



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*

DECEMBER 2025

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Christmas Time Again

By Frank Consulo, Grand Knight



I remember my first Christmas tree. I think I was around 4 years old. At that time, there were only 3 kids; our family grew to 7 kids.

My father always went into the forest to find a tree to cut down. I remember how happy all of us kids were to see it. It was always a week before Christmas and we all had something to do. My job was to water it; my grandmother had me put sugar in the water. My dad had the tree in a bucket and built a stand around the bucket. All of the kids would put the Christmas ornaments, new and old, and paper-made ribbons on the tree. While the tree was in the corner, my dad hung a “Big Red Light” across the entire wall, above the tree. We (kids) never knew what that “Big Red Light” meant to our dad. We got the Tree, he had his Light.

Here is a Christmas story I found:

“A young boy during the depression receives an electric train for Christmas, but his jealousy over a neighbor’s wind-up train leads him to give away part of his own set. Overwhelmed by guilt, he later secretly gifts more train cars to the neighbor, finding immense satisfaction in his act of kindness.

In about my tenth year, as Christmas approached, I longed for an electric train. The times were those of economic depression, yet Mother and Dad purchased for me a lovely electric train.

Christmas morning, bright and early, I was thrilled when I noticed my train. The next few hours were devoted to operating the transformer and watching the engine pull its cars forward—then backward around the track.

Mother said that she had purchased a wind-up train for Widow Hansen’s boy, Mark, who lived down the lane at Gale Street. As I looked at his train, I noted a tanker car that I much admired. I put up such a fuss that my mother succumbed to my pleadings and gave me the tanker car. I put it with my train set and felt pleased.



Mother and I took the remaining cars and the engine down to Mark Hansen. The young boy was a year or two older than I. He had never anticipated such a gift. He was thrilled beyond words. He wound the key in his engine, it not being electric nor expensive like mine, and was overjoyed as the engine and three cars, plus a caboose, went around the track.

I felt a horrible sense of guilt as I returned home. The tanker car no longer appealed to me. Suddenly, I took the tanker car in my hand, plus an additional car of my own, and ran all the way down to Gale Street and proudly announced to Mark, “We forgot to bring two cars which belong to your train.”

I don’t know when a deed had made me feel any better than that experience as a ten-year-old boy.”

A Light in the Darkness

By Kevin Hall, Deputy Grand Knight



Sunday November 30, 2025, we will celebrate the first Sunday of Advent. It is such a beautiful time of year. Seasonal lights appear on the scene throughout our neighborhoods, and Advent wreaths provide a glowing warmth in our homes. This reminds me of the birth of our Lord Jesus who was born into our world to be a light in the darkness:

John 1:5 — “The light shines in the darkness, and the darkness did not comprehend it.”

Advent is a season in the Christian liturgical year that focuses on expectation, preparation, and hope. The word Advent comes from the Latin *adventus*, meaning “coming” or “arrival.” Traditionally, Christians observe Advent during the four weeks leading up to Christmas as a time to prepare both spiritually and practically for the celebration of Christ’s birth and, in a broader sense, to reflect on the hope of Christ’s return.

Advent invites people to slow down and reflect in three main ways:

1. Remembering Christ’s Birth

It prepares the heart to celebrate the incarnation—God coming into the world as a human being.

2. Anticipating Christ’s Return

Advent isn’t only backward-looking; it also points forward to the Christian belief in Christ’s second coming.

3. Preparing the Heart

It’s a season of reflection, repentance, expectation, and hope. It often includes prayer, Scripture readings, acts of kindness, and cultivating peace.

Here is a **simple, clear Advent wreath lighting script** you can use at home, in a small group, or in a church setting. It’s written in a warm but straightforward style and can be adapted for any week of Advent.

What Is the Significance of the Advent Wreath?

The wreath is not just a decoration; it's a **spiritual teaching tool** and a **ritual of gradual illumination**:

- **It marks time** in a season meant for preparing inwardly.
- **The increasing light** of each candle symbolizes the growing light of Christ's presence pushing back the darkness.
- **It invites reflection** each week on themes that shape Christian life: hope, peace, joy, and love.
- **It brings families or congregations together**, creating a rhythm of shared prayer and expectation.

