



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

NOVEMBER 2024



November:

Poor Holy Souls in Purgatory

Upcoming Events

- Nov 1 – All Saints Day
Holy Day of Obligation
- Nov 2 – All Souls Day
- Nov 5 – Election Day
- Nov 7 - Council Meeting
Exemplification @ 6:30PM
Meeting @ 7PM
- Nov 10 – Knights Sunday Gathering
- Nov 10 – USMC Birthday
- Nov 11 – Veterans Day
- Nov 14 – Assembly Meeting 7 PM
- Nov 16 & 17 – Knights' Food
Drive Weekend
- Nov 28 – Thanksgiving

Thank You, Veterans!!!!



October was Busy !!!

With events such as the Golden Ticket Raffle, hosting of Hospitality Weekend, sponsoring a Blood Drive, collecting Food for the Backpack Program, and oh, dealing with a little thing called Milton.... the Knights of the Council were busy. Some of the results of our efforts are below, check out what your Council did in the Month of October

Golden Ticket Raffle is Complete!

The Golden Ticket Fall Fundraiser has finished, and the winners were drawn at the October 24th Council Officer's Meeting. Our Winners were Parishioners Dave Krolewski and Bob Wunderlich. We raised just under \$3000 for our church and local charitable organizations. Thank you to all who helped sell tickets after Masses, without you this event would not have been a success.

Blood Drive set a new standard

The Knights of Columbus Blood Drive that was held on October 20th set a new standard for the number of donors at our hosted event. There were 20 donors, each donation supports 3 patients....which winds up providing blood related treatments for 60 patients.

Veterans Day (a short history)

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



November in Your Catholic Church

Prayers for the month of November: The Month of the Poor Holy Souls in Purgatory

"O most merciful Jesus, Lover of souls, I pray Thee, by the agony of Thy most Sacred Heart, and by the sorrows of Thine Immaculate Mother, cleanse in Thine Own Blood the sinners of the whole world who are now in their agony and who are to die this day." Amen.!

Please pray for loved ones who have died and for those who have no one to pray for them

Monthly Intentions for November 2024.

Pray for: For anyone who has lost a child

We pray that all parents who mourn the loss of a son or daughter find support in their community and receive peace and consolation from the Holy Spirit.

Lecturer's Corner

By: Brother Pete Stauder

**Amendment #4 to the Florida Constitution –
Limit Government Interference with Abortion.**

Well, who would not like to limit government interference in our lives and choices!
A clever play on words that will lead many to mark yes on this without reading it or
understanding what they are voting to approve. Don't be fooled!

If approved this change will, among many other things, (1) remove parental consent from
a minor's decision to have an abortion and (2) cause litigation to challenge current laws
that cover such things as physician determination, licensing and sanitation, admitting
privileges, medical screening, waiting period and Medicaid funding of abortion. As
taxpayers we will bear the cost of the litigation to defend our position in all these cases.

Vote NO on #4! Tell all your friends, family and anyone you meet.

Election Day is November 5th.

Have you already voted? By Mail or Early Voting?

If not, GET TO THE POLLS!

Polls are open from 7AM until 7PM

Milton Cancels Knights Adoration Event

We still want to get together and spend an hour in adoration of our Lord. Hurricane Milton got in the way of this one,
but we will schedule another one in the future. Can you spare an hour to spend it with our Lord in silent adoration and
prayer? Look for another Knights Holy Hour to be scheduled in the months to come.

Healthier Food Choices for Adults

We all know that getting enough physical activity and making nutritious diet choices are key factors in helping us stay healthy. However, keeping our body in good shape can be hard. Being aware of your body needs will help you stay active. Some healthy food choices remain the same, regardless of age: eat fruits and vegetables, stay hydrated, cut down on red meat, use healthy fats instead of saturated, et cetera. As you age though, there are additional factors you should take into consideration to reduce your risk of heart disease, chronic illness, and overall unhealthiness. Here are some food groups that adults should avoid when possible, as well as suggestions for healthier food choices to help meet nutritional needs and have an enjoyable eating experience.

Foods To Avoid (And What To Eat Instead)

1. Empty calories

Empty calories come from foods with little to no nutritional value, like potato chips, candy, full-sugar sodas, cakes and cookies, and other “junk” foods. Since your metabolism slows as you age, older adults need to be particularly mindful of what empty calories they are ingesting and how they can make better food choices.

Instead of:

Juice drinks
Sugary cereal
Ice cream

Choose:

Infused waters
Steel-cut oatmeal with fruit
Frozen fruit dipped in dark chocolate

2. Raw or unpasteurized foods

Adult foodies who enjoy sushi, rare hamburgers, and unpasteurized milk and dairy products should be cautious with their dining choices as they get older. The older you get the less effective your immune system becomes, which means you’re at an increased risk of developing a foodborne illness like listeria – which is the third leading cause of food poisoning-related deaths in the United States. When dining, older adults should choose food items heated to an internal temperature of at least 165°F.

