



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**

October 2023



Memorial Mass for Fred Zuniga at Fort Belvoir, see pages 6-7.

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Potomac Assembly Directory

Navigator

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

Trustee 1 Year

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

Friar

Father Gregory Thompson, fr.thompson@saintlouisparish.org
703 768-4421

Trustee 2 Year

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

Captain

SK PGK PFN Mark Marchione, marchionemark@gmail.com,
707 364-6006

Trustee 3 Year

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

Admiral

SK PGK PFN Clifford Conway, cliff@vhsign.com, 202 438-6280

Comptroller

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

Pilot

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Scribe

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Purser

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Inner Sentinel

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Outer Sentinel

SK Keenan Pallone, keenan.pallone.kofc@gmail.com,

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Navigator's Log Staff: SK Carl Eifert

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UPCOMING EVENTS

OCTOBER 2023

SATURDAY	7	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
MONDAY	9	COLUMBUS DAY CEREMONY WITH HONOR GUARD AT UNION STATION 11:00AM
TUESDAY	17	OFFICERS MEETING AT 7:00 PM ON ZOOM
MONDAY	23	PATRIOTIC ROSARY 7:00PM, BUSINESS MEETING, 7:30 PM Hybrid AT 5998

NOVEMBER 2023

SATURDAY	4	PATRIOTIC ROSARY AT 11:00 AM AND FLAG RETIREMENT CEREMONY following AT BASILICA of SAINT MARY'S
SATURDAY	11	VETERANS DAY/FLAGS AT ALEXANDRIA NATIONAL CEMETERY 9:30AM
SUNDAY	12	JOINT ASSEMBLY MASS 10:30AM AT SAINT LOUIS CATHOLIC CHURCH
THURSDAY	16	MEMORIAL MASS AT 5998—HONOR GUARD 6:00PM
SATURDAY	18	WREATH LAYING AT THE TOMB OF THE UNKNOWN SOLDIER AT ARLINGTON NATIONAL CEMETERY 11:15AM
TUESDAY	21	OFFICERS MEETING AT 7:00 PM ON ZOOM
MONDAY	27	PATRIOTIC ROSARY 7:00PM, BUSINESS MEETING, 7:30 PM Hybrid AT 5998

DECEMBER 2023

SATURDAY	2	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
SATURDAY	9	ARMY/NAVY FOOTBALL GAME IN THE LOUNGE 3PM
SATURDAY	16	WREATHS ACROSS AMERICA 5:30AM
SATURDAY	16	CHRISTMAS SOCIAL AT MT. VERNON COUNCIL 5998 HALL 6:00 PM
Monday	18	Patriotic Rosary 7:00PM, Business Meeting, 7:30 PM Hybrid at 5998

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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Faithful Navigator's Comments—Joe Graf

Worthy Sir Knights,

It's what you do and support and not what you wear ...

In 2017, the Knights of Columbus made the decision to change the Official Regalia Dress (ORD) of the Fourth Degree. Needless to say, this was a significant change that wasn't readily accepted by many and posed a great challenge to our Order. More importantly, it posed and continues to pose a great challenge to the activities and functions we should be supporting when called upon as Sir Knights of the Fourth Degree.

While I never owned the legacy ORD, I did greatly admire it and appreciated the symbolism and history. Frankly and honestly, I still like the "old" ORD compared to the current ORD and the uniqueness of it. It was especially relevant when the Rappahannock Assembly supported my Dad's funeral with a rosary accompanied by a detailed explanation of the legacy ORD and a chalice ceremony. After all that said and over a bit of time, I've come to realize it really is not about what we wear. For those who know me, I'm good 24/7/365 in a Hawaiian-style shirt, shorts, and sandals. As much as I'd like to wear that day in and day out (and mostly do), I'm not and won't as there are some things I do that require other attire, or even more formal attire.

It's with that in mind that I would like you to prayerfully reflect and consider, it really isn't all that important what we wear but really what we do and support as members of the Fourth Degree and Sir Knights of our Assembly. The most visible part of the Fourth Degree and I would argue the Knights of Columbus is the Color Corps of the Fourth Degree. The Color Corps supports our Sir Knights and their families as a visible presence during their time of grieving and sorrow. The Color Corps is a visible presence and reminder of the Patriotism fundamental to our faith, marching in parades or participating in our community activities. The Color Corps is also out in the Community laying wreaths in remembrance and honor of the veterans that helped make this country great and who preserved and protected the freedoms we are able to have and enjoy today. We owe it to them to be able to support these functions.