✦ Simple Advent Wreath Lighting Script

(You may replace the week/theme name as needed: Hope, Peace, Joy, Love.)

Opening

Leader:

As we gather for this season of waiting and preparation, we light the Advent candles to remind us of the gifts Christ brings into the world.

Week __ – (Hope / Peace / Joy / Love)

Scripture Reading

(Choose one appropriate verse; here are suggested ones for each theme.)

- **Hope:** Isaiah 9:2
"The people walking in darkness have seen a great light..."
- **Peace:** John 14:27
"Peace I leave with you; my peace I give you."
- **Joy:** Luke 2:10
"I bring you good news of great joy that will be for all the people."
- **Love:** 1 John 4:9
"This is how God showed His love among us..."

(Leader or reader reads the chosen verse.)

Reflection

Leader:

Today we light the candle of **(hope / peace / joy / love)**.

As its flame grows, we remember that Christ is our **(hope / peace / joy / love)**.

We open our hearts in expectation and prepare the way for the coming of the Lord.

Lighting the Candle

(Someone lights the candle for that week.)

Leader:

May this light remind us that Christ is near and that His presence brings **(hope / peace / joy / love)** into our lives and our world.

Prayer

Leader:

Let us pray.

All:

God of light,

as we enter this Advent season,

renew us in **(hope / peace / joy / love)**.

Shine Your light in our hearts and in our homes.

Prepare us to celebrate the birth of Jesus

and to welcome His presence every day.

Amen.

Closing

Leader:

Come, Lord Jesus.

All:

Come and be our light.

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>

2025 Annual ID Drive Update

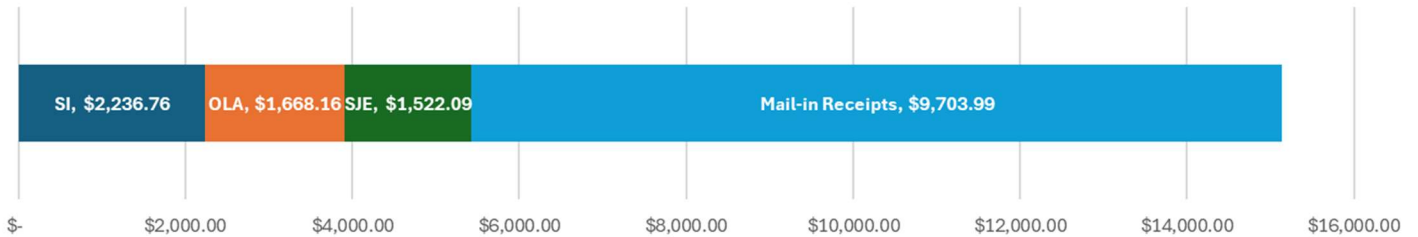
Joe Romanazzi, Past Grand Knight and ID Drive Council Chairman

Donations to our Annual ID Drive Continue to Grow

Our 2025 Council 4970 ID Drive donations continued to grow in November. We received an additional \$2,036.99. Below are our Council’s 2025 figures through November for the benefit of the “Special Campers” of Camp Recreation.

May we always liver the Lord’s glory and our neighbor’s good.

2025 Annual ID Drive - Council 4970
as of 11/30/2025 \$15,131.00



Father Reginald Garrigou-Lagrange, O.P. (1877-1964) was a prolific Dominican theologian and spiritual writer. In his book titled, Life Everlasting, Father wrote,

“Charity is a true friendship, a supernatural friendship, which unites us to God. This virtue makes us love our neighbor, since he is loved by God, our common Father, inasmuch as he is a child of God or is called to be a child of God. Charity widens our heart, gives it something of the grandeur of divine goodness, and makes us love, as God does, all men without exception.... This love grows only in order to grow still greater. [Charity] drives us on to love ourselves and our neighbor, to glorify God in time and in eternity, on earth, in purgatory, and in heaven. It lets us grow into the immensity of the heart of God....”

My Brothers, if you have not made a monetary donation to this year’s Intellectual Disability Drive yet and wish to do so, you still can. Please contact me before we end this event in the next couple of weeks.