Instead of:

Sashimi
Soft cheese like Brie
Undercooked eggs (sunny-side up)
Raw sprouts

Choose these:

Sushi with cooked fish
Hard cheeses like Cheddar
Fully cooked eggs (omelet)
Microgreens

3. Fried foods

As delicious as a sizzling basket of onion rings or a warm, sugary donut can be, they’re also filled with saturated fat, unhealthy oils, and a lot of empty calories. While these foods are okay as a once-in-a-while treat, choosing healthier sides that provide vital nutrients like vitamin b12, calcium, and others is best.

Instead of:

French fries
Fried chicken
Donuts

Choose:

Baked sweet potato fries
Grilled chicken
One donut hole + fresh berries

4. Caffeine

While caffeine provides a much-needed morning jolt for many younger adults, many adults may find themselves reacting differently to caffeine as they age. It’s not uncommon for many coffee aficionados to suddenly find themselves with jitters, increased anxiety, and a higher heart rate. These side effects are not just unpleasant but potentially dangerous if you have a heart condition. While switching caffeinated drinking options for decaf is a great solution, be sure to check labels when purchasing food and even medications, as caffeine can be a stealth ingredient.

5. High-sodium foods

Eating foods high in sodium can cause fluid retention, which can result in hypertension – a leading cause of strokes, kidney disease, and heart issues. While sodium is found in many foods (both naturally and added), making it hard to eat a low-sodium diet, it’s important to note that potassium-rich foods can help mitigate the effects of high sodium. Opt for a mix of low-sodium and high-potassium options to reduce your risk of health issues.

Instead of:

Processed American cheese
Lunch meats

Choose:

Low-fat cheddar or Swiss
Unprocessed options like a chicken breast
Potato chips A side salad

6. Alcohol

Much like caffeine, alcohol can affect older individuals much differently than younger adults. Alcohol affects sleep quality, can cause hypoglycemia, raises blood pressure, and increases your risk of liver and kidney issues. Alcohol can also interfere with some medications. Speak with your doctor about how your medicines may be impacted by alcohol and follow the latest US Dietary Guidelines when imbibing (two drinks or less a day for men, one drink or less a day for women).

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

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**Big Month for
these Brothers**

Vivat Jesus

The Annual Council Christmas Party is Sunday December 8th

The Annual Council Christmas Party will be held on 8 December. Tickets are on sale now. The cost is \$20 each. The Grand Knight or Financial Secretary can get you a ticket. The doors open at 5:30 PM and Dinner is served at 6 PM. We will have the event catered by Carrabba's Italian Grill. There will be a 50/50 and a gift exchange. Bring a gift valued no more than \$25 and you are entered in the gift exchange (bring a gift, get a gift).

**Chicken Marsala
Penne Pasta with Marinara
Ceaser Salad with Italian Dressing
Bread sticks
Dessert**

Christmas Party Tickets are on sale NOW!

Get yours now, with only 80 seats the tickets will go fast.



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.

Which Saint said this?

“Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song.”

Saint John Paul II

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.

Birthdays

Larry T Cassidy 11-02
Michael E Miller 11-02
Robert Mekosh 11-03
Michael J Breza 11-05
James J Fleming 11-05
Deacon Richard D Ferris 11-09
Vincent J Palladino 11-10
Michael Bilo 11-11
Ralph C Reuter 11-13
Jorge A Oliveras 11-14
Steven J Spartz 11-18
Joseph J Pangia 11-24
Christopher DiPasquale 11-29
Charles W Dorman 11-30

Spouse Birthdays

Francine Venezia wife of Allen James 11-09
Diane Laria wife of Jim 11-17

Anniversaries

Paul & Bonnie Kleponis 11-08
John & Mathilda Granucci 11-18
Frank & Jacqueline Regiacorte 11-26
Allen James & Francine Venezia 11-28

Years of Service

Chester J Szarapski 75
Peter P Capece 45
John P Granucci 43
Frank J Patella Jr 43
Richard C Small 42
Stanley J Sarnowski 29
Daniel J Rini 26
Edward J Smith 24
Joseph J Pangia 22
Robert Britten 21
James Loesch 21
David R Saucier 20
Joseph G Lobuono 18
Jose A Rosario 17
Jack A Kennedy 13
George R Ludwig 13
James E Duarte 12
Victor R Rivera 12
Victor Lira 11
Joseph A Salvagna 11
Eugene J Landry 11
Robert Mekosh 10
Vincent J Palladino 9
David Palka 2



Father Ponce visits Clermont.

Father Ponce was in the United States and made a trip to Clermont to see old friends and talk about the success of the Kambaala Mission in Uganda. Several of the Knights of Columbus of Blessed Sacrament Council 13240 hosted Fr Ponce at a luncheon and dinner during his time in our area. He discussed the continuing success of the School, Church and Hospital there in Kampala, Uganda. He gave an update on the new solar panels that provide much needed stable electricity for the pediatric wing of the hospital. While the administration building still does not have solar panels yet, his focus has been on obtaining an ambulance for the hospital. While the hospital serves patients as far away as 20+ miles, it is the need for transportation into the larger city for those patients with complications during treatment or childbirth that has brought his focus on the need for an ambulance. Currently all “medical transportation” into the larger city hospital is conducted in an old Toyota truck. An ambulance would make any patient transportation needs go much smoother, safer and more comfortable.

