



# 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 2022**



George Washington's Birthday Parade in Alexandria City, Virginia, see pages 7-8.

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## 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 John Dougherty, john.dougherty@cox.net,  
571 228-9567

### 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.

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## UPCOMING EVENTS

### MARCH 2022

SATURDAY	5	SAINT PATRICK'S DAY PARADE IN ALEXANDRIA CITY (POSTPONED)
SATURDAY	5	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM
SATURDAY	12	VIRGINIA DISTRICT BI-ANNUAL MEETING, 9AM TO 2PM (PALMYRA, VA)
TUESDAY	22	OFFICERS MEETING AT 7:00 PM ON ZOOM
MONDAY	28	BUSINESS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
TUESDAY	29	NATIONAL VIETNAM WAR VETERANS DAY

### APRIL 2022

SATURDAY	2	PATRIOTIC ROSARY AT 11:00 AM - BASILICA OF ST. MARY WITH FLAG RETIREMENT CEREMONY
SATURDAY	9	CHALICE CEREMONY AT BASILICA OF ST. MARY
TUESDAY	19	OFFICERS MEETING AT 7:00 PM ON ZOOM
SATURDAY	26	VISIT MUSEUM OF THE U.S. ARMY 1PM
MONDAY	25	BUSINESS MEETING, 7:00 PM IN-PERSON

### MAY 2022

SATURDAY	7	PATRIOTIC ROSARY AT 11:00 AM AT 5998
TUESDAY	10	DEADLINE FOR 4TH DEGREE EXEMPLIFICATION APPLICATIONS
TUESDAY	17	OFFICERS MEETING AT 7:00 PM ON ZOOM
SATURDAY	21	FOURTH DEGREE EXEMPLIFICATION IN RICHMOND, VIRGINIA 12PM
MONDAY	23	BUSINESS MEETING AT 7:00 PM ON ZOOM AND IN-PERSON
	30	MEMORIAL DAY, LAYING OF WREATH OF THE TOMB OF THE AMERICAN REVOLUTIONARY UNKOWN SOLDIER (TENTATIVE)

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.

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## Assembly Faithful Friar - Father David Dufresne

Dear Brothers,

Lent has just begun. Have you failed yet? As I write this, it is not quite Lent yet. However, I can all but guarantee I will fail in keeping my resolutions during the next forty days. Of course, I won't fail on purpose. I never do. Nor have I ever kept all my resolutions perfectly. That, in part, is the point.

I'm so weak and pathetic that I can't give up coffee or bacon without interiorly whining or exteriorly cutting corners. At the heart of Lent is our preparation for the central mystery of our Faith; the death and resurrection of Jesus Christ. Lent should be a preparation to help remind us that we need a savior. We cannot save ourselves. Half the time we can't even help ourselves. Fitting for my namesake, I propose a mini-Lenten reflection upon the figure of David. Recall his confidence when he went up to the giant Goliath. Recall how everyone around him wanted him to rely on the conventual strength of armor and swords.

Recall how David knew that his strength came from "The Lord who has delivered me from the paw of the lion and bear" (1 Sam 17:37). The boy David alone against Goliath would have ended in total failure. The boy David with God against Goliath ends in victory. Father David alone against anything ends in failure. Father David with God is unconquerable. Anytime I am pathetic and weak it is because I am trying to do something alone, on my own strength. When I remember that I desperately need God to save me, to strengthen me, to deliver me- then I can experience victory. Whatever our resolutions for Lent, even in our failures, may we learn to become dependent upon God for everything so as to experience greater confidence in His strength.

AMDG,

Father David

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

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## Faithful Navigator's Comments—Richard Dunbar

Worthy Sir Knights,

On behalf of the Assembly, I would like to express our heartfelt condolences to Sir Knight Charles "Buck" Coates for the loss of his dear wife Marianne.

Congratulations to our Color Corps for representing us very well at the George Washington Birthday Parade. Our dedicated Sir Knights who serve in the Color Corps have served at many events this year. We could use your help. Consider purchasing the Official Regalia Dress uniform. Go to this link: <https://www.kofcuniform.com>

The Spring Fourth Degree Exemplification is May 21st at St. Edwards Church in Richmond. I urge you to talk to your Third Degree Brothers in your respective councils about joining the Patriotic Degree.

March 29th is National Vietnam Veterans Day. We will honor our Brother Knights who are Vietnam Era Veterans with a dinner that day. If you are a Vietnam era veteran and you have not yet told me, please let me know soon as we have a limited number of seats. Veterans of Foreign Wars Post 609 in Alexandria is co-sponsoring this event. Brother Knight Jerry Krueger (Mount Vernon Council) is their commander.