Upcoming Events & Prayer Intentions

Tu

Tuesday (2nd), 6:30 PM

Council 4970 (short) Business Meeting & Christmas Dinner & Gift Exchange

Tu

Tuesday (4th), 7:00 PM

Council 4970 Planning Meeting
NO DECEMBER MEETING

We

Wednesday (1st), 6:30 PM

Bible Study (SI)

14

12/14 7:00 AM

Christmas Pancake Breakfast (OLA)

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 & Don Cotton

Shannon & Michael Langer

Gary Mello

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

John O'Donnell

Anthony Praxel

Georgia Royal

David Schwartz

Kenneth Scribner

Sid Tarango III

Fr. Art Wehr, SJ

Pope Leo XIV

and

Parishioners of OLA, SI, and SJE Parishes

Upcoming Mass Intentions

John O'Donnell (@SJE 8:30 AM Fri, Oct 17)

Sid Tarango III (@SJE 8:30 AM Thu, Oct 23)

Brother Thomas Francis “Tom” Willow Passes

By Joe Romanazzi, Past Grand Knight

Brother Thomas Francis “Tom” Willow May 3, 1933 – October 1, 2025

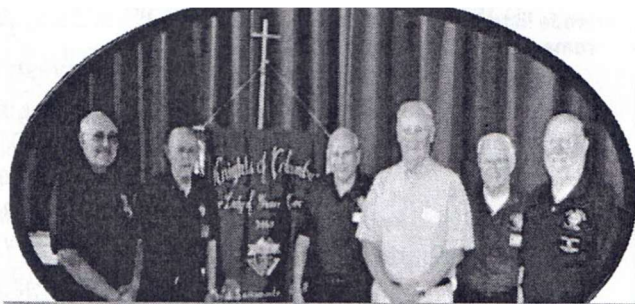


Brother Tom Willow passed away on October 21, 2025, at the age of 92. Brother Tom was initiated into our Order in June 2014 and exemplified as a Third-Degree member shortly thereafter in the same year. Pastor and our Council Chaplain, Father Eduino Silveira celebrated a Memorial Mass on November 10, 2025, at Our Lady of the Assumption Church in Carmichael. He was joined at the altar by retired priest, Father Tom Piquado, SJ, a family friend for many years.

Brother Tom enjoyed a long career as a public relation executive at Associate General Contractors before founding Willow Communications with his wife of 57 years, Lady Knight Joyce. In retirement, he volunteered with St. Vincent de Paul, the Knights of Columbus, and was a member of the Polish American Club of Sacramento. As a Knight in Council 4970, Brother Tom was particularly fond of supporting our Tootsie Roll Drives to raise money for those with intellectual disabilities and helping with our parish pancake breakfasts.

Brother Tom loved his Catholic faith, his family and the Knights. The photo below appeared in an October 2014 Paladin article written by Brother Tom. His article concluded with, “Go out and do the work of the Lord.” And you know, that is exactly what he himself did.

Rest in Peace Brother Tom.



Flanked by Brothers Gene Gobbo, Mike Langer and Tom Roche are our three new 3rd Degree members, Tony Carvelli, Joe Romanazzi and Tom Willow.



Widows Memorial 2025

On Saturday November 19th the Knights of Columbus Council 4970 hosted the 2025 Annual Widows Memorial Mass at Saint John the Evangelist Chapel. Celebrated by Father Alban Uba, thirteen widows were honored at the mass. During the mass, our fallen brother Knights are remembered with a special tradition by having their names read out, the bell tolled, and their widow escorted to the altar to retrieve a rose. The ceremony was then followed by a gourmet lunch held at the Tralee Center, enjoyed by the Lady Knights and our Brothers.



A heartfelt thanks goes out to all of those who attended and assisted with the event. A special thanks to Brother Roy Lasich our Gourmet Chef, Grand Knight Frank Consulo, Father Alban Uba, Bill Becker, and the SJE seventh grade student-volunteers.

November 2025 Happenings

Knight of the Month



Cirdon Cole of Council 4970 earned the Knight of the Month recognition for November 2025. It's well-deserved, nice work Cirdon!

Exemplification – SJE

New Brothers were welcomed on November 8 at the exemplification at SJE.

We welcome: Sergio Hernandez and Dave Hoffman (3rd and 4th from left, respectively).



