



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

JULY 2024



The July Council Meeting

It is on WEDNESDAY the 3rd

- The new board members take over.
 - We will be accepting our budget for the 2024-2025 fraternal year.
 - Hear the goals for the year from the Grand Knight
 - Pay your dues in person.
 - Pick up your membership card.
- It all happens July 3rd, see you there!

Dues!!

You should have received your letter stating your dues amount. Thank you to all who have already paid. You can pay your dues either by mail or in person at the July meeting. Membership cards will be available for pick up at the July council meeting. You could knock out both payment and pick up if you attend the meeting. Membership cards not picked up at the meeting will be mailed once the dues are received

June: Precious Blood

Upcoming Events

July 3 - Council Meeting
Rosary @ 6:30PM
Guest Speaker @ 6:50PM
Meeting @ 7PM

July 4 – Independence Day

July 11 - Assembly Meeting 7 PM

July 20 & 21 – Knights' Food
Drive Weekend

Interested in being a trustee?

We have a Trustee position that is vacant and needs to be filled. Are you interested? Discuss it with the Grand Knight or Deputy Grand Knight.

Independence Day

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Did you know?

- John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest.

- Adams and Thomas Jefferson both died on July 4, 1826- the 50th anniversary of the adoption of the Declaration of Independence.





July in Your Catholic Church

Prayer for the month of July: Precious Blood Prayer

Almighty, and everlasting God, who hast appointed Thine only-begotten Son to be the Redeemer of the world, and hast been pleased to be reconciled unto us by His Blood, grant us, we beseech Thee, so to venerate with solemn worship the price of our salvation, that the power thereof may here on earth keep us from all things hurtful, and the fruit of the same may gladden us forever hereafter in heaven. Through the same Christ our Lord. Amen.

Monthly Intentions for July 2024.

Pray for: The Anointing of the Sick

We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

4th of July 2024: American History and Bravery

The Congressional Medal of Honor

The Congressional Medal of Honor was conceived in 1860 and first presented in 1863 it is the nation's highest honor for bravery. Below is an example of the heroic actions of one recipient.

Beaudoin, Raymond O - 1st Lieutenant, US Army, Company F, 119th Infantry, 30th Infantry Division.

Birthplace: Holyoke, MA Place and Date of Event: Hamelin, Germany 6 April 1945.

Citation: He was leading the 2d Platoon of Company F over flat, open terrain to Hamelin, Germany when the enemy went into action with machineguns and automatic weapons, laying down a devastating curtain of fire which pinned his unit to the ground. By rotating men in firing positions he made it possible for his entire platoon to dig in, defying all the while the murderous enemy fire to encourage his men and to distribute ammunition. He then dug in himself at the most advanced position, where he kept steady fire killing 6 hostile soldiers, and directing his men in inflicting heavy casualties on the numerically superior opposing force. Despite these defensive measures, however, the position of the platoon became more precarious, for the enemy had brought up strong reinforcements and was preparing to counterattack. Three men, sent back at intervals to obtain ammunition and reinforcements, were killed by sniper fire. To relieve his command from this desperate situation, 1st Lieutenant Beaudoin decided to make a 1-man attack on the most damaging sniper nest 90 yards to the right flank, and thereby divert attention from the runner who would attempt to pierce the enemy's barrier of bullets and secure help. Crawling over completely exposed ground, he relentlessly advanced, undeterred by 8 rounds of bazooka fire which threw mud and stones over him or by rifle fire which ripped his uniform. Ten yards from the enemy position he stood up and charged. At point-blank range he shot and killed 2 occupants of the nest; a third, who tried to bayonet him, he overpowered and kill with the butt of his carbine; and the fourth adversary was cut down by the platoon's rifle fire as he attempted to flee. He continued his attack by running toward a dugout, but he was struck and killed by a burst from a machinegun. By his intrepidity, great fighting skill, and supreme devotion to his responsibility for the well-being of his platoon, 1st Lieutenant Beaudoin singlehandedly accomplished a mission that enabled a messenger to secure help which saved the stricken unit and made possible the decisive defeat of the German forces.

Mayo Health Minute: Poor sleep can be linked to stroke

Sleep problems can increase someone's risk of stroke. Sleep problems can include too little sleep (less than five hours), too much sleep (more than nine hours), poor quality, difficulty getting to sleep or staying asleep, prolonged napping, and snoring and breathing cessation.

In this Mayo Clinic Minute, Dr. Stephen English, a Mayo Clinic vascular neurologist, explains why poor sleep can be linked to stroke. Sleep is something people spend about a third of their lives doing and for good reason.

"It's so restorative for brain health," explains Dr. English. "Adequate sleep helps to ensure that our blood vessels and our brain cells are healthy and viable for years to come."

