



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**

September 2021



Past Faithful Navigator Dinner, August 23, 2021, see pages 7 and 8.

Navigator's Log Potomac Assembly # 2204

September 2021, Page 2

Table of Contents

Page 2	Table of Contents
Page 3	Potomac Assembly Directory
Page 4	September, October and November Upcoming Events
Page 5	Friar Article
Page 6	Faithful Navigator's Article
Page 7-8	Past Faithful Navigator Dinner
Page 8	Funeral of SK Kerry McCabe
Page 9	Prayer List, Prayer for the Sick
Page 10	September Birthdays
Page 11	Around the Councils—Upcoming Council Events

Navigator's Log Potomac Assembly # 2204

September 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

September 2021, Page 4

UPCOMING EVENTS

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

SEPTEMBER 2021

THURSDAY	2	FAITHFUL NAVIGATOR ATTENDS MT. VERNON COUNCIL 5998 MEETING TO PRESENT EXEMPLIFICATION
TUESDAY	7	ANNUAL AMS (ARCHDIOCESE FOR MILITARY SERVICES) FATHER CAPODIANNO MEMORIAL MASS 6:30PM AT BASILICA OF THE NATIONAL SHRINE OF THE IMMACULATE CONCEPTION
SATURDAY	11	PATRIOTIC ROSARY & REMEMBERING 9/11 AT 11:00 AM AT GOOD SHEPHERD & STREAMED GS
WEDNESDAY	15	FAITHFUL NAVIGATOR ATTENDS MT. VERNON COUNCIL 459 MEETING TO PRESENT EXEMPLIFICATION
TUESDAY	21	OFFICERS MEETING AT 7:00 PM ON ZOOM
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
MONDAY	11	COLUMBUS DAY CEREMONY AT UNION STATION
MONDAY	18	REVIEW OF EXEMPLIFICATION PAPERWORK/FUNDS (FN, FP, FC & GKs)
TUESDAY	19	OFFICERS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
SUNDAY	20	DEADLINE FOR SUBMISSION OF FOURTH DEGREE CANDIDATES
MONDAY	25	BUSINESS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
SATURDAY	30	FOURTH DEGREE EXEMPLIFICATION, CHURCH OF THE ASCENSION, VA BEACH 12PM

NOVEMBER 2021

SATURDAY	6	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM
TUESDAY	16	OFFICERS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
MONDAY	22	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

September 2021, Page 5

Friar for the Assembly - Father David Dufresne

Dear Brothers,

The Church proposes devotion to the Seven Sorrows of Virgin Mary during the month of September. September 15th is the feast day that commemorates the sufferings of Mary. It is no accident that this is the day after the Feast of the Exaltation of the Holy Cross. Christians have long since contemplated the interior Passion of Mary that is linked to the Passion of her Son. With Mary and through Mary, we participate and share in the sufferings of Jesus and “offer it up” to the Father for the redemption of the world. Obviously, Christ alone is the savior of the world. Yet it should not be lost on us the dignity and responsibility of being called Christian- little Christ’s- if we can make Jesus present by allowing Him to live in us.

This year we commemorate all the victims of the terror attack September 11, twenty years ago. We will never forget all those whose lives and families were forever changed. We will never forget the bravery and courage of the first responders who ran toward danger. In a uniquely powerful way, they remind us that to be a Christian means to be willing to lay down our life for the good of others. We can wonder if we have what it takes to imitate their supreme sacrifice. The best way to mitigate this doubt is to practice mortification and penance in small ways on a daily basis.

One of the most compelling ways to make Jesus present is through suffering with Him, through Him, and in Him. Mary did this in a uniquely sublime way. Devotion to her sufferings has taken different shapes through the centuries. This feast day was promoted by a group of friends who devoted themselves to the Sorrowful Virgin in the 1300’s. They really popularized this devotion by special rosaries, scapulars, litanies and novenas. These friends came to be known as the Order of Servites. They promoted seven specific moments in the life of Mary to contemplate. They are: the prophecy of Simeon, the flight into Egypt, the loss of the Holy Child at Jerusalem for three days, meeting Jesus on his way to Calvary, standing at the foot of the Cross, Jesus being taken from the Cross, and the burial of Christ. When we think of the Immaculate Virgin Mary and suffering, we realize that suffering is not a direct punishment for personal sin. May her example help us to realize that whatever pain, sorrow and struggle comes our way it is an opportunity to imitate Jesus, to unite ourselves more closely to Him, and to make the grace of His redemption present in our world.