We will visit the new Army Museum at Ft. Belvoir on April 23rd. I will send a Signup Genius invitation. We are limited to 25, so respond quickly if you wish to attend. We will adjourn to The Green Turtle Sports Bar and Grill afterwards for some social time.

Our Patriotic Rosary is the first Saturday of the month (at 5998 Council). Please join us in person or virtually. Sir Knight Ray Duff sends out monthly reminders with details as to location and the Zoom link every month.

May we all grow in our faith during this Lenten season.

Blessed Father McGivney, pray for us!

Rich  
Faithful Navigator  
[richdunbar1947@gmail.com](mailto:richdunbar1947@gmail.com)  
571-216-6012

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## George Washington Parade Alexandria City on February 21, 2022

Pictured are left to right SK DD (13) PGK PFN Fred Beata, SK PGK Larry Clark, SK PGK Maurice Chau, SK Eric Latcheran, SK DD (37) PGK Bill Beach, and SK Color Corps. Commander PGK PFN Ed Stance. A special thanks to SK Nate Murray and SK Ray Duff for the breakfast and lunch meals. The chili was great and was the company! Also, thank you Mrs. Mushrush for the photographs on page 8.

Pictures from the website KofC Potomac Assembly 2204 from SK PGK Steve Teslik.



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## George Washington Parade Alexandria City on February 21, 2022

(continued)



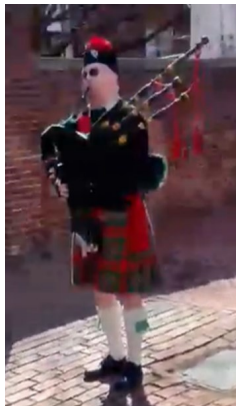


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## Viewing and Funeral for Marianne Coates

The viewing was on February 18, 2022 and the funeral was on February 19, 2022. At the viewing in regalia was SK Larry Clark, SK Bill Beach (DD 37), SK Kelly Niernberger, SK Ed Stance, and SK DD (13) Fred Beata. At the funeral in regalia were SK Bill Beach (DD 37), SK Maurice Chau, SK Kelly Niernberger, SK DD (13) Fred Beata, SK Larry Clark, and SK Color Coprs. Commander Ed Stance.



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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.

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 Albertus Van den Bogaard

SK Leo and Tanti McCormick

State Deputy Mark Janda, and Bishop Emeritus Paul Loverde

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

For the soul of SK Kerry McCabe and prayers for his family

Bishop Walter Sullivan

For the soul of SK PGK PFN Robert T. Reynolds

For the soul of Marianne Coates

## 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 2022

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'Donnell	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 Huff	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

- 2—Officers Meeting virtual 7 pm
- 4—Nocturnal Adoration 9 pm-6 am
- 5—Rosary at Duke Street Abortion Provider 9am
- 9—Business Meeting 7pm

#### April

- 1—Nocturnal Adoration 9 pm-6 am
- 2—Rosary at Duke Street Abortion Provider 9am
- 6—Officers Meeting virtual 7 pm
- 13—Business Meeting 7pm

### 5998—Mount Vernon Council -

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

#### March

- 1—Shrove Tuesday St. Louis and Good Shepherd 6pm
- 3—Officer's Mtg 6:30, Rosary 7:30, Business Mtg 8pm
- 5, 12, 19, 26—Spiritual Reflection 7:30am on Zoom
- 5, 12, 19, 26—Abortion Rosary & prayer 9am-12pm
- 13—St. Louis Pancake Breakfast 8am
- 19—Spring Special Event - St. Patrick's Party 5pm
- 20—Good Shepherd Pancake Breakfast 7am

#### April

- 2, 9, 16, 23, 30—Spiritual Reflection 7:30am on Zoom
- 2, 9, 16, 23, 30—Abortion Rosary & prayer 9am-12pm
- 7—Officer's Mtg 6:30, Rosary 7:30, Business Mtg 8pm
- 9—Police and Firefighter Appreciation Lunch Delivered 1pm
- 10—St. Louis Pancake Breakfast 8am
- 17—Good Shepherd Pancake Breakfast 7am

### 11170—Fort Belvoir Council:

#### March

- 1-4—St. Joseph Icon Program at Fairfax Chapel
- 4—Lenten Stations Program 6pm
- 10—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
- 19—St. Joseph Festival 6pm
- 24—Officers Meeting (Virtual) 7pm
- 25—Mass for the Unborn, Fairfax Chapel 12:05pm
- 26—Army Museum Tour

#### April

- 14—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
- 28—Officers Meeting (Virtual) 7pm

SK FDD PGK PFN Dave Lewis at the



Polar Plunge