



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*

AUGUST 2025

VOLUME 26 • NUMBER 2

Looking Forward to a Great New Year!

By Frank Consulo, Grand Knight

I am honored to be re-elected as your Grand Knight for another year and commit to do the best I can to apply what I learned from my first year. I am proud to serve the Council that is dedicated to the communities we serve. None of our accomplishments were possible without each Brother Knight committing their time and skills. It also would not have come together without those who stepped into leader roles to coordinate and facilitate our efforts. As I reflect on our Council's efforts and accomplishments, many highlights come to mind.

Past Grand Knight Joe Romanazzi's leadership of the **Intellectual Disabilities** program brought together our Brother Knights to raise \$35,846.40 resulting in recognition as best in the State with a 1st Place Award.

Community: Our council was recognized as best in the State with a 1st Place Award.

- Fireworks (Frank Consulo, Grand Knight & Michael Corcoran, Past Grand Knight) raising \$50,387.31 with the support of 34 Brother and Lady Knights
- Free Throws (Loren Wallin, Past Grand Knight)
- OLA Pancake Breakfast with Santa serving 600+ guests
- SI Breakfast serving 300+ guests

Life: events led by Bro. Ken MacDonald

- March for Life was fun walk at the Capitol
- Life demonstration on Abortion
- Silver Rose
- I.D Drive

Faith

- Stations of the Cross (Bro. Ken MacDonald) readings in the church followed by soup
- Rosary on Zoom (Tim Spinelli, Past Grand Knight) for Brother and Lady Knights
- Holy Hour at Our Lady of Assumption (Steve Hall, Past Deputy Grand Knight)
- Mass on the Grass for Bishop Rey (Frank Consulo, Grand Knight) nine parishes serving the American River Deanery in attendance with Brother Knights providing the BBQ



Mass on the Grass photo (left to right): Grand Knight Frank Consulo, Past Grand Knight Josh Figueroa, Bro. Aaron Stroh, Past Grand Knight Michael Corcoran, Past Grand Knight Gene Gobbo, Bro. David Easton

Family

- Sacramento Kings (Gene Gobbo, Past Grand Knight)
- Rivercats (Bro. Ken MacDonald)
- Food for families (Frank Consulo, Grand Knight; Bro. Tom Henderson, and Bro. Rick Sandoval)
- Loaves and Fishes (Frank Consulo, Grand Knight; Bro. Gary Mello, Bro. Allen Leech)
- Breakfast for Prisoners' wives and families (Frank Consulo, Grand Knight; and Michael Corcoran, Past Grand Knight)
- Trunk n Treat (Bro. Jeff Hall)

It is self-evident that our Council is committed to meeting the diverse needs of our communities. With 11 events not on the “State’s list”, I am honored and proud to announce that Council 4970 was recognized with the **2024-2025 STAR COUNCIL AWARD!**

I get my DRIVE and MOTIVATION from my Brother Knights, with that I will strive to do my best to serve you and our communities to the best of my abilities.

In closing, I want to extend my gratitude and heartfelt thanks to all Brother Knights. I pray that the Lord guides each of us to come together and support each other when possible. As a group we are stronger than individually. I think of this reading: *“Finally, be strong in the Lord and in the strength of his might.”* (Ephesians 6:10).

Through the upcoming year our Faith must be strong, and we be humble to all that we serve.

Check Out Our Website for the Latest Updates & Officer Contact Information

Get the latest & greatest information about the Council activities and events, by visiting our Council website, www.kofc4970.com. The information is regularly updated.

Do you need to contact a Council Officer or sign up for an event? Find what you need on our site at:

Officer contact information: <https://kofc4970.com/officers>

Council's Event Calendar: <https://kofc4970.com/calendar>

Installation of Our 2025 – 2026 Council Officers

By The Trustees

Our Council Officers for the 2025-26 Columbian year were installed on Tuesday, July 15. Please pray for the Lord's guidance over our Officers.

Grand Knight	Frank Consulo
Financial Secretary	Tom Kuzmich
Deputy Grand Knight	Kevin Hall
Chancellor	Hanh Dinh
Recorder	Bill Bedford
Treasurer	Steve Millner
Advocate	Todd Wilson
Warden	Peter Kilkenny
Inside Guard	Allen Leach
Outside Guard	Luis Puicon
3rd Year Trustee	Steve Hall
2nd Year Trustee	Tim Spinelli
1st Year Trustee	Josh Figueroa
Chaplain	Fr. Eduino Silveira
Lecturer	Aaron Stroh

Only the Beginning

By Kevin B. Hall, Deputy Grand Knight

As I begin my new role as Deputy Grand Knight for KofC Council 4970, I reflect upon the wisdom that Jesus imparts to His apostles in John 13; how leadership is synonymous with service: if you want to be great, serve others. And, He didn't just use words, He modeled it:



“He got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him.” - John 13: 4-5

I want to take a moment and express my gratitude to all my Brothers in Council 4970 for electing me as Deputy Grand Knight. I am proud to be of service to you, Christ Jesus, His Church, and His people. I am looking forward to working with you all.

