



# 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**

**August 2021**



Installation of Officers on July 26, 2021, see pages 7 and 8.

# Navigator's Log Potomac Assembly # 2204

August 2021, Page 2

---

## Table of Contents

Page 2	Table of Contents
Page 3	Potomac Assembly Directory
Page 4	August, September and October Upcoming Events
Page 5	Friar Article
Page 6	Faithful Navigator's Article
Page 7-8	Installation of New Officers
Page 8	Wake and Funeral of SK Jeff Petrino
Page 9	Prayer List, Prayer for the Sick
Page 10	August Birthdays
Page 11	Around the Councils—Upcoming Council Events
Page 12-13	Men's Retreat Registration form—please complete and send in with check.

# Navigator's Log Potomac Assembly # 2204

August 2021, Page 3

## Potomac Assembly Directory

### Navigator

SK PGK Richard Dunbar, richdunbar1947@gmail.com,  
571 216-6012

### Friar

SK Father David Dufresne, frdavid@stmaryoldtown.org,  
703 836-4100

### Captain

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

### Admiral

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

### Comptroller

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

### Pilot

SK PGK Joe Graf, jggraf@outlook.com, 703 473-0372

### Scribe

SK PGK Reyes Guerra, reyesguerra@cox.net, 703-740-6968

### Purser

SK 2PGK PFN Fred Beata, fred2pgk@gmail.com, 571 249-0955

### Inner Sentinel

SK PGK Maurice Chau, mauricekofc40@gmail.com, 703 220-6185

### Outer Sentinel

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

### Color Corps Commander

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

### Trustee 1 Year

SK 2PGK PFN Buck Coates, buck.coates@comcast.net, 703 751-  
8362

### Trustee 2 Year

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

### Trustee 3 Year

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

### Fourth Degree Website

assembly2204.org

SK PGK Steve Teslik, steslik@e2steve.com

Navigator's Log Editor, SK PGK Maurice Chau, mauricekofc40@gmail.com, 703 220-6185,

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

# Navigator's Log Potomac Assembly # 2204

August 2021, Page 4

---

## UPCOMING EVENTS

(We are in Phase III as directed by the Virginia Governor)

### AUGUST 2021

SATURDAY	7	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM
SATURDAY	14	MEN'S RETREAT AT SAINT JOHN PAUL II SHRINE (FT. BELVOIR 11170) PREREGISTER
TUESDAY	17	OFFICERS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
MONDAY	23	PAST FAITHFUL NAVIGATOR PARTY AT 7:00 PM AT EL PASO RESTAURANT (COOPER RD)
THURSDAY	26	PRESENTATION OF COLORS AT OPENING GENERAL SESSION OF THE NATIONAL COUNCIL OF CATHOLIC WOMEN CONVENTION, CRYSTAL CITY MARRIOTT, ARL., VA

### SEPTEMBER 2021

SATURDAY	4	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM
TUESDAY	7	ANNUAL AMS (ARCHDIOCESE FOR MILITARY SERVICES) FATHER CAPODIANNO MEMORIAL MASS 6:30PM AT BASILICA OF THE NATIONAL SHRINE OF THE IMMACULATE CONCEPTION
TUESDAY	21	OFFICERS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
MONDAY	27	BUSINESS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON

### OCTOBER 2021

SATURDAY	2	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM
TUESDAY	19	OFFICERS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
MONDAY	25	BUSINESS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON

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**

# Navigator's Log Potomac Assembly # 2204

August 2021, Page 5

## Friar for the Assembly - Father David Dufresne

Dear Brothers,

I love Jesus Christ. I love being His priest. I also love being His priest for you, as your new Faithful Friar. For those of you who may not know me yet, allow me to introduce myself. If you were to talk to me 20 years ago, you would be talking to quite a different person. I am living proof that the Lord can transform the hardest of hearts and bring any prodigal to Himself. Often, the best way to see His Providence at work is to look back.

I grew between two worlds in Denver. My dad left mom and me when I was four years old. My mom unexpectedly found herself having to scramble to find work and put food on the table. While my dad, whom I saw once a month or so, lived a very different life. For example, Thanksgivings with Mom would include the two of us playing cards and eating potato chips (as a treat), while with Dad I would wear a suit and tie to go to his parents' house where there would be a marble dining room table seated for 20 and five forks at each setting- even at the kids table. His parents were the only grandparents I had. My beloved Papa Dave gave me much more than my namesake; a love for the outdoors, hunting, and fly-fishing. In many ways, Papa Dave was the best father figure in my life. While I took a break to be a dirt-bag for several years, many of his lessons and passions stick with me today.

