

# 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



FEBRUARY 2023

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## In the Stadium of Service

By *Tim Spinelli, Grand Knight*

I was recently asked by a coworker about my involvement with the Knights of Columbus. More specifically, why I would devote so much time to this. As we have all experienced, my best answer came to me long after the conversation. At the time I just gave the explanation that I find it to be a way to live my faith in service, which I truly believe. On deeper reflection, I have come to think of it in another way. I once heard that prayer to the angels and saints is much like being on the field of a great stadium with all the seats filled with angels and saints, all cheering me on in my pursuit of heaven. I have always loved the image it brings to mind. To continue with that analogy, I see my brother Knights as those on the field with me, working together in a common goal, proving that a team can achieve vastly greater goals than a group of individuals. This holy team has some amazing players that I would like to recognize.

I could very well just print our roster here if I were making a list of Knights in the service of our community, but I would like to recognize some brothers from more recent exploits: Brother Dan Aseltine served his fellow veterans as Chairman of Veteran Affairs and was able to get many Knights recognized as Veteran of the Day. Brother Josh Ehrhardt was recognized for his efforts at the Saint John the Evangelist school. Brother Joe Romanazzi continues to astound us with record donations during the Tootsie Roll fundraiser that supports Camp ReCreation and those with Intellectual Disabilities. Brother Ken Macdonald coordinated our annual Widow's Memorial Mass and Luncheon. Brother Loren Wallen ran the Free Throw contest for our Catholic school children at our three parish schools supported by the council: Our Lady of the Assumption, Saint Ignatius of Loyola, and Saint John the Evangelist schools. Brother Gene Gobbo always commands a small army of knights for our pancake breakfasts, three in as many months. None of these brothers work alone. Many hands are always willing to help. So many more brothers should also be recognized here as well for their numerous acts of service within our council and even more outside of it. None of my brothers are idle and I thank you all for working by my side on the field, as we are cheered on by all the angels and saints.

P.S. The editors would kill me if I tried to give every knight credit. I already test their patience by never meeting a deadline and I don't want to push it.

**May God Bless you all!**

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## Congratulations to Brother Deacon Paul Friedrich

Bishop Soto has appointed Deacon Paul Friedrich to chair the Ecumenical and Interreligious Commission for the Diocese of Sacramento.

### February Calendar

Feb. 2 – Men's Bible Study 7 p.m.  
**Rose Room, SI**

Feb 5 – District 9 Free Throws 5pm  
**St. Ignatius gym**

Feb 7 – Rosary 7 pm  
**Zoom**

Feb 14 – Business Meeting 7:30 pm  
**Our Lady of the Assumption**

Feb 16 – Ladies Luncheon  
**Seasons 52**

Feb 16 – Men's Bible Study 7 p.m.  
**Rose Room, SI**

Feb 21 – Rosary 7 pm  
**Zoom**

Feb 25 – Nor Cal Free Throws  
**St. John the Baptist, Folsom**

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

Mar 6 – Knight at the Kings 7pm  
**Golden1 Arena**

## Food and Fellowship Abounded at SI Pancake Breakfast

By Michael Fazio, Editor

The Garden Room at Saint Ignatius filled with good food and good conversation as Council 4970 hosted its first Pancake Breakfast at the parish since 2019. Approximately 150 hungry parishioners enjoyed a hearty breakfast of pancakes, eggs, sausage, tater tots, fruit, coffee and juice. And they enjoyed good conversation and fellowship! Parishioners generously donated \$566 to the Council.



Many thanks to our Brother Knights who helped cook and serve, including Joe Romanazzi, Gene Gobbo, Frank Consulo, Peter Kilkenny, Bill Simpson, Bill Davis, JC Greco, Rich Romo, Mike Fazio, Bill Maffei, Michael Langer, Ken Macdonald, Will Friesen, Len Zerilli, Gary Mello, David Frichtel, and Steve Sabillo.

## Camp ReCreation Director Carrie Judd Expresses Gratitude

By Joe Romanazzi, PGK

Camp ReCreation Director Carrie Judd came to our January 2023 Business Meeting with no idea how much money she was going to be taking back to their organization. She was very much surprised and very happy when she found out. Carrie thanked membership for their hard work and dedication to the camp which sends intellectually disabled teens and young adults to Camp Ronald McDonald at Eagle Lake every June. The photo shows



PGK Peter Mendenhall (now a member of Council 15693) and PGK Joe Romanazzi presenting 3 checks in the net amount of \$21,897.93 to the Camp ReCreation Director. The checks were displayed and presented on a white poster board. They represented the results of ID Drives conducted by Arden-Carmichael Council 4970, Presentation Council 15693 and St. Mel Council 6066 for the benefit of Camp ReCreation. Council 4970 Grand Knight, Tim Spinelli is looking on.