But tossing and turning at night can have consequences, including increasing someone's risk of stroke.

"When people have sleep-related disorders, such as sleep apnea, they're getting less sleep or poor-quality sleep. And that leads to reduced oxygen and blood flow to the brain. And that can reduce or make changes over time to the brain that leads to increased risk of stroke or cognitive impairment from vascular disorders to the brain," says Dr. English.

He says it's important to recognize that sleep hygiene, along with diet and exercise, is a modifiable risk, and it's never too late to make changes to reduce your risk.

"The better we are at taking care of the foundational things for our health go a long way to making sure our blood pressure, diabetes, high cholesterol — those are the risk factors. If we can modify those, we can really reduce our risk long term," says Dr. English.

Know the signs

Dr. English says it's important to know the signs that someone may be having a stroke and needs emergency evaluation. Use the acronym FAST to help remember warning signs.

- **Face.** Does the face droop on one side when the person tries to smile?
- **Arms.** Is one arm lower when the person tries to raise both arms?
- **Speech.** Can the person repeat a simple sentence? Is speech slurred or hard to understand?
- **Time.** During a stroke, every minute counts. If you see any of these signs, call 911 or your local emergency.

Other signs and symptoms of a stroke, which come on suddenly, include:

- Weakness or numbness on one side of the body, including the face, arm or leg.
- Dimness, blurring or loss of vision, particularly in one eye. Or sudden double vision.
- Sudden, severe headache with no clear cause.
- Unexplained dizziness, unsteadiness or a sudden fall. Especially if dizziness is accompanied by any of the other signs or symptoms.

KNOW THE SIGNS. ACT FAST.



**Hey Brother,
Did you
Know.....?**

Knight in the Spotlight



Bill Overbay

Home: Howey In The Hills, FL
Service: US Air Force 1957-1964
Job: Aircraft Electrician/ Autopilot &
Compass Technician
Unit: 18th Fighter Squadron-Blue Foxes



F-101B Voodoo



F--102A Delta Dagger



F-4 Phantom



KNIGHTLY NEWS

JULY 2024

Big Month for these Brothers



Which Saint said this?
*"It is better to be a child
of God than king of the
whole world."*

Saint Aloysius Gonzaga



Council 13240

Monthly Council Meetings are
every first Thursday of the
month at 7PM. We will pray
the Rosary before the meeting
starting at 6:30PM.

Assembly 3025 News

Monthly Meetings:
2nd Thursday of each Month at
7PM in the Adult Ministry
Building, 1190 Desoto Street,
Clermont FL

Want to become a 4th Degree Knight?

Talk to Steve Cruz or any of the
4th Degree Knights to take the
next step.



Birthdays

James Duarte	07-02
James Batalitzky Sr	07-03
Joshua Fonollosa	07-04
Charles Miller Jr	07-06
Frank Patella Jr	07-07
Dr Edward Pauley	07-07
Michael Scaraggi	07-07
George Ludwig	07-10
Thomas Murray	07-12
Wilhelmus Pouw	07-18
Antonino Como	07-20
James Devlin Jr	07-20
Jose Rosario	07-21
Joseph Mortillaro	07-22
Francis Zarcone	07-22
Dr Forst Brown	07-24
Paul Ryan	07-24
John Zignauskas	07-26
Vincent DiFraia	07-29
Stanley Sarnowski	07-30

Spouse Birthdays

Jo Keller wife of Michael Keller 07-27

Anniversaries

07-04 Eugene & Mary Landry	61
07-07 William & Elsie Overbay	21
07-08 Alejandro & Maria Luyando	52
07-17 Leo & Cheryl Brand	53
07-23 Jose & Darlene Rosario	36
07-27 Peter & Mary Ann Thorne	56

Ordination Anniversaries

None

Years of Service Anniversaries

Francis Zarcone	62
Elliott Ogden	26
Peter Connelly	17
Louie Harris Jr	10
Christopher Duncan	3



Knights Investment Corner

Fraternal Benefits

I always think of July as being the midpoint of the summer. I hope your summer is going well and you are getting to enjoy it. Summer vacations, kids out of school, lots of outdoor sports, tending flowers and vegetable gardens. Seems like there is so much more to keep up with than during the winter. Maybe that's what makes it seem like summer goes so fast and winter drags on. Summer will be gone before you know it!

For this month a couple of thoughts come to mind. A case that came up recently had to do with the ownership of life insurance policies. If you have policies on dependent children, it's wise to have a contingent owner listed. A parent is most often the owner of the child's policy, but often there is no provision made on the policy should that parent pass away. Having a contingent owner listed in this situation makes for a smooth transition of ownership. That's one of the many things I can help with when I review policies for you.