As I approached adolescence, I ached for a dad and a sense of family. To make a long story short, by the time I was 15 years old I had been expelled from High School, joined a gang, and ceased to go home to my Mom. Twenty years ago, you would have been talking to this street punk who did whatever he wanted, whenever he wanted. The search for belonging and acceptance wasn't found in a group of people that was fundamentally selfish and angry. At the age of 19, I was desperate and I started to turn around toward God. That small opening was all He needed to transform me. I was baptized in the Catholic Church at the age of 20. In the abundant grace of baptism, I am convinced, I received the grace of my vocation.

So now I can look back on the "dark ages," as my Mother calls them, and see God's hand. God was able to use that time in my life to help me understand those who have wounds from their fathers and who are looking for happiness in all the wrong places.

While I don't wish those dark times upon anyone, I am grateful because they have made me who I am. I mention all of that about my past not just as an introduction but also as a way to say I am passionate about building a solid community of men - especially through the Knights of Columbus. Sometimes it can be hard to see how God is acting in our lives in the present moment. It can be consolation to reflect on our lives and to see how active He has always been. I look forward to serving you and getting to know you as we strive to serve His Bride together.

AMDG,

Father David

Parochial Vicar of the Basilica of St. Mary, 703-836-4100

# Navigator's Log Potomac Assembly # 2204

August 2021, Page 6

## Faithful Navigator's Comments—Richard Dunbar

Worthy Sir Knights,

July was eventful. We began with a wonderful Patriotic Rosary at the Basilica of Saint Mary in Old Town Alexandria on July 3rd. Sadly, our Color Corps was called to duty to provide an Honor Guard at the wakes and funerals of Sir Knight Jeffrey Petrino. We thank Color Corps Commander PFN PGK SK Ed Stance for gathering the troops and leading SKs Maurice Chau, Larry Clark, Fred Beata, and Rich Dunbar in rendering honors to our fallen brothers. We did end July on a happier note with the installation of officers. The Virginia Master Steve Raschke and Regional Marshal Dave Case officiated as our new officers were installed.

Attendance was excellent. We had a great dinner afterwards and everyone enjoyed some great social time. We thank our chef PFN SK Bob Reynolds and his sous-chefs PFN SK Jim McCracken and GK SK Steve Piscitelli who worked hard to prepare and serve a delicious meal. Thank you also to Mrs. Sharon Palgutt and SK Paul Sonosky who volunteered to setup before dinner and helped cleanup afterwards. Let's not forget our bartender PGK SK Mike Murphy who helped provide more cheer for the occasion. We were also honored to welcome our new Faithful Friar Father David Dufresne. I also want to thank PGK SK Steve Teslik who has been extremely helpful to me with all the behind-the-scenes IT and photographic support. Be sure to check out our website ([www.assembly2204.org](http://www.assembly2204.org)) for all the documented events, activities, and information about what our Assembly is doing.

Times remain uncertain as the covid virus situation is still not under control. But we will be undeterred. If you are fully vaccinated, you can attend our meetings in person. We will continue to provide a streaming option via internet if you cannot be with us.

Events for August include the Patriotic Rosary on August 7th, 11 a.m., at the Mount Vernon KofC hall. Our Past Faithful Navigator party is August 23rd, 7 p.m., at the El Paso Restaurant, 8746 Cooper Rd, Alexandria, VA 22309. Look for the signup announcement in your email box soon.

As I mentioned earlier, our Color Corps has been busy. We are supporting events, sometimes at a moment's notice, with only a handful of dedicated Sir Knights because only a few of us own the Official Regalia Dress (ORD) Service Regalia. One of my goals for this year is to get more of you to buy the ORD. Those of you who previously served in the Color Corps already own the Service Baldric and sword, so you would only have to purchase the blazer, trousers and beret. If you have not served in the Color Corps previously, I urge you to consider joining. There is a cost to purchasing the ORD — I agree it isn't cheap — that is why the Assembly last year subsidized the purchase with \$100 for any Sir Knight who purchased it, provided you underwent the Color Corps training and participated in one Color Corps event. I have included this subsidy in this year's budget, so please consider purchasing the ORD. I especially encourage our newer, younger Sir Knights to do so. Those of us who are "long in the tooth" are honored to serve, but we sure could use your help.

Vivat Jesus!