## What is Camp ReCreation?

The mission of Camp ReCreation is to provide a residential summer camp program which offers participants with developmental disabilities opportunities for fun, social interaction, skill development, and spiritual growth while increasing the awareness and acceptance of our participants in the larger community.

Camp ReCreation is a residential camping program for children and adults with developmental disabilities in the Northern California region. The not-for-profit organization relies on community and foundation donations and camper fees to fund a series of annually run, week-long camps and holiday events. The multi-dimensional camp experiences are staffed by dedicated and trained community volunteers. Funds are allocated across rented camp facilities, counselor training, camper transportation, special equipment and access, year-round administration, and materials for camp activities.

### COUNCIL 4970 OFFICERS

#### Grand Knight

Tim Spinelli (916-812-0518)

#### Chaplain

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#### Deputy Grand Knight

Will Friesen (916-225-2440)

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Dcn. Larry Niekamp (916-962-1324)

#### Chancellor

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#### Guards

Tim Kyle (510-619-5138)

Steve Hall (916-787-1069)

#### Treasurer

Steve Millner (916-502-3162)

#### Recorder

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#### Advocate

Todd Wilson (916-961-2761)

#### Lecturer

Jerry Butler

#### Trustees

Miguel Sabral (916-397-1728)

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#### District Deputy - District 9

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

By Joe Romanazzi, Past Grand Knight

### My Stuff, Your Stuff, We All Have Stuff, Revisited

I recently read an article written by a woman who was born into a family of hoarders. She told the story of her grandfather who spoke openly and often about having married her grandmother partly so her stable genes would help counteract his own. At first, her grandmother did her best to counteract the



accumulation of stuff, but in the end, she failed and the family's inclination to accumulate more and more possessions passed to subsequent generations. Back in early 2019, I wrote an article for our award-winning Paladin newsletter titled, My Stuff, Your Stuff, We All Have Stuff. When some of our Council Brothers read the article, they thought I had secretly been inside their houses, garages and backyards because the article really hit home (no pun intended). I wrote in the original article that if your neighborhood was like ours, more than half of the houses had vehicles that had not been inside a garage for years. Instead, they were parked on the driveway or street and the garages were filled or almost filled to the rafters with Stuff. The Stuff included such treasures as old, broken, or no longer used toys, bikes, furniture, hobby crafts, electronics, sporting goods, clothing, books, exercise equipment, holiday decorations, pet cages, and garden and construction equipment, etc. I pointed out that when their garages were full, many people moved their Stuff to backyard storage sheds or public self-storage units, and the cycle began all over. They couldn't stand the idea of parting with their Stuff for a variety of reasons, including the Stuff had fond memories, the Stuff could be repaired and used again, the Stuff was unique and would become more valuable over time; or they planned to have a huge garage sale some weekend, sell the Stuff, and raise lots of money. I said my favorite response was that children would want the Stuff when they moved away and set up their own households. I pointed out the proclivity to hold onto Stuff for the sake of possessing Stuff can lead to a serious health threat called Hoarding Disorder. I referenced a statement from the Mayo Clinic, "Excessive accumulation of items occurs regardless of actual value. In some cases, hoarding may not have much impact on our lives, while in other cases it seriously affects our functioning on a daily basis."



My Brothers, we need to always be mindful of God's perspective on the importance of Stuff. There is no question that some Stuff is necessary for living and is not harmful and as long as we remember that our true treasure lies in Heaven. Our challenge is not to store up more Stuff but to keep what matters to God, especially faithful service to others. The Lord says in Luke 12:13-15, "Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." As St. John Chrysostom remarked, "Happiness can only be achieved by looking inward and learning to enjoy whatever life has, and this requires transforming greed into gratitude." Sadly, my casual observations of open garages, weekend yard and estate sales, and the purchases of new backyard storage sheds indicate to me that things have not changed since my original article and may have even gotten worse. Every day, including Sundays of all days, the delivery companies are busy dropping off Stuff to houses on our street, probably yours too. Their vehicles are often double-parked, often arrive at the same time or within a few minutes of each other and often return more than once during the day. God help anyone trying to safely navigate the street or sidewalk with delivery vehicles, garbage trucks and neighbor's vehicles "dancing" around each other. These home deliveries of Stuff usually come in cardboard boxes which create more debris and clutter unless timely and properly recycled. The empty containers often fuel debates with family members about keeping a cardboard box because you know...it's a really good box!



