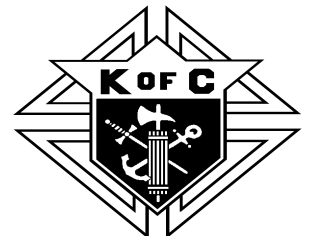




# KNIGHT TIMES



Ascension Council #9285  
Manassas, Virginia

**Our 24th Year!**

Year 24 --- Number 3 – November-December 2009

<http://ascensioncouncil.org>

## GRAND KNIGHT'S REPORT

Brother Knights,



The Thanksgiving season is the perfect opportunity to reflect on the many blessings enjoyed by us as citizens of the United States. These include the freedom to pursue careers of our choice, the freedom to worship where we please, and the unique capability of our nation to welcome and integrate so many different nationalities and cultures. On a personal level, I would certainly like to thank all the members and families of our council who have been so active this fraternal year in providing service to our parish and the community.

From a council perspective, we would all like to give our thanks and appreciation to Father Mike Bazan for his efforts in the renovation of the Parish and the great support he has provided the Knights since arriving at Sacred Heart. At our recent Past Grand Knights recognition dinner, it was clear that his leadership and fellowship have played a major role in helping us grow and thrive as a Council. Pope Benedict XVI has declared this the Year for Priests so I would ask all Knights to remember Father Bazan in your prayers and thoughts through this fraternal year.

Vivat Jesus!

**Bob Garman**

*Grand Knight*

703-331-3060

[RMGarman@comcast.net](mailto:RMGarman@comcast.net)

## KNIGHT OF THE MONTH

Our Knight of the Month for August is our Charter Grand Knight Art Bohn. Once again, he served as our fearless leader for the Nissan concerts. He did a great job ensuring we had enough participants to cover the events and keeping our morale up in the face of declining revenues. Thanks to his outstanding efforts, we made enough money to fund many of our most important charity programs.

Our Knight of the Month for September is our Faithful Newsletter Editor Joe Marshall. During the transition of Council leadership this summer, his expertise and knowledge of our programs ensured our August-September edition was published on-time with its normal high-quality content. Brother Joe is an invaluable member of our council and in addition to doing the

newsletter, he is a consistent participant in the Panera Bread wrapping each week.

Our Knight of the Month for October is PGK Bryan Roberts. As Membership Director, he recruited two new members and obtained four transfers during our Membership Blitz. He also led and organized the fall clean-up of the ARC home yard in Dale City which is one of our most worthwhile programs supporting the local community. Finally, he was again a tremendous help in the kitchen during our first Parish Pancake Breakfast of the new fraternal year.

## FAMILY OF THE MONTH

Our Family of the Month for August was our Deputy Grand Knight Rick Crete and his lovely wife Paula. Rick and his wife lead the effort to support both the Arlington Diocese Deacon picnic and the Parish Labor Day effort by getting the food and helping with the cooking and clean-up.

Our Family of the Month for September was our Worthy Warden Steve Palkovitz and his daughters Rachel and Lauren who did a great job organizing our first sub sale of the year. Due to their terrific sales efforts, we significantly exceeded our profit goal and had a great time in the process.

Our Family of the Month for October is our Chancellor and PGK Tom Zum Brunnen and his lovely wife Dixie. Brother Tom quickly volunteered to lead our Parish Pancake Breakfast program after Brother John Brady was deployed to Afghanistan. Tom and Dixie purchased all the supplies and Dixie prepared fruit trays. Turn-out from the Parish was excellent and all the guests enjoyed the food and fellowship.

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## PROGRAM DIRECTOR

The following activities are scheduled for the next two months.

### Church



*The Director's objective for Church activities is to provide council involvement in, service to, and/or increased council commitment to our Church, clergy and religious, to enrich the spiritual involvement of individual members in their Church and its activities, and to promote vocations to the religious life.*

On October 11<sup>th</sup>, the Knights hosted a pancake breakfast for the parish. Ever wonder what goes into such an event? Here are some statistics...