Fraternal benefits come with being a member of the Order. One of these fraternal benefits is known as the Spouse's Right to Apply. This benefit is spelled out in each of our insurance contracts and provides a widow with the right to apply for any of our products for up to one year after her husband's death so long as he was an insured member at the time of his death. It's another good reason to become an insured member with the Order. It gives that right to your spouse. One of the advantages of meeting with me is to review just these kinds of situations. I hope to put your mind at ease.

There are many more fraternal benefits. When I meet with a member and his spouse, I try to make sure I explain all of them that are pertinent. This is all in addition to our financial needs analysis tool that can help determine needs. I think this analysis and the insurance products we offer are two of the most worthwhile benefits the Order provides. This is a robust and cutting-edge platform that is used throughout the life insurance industry. We used to use a much simpler form called the Family Service Record to help keep track of important household information if the need ever presented itself. Now one of the benefits I provide to you and your family is to go through this financial needs analysis and help determine where you are now and where you want to go. Your financial health is critical to your family's future security. We'll take a look at your dreams, goals and aspirations and help make sure you're on track to make them become a reality. As always, there is never any requirement to purchase any product, but a baseline or periodic check-up is a wise idea.

I appreciate the trust you've placed in me and the opportunity to serve you! Enjoy the summer!

Larry Kennedy-FICF MDRT
407-579-9888/Financial Advisor
Knights of Columbus
Lawrence.kennedy@kofc.org

Are you a 1st or 2nd Degree Knight?

If you are a 1st or 2nd Degree Knight and want to be a 3rd Degree Knight, the staff is looking to hold an exemplification ceremony soon. Let the Grand Knight, Deputy Grand Knight or the Financial Secretary know you are interested!

Step back into the council..... step up to the 3rd degree..... and get involved in the upcoming year!



Activities from June



*Vivat
Jesus !*



Knight of the Year – John Proteau

John is always there when we need him. He is the Warden for the council, he participates in fundraising activities at the church and in town. He is vital to the success of the council.

Family of the Year – Jose Rosario (& Darlene)

Jose and Darlene are very involved in our church and our community. They both volunteer at the church, Darlene sings in the choir and Jose assists at Mass. They both volunteer at the local food bank helping those less fortunate and Jose is finishing up his term as the Outside Guard

Installation of the 2024-2025 Council Officers



Back L to R: Dave Swathwood, Deacon Richard, Karl Grabowski

Front L to R: Ed Smith, Elliot Ogden, John Proteau, Robert Sullivan, Ralph Reuter, John Martin, Greg White, Rosario Sulsenti

Donation to the Neighborhood Center of South Lake

The Grand Knight presented Patricia Kry, CEO of the Neighborhood Center of South Lake with two \$1500 checks (Thank you to our matching funds donor/brother)



The tally is in, Blessed Sacrament Council 13240 donated over **\$10,000** in monetary and material support to our community, our parish and our church.

LIFE'S CHOICES WOMEN'S CLINIC



Donation to the Life's Choices Women's Clinic

The Grand Knight presented two \$1500 checks to the Executive Director of the Life's Choices Women's Clinic, Marcia Marron (Thank you to our matching funds donor/brother)

See Marcia's Thank you letter to the Council on the next page!





LIFE'S CHOICES
WOMEN'S CLINIC

June 12, 2024

Dear Partners for Life,

I am deeply grateful for your generous donation to Life's Choices Women's Clinic. Your support has been instrumental in helping us provide essential medical care and services to women and men in need.

Thanks to your contribution, we have continued our mission of offering compassionate care to women and men facing unexpected pregnancies, empowering them with the necessary information and resources to make informed decisions about their health and that of their unborn babies.

Your generosity has significantly impacted the lives of countless women, men, and their families, and we are deeply grateful for your trust and support. Your donation has allowed us to expand our reach and continue providing high-quality medical care and support to those most in need.

Once again, thank you for your kindness and generosity. We appreciate your support and look forward to continuing our partnership in making a positive impact in our community.

