain wrote: "The two most important days in your life are the day you are born and the day you find out why."**

Last month I wrote about a test to use if you want to know your actual priorities. This month I want us to consider a method for getting your three Ts heading in the right direction.

As humans we have the power to direct our lives. We are not rocks that just sit. We have life that is greater than a plant. Humans are greater than any other animal because we are not limited to only finding ways to gather food, find and make shelter and seek to reproduce. Humans can endeavor in pursuits that are not simply to survive. Humans can create music, art, literature and poetry. Only humans can understand and participate in abstract thought. Only humans can reason.

Humans have the freedom to choose their path through life and the will to motivate themselves to succeed. Man does not just dream while sleeping, he can have lofty dreams about what could be.

The Catechism says: *Man, as an animal endowed with reason, capable of understanding and discernment, he is to govern his conduct by using his freedom and reason. Man can discern by reason the good and the evil, the truth and the lie.* Humans have the freedom to choose their path through life.

I would like to call that choice of path your 'Ideal'. Man can choose a goal that is 4 or 5 years in front of them and then work to achieve that goal. The desire to realize that goal both affects (choices) and effects (results) shorter term decisions. The Ideal governs and sets a direction. The Ideal helps order and give sense to actions: thinking, reflecting, study and sacrifice.

For a human, progress towards an Ideal gives them meaning and purpose to their life. The Ideal, which is a collection of ideas, goals, efforts and choices, defines the human. We will later see that the Ideal also defines their happiness.

When I started college, my ideal might have been to get a degree. But then what. You might have one Ideal at home and another at work. Where do you see yourself in 5 years. Where do you see your relationship with God in 5 years.

Next month I want to share some examples of Ideals driving to results and happiness.

KNIGHTS OF COLUMBUS  
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**ELECTRONIC SERVICE  
 REQUESTED**



## April Ladies Luncheon

*By Jean Gobbo*

Our March luncheon was another great success!! The Back Forty BBQ Restaurant was loved and thoroughly enjoyed by all. We all were sorry we couldn't do the Stations of the Cross at Christ the King due to a previously scheduled program by the Retreat Center that we were unaware of. We do plan on it next year.

Our April luncheon will be on Thursday April 20th at Buca di Beppo Restaurant on Howe Avenue. It's an Italian, Family style restaurant, so there will be lots of choices. It is located at 1249 Howe Avenue and the menu can be viewed at [bucadibeppo.com](http://bucadibeppo.com). As always, we will meet there at 1 PM.

Questions, comments contact Lady Knight Glenda Macdonald at 916-524-8933, or myself, Jean Gobbo at 916-283-5223. To all our Knight Families, a very blessed Easter.



## The Wedding Traditions

While attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" The mother replied, "Because white is the color of happiness, and today is the happiest day of her life." The child thought about this for a moment then said, "So why is the groom wearing black?"