



# Navigator's Log



**Potomac Assembly # 2204**  
**Comprised of Knights of Columbus Councils**  
**459 Fitzgerald**  
**5998 Mount Vernon, and**  
**11170 Fort Belvoir**

**Includes The Basilica of Saint Mary, Saint Joseph's, Saint Louis,  
Good Shepherd, and Fort Belvoir Catholic Parishes**

**March 2020**



George Washington's Parade in Old Town Alexandria City, see page 7.

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## Potomac Assembly Directory

### Navigator

SK PGK Robert T. Reynolds, reynoldsrt@cox.net,  
703 799- 2607

### Trustee 1 Year

SK PFN PGK Nate Murray, nmurraysr@aol.com, 703 863-5202

### Friar

SK Father Ramon Baez, r.baez@gs-cc.org, 703 780-4055

### Trustee 2 Year

SK PFN 2PGK Fred Beata, fbeata@verizon.net, 571 249-0955

### Captain

SK PGK Larry Clark, hlclark63@gmail.com, 202 494-4761

### Trustee 3 Year

SK PFN 2PGK Buck Coates, [buck.coates@comcast.net](mailto:buck.coates@comcast.net),  
703 751-8362

### Admiral

SK PFN PGK Ed Stance, stanceed@aol.com, 703 313-8136

### Comptroller

SK FDD 2PGK Kevin Palgutt, kevin.palgutt@gmail.com, 703 590-2197

### Pilot

SK Richard Dunbar, richdunbar1947@gmail.com, 703 580-9720

### Scribe

SK PGK Joe Castillo, jc305@evansville.edu, 219 880-6889

### Purser

SK PFN PGK Tom Fahey, t\_fahey@taxpro.net, 571 233-9048

### Inner Sentinel

SK Maurice Chau, mrcchau2@yahoo.com, 703 220-6185

### Outer Sentinel

SK DD PGK William Beach, wwbeach4214@gmail.com,  
571 527-7772

### Fourth Degree Website

assembly2204.org  
SK GK Steve Teslik, steslik@e2steve.com

### Color Corps Commander

SK PFN 2PGK Fred Beata, fbeata@verizon.net, 571 249-0955

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**Navigator's Log Editor**, SK Maurice Chau, mrcchau2@yahoo.com, 703 220-6185,

Navigator's Log Staff: SK Carl Eifert, SK PFN 2PGK Buck Coates.

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## UPCOMING EVENTS

<u>DAY OF WEEK</u>	<u>DATE</u>	<u>EVENT</u>
<u>MARCH 2019</u>		
SATURDAY	7	PATRIOTIC ROSARY AT 11:00 AM AT COUNCIL 5998
SATURDAY	7	SAINT PATRICK'S PARADE OLD TOWN ALEXANDRIA, HONOR GUARD 10AM LYCEUM (ALSO 4TH DEGREE AND 3RD DEGREE KNIGHTS CAN JOIN IN PARADE WITH A DARK SUIT AND TIE)
MONDAY	<b>23</b>	(CANCELLED) BUSINESS MEETING AT 7:30PM, OFFICERS 7:00 PM
<u>APRIL 2020</u>		
SATURDAY	4	PATRIOTIC ROSARY AT 11:00 AM AT <b>SAINT JOSEPH CHURCH</b> <b>711 NORTH COLUMBUS STREET, ALEXANDRIA (CITY), VIRGINIA</b>
SATURDAY	18	FOURTH DEGREE, VIRGINIA BEACH, VIRGINIA
MONDAY	27	BUSINESS MEETING AT 7:30PM, OFFICERS 7:00 PM
<u>MAY 2020</u>		
SATURDAY	2	PATRIOTIC ROSARY AT 11:00 AM AT COUNCIL 5998
MONDAY	18	BUSINESS MEETING AT 7:30PM, OFFICERS 7:00 PM

Please keep our Faithful Comptroller SK Kevin Palgutt (703) 590-2197 updated on your status; Kevin.palgutt@gmail.com. Send e-mail to inform of any changes to your phone number, email and mailing address so that the Assembly may keep you informed of our activities, to inform you of SKs and their families that need your prayers, and to let you know of any last minute changes to our planned schedule of events.