Because All Lives Matter,

Marcia Marron

Marcia Marron, Executive Director

24-25 Proposed Budget

Tips for Council Budgeting

- Set up your budget on a fraternal year, rather than annual year basis. This will allow you to align it with officer terms and with completing the Semiannual Council Audit Report.
- Use two columns – one for budgeted and one for actual year-to-date spending – to allow you to track how well you’re adhering to your goals. As you spend and receive money throughout the year, log each transaction in a spreadsheet with its assigned category so that you can quickly calculate year-to-date figures.
- Try to keep the categories on your budget at a high level. If your council holds fish fries in both Advent and Lent, you probably just need one category for “Fish Frys” – there’s no need to have one category for each season, let alone one for each individual event. Use a “Miscellaneous” category to capture any small or one-off events.
- Align the categories used in your budget with those used in Member Billing. This will ensure you both record transactions consistently and help with completing the Semiannual Council Audit Report.
- Strive for a balanced budget. Remember, your council exists to serve your community and your members. If you’re running a surplus, think of ways you could use those excess funds to better meet your council’s goals, rather than simply building up a bigger bank account balance.
- In addition to creating a budget, consider using a Statement of Cash Flows to track your monthly income and spending and see how your council’s bank account balance changes over time. If you know about large future expenses (per capita, a major donation, etc.) you can even complete this in advance to forecast if you’ll have enough funds or if you need to think of a new fundraiser.
- Get into a regular rhythm with your budget. Your council officers should meet in the spring (March/April) to think about your goals for the year and draft a budget and then share it with the council for their approval in May. Throughout the year share the budget (with year-to-date figures) with the council at monthly meetings so everyone is aware of how the council is doing financially.

<https://www.kofc.org/en/resources/service/council/tips-for-council-budgeting>

Council 13240

For Fraternal Year Ending June 30, 2025

Income

	2024 Budget
Assessments	
Dues	\$5,000
Donations to Council	\$500
Activities	
Golden Ticket	\$4,000
Pasta Dinner	\$750
50/50s	\$500
Christmas Dinner	\$500
Misc Activities	
Total Income	\$11,250

Expenses

Per Capita Assessments	
State	\$1,600
Supreme	\$800
Activities	
Meeting Expenses	\$500
Fraternal Nights/Days	\$250
Activity Costs (Golden Ticket)	\$400
Community Support	\$1,500
Holiday Meals	\$1,050
Church Activities	
Church Support	\$1,500
Mass Intentions	\$200
Vocations	\$500
Kaambala Mission	\$250
Pro-Life Activities	
Pro-Life Donation	\$1,000
Program Activities	
Community	\$250
Faith	\$250
Family	\$250
Life	\$250
Supplies	
Printing and Postage	\$400
Supreme	\$300
Total Expenses	\$11,250

Net Income

Net Income	\$0
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Council Officers

Grand Knight – John Martin
Deputy Grand Knight – Ralph Reuter
Chancellor – Karl Grabowski
Recorder – Elliot Ogden
Financial Secretary – Dave Swathwood
Treasurer – Greg White
Advocate - Rosario Sulsenti
Warden – John Proteau
Inside Guard – Chris DiPasquale
Outside Guard – Robert Sullivan
3 Year Trustee – Ed Smith
2 Year Trustee – Paul Kleponis
1 Year Trustee – TBD
Lecturer – Peter Stauder



Assembly Officers

Faithful Navigator – Steve Cruz
Faithful Captain – Don Barone
Faithful Pilot – Edward Smith
Faithful Comptroller – Joseph Landon
Faithful Scribe – Dave Swathwood
Faithful Purser – Elliott Ogden
Faithful Admiral – Rosario Sulsenti
Inner Sentinel – Glenn Koch
Outer Sentinel – Robert Sullivan
3 year Trustee – Jim Batalitzky
2 Year Trustee – John Proteau
1 Year Trustee – Jack Moscato
Color Corps Cmdr – Gerald Sulsenti

Grand Knight Notes

Brother Knights,

As we start our new fraternal year on July 1, I want to thank all of my fellow Knights that were involved this past year, as we have accomplished much. Our communications as a council has improved, and we have made many charitable contributions both to our church and to local charities. We really did make a difference, and it was all because of your commitment and involvement.

I honestly believe that unity is one of our greatest assets. By setting aside our differences and coming together as one, we can achieve much as a fraternal order. Let's embrace the importance of working together, supporting each other, and focusing on the greater good. When we are united, there is no challenge too great, and no goal out of reach. Together, we can make our fraternal order a symbol of unity, charity and success in our church and community.

I encourage you to participate in our activities, attend our meetings and share in the fellowship this coming year. Hope to see you soon!

Vivat Jesus!
John Martin
Grand Knight

Council Administration

Financial Secretary

Is there anything that needs to be changed in your membership information? New phone number, Email..? Let the financial secretary know. The financial secretary is Dave Swathwood. Email: daveswathwood@gmail.com

Administrative issues

Do you know of a brother that is in need of assistance? Contact the Grand Knight so we can help our Brother Knights

Prayer Requests

- + Ralph's wife Cheryl (Health)
- + Claudio's brother-in-law Christopher (Heart)
- + GK's daughter (Pregnancy)
- + Our Country
- + Our new officers