Fr Ponce was very thankful for the past support of the Knights and mentioned that he can always rely on the Knights to help him with his mission in Uganda.

Knights Sunday Gathering

Mark your calendars for November 10th. This will be our annual Knights Sunday Gathering. Join us in the Adult Ministries building at 1:30PM for refreshments, camaraderie, and an update on the Fraternal Benefits available to us as Knights. Send an email to the Grand Knight brooklinboy62@gmail.com, the Financial Secretary daveswathwood@gmail.com or reply to the email that brought you this newsletter and let us know if you are coming (so we can have enough food). Spouses are welcome!!

Online Communications: Results

Thank you to all who responded to the question about how you want to get your communications/information. Because of your inputs we will now be providing you with the newsletter and the previous month’s minutes to keep you up to date on what happened and what is upcoming. Additionally, we will be phasing out the website when the renewal comes up in February 2025.

September 5th, 2024.

Dear Knights of Columbus.

I want to thank you for your wonderful ministry, and I truly appreciate your wonderful and warm welcoming I received when I came to Blessed

Sacrament.

Thank you so much for your welcome gift (check) you gave me. May the Lord bless you all abundantly for your love and generosity.

I will keep you in my prayers always and know that you can count on me in case there is something I can do for you.

Many Blessings.

fr. Juan M. Osorno.



Knights Investment Corner

Top 10 Facts to Know About Long-Term Care Planning

November is National Long-Term Care Awareness Month, an event recognized by Congress and a number of States. To mark the occasion, here are 10 interesting facts shared by the American Association for Long-Term Care Insurance.

1 - Americans are living longer, in large part due to advances in medical care and public health. Life expectancy in the US for those reaching 65 was 20 years on average in 2019.

2 - By 2030, one in five residents in the US will be age 65 or older.

3 – The number of people in need of long-term support services (LTSS) in the United States is already at 14 million and expected to grow to 27 million by 2050.

4 – Average out-of-pocket costs are \$140,000 for those individuals who utilize paid long term support services (LTSS). Roughly 17 percent will spend over \$100,000 on LTSS. Almost 9 percent will spend over \$250,000 on LTSS.

5 – By 2040, the total prevalence of Alzheimer’s disease and related dementias in the US is expected to approximately double from 7.2 million to nearly 13 million, with 8.5 million women and 4.5 million men expected to develop dementia.

6 – For those requiring high levels of LTSS, individuals and families pay 55 percent of long-term care costs out of pocket.

7 – Currently, the majority of older single-person households are female. Women comprised 74 percent of solo households age 80 and over.

8 – Some 7.5 million Americans have some form of long-term care insurance. Two-thirds of all new individual long-term care insurance claims pay for care needed by women.

9 – The long-term care insurance industry paid out \$11 billion in benefits to some 310,000 individuals with insurance protection in 2019. The number will increase each year as the current number of policyholders grow older and, as a result, are more likely to begin their claim.

10 – 69.5 percent of new claims start after the policyholder reached age 80. If you live a long life, you are very likely to need long term care. You’ll be very glad you have a policy to pay benefits.

Don’t forget to ask me how Knights of Columbus Long Term Care Insurance might benefit you and your family.

Vivat Jesus!

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* <https://www.aaltci.org/about/long-term-care-awareness-month-2020.php>



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, we will be holding an exemplification ceremony soon (probably at the November meeting) 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!





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 Sulenti
Warden – John Proteau
Inside Guard – Chris DiPasquale
Outside Guard – Robert Sullivan
3 Year Trustee – Ed Smith
2 Year Trustee – Paul Kleponis
1 Year Trustee – Ken Krewson
Lecturer – Peter Stauder



Assembly Officers

Faithful Navigator – Steve Cruz
Faithful Captain – Don Barone
Faithful Pilot – Edward Smith
Faithful Comptroller – Dave Swathwood
Faithful Scribe – Dave Swathwood
Faithful Purser – Elliott Ogden
Faithful Admiral – Rosario Sulenti
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 Sulenti

Grand Knight Notes

Brother Knights,

Thank you to all who turned out for the One Blood drive. We had 19 donors which in turn, helps 57 patients in our community. We will be scheduling another blood drive in the spring after Easter.

Please join us for a couple of upcoming events. First, at our November 7th council meeting we will hold an exemplification for Brother Mateo. Come join the ceremony and welcome our newest (and youngest) member. Next is our bi-annual fraternal benefits meeting on Sunday November 10th starting at 1:30 PM, in the Adult Ministry building. We will be serving lunch prior to the event. We will have our insurance agent Larry Kennedy make the presentation to our members. Hope to see you there

Vivat Jesus,

John Martin

Grand Knight
Blessed Sacrament Council 13240
Clermont, FL



Pray the Rosary Daily

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

- + Frank Patella
- + Jim Laria
- + Hurricane Helene victims
- + Hurricane Milton victims
- + Our national elections
- + Vocations
- + End of all wars