Rich Dunbar  
Faithful Navigator  
[Richdunbar1947@gmail.com](mailto:Richdunbar1947@gmail.com)  
571-216-6012



# Navigator's Log Potomac Assembly # 2204

August 2021, Page 7

## Installation of New Officer's July 26, 2021

Our dignitaries were the Worthy Master—SK Steve Raschke, and the Worthy Marshal —SK Dave Case. The pictures were provided by SK PGK Steve Teslik and Elizabeth Scheuren of Fritz fame. Thank you for the pictures! Also, our Friar Father David Dufresne was installed. The last picture on the next page is the traditional turning over of the sword to the new leader.



Left Picture (from left to right).

SK PGK Bill Beach, SK PGK PFN Nate Murray, Worthy Master SK PGK PFN Steve Raschke, SK 2PGK PFN Buck Coates, SK DD PGK PFN Fred Beata, SK PGK Joe Castillo, SK FDD 2PGK Kevin Palgutt, SK FN PGK Richard Dunbar, SK PGK PFN Larry Clark, Father David Dufresne, SK PGK Joe Graf, SK PGK Maurice Chau, SK PGK Reyes Guerra, Worthy Marshal SK PGK PFN Dave Case, and SK PGK PFN Ed Stance.



# Navigator's Log Potomac Assembly # 2204

August 2021, Page 8

## Installation of Officer's July 26, 2021 (continued)



## Wake and Funeral of SK Jeff Petrino



Wake photograph on the left (left to right) SK PGK Maurice Chau, SK PGK PFN Ed Stance, SK DD PGK PFN Fred Beata, and SK PGK PFN Larry Clark. This photograph was taken by SK PGK PFN Nate Murray.

Lower left picture SK FN PGK Richard Dunbar, SK PGK PFN Ed Stance, Mary Petrino, SK DD PGK PFN Fred Beata, and SK PGK PFN Larry Clark. These three pictures were taken by SK PGK Steve Teslik.





# Navigator's Log Potomac Assembly # 2204

August 2021, Page 9

## 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.

SK Jim Clark

Antonio Bennet

SK PGK PFN Ray Duff

SK Freddie Flowers

SK PGK Reyes Guerra

SK Fred Scheuren

Father David Dufresne

Father Rich Carr

SK Carl Efiert

SK John Saikowski

SK Paul Kayanan

SK PGK PFN Robert T. Reynolds

SK Albertus Van den Bogaard

For the soul of SK Dutch Anderson

For the soul of SK Jeff Petrino

For the soul of Amada Siervo De Vera, mother-in-law of SK Fred Beata

For the soul of Patsy Clark, wife of SK George Clark (Assembly 1443)

For the soul of Kevin Carey, brother-in-law of SK Paul Sonosky

## 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!**

# Navigator's Log Potomac Assembly # 2204

## August 2021, Page 10

---



### Birthdays for August 2021

Antonio Benedi	August 5
Rev. Gary R. Studniewski	August 5
Johannes T. Graven	August 6
Christopher L. Robertson	August 6
Edward S. Jones	August 9
Hector B. Lozada-Principe	August 10
Randal J. Schlosser	August 10
Alfred A. Flowers Sr.	August 15
John R. Dougherty	August 16
John E. Millikin	August 24
Edward L. Dzanis	August 26
Aaron L. Rein	August 27
John J. Daly	August 28
Christopher M. Reintjes	August 30

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

***May Your Birthday be Blessed***

# Navigator's Log Potomac Assembly # 2204

August 2021, Page 11

---

## EVENTS AROUND THE COUNCIL TABLE

(We are in Phase III consistent with the Virginia Governor order.)

### 459—Fitzgerald Council:

#### August

- 4—Officers Meeting virtual 7 pm
- 6—Nocturnal Adoration 9 pm-6 am
- 7—Rosary at Abortion Facility 9 am
- 11—Council Meeting 7:30, Rosary 7pm
- 21—PGK Appreciation
- 28—Back to School—Fish Fry 4pm

#### September

- 1—Officers Meeting virtual 7 pm
- 3—Nocturnal Adoration 9 pm-6 am
- 4—Rosary at Abortion Facility 9 am
- 8—Council Meeting 7:30, Rosary 7pm (with FN presenting on on 4th Degree Exemplification on October 30 in VA Beach and ORD regalia)
- 12—Fundraiser Baby bottle Distribute—A Best Choice Mobile Ultrasound at Basilica Masses
- 19—Fundraiser Baby bottle Collect—A Best Choice Mobile Ultrasound at Basilica Masses

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

#### August

- 5—Officer's Mtg 6:45pm
- 5—Rosary 7:30, Business Mtg 8pm
- 7, 14, 21, 28—Spiritual Reflection 7:30am on Zoom
- 7, 14, 21, 28—Abortion Rosary & prayer 9am-12pm