Purchases for this event:

- 25 Dozen eggs
- 8 large boxes of Aunt Jemima's Pancake Mix
- 13 Bags of Brown and Serve Sausages (39 pack bags)
- Various bags of Fruit: 2 bags apples, 2 bags oranges and grapes for each Mass and 3 Pineapples.
- 8 large frozen Orange Juice

Consumed at this event:

- 20 Dozen eggs
- 4 large boxes of Aunt Jemima's Pancake Mix
- 8 Bags of Brown & Serve Sausages
- Used all of the fruit
- 6 Cans of Orange Juiced
- 1 case and a quarter of individual syrup packets
- ½ case of individual butter packets

We served 107 people in addition to uncounted children under 5 years of age

Income:	\$376.00
Expenses:	\$254.41
Profit	\$121.59

Coffee & Donuts service are served by the Knights after each Mass on the first Sunday of each month.

Sacred Heart is planning on shipping the old pews and chairs to a monastery in Honduras and we need volunteers to help pack the shipping container.

Volunteers are needed on Friday, November 6<sup>th</sup> at 6 PM and on Saturday, November 7<sup>th</sup> and Wednesday November 11<sup>th</sup> starting at 10 AM to help remove the legs of the pews and to pack them into the shipping container. Please contact the parish office 703-590-0030 if you are available to help at either or both times. If you are unable to help at those times we are also looking for cash donation to help defray the cost of shipping. Once again please contact the parish office.

Please contact brother Jack Kapp if you are interested in presenting roses at upcoming baptisms after the 12 Noon Mass.

It's KCIC time again. We request your support to assist in the sale of KCIC Christmas Cards. Sales will be at the church before and after each Mass on the weekends of November 21<sup>st</sup> and 28<sup>th</sup> and December 5<sup>th</sup> and 12<sup>th</sup>. If you can assist, please let Ray Stearns know by phone (703-791-2465) or email ([rstearns@worldnet.att.net](mailto:rstearns@worldnet.att.net)), which dates and Masses are best for you. Ray will cover the 5 PM Mass each weekend. Please show your support by getting your Christmas cards from Ascension Council.

### Community



*The Director's objective for Community activities is to increase the council's awareness of its life within the community and to promote council as well as individual involvement in the community.*

GK Bob Garman, DGK Rick Crete and brothers Carl Birchard and PGKs Tom Zum Brunnen and Bryan Roberts and Bryan's daughter Alexandria joined together on the morning of Halloween for the annual fall yard clean up at the ARC home in Dale City. The crew trimmed hedges, raked leaves, and mowed and edged the lawn for the winter months. We'll return in the spring to provide additional lawn care, mulch the flower beds, and care for the yard. These activities help offset the administrative costs incurred by the ARC of Prince William who own eight homes in Prince William County for those individuals who are intellectually impaired and in need of housing as they contribute to their communities. Should you want additional information, please call Bryan Roberts.

The council has committed to a Panera Bread Pickup at 9 PM every Wednesday to support our food ministry. Meet at the church hall around 9:15 to help wrap the



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bread for weekend distribution. Call PGK Jerry Michonski (703) 791-3148 to volunteer.

We need at least four knights to show up at the church on Saturday November 7<sup>th</sup> at 09:30 AM in painting clothes. We will commute over to the Montclair Shopping Center together at 09:45 AM. The county estimates 4-6 people can complete the work within 2 hours, so we should be finished around noon. The county is filming the event but I don't know if we will get any air time? This will be the last chance for this year because it's getting too cold.

## Family



*The Director's objective for Family Activities is to involve the entire family in the activities of the Knights of Columbus, to strengthen family life, and to care for widows and children of deceased members.*

Karen and Jeff Befumo will host the annual Adult Christmas Party this year starting at 5 PM on Sunday December 13<sup>th</sup>. People attending are asked to bring appetizers, side dishes or desserts. Also, please bring one or more white elephant gifts to exchange.

