



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**

January 2024



Wreaths Across America at Arlington National Cemetery, December 16, 2023

Assembly 2204 Truck Crew (Truck #25):

Back row L-R: Brother Dakotah Albin-Szumowski (Fort Belvoir Council); SK Gaston Reboredo (Fitzgerald Council); SK John Stinson (Mt. Vernon Council); Greg Hermanson (Civil Air Patrol); SK Cliff Conway (Mt. Vernon Council); SK Fred Beata (chief, Fort Belvoir Council); SK Maurice Chau (Mt. Vernon Council);

Front row L-R: Brother Sergio Zalaras (Mt. Vernon Council); SK Zach Waters (Fitzgerald Council); SK Larry Clark (Fitzgerald Council); SK Rob Reynolds (Mt. Vernon Council); FN SK Joe Graf (Mt. Vernon Council). Not pictured is the photographer SK Steve Teslik (Fitzgerald Council)

Navigator's Log Potomac Assembly # 2204

January 2024, Page 2

Table of Contents

Page 2	Table of Contents
Page 3	Potomac Assembly Directory
Page 4	January, February, and March Upcoming Events
Page 5	Faithful Navigator's Article
Page 6	Wreaths Across America December 16, 2023
Page 7	St. Louis Simbang Gabi Mass December 17, 2023
Page 8	Assembly Christmas Social with Councils 5998 and 11170 December 16, 2023
Page 9	Prayer List, Prayer for the Sick
Page 10	January Birthdays
Page 11	Just Thinking by Carl Eifert
Page 12	Save the Dates
Page 13	Save the Dates (continued), Around the Councils—Upcoming Council Events

Navigator's Log Potomac Assembly # 2204

January 2024, Page 3

Potomac Assembly Directory

Navigator

SK PGK FN 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 PFN 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

SK FDD PGK William Beach, wbeachkofc459@gmail.com, 571 527-7772

Scribe

SK PGK Rob Reynolds, therobreynolds@gmail.com, 703 626-6379

Purser

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

Fourth Degree Website

assembly2204.org

SK PGK Steve Teslik, steslik@e2steve.com

Color Corps Commander

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

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

Navigator's Log Staff: SK Carl Eifert

Navigator's Log Potomac Assembly # 2204

January 2024, Page 4

UPCOMING EVENTS

JANUARY 2024

SATURDAY	6	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
SUNDAY	14	RELIGIOUS FREEDOM DAY, FREDERICKSBURG, VIRGINIA
TUESDAY	16	OFFICERS MEETING AT 7:00 PM ON ZOOM
FRIDAY	19	NATIONAL MARCH FOR LIFE IN WASHINGTON, D.C.
SATURDAY	20	WREATHS ACROSS AMERICA AT ARLINGTON NATIONAL CEMETERY—WREATHS OUT
MONDAY	22	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998

FEBRUARY 2024

SATURDAY	3	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
MONDAY	19	PRESIDENTS DAY/GEORGE WASHINGTON PARADE HONOR GUARD AND SIR KNIGHTS, ALEXANDRIA CITY 11 AM
TUESDAY	20	OFFICERS MEETING AT 7:00 PM ON ZOOM
THURSDAY	22	125 ANNIVERSARY OF THE FOURTH DEGREE
MONDAY	26	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998

MARCH 2024

SATURDAY	2	ST. PATRICK'S DAY PARADE IN ALEXANDRIA CITY 11 AM
SATURDAY	9	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
TUESDAY	19	OFFICERS MEETING AT 7:00 PM ON ZOOM
SATURDAY	23	BIENNIAL VIRGINIA DISTRICT BUSINESS MEETING AT ST. PETER & PAUL IN PALMYRA, VA
MONDAY	25	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998
TUESDAY	26	DEADLINE FOR FOURTH DEGREE EXEMPLIFICATION APPLICATION
SUNDAY	31	EASTER

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.