Pancake Breakfast Galore

Grand Knight Frank has embarked on serving our parish communities with the breaking of bread (or pancakes, potatoes, etc.) at each parish. Some of these events are fundraisers for our council while others are opportunities to serve while bringing the parish community together – just because or paired with another event. Our Grand Knight is grateful and proud to all Brother and Lady Knights who have supported this cause.

Our next pancake breakfast is on December 14 at OLA in coordination with the parish “Breakfast with Santa” and “Bake Sale”. Please sign up on our Council website.

Here are some visual highlights over past months...



Ladies Luncheon

By Jean Gobbo

Our Ladies November (20th) Luncheon at the Arden Fair Cheesecake Factory and we welcomed Donna Heiman to her 1st luncheon. It was another great get-together for all 15 attendees to socialize! A few of us ordered dessert!

Due to the Christmas holidays, there will not be a December luncheon.

We covered several restaurants in 2025, including The Olive Garden, Back Forty BBQ, Bennetts, Sizzler, and Cheesecake Factory. Do you see your favorite restaurant? If not, please let us know and we will try to put it on the calendar for 2026.



We will reconvene in January at Boudin SF Bakery in Loehmann's Plaza Shopping Center at the corner of Fulton/Munroe and Fair Oaks Blvd. Our start time will be 1 p.m. on Thursday, January 15th.

May all have a Blessed and Holy Christmas time! My sidekick Glend Macdonald and I look forward to seeing you in January!

If you have any questions, please call Lady Knight Glenda Macdonald at 916-524-8933 or Jean Gobbo, at 916-261-8674. We hope to see you there! All are welcome! Guests are always welcome. Let's have another great turnout!

Ladies Night Out

By Joe Romanazzi, Past Grand Knight

Mark Your Calendars! The next event is planned for Tuesday, March 31, 2026, at Chili's in Fair Oaks (corner of Madison & Sunrise).



JOE'S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

Vicks VapoRub: The World's Best Cure-All Ever?



Over the years, this column has explored many topics, including Tootsie Rolls, peanuts, Tater Tots, cheap pocket watches, ladders, fishing magnets and snow train trips just to name a few. After reading the pun, A truck carrying *Vicks VapoRub* overturned on the highway. Amazingly, there was no congestion for 8 hours, it became clear that a Joe's Café article about the popular rub in the blue jar was needed to address the question of whether *Vicks VapoRub* is the world's best cure-all ever?

Lunsford Richardson, the creator of *Vicks VapoRub* was born in North Carolina in 1854. Richardson, a pharmacist, invented and patented 21 different medicines. He sold his home remedies from his drugstore in Greensboro North Carolina. His most well-known product created in 1890, was initially made to help his ill son. It was a medicated, intense-smelling croup and pneumonia salve containing, menthol, camphor, eucalyptus oil, cedar leaf oil, nutmeg oil, thymol and turpentine oil, all blended with petroleum jelly. He called his concoction *Vicks VapoRub* which he named after Dr. Joshua Vick, a well-known, respected local physician who also happened to be Lunsford's brother-in-law. Lunsford felt using Dr. Vick's name on the product would help with sales and the name was short enough to fit on the jar label. By 1898, his Vicks Family Remedies were popular enough that he formed the Vick Chemical Company to market them.

People suffering from colds or the flu smear the vaporizing salve on their chests or throats or dab it under their noses for congestion relief. "Rub some Vicks on It" is a familiar phrase heard by most of us from our childhood up to the present time. It was a mom's favorite cure-all. *Vicks VapoRub* temporarily relieves cough due to minor throat and bronchial irritation associated with the common cold. It can also be used to temporarily relieve minor aches and pains of muscles and joints. Some people claim the venerable product has other benefits and can be used for such things as infection prevention, wound treatment, headaches, as a fix for squeaky doors, as an insect repellent, a moisturizer, and a toenail fungus solution.

Vicks VapoRub has a powerful smell due to its ingredients. In a survey conducted by a marketing research firm, it's the 3rd most recognized scent in the world behind only peanut butter and coffee. Nearly 4 out of 5 Americans have used the product at one time or another and it is said that if every container ever sold in the United States were laid side to side, they could circle the globe twice.

The Spanish flu epidemic of 1918 widely increased the demand for Lunsford Richardson's product, and sales soared. It made *Vicks VapoRub* a household name. Millions of jars were sold. In a sad twist, Richardson died in 1919, the victim of an outbreak of the flu.