**On behalf of Potomac Assembly # 2204**

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## Friar for the Assembly - Father Ramon Baez

Dear Brother Knights:

One of the most challenging aspects about being a member of an aircrew on a P-3 Orion had to do with the endurance of the missions. The crew often woke up at ungodly hours for briefing, a 3 hour pre-flight, followed by a grueling 8 hour mission. Then, once we landed at the base, there was a detailed two hour debrief of the mission. It was very challenging to "stay on task" and be alert for all that time. Sometimes, in the middle of a long time on station "burning holes in the sky" as we used to call it, it was particularly difficult to persevere to mission completion.

These last days of Lent as we prepare for Holy Week, it can often seem difficult to stay on task with the Lenten practices we have chosen. Our minds tend to become distracted as we lose focus. That is why Jesus had to ask his disciples "could you not watch with me for one hour? (Matt: 26:40). Perseverance is the virtue that is needed most at these moments, when we might become lethargic. We remember way back on Ash Wednesday when Jesus reminded us to keep our Lenten practices unknown but to God, who will repay our deeds. Those penance practices can certainly open our hearts to be more forgiving, patient and at peace with ourselves and others.

I pray that the events of solemn Holy week fill you with an abundance of grace. As we prepare for the passion, death and resurrection of Our Lord, we will rejoice that we have persevered to the end. Mission Accomplished!

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## Faithful Navigator's Comments—Robert T. Reynolds

Brother Sir Knights,

Vivat Jesus!

I hope this finds you all well in the midst of this Corona virus excitement. There have been at least three “messages from the top” at the Supreme, State Director, and State Master levels in the past week, all with requests to pass them along to all members. As I'm sure you have received several similar letters from every other organization already, I chose not to fill your inbox with still more. The recurring themes are the same; minimize large group contacts, try to stay healthy and continue to pray. For our Assembly, I ask that we all

- Pray for God's protection, and for containment of the Coronavirus.
- Pray for our nation's leaders, that they will have wisdom in how to deal with the virus.
- Pray for medical professionals, that God will guide and protect them as they treat those affected.
- Pray for our Brothers whose businesses and job stability might be affected.
- Pray especially for those who are the most vulnerable to the effects of the virus.

Recently, I passed along a message from our Color Corps Commander which highlighted the importance of the Color Corps to our 4<sup>th</sup> Degree mission and urged you all to set aside any residual acrimony you may feel about the regalia change last summer and prayerfully consider acquiring the new uniform and help us to restore our strong Color Corps. A few have already taken advantage of the \$100.00 match offered by the Assembly for new uniform purchases and we will extend that offer to any who wish to take advantage of it until the end of the fraternal year. As the visible arm of the Knights of Columbus to the outside world, it is important that we get past this issue and

I have received no feedback on the idea of generating a Directory of the Assembly members for distribution to the members. If we are to be family and help to one another, it might be good to have a way to reach out. I'll assume that no response by the end of this month is an indicator that there is no requirement for such a directory.

In response to the many and varied requests that all persons avoid large group gatherings, **we will not meet for our next regularly scheduled business meeting in March.** While our Bylaws do not provide authority to suspend meetings, I believe that you all will agree that these uncommon circumstances will allow for common sense decisions. Accordingly, our next regular meeting will be on Monday, 27 April and will tentatively be a Social meeting, time and location TBA. I look forward to seeing as many of you as can attend, hale and hearty.

Fraternally,

Bob Reynolds  
Faithful Navigator  
Potomac Assembly 2204  
Cell: 703-439-7490



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## George Washington's Parade, February 16th Old Town Alexandria



Left picture (left to right): 1. SK Carl Stout (flag bearer from Commodore John Barry Assembly 1163), 2. SK Randy Bordelon (Father Malloy Assembly 1894), 3. SK Richard Dunbar, (2204) 4. SK Ed Stance (flag bearer, 2204), 5. SK Carroll Glass (from Father Malloy Assembly 1894, guard to flag bearer), 6. SK Maurice Chau (guard to flag bearer, 2204), 7. SK Joe Tiago from Marian Assembly 2231), 8. SK Fred Beata (Color Corps. Commander 2204). SKs not in picture are the Faithful Navigator Robert T. Reynolds, SK Marvin Spychaj, SK Steve Teslik for coordinating the location and taking pictures, SK Larry Clark, and SK Ray Duff.

We had four Honor Guards from 2204 and four from our sister Assemblies. It was a great group of Sir Knights! The day was beautiful and the food at Saint Mary School was great hot dogs with chili which was great for warming the spirit. Want to thank the Faithful Navigator Robert T. Reynolds for making sure we were fed and in great spirits before and after the parade. Also, SK Jim Batchelder drove his 1964 Chevrolet Impala in the parade.