#### 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**

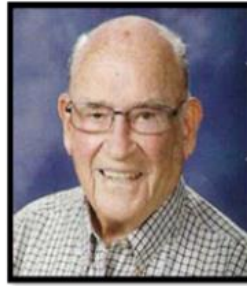
**Lady Knights:**  
**Joan Cotton**  
**Carolyn "Susie" Fonteyn (dec)**

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

## Funeral Service for James “Jim” Joseph Hagarty

June 19, 1923 – January 6, 2023

By Joe Romanazzi, Past Grand Knight



A Funeral Mass celebrated for Brother Jim Hagarty was held on Tuesday, January 17, 2023, at St. John the Evangelist (SJE) Church in Carmichael. Council Brother and Pastor Father Bernardin Mugabo celebrated the Mass. A dozen Knights and Lady Knights from Council 4970 joined the Hagarty Family and friends for the funeral service.

Brother Jim was an exemplary Catholic and worthy Knight.

Past Grand Knights Joe Romanazzi and Gene Gobbo presented our Council's Resolution of Condolence honoring Brother Jim. The resolution and a Rosary blessed by our Supreme Chaplain were presented to his daughter, Pat.

Brother Jim was a patriot. He served in the U.S. Navy during WW II in the Pacific Theater. He joined the Knights of Columbus in August 1953 and was involved in a number of events and served on important committees. He was a longtime parishioner at SJE and was active as an usher in the Parish's Hospitality Ministry for many years.

Brother Jim was buried at Calvary Cemetery following his funeral service.

May the angels lead Brother Jim into Paradise and may he rest in eternal peace. Amen.

A Council requested Mass for the repose of Brother Jim's soul will be celebrated at SJE on Tuesday, March 7, 2023, at 8:30 A.M.



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Shawn Herrick (916-607-0404)

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#### LIFE

John Mizerak (916-332-5511)

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## 2023 Council 4970 Free Throw Championship

By Loren Wallin

This year our **Council Free Throw Championship** was done in three phases. The first phase was done during the 3rd through 8th grade PE classes at Our Lady of the Assumption School on Jan. 10 and 11. Thank you to PE teacher Jenna Koekemoer and Principal Robert Love for again inviting us to hold this contest at their school. The second phase was held in the 3rd through 8th grade PE classes at St. Ignatius School on Jan. 13. Thank you to PE teacher Dan Peterson and Principal Patty Kochis for inviting us to hold this contest in their school. The third phase was done during the 3rd through 8th grade PE classes at St John the Evangelist School on Jan. 19. Thank you to PE teacher Kevin Rogers and Principal Christie Horton for inviting us to hold this contest at their school. After all three schools were done, the results of the kids from all schools were compared, any ties were broken and our council winners were determined. There were 279 boys and girls combined from the three schools that participated. Thank you to all the kids that came, stepped up to the line & took their 15 free throw shots. The 2023 Council 4970 winners are:

Age 9	Girls	Eva Nava (6/15)	SJE
	Boys	Drew Vance (12/15)	SI
Age 10	Girls	Madeline Marino (9/15)	SI
	Boys	Travis Vipond (15/15)	OLA
Age 11	Girls	Savanah DuFosee (13/15)	SI
	Boys	Luke Elorduy (13/15)	SI
Age 12	Girls	Elise Vipond (9/15)	OLA
	Boys	Payne Stark (12/15)	OLA
Age 13	Girls	Emma Laird (11/15)	SI
	Boys	Jaylen McDowell (14/15)	OLA
Age 14	Girls	Leia Kamai (12/15)	SI
	Boys	Greg DuFosee (12/15)	SI



Many thanks to all the Brother Knights that helped; Peter Kilkenny, Joe Romanazzi, Michael Langer, Len Zerilli, Bill Davis, Ken MacDonald, Frank Consulo, Miguel Sabral, Jerry Butler, Bill Maffei, Rich Romo, Gary Mello, and Rick Sandoval. These Council winners will go on to compete at the District 9 contest on Sunday night February 5th at the St. Ignatius gym from 5-7 pm. District winners will go to the NorCal Chapter contest on Saturday February 25th at St. John the Baptist Church in Folsom. The Chapter winners will then go on to compete at the Northern State Championship on Saturday March 14th at St. John the Baptist Church in Folsom. Twenty-five free throws will be attempted by the kids at all three of these next contests.