Frankly though my fellow Sir Knights, my greatest fear today is not being able to support a grieving family's request for Color Corps support for their Sir Knight and our Brother that has passed before us due to having an inadequate number of Sir Knights with the current ORD. It is something a family should be able to request with the confidence that we can provide for our Brother and his family in their time of need without question and without reservation. Certainly, the community activities are important as well and one of the most visible aspects of the Knights of Columbus in the local community but first and foremost, we are an organization formed on the fundamental principles of charity, unity, and fraternity. We need to support one another in life and in death with that in mind.

Again, I ask you to prayerfully consider buying the ORD and becoming a member of the Color Corps. We have some money set aside in the budget (\$100 for each purchase) as an incentive to purchase the ORD and I know of at least one of our Councils that has set aside a like sum per person to help defray the cost. Information on ordering may be found on our website.

Remember that it isn't what you wear but what you do and support!

Vivat Jesus!

Fraternally and Patriotically, Joe Graf
Faithful Navigator, Potomac Assembly 2204

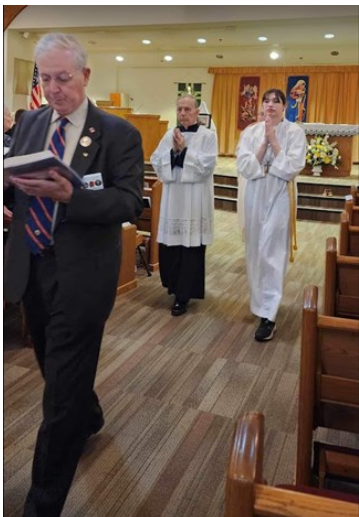
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Memorial Mass for 2PGK Fred Zuniga, September 9, 2023 at Fort Belvoir



Right Picture. Left to right: SK PGK PFN Fred Beata, SK PGK PFN Rich Dunbar, SK John Saikowski, and SK PGK FN Joe Graf.



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Obituary of SK 2PGK Fred Zuniga



Born and raised in Dallas, Texas, Fred spent the majority of his life in Virginia. He served his country in the United States Navy for 20 years, until he was forced to medically retire in 1988 because he was considered terminally ill after receiving a diagnosis of colon cancer (and during his lifetime became a three-time cancer survivor). God had other plans and Fred found a second calling as a high school teacher of Government, History and Economics where he educated, inspired and entertained thousands of students in Fairfax County public schools in a career spanning 25 years, much of that time at Annandale High School. His love of learning and teaching extended outside the classroom where he educated people of all ages as a docent at the Smithsonian's Udvar Hazy Air and Space Museum. In fact, Fred was a lifelong learner, attending Jesuit College Preparatory School of Dallas, graduating from Southern Methodist University with both a BA and a MA, earning a PhD in Political Science in 1979 from George Washington University, and over the years mastered chess and bridge, took piano lessons, then took organ lessons, and dabbled in a variety of other areas that piqued his immense curiosity. Fred's interests varied tremendously from charity work to music, as was demonstrated by his serving two terms as Grand Knight for two local Knights of Columbus councils. He was involved with various choirs over the years (Saint Louis Catholic Church, The Living Water, Fort Belvoir's Saint Martin of Tours and even at his final residence, Potomac Place). He liked to say that singing and playing music for God was like praying twice. In the end he felt his greatest love, Christine Zuniga, required his constant care which he provided right up until his last breath. He is survived by his beloved wife Christine, whom he married on September 1, 1967, his son David (of Austin, Texas), his daughter Catherine (of Fredericksburg, Virginia) and three beautiful grandchildren. He was greatly loved and will be deeply missed.

