

# KNIGHTS OF COLUMBUS NEWSLETTER

FATHER NICHOLAS RAUSCH OSB COUNCIL 1643

SAINT FRANCIS of ASSISI ASSEMBLY 1183

<http://www.kofc1643.com>

<https://www.facebook.com/groups/146650362055884/>



**Grand Knight:**

Fred Weisdepp

360 292-9211

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

**Chaplain:**

Fr. Tim Ilgen

**Faithful Navigator:**

Tom Cofield

253-906-4289

[tcofield@centurylink.net](mailto:tcofield@centurylink.net)

**Faithful Friar:**

Archpriest Lawrence Gosselin



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## JULY 2020, ISSUE NO. 2020-07

Knights of Columbus Newsletters are published monthly by Father Nicholas Rausch OSB Council 1643. It is distributed electronically via website [www.kofc1643.com](http://www.kofc1643.com).

Editor's note: Due to the unfolding COVID-19 situation, most Council and Assembly activities are suspended until further notice. Please check our website [www.kofc1643.com](http://www.kofc1643.com) for updates.

## NEWSLETTER EDITOR: Tom Brignole

Please send any articles for the newsletter to Tom by the 20<sup>th</sup> of the month. His email address is [kbrignole@yahoo.com](mailto:kbrignole@yahoo.com).

## Can You Pray for Vocations for Just One Hour?



Brother Knights, Father Jim Lee has requested that the Knights of Columbus pray for religious vocations. Saturday & Sunday AM hours of 1AM, 2AM, or 3AM on July 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup> are designated as our Knights of Columbus hours. *If the Adoration Chapel is closed for COVID-19, please consider praying at home.*

Thank you. God bless you and your family.

## STATE BULLETIN

The Washington State Council of the Knights of Columbus publishes a monthly bulletin. For members interested in viewing this publication it is available at: <http://www.kofc-wa.org/>

<b>JULY BIRTHDAYS</b>			
<b>Member Name</b>	<b>Date</b>	<b>Member Name</b>	<b>Date</b>
Glen R Burke	July 1	Michael A Watson	July 21
Daniel C Juarez	July 1	Christopher J Keegan	July 22
Peter N Fluetsch	July 2	July N Dizon	July 23
Clifford M Frederickson	July 2	Sean D Johnson	July 23
Alexander S Wilson	July 4	Robert A Adams	July 24
John J Dwyer	July 6	Richard J Mackey	July 24
Peter P Vaiasuso	July 6	Kyle F Moore	July 24
Thomas A Pursley	July 9	Roger R Theine	July 24
Peter H Marburger	July 10	Dcn Joseph J Wargacki	July 24
Jaime Gomez Nodal	July 12	Mark W Bradford	July 25
Kristopher I Tefft	July 13	David E Trujillo	July 26
Marco A Salas	July 14	Michael R Mallinger	July 27
Harold L Watson	July 14	Thomas S Cofield	July 28
Roy D Sandford Jr	July 17	Michael J Pierce	July 28
Steve J Cahill	July 18	Dcn Joseph T Nicholas	July 29
Ranee Kenn C Manubay	July 18	James M O' Sullivan	July 29
Donald J Robbins	July 18	David A Martin	July 30
Bruce I Tenney	July 18	Gary J Garrety	July 31
Alexander C Wetzel	July 18	Daniel A Miller	July 31
Gerald E Iriarte	July 19	Michael Mock	July 31
Angel G Vano	July 19	John R Sweet	July 31
Robert J Doran	July 20		

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### Please Keep in Your Prayers

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<ul style="list-style-type: none"> <li>• <b>Walt Dale</b></li> <li>• <b>Elaine DeGroot</b></li> <li>• <b>Ron DeGroot</b></li> <li>• <b>Ray DeTerra Family</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Florante Jayme</b></li> <li>• <b>John Kramer</b></li> <li>• <b>Mi-yong Gilman</b></li> <li>• <b>Ed Sauley</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Fr. Jim Lee</b></li> <li>• <b>Jim &amp; Meg Pivec</b></li> <li>• <b>Dennis Perez</b></li> <li>• <b>Amanda Thomas</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Greg Squires</b></li> <li>• <b>Jose Ybarra</b></li> <li>• <b>Joshua Roberts</b></li> <li>• <b>Tony Leingang</b></li> </ul>
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### Knights Help at Community Kitchen suspended for May & June

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If you need more information, you can contact Keith Underwood via email ([keithu02@gmail.com](mailto:keithu02@gmail.com)).