Navigator's Log Potomac Assembly # 2204

January 2024, Page 5

Faithful Navigator's Comments—Joe Graf

Worthy Sir Knights,

I hope that you all had a very Merry Christmas with family and friends. Happy New Year and Welcome to 2024!

We have accomplished so much this past year and have so much more to do. Thank you for all you have done this past year and continue to do to support the Knights of Columbus, our Assembly, the Catholic Parishes and Communities we support, and our local community.

December was an interesting month for us as it was certainly busy but a very nice mix of service and social activities. For those that were able to partake of the Army-Navy Football Social and Christmas Social, some good barbeque was had by all in a fun filled atmosphere of fraternity and unity. We also had the opportunity to again support a truck at Wreaths Across America at Arlington National Cemetery on a beautiful December morning in the spirit of charity and patriotism. Thank you to our Truck Captain SK Fred Beata for organizing this and to the dedicated SKs (again with all three Councils represented!) who helped unpack and distribute approximately 4000 wreaths to the public allowing our veterans to be remembered and appropriately honored during this Christmas season. The results looking out across Arlington were simply breathtaking.

Very shortly, 2024 dues notices will be arriving. As you know, our budget is extremely modest so every dollar we receive is of great importance. Please pay your dues in a timely manner via PayPal on our website or via check to the Faithful Comptroller. Feel free to review the many activities we have been involved in and supported over the past year on our website and the NavLOG archive. It's a fine assortment of events that support the four principles of the Knights of Columbus with a specific and very special focus on the Fourth Degree's principle of Patriotism. Your dues and continued support are critical as we move forward as an Assembly.

Lastly and perhaps most importantly, please continue to pray for your fellow Sir Knights, their spouses and families. We have many Sir Knights and their close family members experiencing health issues right now and as we all know, the power of prayer is indeed powerful when asking God to restore his servants to health again. Please continue to keep them in your prayers throughout the coming year.

As always, a good resource for information is our website (www.Assembly2204.org), which captures the variety of activities that we have participated in the past and latest info on upcoming events.

I look forward to another successful year for the Potomac Assembly and sharing in the many wonderful opportunities we have coming our way. May you and your families have all the very best in 2024!

Vivat Jesus!

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

Navigator's Log Potomac Assembly # 2204

January 2024, Page 6

Wreaths Across America at Arlington National Cemetery, December 16, 2023

The day started at 6am at Fort Myer (also known as Joint Based Fort Myer/Henderson Hall, an Army and Marine Corps. Post), in Arlington, Virginia. It was still dark outside. We watched the sun rise. A rare sight for some of our crew. We met our team and then entered Arlington Cemetery. We waited until we were instructed, and went to our truck's (Truck #25) position. The fourth picture below is upon opening the truck. Our



mission was to empty the semi and distribute the wreaths. We setup a "U" behind the semi to assist in the distribution of the wreaths. Then we added a second layer that was placed on its side, as the boxes of wreaths were not strong enough to have the second layer directly on top of the first layer. This also facilitated the distribution of the wreaths, as they would have been too tall to be reached by those on the team distributing. Once the wreaths were distributed, the next step was to sweep out the semi, place the cardboard boxes back, with the pallets, and sweep the drive of the wreath needles. We were blessed to have a guide who rolled up his sleeves to help us with this endeavor, Greg Hermanson, thank you Greg for all your help!



Navigator's Log Potomac Assembly # 2204

January 2024, Page 7

Saint Louis Simbang Gabi Mass, December 17, 2023

Thank goodness there were so many happy faces at this mass. The music from Saint Berndette was like being in heaven listening to a choir there. They sounded quite wonderful. The rain outside became harder at the end of mass as we were walking over to McClun Hall. The meal was wonderful. Thank you.