I am pleased to lead a website committee whose members are committed to making our website a one-stop-shop of information and resources, and to making our award-winning newsletter, “The Paladin”, great. We are a relatively young band of Brothers who have family and work full-time, but we have gladly offered our time to uphold this tradition of excellence. Stay tuned for many exciting things to come.

Community & Bible Study

By Loren Wallin, Past Grand Knight

Our Community Programs cover many areas over the year. We support veterans and the parishes we serve.

Veterans: our participation and effort at Stand Downs.

Parishes: Pancake Breakfasts – over the course of the year, especially during the Christmas season.



Council Free Throw Contest – a fun activity for students of our three parish schools which starts locally in January and continues with the District, Chapter, and State contests through March.

Altar Servers – recognize the service and show appreciation of our parishes' altar servers, in May at the end of the school year.

Scholarships – select graduating eighth graders who choose to continue their education at a local Catholic high school are awarded a scholarship. This is made possible by the sales proceeds from our annual 4th of July fireworks booth. This event is one of our major undertakings from both a coordination and volunteerism perspective. The importance of this event is reflected by our turnout for the long, "hot" week leading to the 4th.

Faith

By Mike Fazio, Past Grand Knight

Council 4970 delivers programs designed to grow our hearts and minds and strengthen our souls. Our Faith programs help Brothers, and our community, grow closer to Christ and become what we receive in the Eucharist – the body and blood of Christ.

Some of our programs include Bible Study, Soup and Stations at Lent, Refund Support Vocations Program (RSVP), Christmas Seals, and Memorial masses for our deceased Brother and Lady Knights.

Brother Knights also serve our faith in each of our three (3) parishes, serving as sacristans, ushers, eucharistic ministers, cantors, and other liturgical roles.

If you are interested in this "Call to Service", please contact Mike Fazio at Mfazioshu3@gmail.com.

Life

By Brother Ken MacDonald

The Right to Life is capitalized because of its importance in our lives. No "right" is as important as Life for each of us. God is the source of life, and in my estimation, only God can say when our lives will come to an end. If we don't protect the "Right to Life", all the other "rights" mean very little.

To that end, as we begin the new Columbian Year, we will have several options to show our commitment to the preservation of the children in the womb and those in need in our community and the world.

- Our annual **ID Drive** (those with Intellectual Disabilities) will be upon us in September/October.
- Our annual "**Life Chain**" is scheduled for the 1st Sunday in October (10/5) at the corner of Madison and Manzanita.
- Please add "**40 Days for Life**" to your email address book to enable receipt of messages of all the good work being done to preserve life around the world.
- The **San Francisco "Walk for Life"** will take place again in January of 2026. We will keep you updated.

If you are, or become, aware of other opportunities to work together to preserve the "Right to Life", please contact Bro. Ken MacDonald at 916-284-6541 or kenmacdonald89@yahoo.com.

Family

By Coming Soon!

Coming Soon!

Upcoming Events & Prayer Intentions

Mo

Monday, 6:00 PM (weekly)
Adoration with Legion of Mary

Mo

Monday, 7:00 PM (weekly)
Maxodus 365 (SJE & Zoom)

Tu

Tuesday (1st & 3rd), 7:00 PM
Rosary (Zoom)

Tu

Tuesday (2nd), 6:30 PM
Council 4970 Business Meeting & Dinner

Tu

Tuesday (4th), 7:00 PM
Council 4970 Planning Meeting

We

Wednesday (1st), 6:30 PM
Bible Study (SI)

Sa

Saturday 9:30 AM (weekly)
Legion of Mary

10

8/10 1:00 PM
Ice Cream Social (Leatherby's Arden)

15

8/15 6:00 PM
OLA 75th Jubilee

16

8/16 6:30 PM
Exemplification

21

8/21 1:00 PM
Lady Knight Luncheon (Spaghetti Factory)

23

8/23 6:30 PM
Knights Evening with the Rivercats

PRAYER LIST

Please remember these intentions

All children lost to abortion
All unborn children and their mothers

For the sick and their Caregivers,
especially:

The Wehr Family

Fred Garrison

Bob Akers

Joan Cotton

Shannon & Michael Langer

Gwenn Wilson

Fr. Tom Bland

For Council 4970's deceased:

Pope Francis

Lee Akers

Danielle Corcoran

Judy Davis

Rick Di Regolo

Ben Dougherty

Carolyn "Susie" Fonteyn

John Heiman

Joe Kievernagel

Gerald Marenich

Anthony Praxel

Georgia Royal

David Schwartz

Kenneth Scribner

Fr. Art Wehr, SJ

Pope Leo XIV

and

Parishioners of OLA, SI, and SJE Parishes

Ladies Luncheon

By Jean Gobbo

The July Luncheon at Back 40's Bar-B Que was another great success! Ten ladies attended, joined by Lady Knight Inge Yanetta's grandchild and great-grandchild, Oliver and Shelby. The luncheon was enjoyed by all in attendance!