## This Lent, Don't Let the Perfect Be the Enemy of the Good

*By Michael Fazio, Editor*

I am a (recovering) perfectionist. I want things to be perfect, and I want to be perfect in all I do. I thought my perfectionist tendencies served me well for a long time. They helped me to do well in school and the practice of law. But life is not perfect, and people are not perfect. The more I tried to be perfect and expect others to be and situations to be, the more frustrated and disappointed I became. There's no joy in being a perfectionist.

My perfectionist mindset carried over to my faith life. I was always looking for the way to be the best Catholic I could. I tried to figure out the best way to pray, the best way to start the day, the best way to receive communion, the best way to go to confession and how often, the best devotions, and on and on. Endless internet articles and YouTube videos later, I was exhausted. I wasn't anywhere near perfect and drove others crazy with my attempts at perfection. Most importantly, I felt less connected to Jesus.

But over the last year or so I finally realized in my heart I don't need to be perfect. It's ok to be broken. God loves me just as I am, and is happy to see me making an effort. I don't need to obsess with finding the perfect anything. I just need to spend time with Jesus and try to create holy moments with him and for my neighbors. And then I need to let Jesus do the rest. It's a lot less about me and a lot more important what Jesus does. As John the Baptist recognized, "he must increase, I must decrease."

Let me give you an example of how my approach to faith has changed. Instead of finding the perfect combinations of prayers, I set aside 15 minutes in the morning for prayer. It's an unstructured time. It does not matter what I do so long as I am spending time in prayer. I have a few prayers I'll say—a morning offering and some traditional prayers. I usually read the days mass readings. Sometimes I'll watch a reflection video. Sometimes I'll just sit in silence. The point is to spend the time. There's no pressure to say certain prayers because there are no set prayers. Just me and Jesus together. The simple structure—just the dedication of time—has helped me use the time well and often I want to spend more time with Jesus, which I try to do at other points throughout the day. And it helps me spend more time focusing on how I can create holy moments for others instead of focusing on making something perfect for me.

So as you decide your Lenten practices, I offer this advice—don't let the perfect get in the way of the good. There is no right or perfect practice. It's good to say extra prayers and to fast and give alms. But don't agonize over the perfect practice. Just know whatever you do will delight the Lord. And if you are not perfect, that's ok. Know he still loves you more than you will know.

I wish everyone a blessed start to your Lenten Observance.

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## FEBRUARY LADIES LUNCHEON

*By Jean Gobbo*

A great turnout, and great food and company at the ladies January luncheon. The River City Brewing Company had great food as well as great service. Our next luncheon will be on February 16, 2023 at **Seasons 52**, 1689 Arden Way, at the Arden Fair Mall, starting around 1 p.m. (an executive decision made by Glenda and Jean!) Looking forward to seeing you all there! Questions? Give Glenda MacDonald a call at 916-631-0774, or myself, Jean Gobbo at 916-283-5223.

Happy Valentine Day to everyone! 🥰💕



## Snow Train to Reno

*By Jean Gobbo*

February 26-28 is our Snow Train to Reno. We currently plan to leave from the Roseville Train Station and stay at the Circus-Circus Hotel in Reno. More details to follow but early reservations are advised. Contact Lady Knight Jean Gobbo at 916-283-5223 or jean@gobbo.org.

KNIGHTS OF COLUMBUS  
ARDEN – CARMICHAEL COUNCIL 4970  
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**ELECTRONIC SERVICE  
REQUESTED**

## Limerick Lemons

Here's the journey of Winnie the Pooh,  
Who set sail in a leaky canoe,  
His crew was just Piglet, and Tigger, and Roo,  
Then Kanga, and Eeyore and Rabbit came too,  
The boat held just 4, not a passenger more,  
And sailed as far off the shore as a shoe.

I had a smart doggie named Roxie,  
Who was fast, and her shape was quite foxy,  
Till she found a way in, to the hen-house food bin,  
And now she's slow and looks boxy.



Past NorCal Chapter President Don Harmata  
presents the Columbian Award to  
PGK Josh Figueroa at 1-10-23 Business Meeting