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### Donut Sales after Mass at St. Mike's suspended until further notice

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**Sam Pellegrino** *Owner*  
 Restaurant 360-709-9020 | Catering 360-709-9055  
 Sam@PellegrinosCatering.com  
 www.PellegrinosItalianKitchen.com

205 Cleveland Ave SE, Tumwater, WA 98501

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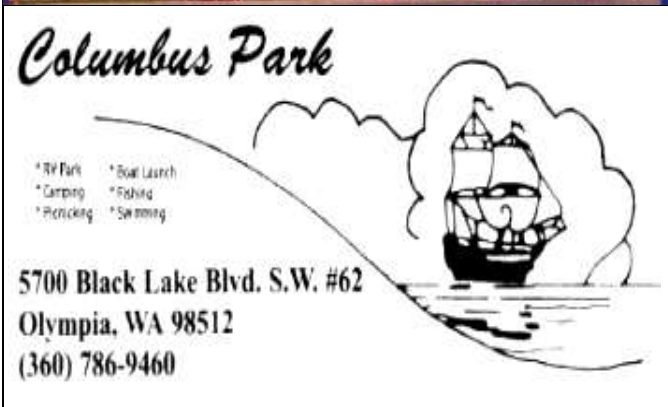
**Steven A. Robbins, M.P.T.**  
 2755 Mottman Road SW • Tumwater, WA 98512  
 360/352-5077 • Toll Free (866) 816-1678 (1OPT)  
 Email: steve@olympiapt.com • Fax 360/352-5022

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**Columbus Park**

- \*RV Park
- \*Boat Launch
- \*Camping
- \*Fishing
- \*Picnicking
- \*Swimming

5700 Black Lake Blvd. S.W. #62  
 Olympia, WA 98512  
 (360) 786-9460

**THIS SPACE IS  
AVAILABLE**



**Leticia Colosi**  
 Cosmetologist

**Jeannie's Hair Salon**  
 418 Carpenter Road SE  
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 Olympia, WA 98503-7930

Phone: 360.943.4111

Schedule  
 Work: Tuesday ~ Saturday 9am - 5pm  
 Off: Sunday ~ Monday

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## Medjugorje Diet - Current Results for Brother Ron DeGroot

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I began following the Medjugorje Diet consisting of intermittent fasting coupled with prayer. I think the combination of fasting and prayer is important. As we got into a new way of washing hands I've been saying one "Our Father and one "Hail Mary" while I lather my hands with soap. I also find that I'm praying in other parts of my life as I have concentrated on the prayer portion of the diet.

I weighed 258 when I began and have fasted on Wednesday and Friday each week since mid-February. I eat as many as three stalks of celery with either peanut butter or cheese spread for breakfast, lunch and dinner on my fast days. I have gotten to look forward to celery and peanut butter but I do throw in salad once a day or so.

Years ago my doctor suggested that I forgo Thousand Island dressing and either eat my salad plain or with oil

and vinegar. That didn't sound good to me then but I now really enjoy both undressed salad or salad with oil and vinegar. I've now been on the diet for 4 ½ months and have lost 39 pounds and I have lowered my A1C from 7 ½ to 6. I have gotten off one of my diabetes meds and the Doc tells me if I lower it again over the current three months I might get off the other diabetes med as well. Prior to my weight loss I had neuropathy in both feet. Today I no longer have it in my left foot and the right foot has improved 50%.

If you are overweight I encourage you to try this diet. You may find that this is good approach.

God Bless,

Ron

*[editor's note – please check with your doctor before starting any diet]*

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## Also from Ron – Regarding Signatures for Referendum 90

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**CONGRATULATIONS TO ALL THAT HAVE WORKED TO GET THESE SIGNATURES!!!** We needed to get 128,811 signatures and **we got over 266,000 signatures!!! THIS IS A NEW MODERN WASHINGTON STATE RECORD FOR ANY REFERENDUM!!!**

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### Council 1643 Officers 2020/2021

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Grand Knight:	Joe Patnude
Deputy Grand Knight:	Bob Adams
Chancellor:	Tom Cofield
Chaplain:	Fr. Tim Ilgin
Recorder:	Tom Brignole
Treasurer:	Ted Trepanier
Financial Secretary:	Greg DeVita
Advocate:	Ray Grothe
Warden:	Tom Tannozzini
Lecturer:	David Tannozzini
Inside Guard:	Mike Reffner
Outside Guard:	Don Spieles
Trustee Year 1	Mike Colosi
Trustee Year 2	Ray Patron
Trustee Year 3	Fred Weisdepp

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### Assembly 1183 Officers 2020/2021

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Faithful Navigator	Tom Cofield
Faithful Comptroller	Mike Colosi
Faithful Friar	Archpriest Lawrence Gosselin
Faithful Captain	John Zyrkowski
Faithful Admiral	Karl Hoffman
Faithful Purser	Phil Kelley
Faithful Pilot	Joe Patnude
Faithful Scribe	Bob Quimby
Faithful Inner Sentinel	Daniel Miller
Faithful Outer Sentinel	Don Spieles
Trustee – 3 Year	Karl Hoffman
Trustee – 2 Year	Ron DeGroot
Trustee – 1 Year	Sam Pellegrino