Our next Ladies Luncheon will be held at 1 PM on Thursday, August 21st at The Spaghetti Factory on Watt Ave, near Arden Way. Separate checks are acceptable, and Guests are always welcome. Let's have another great turnout!

If you have any questions, please call Lady Knight Glenda Macdonald at 916-524-8933.



Ladies Night Out

By Brother Ray Fischbach & Joe Romanazzi, Past Grand Knight

Thirteen (13) Knights and Lady Knights gathered at Hibachi Buffet and Grill in Citrus Heights on July 29th for July's Ladies Night Out. This was our first event at their establishment with mixed reviews rooted in the cuisine and buffet policy of "no taking leftovers home". This can also be expensive on a fixed income.

Thank you, Brother Ray and Lady Knight Pat, for chairing this fun social event.



Those in attendance of this popular and always enjoyable event (around the table, left to right): Rosemary and Mike Dougherty, Jeannie and Gene Gobbo, Lisa and Stan Sowinski, Margaret Zarate, Pat and Ray Fischbach, Rosie Cooney, Liz and Joe Romanazzi, and Peter Kilkenny.

The next Ladies Night Out is set for 6:30 PM on Thursday, September 30 at Back 40 Texas BBQ (1201 Orlando Ave, Roseville, CA 95661).

If you have any questions, please call Ray or Pat Fischbach at 916-485-4858 or ray.fisch4226@gmail.com.



JOE'S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

Tacos taste good, but they are not the perfect food for our Heavenly journey



We know that God is the giver of **ALL** good things, including the culinary gift of tacos. Many people believe tacos are the best food on the planet. In fact, they have become one of our country's favorite food items because they are relatively cheap, delicious, versatile and readily available everywhere. According to the folks at National Taco Day, celebrated every October 4th, Americans eat 4.5 billion tacos every year. They come in hundreds of varieties and styles, with a seemingly endless number of toppings and ingredients. Many Mexican restaurants offer special prices on *Taco Tuesday* to draw customers to their business. A traditional street food, tacos have been sold in the United States for about 100 years. It has been said that people are a lot like tacos. This is because at our cores, we're pretty similar to each other. Our brains are similarly wired, and we're all pursuing the same hierarchy of needs. But each person has their own "sauce". Our "sauce" is what we wear, phrases we say, habits we form, places we've been, favorites that we have, etc. At our funerals, people will talk about the 1% of us that is different from others, not the 99% of us that is the same.

Although tacos taste good, feel good in our hands, and temporarily satisfy our hunger pains, they are not the *perfect gift*. The **Perfect Gift** was given to us at the Last Supper when Jesus said, "This is my body, which will be given for you. Do this in remembrance of me" (Luke 22:19). We talk of the Real Presence of Jesus in the Eucharist because Jesus' presence in the Eucharist is a presence in the fullest sense, where Jesus is wholly and entirely present. As Catholics, we believe transubstantiation during the consecration at Mass changes the bread and wine into the precious body and blood of Christ. Our most intimate moment with Jesus is when we receive Him into our very bodies in Holy Communion. We become one and could not be closer with Him. Jesus says, "Whoever eats my flesh and drinks my blood *remains in me and I in him.*" (John 6:56).

God gives us what we need every day. When we consume tacos, life may feel better to us for a short time, but we know hunger will return again in a few short hours. Jesus talks of himself as the bread of life (John 6:41-51). This is the bread that comes down from heaven so that a man may eat it and not die...

Anyone who eats this bread will live forever." (John 6:50-51)

My Brothers, when we meet Jesus in the Eucharist and receive Him in Holy Communion, life is gloriously elevated because the Eucharist is the **Perfect Gift** from Heaven. In his address to young people in Bologna, Italy on September 27, 1997, Pope John Paul II said, "The Eucharist is the secret of my day. It gives strength and meaning to all my activities of service to the Church and to the whole world ... Let Jesus present in the Blessed Sacrament speak to your hearts. It is he who is the true answer of life that you seek. He stays here with us: he is God with us. Seek him *without tiring*, welcome him *without reserve*, love him *without interruption*: today, tomorrow, for ever!"

The Eucharist brings us in union with God. Jesus promises eternal life and gives himself as food for the journey to all those who face the passage from this life to the next. St. Pius X, who was our Holy Father from 1903 – 1914, was a strong advocate for the reception of Holy Communion. He encouraged all the faithful to receive the Eucharist as often as possible, proclaiming, “Holy Communion is the shortest and safest way to Heaven.”

Support those in our Council's community