#### September

- 3—Officer's Mtg 6:30, Rosary 7:30, Business Mtg 8pm +Zoom
- 4, 11, 18, 25—Spiritual Reflection 7:30am on Zoom
- 4, 11, 18, 25—Abortion Rosary & prayer 9am-12pm
- 6—Good Shepherd International Festival 9am-8pm Parking, Bingo, and Soccer Challenge
- 12—St. Louis Pancake Breakfast 8am
- 12—Membership Drive GS and St. Louis all masses
- 12—GS BBQ Youth Kickoff 2-8pm with Soccer Challenge
- 18—Ladies Luncheon with Grand Knight 12-2pm
- 19—Good Shepherd Pancake Breakfast 7am

### 11170—Fort Belvoir Council:

#### August

- 1-7—Vacation Bible School Support
- 12—Rosary for Life
- 12—Membership Meeting
- 14—Men's Retreat at Saint John Paul II Shrine in Washington, D.C.—Assembly Invited to attend 8-4. Please complete registration on pages 12 and 13.
- 26—Officers Meeting

#### September

- 9—Rosary for Life
- 9—Membership Meeting
- 11-12—Parish Picnic Support
- 12—Youth Essay Contest Begins
- 18—Soccer Challenge
- 23—Officers Meeting



**Fort Belvoir Knights of Columbus**

**Men's Retreat**

**“Building a Firm Family Foundation”**

**OPEN TO ALL KNIGHTS**

**Saint John Paul II Shrine**

**Washington DC**

**August 14, 2021 8 am to 4 pm\***

*Post Retreat Events From 1330 to 1600*

**REGISTRATION FORM**

**Please Print**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Contact: \_\_\_\_\_

Car Pool: Driver / Rider                      Drive Separately: Yes / No

Lunch Meal Selection \_\_\_\_\_

Return your registration form along with a check for meals and snacks payable to: O L&E Services, LLC, in the amount of \$25.00\*

Mail to: Grand Knight Emmett O'Hare  
7880 Azalea Cove Terrace  
Alexandria, VA, 22315

\* The \$25.00 meal fee covers Continental Breakfast, Lunch, and two Coffee Breaks. Please include your meal selection above.

**Continental Breakfast:** Assorted Juices / Coffee / Tea / Water, Assorted Danish / Pastries / Muffins / etc

**Morning Break:** Water / Coffee / Tea / Soft Drinks / Juices, Pastries / Snacks / Cookies

**La Prima's Classic Lunch Menu:** (see next page for details)

# Navigator's Log Potomac Assembly # 2204

## August 2021, Page 13

---

# Men's Retreat (continued)

## La Prima's Classic Lunch Menu: (see next page for details)

### Sandwiches:

- South Street Hoagie** with cappicola ham, salami, provolone and our signature hoagie mix
- Grilled Chicken** with roasted peppers and chipotle cream
- Roast Beef and Cheddar** with horseradish dill
- Ham and Swiss** with honey mustard
- Roasted Turkey and Havarti** with lemon caper mayonnaise
- Home-Style Chicken Salad**
- Lemon-Pepper Tuna Salad** with cucumber and tomato
- Portobello Mushroom**, roasted tomatoes and edamame spread (vg)
- Mediterranean Hero** eggplant, provolone, tomato basil relish and roasted red peppers
- Smoked Mozzarella**, basil pesto & roasted tomatoes (vt)(cn)

### WRAPS:

- Smoked Turkey Wrap** with pepper jack cheese, lettuce and chipotle mayonnaise
- Turkey Barbecue Wrap** with black beans, corn and shredded white cabbage
- Grilled Chicken Verde Wrap** with cilantro, tomato and red pepper
- Roast Beef Wrap** with blue cheese, bacon and tomato
- Pan Fried Eggplant Wrap** with feta red pepper spread (vt)
- Roasted Vegetables and Red Pepper Hummus Wrap** with fresh spinach (vg)

### SALAD:

- Garden Salad** lettuce, peppers, cucumber, carrots, radishes, and tomato pesto (vg, cn)

**Please make your sandwich selection on your registration form.**

**Afternoon Break:** Water / Coffee / Tea / Soft Drinks / Juices, Pastries / Snacks / Cookies / Pretzels / Chips

The meal and snack services for the entire day's activities are \$25.00 per person. They are being provided by a licensed caterer for the convenience of the attendees, and are in full compliance with all COVID health restrictions. The price has been negotiated to get the lowest possible cost--which includes a military discount. **Please provide your \$25.00 payment by check made out to O L&E Services, and submit it with your registration form.**