## Council



*The Director's objective for Council activities is to increase fraternalism among members, to provide enjoyment to members and their families, to ensure service to the brotherhood and advancement in the Order's degrees.*



Big thanks to Brother Doug Blair for orchestrating the Past Grand Knight's Dinner for PGK Rick Johnson. Both State Secretary Bill McCarthy and Worthy District Deputy Hector Dittamo and their spouses attended. We had a terrific turn-out of approximately 40 people and a great time was had by all. It was announced recently that our council under Rick's leadership was awarded the Columbian Award for the 2008-9 fraternal year.

Kudos to PGK Tom Zum Brunnen and Steve Palkowitz for helping Ronnie at Church sand and re-stain the church doors. It is a big project and a lot of work and both are to be commended for their contributions.

Our council sponsored a Knights of Columbus information table after all Masses on October 17<sup>th</sup> and 18<sup>th</sup> in the church lobby. We had three transfers and one new gentleman wishing to join our ranks. In October, two new members joined our council, John Keast and Lance Sherrill.



In November, we will host a first degree and we hope to have two new members join our council on November 12<sup>th</sup>. Come and support our First Degree team and to welcome our new Knights.

The November Officer Meeting was cancelled.

For the November social meeting, we ask council families to attend the Faith Fest on Friday, November 20<sup>th</sup>. Bob Gullo is scheduled to speak on prayer, which is what we had planned for our social.

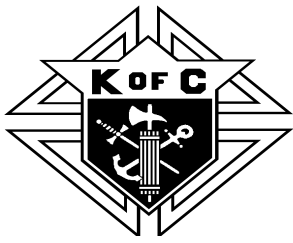
Our Social Meeting in December is moved to correspond with the Adult Christmas Party on December 13<sup>th</sup>.

## Youth



*The Director's objective for Youth activities is to provide opportunities for all youth to become personally involved and committed to programs for improvement of their physical, social, and moral development.*

There are no youth activities scheduled.



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## Mother Mary ... Pray for Them

Please remember all members and relatives of Ascension Council in your prayers as they work through challenges to their health.



John Angelotta

Most Sacred Heart of Jesus, we place into Your Hands, wounded out of love for us, all those we know and love who are ill, injured or in need of Your healing touch in any way. We remember those who are at home and those in hospitals and nursing homes, those who are recovering slowly, those who are lonely or afraid. Be with them all, most loving Jesus, especially \_\_\_ for whom I now pray.

Lord Jesus, please send Your Mother Mary to be with them in their time of need. May she who knew life's sorrow and pain in her own heart, console them with the joy of her Immaculate Heart now reigning with You in heaven.

In Your wisdom, Lord, increase in them Your gifts of Faith in Your Church, Hope in Everlasting Life, and Love both forgiving and peace-giving. If it is Your will, restore them to fullness of health and strength. And bring all of us home at last together with Mary and all Your Saints. Amen.

## RUNNING FOR A CURE

Our Grand Knight Bob Garman and his lovely wife Muriel recently completed another season with National Capital Team in Training program to help raise funds for the Leukemia and Lymphoma. Below is a picture of them during training near Reagan National Airport. Both Bob and Muriel completed the Virginia Beach Half Marathon over Labor Day Weekend and the Nike Women's Half Marathon in San Francisco on October 18<sup>th</sup>.



Bob came back from San Francisco just in time to complete his 10<sup>th</sup> Marine Corp Marathon.

For this season, Team Garman collected over \$7,600 to help in the fight against cancer and the National Capital Team raised over \$1.4M between the

runners, bikers, walkers and triathlon teams. Since joining the team in 2004, the Garmans have raised over \$30,000 with the help of many friends, associates, family members and the family members of several cancer patients.