The company was acquired by Proctor & Gamble Co. in 1985, Today, *Vicks VapoRub* is sold in more than 100 countries and is made at more than a dozen plants around the world. Vicks' product range has expanded beyond VapoRub to include other over-the-counter remedies.

An interesting fact is that Vicks was one of the pioneers of direct mail marketing, what we now refer to as "junk mail." To promote VapoRub, Richardson and his team sent out free samples to potential customers across the United States. This innovative marketing strategy allowed millions of people to try the product before purchasing it, significantly boosting its popularity and sales.

My Brothers, there is no question that *Vicks VapoRub* has been a trusted health remedy for over 100 years. However, for over 2,000 years, **Our Lord, Jesus Christ has been the World's Best Cure-All Ever**. Reflecting His compassionate, powerful, and redemptive nature, the Lord's role in healing is a central theme throughout the **Bible**. For instance, in **Jeremiah 30:17**, God conveys His promise of restoration. I will restore you to health; of your wounds I will heal you, (says the Lord.) In **Psalm 30:3**, O Lord my God, I called to you for help, and you healed me. The encounter between Jesus and the Samaritan leper in **Luke 17:19** goes beyond physical healing in recognition of Jesus through faith. In **Mark 5:41** Jesus took the hand of a little girl, thought to be dead, healed her and told her to get up from her bed. It's important for us to remember that healing always starts and ends with the Lord. Through His merciful love and forgiveness, Jesus brings healing and wholeness to both **body and soul**. We participate in His healing work through faith and prayer. His Word is our medicine and our Miracle soothing salve.

Submit An Article for the Paladin

Whether you are a regular Paladin contributor or an event coordinator and want to get the word out in advance or celebrate the conclusion of the event, please submit your articles and pictures to kofccouncil4970@gmail.com with "Paladin Article" in the Subject. For events provide details of when and where and photos include captions (if you wish).

The article cut-off is the end of 4th Wednesday of the month, day after the Planning Meeting.

**Arden-Carmichael, Inc
 Corporation Meeting
 at Seton Hall, OLA Parish
 on Tuesday, January 20, 2026 at 7:30 PM**

Please email each proxy below, **one** for the Brother Knight of K of C Council 4970 and **one** for your Lady Knight, if applicable, to: harmatalaw@aol.com, or deliver to one of the Brothers listed below:

Brother Knight proxy

By this proxy, I give my voting rights to the below selected member of Arden-Carmichael, Inc. for those occasions between January 20, 2026 and December 31, 2026 that I am unable to attend a Corporation meeting.

- | | | | |
|---|---|---|---------------------------------------|
| <input type="checkbox"/> Don Harmata | <input type="checkbox"/> Michael Langer | <input type="checkbox"/> Steve Millner | <input type="checkbox"/> Tim Spinelli |
| <input type="checkbox"/> Michael Corcoran | <input type="checkbox"/> Larry Rositani | <input type="checkbox"/> Peter Kilkenny | <input type="checkbox"/> Loren Wallin |
| <input type="checkbox"/> Bill Swars | <input type="checkbox"/> Ken Macdonald | <input type="checkbox"/> Joe Romanazzi | |
| <input type="checkbox"/> Other _____ | | | |

_____ Your Name	_____ Signature	_____ Date
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Lady Knight proxy

By this proxy, I give my voting rights to the below selected member of Arden-Carmichael, Inc. for those occasions between January 20, 2026 and December 31, 2026 that I am unable to attend a Corporation meeting.

- | | | | |
|---|---|---|---------------------------------------|
| <input type="checkbox"/> Don Harmata | <input type="checkbox"/> Michael Langer | <input type="checkbox"/> Steve Millner | <input type="checkbox"/> Tim Spinelli |
| <input type="checkbox"/> Michael Corcoran | <input type="checkbox"/> Larry Rositani | <input type="checkbox"/> Peter Kilkenny | <input type="checkbox"/> Loren Wallin |
| <input type="checkbox"/> Bill Swars | <input type="checkbox"/> Ken Macdonald | <input type="checkbox"/> Joe Romanazzi | |
| <input type="checkbox"/> Other _____ | | | |

_____ Your Name	_____ Signature	_____ Date
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Support those in our Council's community