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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 Fritz Scheuren

Father Rich Carr

SK Carl Efiert

SK John Saikowski

SK Paul Kayanan

SK Albertus Van den Bogaard

SK Leo and Tanti McCormick

Hannah Michals

Andy Rogers' dad

Bishop Emeritus Paul Loverde

SK Jim McCracken

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

Debra Dougherty

Ben Marchione and Paulie Marchione

Marilyn Kempton, Grandmother to Rob Reynolds

For the soul of Patricia Saikowski

For the soul of Fred Zuniga

For the soul of Henry Chau

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 October 2023

Rev. Mr. K J Schroeder	October 1
Eugene B. Graniewski	October 2
Theodore A. Cowles	October 7
Rev. Philip P Denig	October 8
Ireneo D Manalo	October 20
David K E Mushrush	October 20
Scott C Anderson	October 23
Andrew W Anderson	October 27

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

May Your Birthday be Blessed

On September 30, 2023, there was a Fourth Degree Exemplification in Newport News, Virginia.

Please congratulate and welcome our newest Sir Knight, SK Gaston Reboredo from Council 459!



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Just Thinking...

The Month of the Rosary

The Rosary is one of the prayers most recited by Catholics.

A Rosary, however, is far from being unique for counting prayers. Ancients of many civilizations and cultures used strings with knots and small chains with beads or gemstones to keep track of their praises of or petitions to their gods. Muslims have the Tasbeih with 33, 66, or 99 beads; Buddhists in Japan have similar items, Greek monks have kombologi- on with a hundred knots, among other examples.

October is Rosary month because on October 7, 1571, an outnumbered fleet organized by Pope Pius V and commanded by Don Juan of Austria (half-brother of Spain's king) defeated the Muslim flotilla at the Battle of Lepanto. The pope had asked the faithful to pray to the Blessed Mother under the title of Our Lady of Victory.

St. Dominic is believed by many to have "invented" the Rosary. Not so, say the scholars. Prayer beads were used before pre-Christian times. In the Middle Ages strings of beads were used to tally Our Fathers and Hail Marys and got the name "Paternosters." The saints, inspired by a vision of the Blessed Mother, preached the use of the Rosary to the Albigensians, known now as being heretical about the mystery of Jesus.

Dominican Alan de Rupe around 1470-1475 was the first to suggest "Our Lady's Psalter," which consisted of 150 Hail Marys.

Pope Pius V in the 16th century originated the 15 mysteries based on custom. Pope St. John Paul II added the Luminous Mysteries in 2002. Mysteries are meant to spark meditation, enhancing the repetitive recitation of the Aves.

Rosary as a name for devotion comes from *rosarius*, meaning garland or bouquet of roses.

Venerable Fulton J. Sheen (1895-1979) said this, according to a history of the Rosary by Father Willian Saunders and reported by Eternal Word Television Network (EWTN):

The Rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into the mysteries and Knowledge more satisfying than the education of other men; it is the book of the aged, whose Eyes close upon the shadow of this world, and open on the substance of the next. The power of The rosary is beyond description.

A Plenary Indulgence is given for saying the Rosary in church, oratory, with one's family, religious community, Or pious association. At other times, a partial indulgence is available. One set of mysteries is a Rosary.

Carl Eifert

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EVENTS AROUND THE COUNCIL TABLE

October

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

November

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

5998—Mount Vernon Council -

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

For the details below, GS is Good Shepherd Catholic Church.

October

- 5—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
- 7, 14, 21, 28—Abortion Rosary & prayer 8am-12pm
- 8—St. Louis Pancake Breakfast/KCIC 8am
- 9—Columbus Day Youth Dodgeball/Soccer@SL10am
- 14—Saint Louis Hawk's Day 8am
- 15—Good Shepherd Pancake Breakfast/KCIC 7am
- 16—Combined Exemplification 6:30pm
- 21—Oktoberfest 3-8pm
- 24—District Deputy Meeting in Lounge 7pm
- 28—Halloween Children's Party 2pm

November

- 2—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
- 4, 11, 18, 25—Abortion Rosary & prayer 8am-12pm
- 7—Election Precinct at the Hall 5am
- 9—Memorial Mass 6pm
- 12—St. Louis Pancake Breakfast/KCIC 8am
- 19—Good Shepherd Pancake Breakfast/KCIC 7am
- 21-23—Thanksgiving Meals Preparation
- 23—Thanksgiving Meals Delivery 9am

11170—Fort Belvoir Council:

October

- 2—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
- 14—Soccer Challenge
- 26—Officers Meeting (Virtual) 7pm
- 28—Leave No Family Behind

November

- 6—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
- 18—Leave No Family Behind
- 23—Officers Meeting (Virtual) 7pm