If you are interested in doing an endurance event (Marathon, Half-Marathon, 100 Mile Bike Ride, or a Triathlon) and would like the help of a professional coach and a group of supportive teammates, check out the Team in Training website at [www.teamintraining.org](http://www.teamintraining.org)

## PARISH HEALTH MINISTRY

We have started a Health Ministry at Sacred Heart and being that I am a Knight the ministry asked me if I could be the liaison person between the Knights and the Health Ministry. Though this ministry is in its infancy we are hoping to do great things with it. First of all we want to educate people with all sorts of health information. Second we are hoping to activate all our Medical personnel within the parish to assist in any way we can. Third, I am in the process of working with the state to see how Sacred Heart can become a vaccination point for the coming H1N1 flu virus. If we get enough nurses we can have our parishioners coming directly to Sacred Heart to get their shots. If any Knights have any ideas for us just let us know. Attached to this newsletter is a brochure about the ministry for everyone's information.

Paul Loving  
[plaloving@msn.com](mailto:plaloving@msn.com)

## DEGREE SCHEDULE

Below are listed the remaining degrees scheduled in the 2009-10 Fraternal year.

- 1<sup>st</sup> Degree - Council #7165  
Nov. 18, Jan. 6, Mar. 3, Apr. 21, May 19
- 1<sup>st</sup> Degree - Council #8183  
Jan. 19, Mar. 16, June 15
- 1<sup>st</sup> Degree - Council #9285  
Nov. 12, Feb. 11, Apr. 8
- 2<sup>nd</sup> Degree - District #12 Council #7165  
Dec. 8, Jan. 19, Mar. 4, Apr. 13, May 25
- 3<sup>rd</sup> Degree - Nov. 15 #5480 Newport News
- 3<sup>rd</sup> Degree - Jan 30 #6292 Fairfax
- 3<sup>rd</sup> Degree - Feb 20 #6175 Sterling
- 3<sup>rd</sup> Degree - Mar 21#2473 Arlington
- 3<sup>rd</sup> Degree - Mar 27 #367 Norfolk
- 3<sup>rd</sup> Degree - June 5 #6546 Richmond
- 3<sup>rd</sup> Degree - June 6 #3548 Norfolk
- 3<sup>rd</sup> Degree - June 12 #5332 Manassas



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Manassas, Virginia



## KOVAR UPDATE

Last year KOVAR donations enabled us to lend \$150,000 to buy a group home in Northern Virginia and provided \$536,644 in grant aid to 38 organizations throughout Virginia including Special Olympics of Virginia and Easter Seals Virginia. More needs to be done. So far this year requests to Kovar exceed these amounts while donations have declined. Last year Ascension Council collected \$4,149 dollars, which, like the statewide collection, was down over 20% from previous years.

This is the time when many of us will have the chance to donate to organizations through the Combined Federal Campaign (CFC), United Way or other campaigns. CFC lists Kovar with this description: "Give citizens with intellectual disabilities the chance to succeed. We provide grants for equipment, furniture, transportation and job skills training so they can live independently." The CFC code for Kovar is 42569.

By designating Kovar in these campaigns, you can help the Intellectually Disabled. Ascension Council's Kovar drive can be credited with this donation by sending a copy of your designation to Jeffrey Befumo, who is the Treasurer of Kovar.

## MEMBERSHIP ANNIVERSARIES

The following Ascension Council knights will be celebrating their membership anniversaries in November or December (years as a knight shown):



- |                          |                           |
|--------------------------|---------------------------|
| Steven Burwinkel (23)    | George Braun (22)         |
| Bill Hechmer, PGK (22)   | Richard Rocha (22)        |
| Dominick Pellegrino (21) | Andy Baronavski, PGK (18) |
| Robert Frappier (17)     | Michael Ragan (17)        |
| James Yuengert (13)      | John Cunha (12)           |
| Paul Hillenband (9)      | William T. Miller (9)     |
| Jon Calvert (7)          | Salomon Carias (7)        |
| Wayne Brown (6)          | Ray Stearns (6)           |
| Michael DeVera (5)       | Bob Garman (5)            |
| James St. Amour (5)      | Mark Graves (4)           |
| Steven Palkovitz (3)     | Nicholas Roberts (2)      |
| Carl Birchard (1)        | Stephen Daniels (1)       |

## EDITOR'S CORNER

Welcome to our latest newsletter. Thanks to those who contributed. Due to timing of projects, there were several that happened right around publication time. This is why it is important ALL council members have their emails up to date and active accounts on AIRSET. If you have not been receiving any AIRSET correspondence, please contact me with your email address and when you receive the notification from AIRSET, please confirm your account.