AMDG,

Father David

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

Navigator's Log Potomac Assembly # 2204

September 2021, Page 6

Faithful Navigator's Comments—Richard Dunbar

Worthy Sir Knights,

As always, our Patriotic Rosary on August 7th was uplifting. Thank you PFN SK Ray Duff for leading us and to all the participants. One of my goals for this year is to focus on spirituality. The Patriotic Rosary is a big part of that. To that end, I asked PFN SK Ray to lead a patriotic rosary before our Assembly meetings. He has revised the script so we can pray it in less than 30 minutes. I invite you to join us for this at 7 p.m. before our next meeting on September 27th.

The Past Faithful Navigator dinner at the El Paso restaurant on August 23rd was a great success. Attendance was excellent, no doubt a testament to PFN Larry Clark's great leadership during this past Columbian year. Thanks again to PFN SK Ray Duff who organized the dinner. Thanks to SK Keenan Pallone who, under the mentorship of SK Joe Castillo, ran a successful 50/50 drawing. Thanks also to SK Steve Teslik who took numerous photos — all available at a link on our Assembly website.

One of my other goals is to get more Sir Knights to purchase the Official Regalia Dress uniform. I know some of you have expressed an interest in doing so. We really need you. Our Color Corps is covering several events every month with only 4 or 5 Sir Knights, so we could use some help. It would be great to have a sizable Color Corps for the Columbus Day observance and for the parades in which we traditionally participate (George Washington's birthday, St. Patrick's Day, etc.).

We will be holding an observance of the 20th anniversary of the September 11th, 2001 attack on the Pentagon on September 11th, at Good Shepherd Church in Mount Vernon, at 10 a.m. We invited the Master, other assemblies, councils, and parishioners to attend. While the focus is on the victims at the Pentagon (both in the building and on the plane), we cannot forget all those who were lost due to this terrorist act in New York and in Pennsylvania. All will be in our thoughts and prayers, including all our dedicated service men and women, and civilians who participated in operations in Iraq, Afghanistan, and other hot spots where terrorists operate.

The Fall Fourth Degree Exemplification is in Virginia Beach on October 30th. I will be visiting our three councils in September to ask Third Degree Knights to join the Patriotic Degree. Please talk to your Brother Knights in your councils about it.

The pandemic is still with us. Be careful out there. Take all necessary precautions.

Vivat Jesus!

Rich
Faithful Navigator
Richdunbar1947@gmail.com
571-216-6012

Navigator's Log Potomac Assembly # 2204

September 2021, Page 7

Past Faithful Navigator Dinner August 23, 2021

The dinner was to honor our past Faithful Navigator Larry Clark at El Paso on Cooper Road. There were many who spoke on behalf of him and there was not an unkind word used, only glowing remarks. SK PFN Larry Clark was a remarkable leader.



Navigator's Log Potomac Assembly # 2204

September 2021, Page 8

Past Faithful Navigator Dinner (continued)



Funeral of SK Kerry McCabe

Photograph on the left (left to right) SK PGK PFN Ed Stance, SK DD PGK PFN Fred Beata, SK FN PGK Richard Dunbar, SK PGK Maurice Chau, and SK Eric Fields. These photographs were taken by SK GK Steve Piscitelli.