**The Knights of Columbus of Olympia  
Council 1643 Present**



# **The 2020 Lovel Briere Memorial Bernie Tourney**

***A golf tournament to benefit Catholic education.***

**Saturday, July 25, 2020**

**11:30 am registration, putting contest Noon**

**1:30 pm shotgun start**

**Capitol City Golf Club, 5225 Yelm Hwy. SE, Olympia, WA 98503**

**Tournament format: Four Person Scramble**

Hole in One Prizes  
including a 2020 Harley  
Davidson Motorcycle.  
Retail value up to  
\$20,000.00



For additional information please contact Ron DeGroot @ 360-704-8822

**Entry Fee: \$100.00 per person - Hole Sponsorship is \$200.00.00**

**Includes green fees, golf cart, lots of great prizes and a spit-roasted pig dinner**

**at Columbian Hall - 6794 Martin Way E. Olympia, WA 98516**

**(Additional dinner guests are welcome for \$15.00 donation)**





## The 2020 Lovel Briere Memorial Bernie Tourney

*A golf tournament to benefit Catholic education.*

**Presented by**  
*The Olympia Knights of Columbus*  
**Saturday, July 25, 2020**

11:30 am registration & putting contest @ Noon  
1:30 pm shotgun start,  
Capitol City Golf Club, 5225 Yelm Hwy. SE, Olympia WA 98503  
**Tournament format: Four Person Scramble**

**Entry Fee: \$100.00 per person**

Includes green fees, golf cart, lots of great prizes and a spit-roasted pig dinner at  
Columbian Hall – 6794 Martin Way E., Olympia, WA  
(Additional dinner guests are welcome for \$15.00 donation)

Hole Sponsorship: \$200.00



Send completed entry form and check  
(Made payable to Knights of Columbus, Council 1643) to:  
KofC c/o Ron DeGroot, 3420 78<sup>th</sup> Ave. SE, Olympia WA 98501  
For additional information please contact Ron DeGroot @ 360-704-8822  
or email ron1105@comcast.net



1. Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

3. Name \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

2. Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

4. Name \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Number of Entries \_\_\_\_\_ x \$100.00 = \_\_\_\_\_

Sponsorship/Additional Donation = \_\_\_\_\_

Guests for dinner \_\_\_\_\_ x \$15.00 = \_\_\_\_\_

**TOTAL = \$ \_\_\_\_\_**

<p><b>L. G. Isaacson Co.</b>  <b>2140 Mottman Rd SW</b>  <b>Tumwater</b>  <b>Industrial Tools &amp; Supplies</b>  <b>360-754-6020</b></p> <p>Branches also in Longview and Aberdeen</p>	 <p>Caring eye health solutions for the entire family. Providing precise optical customization on every order.</p> <p><i>New patients welcome!</i></p>  <p><b>Dr. Douglas &amp; Karen Jeske</b>  <i>Parishioners</i></p> <p>(360) 352-6060 <a href="http://www.tumwatereye.com">www.tumwatereye.com</a></p>
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 <p><b>SHOW THE TRUTH WASHINGTON STATE P.O. BOX 6085 OLYMPIA, WA 98507</b></p> <p><b>360-561-5548 <a href="http://WWW.SHOWTHETRUTH.ORG">WWW.SHOWTHETRUTH.ORG</a></b></p> <p><b>If you know of a crisis pregnancy please give us a call. We will help.</b></p> <p><b>TOM HRUSKA, PGK, PFN DIRECTOR</b></p>	<p><b>THIS SPACE IS AVAILABLE</b></p>

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**JULY 1, 2020**  
**KNIGHTS OF COLUMBUS**  
**3420 78<sup>th</sup> AVENUE SE**  
**OLYMPIA WA 98501-9403**

**July 2020 (Subject to COVID-19 Restrictions)**

Thu 2 Council Social, Rosary, & Business Meeting  
5:45PM @ Columbian Hall

Wed 15 Drexel House Dinner 4:30 PM, contact John  
Zyrkowski

Thu 16 4th Degree Officers Mtg, 5:45PM @ Columbian Hall

Sun 20 Donut sales after 7:30, 9:30, and 11:30 AM Masses @  
St. Michael Downtown (if not suspended)

Thu 23 4<sup>th</sup> Degree Assembly Social, Rosary & Business Mtg  
5:45PM @ Columbian Hall

Sat 25 Lovel Briere Memorial Bernie Tourney, Registration:  
11:30 @ Capitol City Golf Club, Olympia (see flyer)

**August 2020 (Subject to COVID-19 Restrictions)**

Mon 3 Council Officers Meeting, 6PM @ Columbian Hall

**No Council 1643 Business Meeting in August**

Sun 16 Donut sales after 7:30, 9:30, and 11:30 AM Masses @  
St. Michael Downtown (if not suspended)

Wed 19 Drexel House Dinner 4:30 PM, check with John  
Zyrkowski

Thu 20 4th Degree Officers Mtg, 5:45PM @ Columbian Hall

Thu 27 4<sup>th</sup> degree Assembly Social, Rosary & Business Mtg  
5:45PM @ Columbian Hall

For up-to-date event information, please visit our website at [kofc1643.com](http://kofc1643.com)