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## Virginia March for Life, February 13, 2020





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## Prayer List

Please remember the following Sir Knights and their relatives in your prayers. If you know of a Brother Sir Knight or relative to be placed on the Prayer List, please notify either the FN or the NAVLOG editor. Thank you.

Pam Rubin, wife of SK PGK Larry Clark

SK Jim Clark

Antonio Bennet

SK Ray Duff

SK Freddie Flowers

SK Dutch Anderson

SK Fritz Scheuren

SK Reyes Guerra

SK Jeff Petrino

SK Fred Scheuren

SK Tom Fahey

## Prayer for the Sick

Lord Jesus, who went about doing good and healing all, we  
ask you to bless our brother Knights

and their relatives who are sick. Give them the strength in  
body, courage in spirit and patience in pain.

Let them recover their health, so that, restored to the Christian  
community, they may joyfully praise your name, for you live  
and reign for ever and ever. Amen

**Happy  
Birthday!**

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## Birthdays for March 2020

John Edward Michals	March 2
Frederick J. Beata	March 6
Edward J. Dillenschneider	March 7
David J. Reintjes	March 9
Thomas P. Coyne	March 10
Victor R. Perez	March 10
Brian D. Stevenson	March 10
Charles F. Coates	March 11
Jeffrey P. O'Donnel	March 18
Jose Lito D. Constantino	March 20
Thomas J. Pojeta	March 21
Byron L. Powers	March 22
Robert T. DeMay	March 25
Robert L. Juff	March 25
Daniel T. Klug	March 25
Juan A. Cuadrado	March 26
Shane P. Tanner	March 26
Richard J. Lebel	March 27
Michael K. Evans	March 30
Robert C. Ward	March 30

**On behalf of Potomac Assembly # 2204, to those who were born in the Month of March.**

***May Your Birthday be Blessed***

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## EVENTS AROUND THE COUNCIL TABLE

### 459—Fitzgerald Council:

#### March

4—Officers Meeting Father Rankin House 7 pm  
6—Nocturnal Adoration 9 pm-6 am  
7—Rosary at Abortion Clinic 9 am  
11—Council Meeting 7:30, Rosary 7pm  
23—Potomac Assembly—4th Degree Meeting 7:30 pm

#### April

1—Officers Meeting Father Rankin House 7 pm  
3—Nocturnal Adoration 9 pm-6 am  
4—Rosary at Abortion Clinic 9 am  
8—Council Meeting 7:30, Rosary 7pm  
27—Potomac Assembly—4th Degree Meeting 7:30 pm

### 5998—Mount Vernon Council - (Bingo Fridays (except Good Fri.), & first Sunday of the month except 1/1, 7/4)

#### March

5—Officers 6:30, Rosary 7:30 Business Meeting 8pm  
6—Lenten Fish Fry  
7—Virginia State Meeting 8am  
7—Patriotic Rosary 11:00am  
8—St. Louis Pancake Breakfast 8am (setup)  
13—(CANCELLED) Lenten Fish Fry  
14—(CANCELLED) Saint Patrick's Party 6:30pm  
15—(CANCELLED) Good Shepherd Pancake Breakfast 7am (setup)  
20—(CANCELLED) Lenten Fish Fry  
27—(CANCELLED) Lenten Fish Fry

#### April

2—Officers 6:30, Rosary 7:30 Business Meeting 8pm  
3—Last Lenten Fish Fry  
4—Patriotic Rosary 11:00am  
12—Good Shepherd Easter Parking  
16—Pot Luck Social and Wine Tasting 6pm  
19—Good Shepherd Pancake Breakfast 7am (setup)  
28—District Deputy Meeting 6:15pm

### 11170—Fort Belvoir Council:

#### March

6—Stations of the Cross & Soup Supper 6pm  
13—Stations of the Cross & Soup Supper 6pm  
14—Business Meeting 7:30pm (Rosary for Life 7pm)  
20—Stations of the Cross & Soup Supper 6pm  
25—Potomac Assembly—4th Degree Meeting 7:30pm  
26—Officers' Meeting  
27—Stations of the Cross & Soup Supper 6pm

#### April

3—Stations of the Cross & Soup Supper 6pm  
3-5 KOVAR Collections  
9—Business Meeting 7:30pm (Rosary for Life 7pm)  
23—Officers' Meeting  
24—Clergy Appreciation Dinner  
27—Potomac Assembly—4th Degree Meeting 7:30pm

Potomac Assembly #2204  
8592 Richmond Hwy  
Alexandria, VA 22309

Address Correction Requested