I would like all future newsletter inputs no later than the **Saturday** before the 1<sup>st</sup> Thursday of the month of issue. For the December calendar/event summary I will need any changes or updates by November 28<sup>th</sup>. For the January/February issue I will need articles by Saturday, January 2<sup>nd</sup>. *Please mark these dates on your calendar and plan ahead to meet these deadlines. If I don't get inputs you don't get a newsletter...*

See a softcopy at <http://ascensioncouncil.org/Newsletters> and [Calendars/koc1109.pdf](http://ascensioncouncil.org/Calendars/koc1109.pdf). Please email me with your contributions at [voyagerjoe@comcast.net](mailto:voyagerjoe@comcast.net).

Disclaimer: the views and opinions in this newsletter do not necessarily reflect those of the KOC.

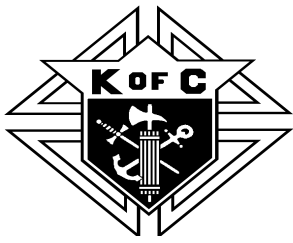
Editor  
**Joe Marshall**  
Advocate  
[voyagerjoe@comcast.net](mailto:voyagerjoe@comcast.net)



## BIRTHDAYS

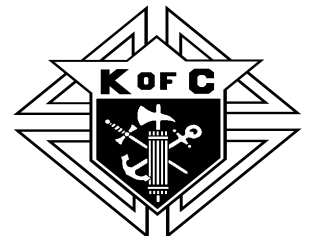
The following Ascension Council knights will be celebrating November and December birthdays:

- |                       |                    |
|-----------------------|--------------------|
| Andy Baronavski, PGK  | Leroy Bennett      |
| Wilfredo Cardona      | Salomon Carias     |
| Stephen Daniels       | Timothy Dumm       |
| Bob Garman            | Mark Graves        |
| George Gross          | William McCabe     |
| John Ploschnitzig     | Christopher Potvin |
| Michael Ragan         | Clement Ryan       |
| Gordon Tassi          | Robert Wiencko     |
| Thomas Zum Brunnen IV |                    |

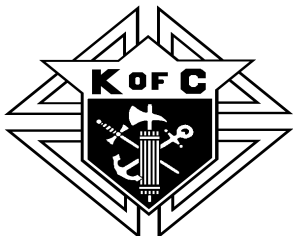


# *KNIGHT TIMES*

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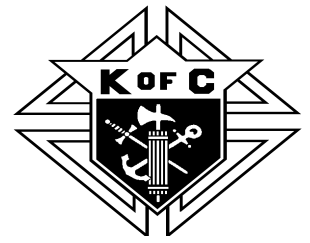


**INSERT NOVEMBER CALENDAR HERE**

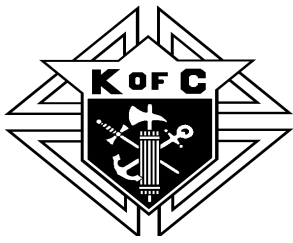


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Manassas, Virginia

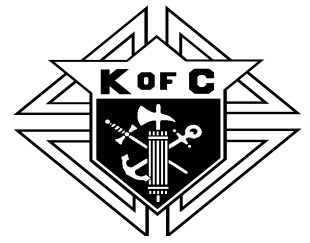


**INSERT DECEMBER CALENDAR HERE**



# *KNIGHT TIMES*

Ascension Council #9285  
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**INSERT JANUARY CALENDAR HERE**