BACK ROW L TO R: SK PAUL KAYANAN, SK PFN RICHARD DUNBAR, SK PFN LARRY CLARK, SK MAURICE CHAU,
FRONT ROW L TO R: SK ERIC FIELDS, FATHER (SK) KEITH O'HARE, SK PFN ED STANCE, AND SK PFN FRED BEATA.

Navigator's Log Potomac Assembly # 2204

January 2024, Page 8

Assembly Christmas Social with Councils 5998 and 11170,

December 16, 2023



Navigator's Log Potomac Assembly # 2204

January 2024, 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	Becca and Felicity Moore
SK PGK PFN Ray Duff and Renee	Doris O'Hare
SK Freddie Flowers	For the soul of Amada Siervo De Vera, mother-in-law of SK Fred Beata
SK PGK Reyes Guerra	For the soul of Patricia Saikowski and prayers for SK John Saikowski
SK Fritz Scheuren	For the soul of SK Fred Zuniga and prayers for Christine Zuniga
Father Rich Carr	For the soul of SK Robert Huff
SK Carl Eifert	For the soul of Joan Murphy and prayers for SK Michael Murphy
SK Paul Kayanan	For the soul of SK Robert V. Farabaugh and prayers for Jacqueline Farabaugh
SK Albertus Van den Bogaard	For the soul of SK Don Logeais and prayers for Geraldine Logeais
SK Leo and Tanti McCormick	
Hannah Michals	
Andy Rogers' dad	
Bishop Emeritus Paul Loverde	
SK Jim McCracken	
Debra Dougherty	
Ben Marchione and Polly Marchione (Mark's father and mother)	
Marilyn Kempton, Grandmother to Rob Reynolds	
SK Ryan Moy's father and SK Ryan Moy	
Pam Clark	
Kim Murray	
Katie Rogers	
Jim and Donna McKissick	
Michael Gallager	
Antonio Bennet	

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

January 2024, Page 10



Birthdays for January 2024

Alex Yadao	January 1
C. Frank Obidike	January 2
Clifford C. Gates	January 3
Oliver W. Stringham	January 3
Bruce G. Mersereau	January 7
John W McDonald	January 9
Richard W Fecher	January 10
Wilson A Del Aguila	January 11
Stephen D Piscitelli	January 11
James J Woodruff	January 13
Kevin R Moran	January 14
Jason A Rastovski	January 14
Steven F Teslik	January 15
John T Sincavage	January 16
James M Batchelder	January 19
John N Lawless	January 19
Christopher J Zettler	January 19
Wayne A Cimons	January 20
David J Barra	January 22
Christopher J. McCormack	January 22
Paul R Kayanan	January 25
Kevin J Palgutt	January 25
James A Coleman	January 27
Joseph F Guzowski	January 27
Terence J Riley	January 27
James M Visbeck	January 27
Rev. Nicholas F Blank	January 29
Christopher J. O'Connor	January 29

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

May Your Birthday be Blessed

Navigator's Log Potomac Assembly # 2204

January 2024, Page 11

Just thinking . . .

A Month by Any Other Name

A new month. A new year. 2024 on the Gregorian calendar.

The last four months of the year have names that mean 7, 8, 9, and 10 rather than 9, 10, 11, and 12, which would be more appropriate.

How did that happen?

The old Romans celebrated the new year on March 1, so 7 through 10 were Latinized as September, October, November, and December.

In 44 BC, the 5th month, Quintillis was renamed for Julius Caesar just after his assassination. Sextillis got the name of his successor, Emperor Augustus, in 8 BC.

According to the British Museum, most of the other names for the month relate to Rome.

Janus, the god with two faces, gave January its name. February comes from Febona, a festival. March comes from Mars, the god of war. April is Latin for aperie, "to open," like a flower. May gets its name from the Greek goddess Maia.

"Month" comes from the Proto-German word for "moon." The Julian calendar had each month reflect a lunar cycle.

Pope Gregory XIII replaced the Julian calendar in October 1582. The goal was to space leap years to make each calendar year 365.2425 days long, which came closer to the 365.2422-day solar year determined by the earth's revolution around the sun.