Navigator's Log Potomac Assembly # 2204

September 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

State Deputy Mark Janda, and Bishop Emeritus Paul Loverde

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 SL Kerry McCabe

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

September 2021, Page 10



Birthdays for September 2021

Daniel R. Clark	September 1
Gregory A. Mandt	September 3
Michael S. Odom	September 5
Joseph Hoeft	September 6
Robert W. Michael	September 10
Michael J. Murphy	September 10
Sebastian J. Carrado	September 11
Lawrence H. Clark	September 11
Richard J. Ley	September 11
Benjamin F. McCarter	September 13
Rev. Ramon A. Baez	September 15
Todd S. Bertulis	September 16
Regis E. Monahan	September 16
Richard T. Hayden	September 17
Richard T. Dunbar	September 18
Walter Matthew Cekala	September 21
Joseph J. E. Ragsdale	September 23
Frederick J. Scheuren	September 23
David H. Lohman	September 25
Robert Lee Gorman	September 29
Steve Overton	September 29

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

May Your Birthday be Blessed

Navigator's Log Potomac Assembly # 2204

September 2021, Page 11

EVENTS AROUND THE COUNCIL TABLE

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

459—Fitzgerald Council:

September

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

October

- 1—Nocturnal Adoration 9 pm-6 am
- 2—Rosary at Abortion Facility 9 am
- 6—Officers Meeting virtual 7 pm

5998—Mount Vernon Council -

(Bingo Fridays (except Good Fri.), & first Sunday of the month except 1/1, 7/4).

September

- 2—Officer's Mtg 6:30, Rosary 7:30, Business Mtg 8pm
- 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
- 10—54-Day Rosary for Life Kick Off 10am at GS
- 11—Patriotic Rosary at Good Shepherd 10am
- 12—St. Louis Pancake Breakfast 8am (Cancelled)
- 12—Membership Drive GS and St. Louis all masses
- 12—GS BBQ Youth Kickoff 2-8pm w/Soccer Challenge
- 14—District Deputy Meeting 7pm
- 18—Ladies Luncheon with Grand Knight 12-2pm
- 19—Good Shepherd Pancake Breakfast 7am (Cancelled)
- 29—District Fraternal Benefits Night 7pm

October

- 2—State 2nd Quarterly Meeting
- 7—Officer's Mtg 6:30, Rosary 7:30, Business Mtg 8pm
- 2, 9, 16, 23, 30—Spiritual Reflection 7:30am on Zoom
- 2, 9, 16, 23, 30—Abortion Rosary & prayer 9am-12pm
- 9—Ladies Monthly Luncheon 12pm
- 10—St. Louis Pancake Breakfast & KCIC Sales 8am
- 11—Youth Dodgeball/Soccer Challenge
- 11—Corporation Business Meeting 7pm
- 23—District Soccer Challenge 10am?
- 16—Oktoberfest Social Event 3-8pm
- 17—Good Shepherd Pancake Breakfast/KCIC Sales, 7am
- 30—Children's Halloween Party 2pm

11170—Fort Belvoir Council:

September

- 9—Rosary for Life 7pm
- 9—Membership Meeting 7:30pm
- 11—Ecumenical Family Gathering Setup 8:30am
- 12—Ecumenical Family Gathering I, 9am
- 12—Ecumenical Family Gathering II 11am
- 12—Youth Essay Contest Kick-off
- 17—Virginia March for Life
- 18—National Day of Remembrance for Aborted Children
- TBD—Soccer Challenge at Fieldhouse 8am
- 18—Ceremonial Team Practice at Belvoir Chapel 9-11
- TBD—Leave No Military Family Behind—Food card collection at Commissary
- 23—Officers Meeting at Green Turtle Restaurant 7pm
- 25—District-wide Exemplification of Combined Degree 9am
- TBD—All Mass LNMFB Food Card Collection
- 12-26—All Masses Youth Essay Contest Notice

October

- 2—Day long State KofC Meeting
- 6-8—Grading of Youth Essays
- 9—Family Hike in Ft. Belvoir Woods 1pm
- 14—Rosary for Life 7pm
- 14—Membership Meeting 7:30pm
- TBD—Parish Hail and Farewell Event
- 16-17—Announce Coat Drives New-USO, Used ECHO
- 23-31—All Masses Coat Collections
- 28—Officers Meeting at Green Turtle Restaurant 7pm
- 30 or 31—Parish Fall Festival 6pm
- 30-31—All Masses Announce KCIC
Poster Contest
- TBD LNMFB Food Card Collections at Commissary