# KNIGHT TIMES

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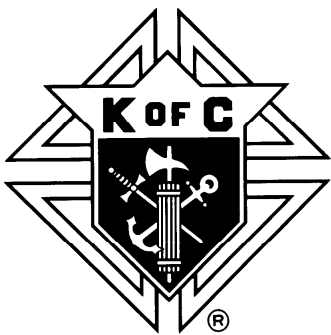
## Ascension Council 9285, 2009–2010 Fraternal Year Positions

Position	Name	Phone	E-mail
Chaplain	Father Mike Bazan	590.0030	MJBazan@comcast.net
Grand Knight	Bob Garman	331.3060	RMGarman@comcast.net
Deputy Grand Knight	Rick Crete	730.3869	RandPCrete@verizon.net
Program Director	Rick Crete	730.3869	RandPCrete@verizon.net
Financial Secretary	Jeff Befumo, PGK	791.6748	JBefumo@hotmail.com
Recorder	Bill Miller	794-8818	bill.miller@serco-na.com
Lecturer	George Darnell, PGK	791.5153	DarnellGD@comcast.net
Treasurer	Jerry Michonski, PGK	791.3148	JerryandGiulia.Michonski@verizon.net
Chancellor	Tom Zum Brunnen, PGK	794.8413	ThomasZB@comcast.net
Advocate	Andy Baronavski, PGK	791.6420	andy.baronavski@verizon.net
Warden	Steve Palkovitz	491.9174	Spalkovitz@comcast.net
Inside Guard	Carl Birchard	794.0529	BirchardC@saic.com
Outside Guard	Rick Ontko	730.9453	SirRick54@gmail.com
3 Year Trustee	Steve Trotman, PGK	794.1137	SDTrotman@comcast.net
2 Year Trustee	Bryan Roberts, PGK	580.8660	BryanR@excaliburgrpllc.com
1 Year Trustee	Rick Johnson, PGK	791.2002	Stumpa10@comcast.net
ARC Home	Bryan Roberts, PGK	580.8660	BryanR@excaliburgrpllc.com
Church Director	Carl Birchard	794.0529	BirchardC@saic.com
Council Director	George Darnell, PGK	791.5153	DarnellGD@comcast.net
Donut Duty	Rick Ontko	730.9453	SirRick54@gmail.com
Family Director	Jack Kapp	303.7126	JKapp3@verizon.net
Community Director	Tom Zum Brunnen, PGK	794.8413	ThomasZB@comcast.net
Youth Director	Jerry Michonski, PGK	791.3148	JerryandGiulia.Michonski@verizon.net
Membership/Retention Director	Bryan Roberts, PGK	580.8660	BryanR@excaliburgrpllc.com
KCIC Chairman	Ray Stearns	791.2465	RSTearns@worldnet.att.net
KOVAR Chairman	John Brady	680.5135	JohnBrady01@comcast.net
Newsletter Editor	Joe Marshall	791.4119	VoyagerJS@earthlink.net
Pro-Life Chair	Bob Garman	331.3060	RMGarman@comcast.net
Roses For Life	Jack Kapp	303.7126	JKapp3@verizon.net
Sub Sales Chairman	Steve Palkovitz	491.9174	Spalkovitz@comcast.net
Nissan Chairman	Art Bohn, CGK	368.6964	Arthur.Bohn@vion.net
Parish Brunch Chairman	Tom Zum Brunnen, PGK	794.8413	ThomasZB@comcast.net
VDOT Road Cleanup	Tom Zum Brunnen, PGK	794.8413	ThomasZB@comcast.net
Website Webmaster	Joe Marshall	791.4119	VoyagerJS@earthlink.net
Degree Team Leader	Andy Baronavski, PGK	791.6420	andy.baronavski@verizon.net
District Deputy	Hector Dittamo	491-5585	HDittamo@yahoo.com
District Warden	Gary Lee	490-5394	GLeeSR@comcast.net
KOC Insurance Field Agent	Donald Murphy	540 720-8057	Donald.Murphy@kofc.org

ADDRESS CORRECTION REQUESTED

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*Knights of Columbus  
12975 Purcell Road  
Manassas, VA 20112*



**KNIGHTS  
OF  
COLUMBUS**