The Gregorian calendar had a second purpose. It was to correct an error in the Julian. The latter makes a year too long by 11 minutes and 14 seconds. Fixing that meant Thursday, Oct. 4, 1582, would be followed by Friday, Oct. 15, 1582. A third purpose was to restore Easter's celebration to its relationship to the vernal equinox of the early Church. Both calendars have a leap year every four years; February gets a 29th day.

According to the U.S. Naval Observatory, every year exactly divisible by four is a leap year, except those divisible by 100. But those marking centuries are not leap years if divisible by 400, such as 1700, 1800, and 1900. But 2000 was a leap year.

Many Protestant countries objected to the calendar because the Catholic Church sponsored the change. The British Empire did not adopt it until 1752. Greece held out until 1923.

In addition to the Gregorian, there are 33 other calendars. It is 2023 on our Gregorian, but 7531-32 on the Byzantine, which records the most years that have passed. The newest is Unix time, used for computers. As this new year dawns, a question arises — what to do with all those gift calendars with their illustrations?

Carl Eifert

Navigator's Log Potomac Assembly # 2204

January 2024, Page 12

Save the Dates.

Wreaths Across America - Wreaths out on Saturday, January 20

We were an important supporter of the Wreaths Across America Project at Arlington National Cemetery. The final count, over 250,000 wreaths placed in ANC by just over 30,000 people. The mission could not have been completed without the volunteer Knights who joined us on Saturday, December 16, 2023.

What goes in, must come out soooo ... Keep your calendar open on Saturday, January 20, 2024, for "Wreaths Out" from 8:00 until 11:00 am. On this day wreaths are removed from gravesites and placed in large dumpsters. Click [Potomac Assembly - Knights of Columbus: Wreaths Out - Arlington National Cemetery \(signupgenius.com\)](#) to sign up for Wreaths Out.

George Washington Birthday Parade

The George Washington Birthday Parade is scheduled for Monday, February 19 in Old Town Alexandria, VA. Last year, we won the first-place award for the best Color/Honor Guard and fully intend to defend our title this coming year so please get your marching shoes ready and mark this on your calendars! Also, the St. Patrick's Day Parade is scheduled for Saturday, March 2. This isn't limited to Color Corps members or even the Sir Knights of the Potomac Assembly so pass along to your Brothers in the Councils we support as all are welcome to march with us. More info to come but ... save the dates!

Fourth Degree Exemplification on April 13 in Richmond, VA

The next **Fourth Degree Exemplification** is scheduled for **Saturday, April 13, 2024** at St. Edward the Confessor Parish (Bon Air), Richmond, VA (click [here](#) for parish address & other parish info). For Knights in good standing that are interested in becoming Sir Knights of the Potomac Assembly, they will need to **submit a Form 4** (click [here](#)) via their Council's Financial Secretary **by Tuesday, March 26th, 2024**. Please pass this information to any Knight in good standing that is interested in joining the Fourth Degree and our Assembly. If you or they have any questions or need further information, please send an email to FN@Assembly2204.org and we will provide the whatever is needed to have them join our Assembly!

Potomac Assembly Color Corps

We want you ... for the Color Corps! The Color Corps of the Knights of Columbus are the uniformed members of the Fourth Degree and our Assembly. They are the ones that are most noticeable at church and public functions, parades, etc.

The primary purpose of the Fourth Degree is to encourage active Catholic citizenship and foster the spirit of patriotism in members and the community at large. The Color Corps members exemplify all the principles of our Order:

- Charity - by the gift of their time and energies necessary to practice, perfect and perform the ceremonials and sword drill;
- Unity – by the united efforts of Sir Knights to practice and perfect a coordinated drill for the good of the Church and the Order;
- Fraternity – by expressing an “Esprit de Corps,” sharing a common desire for drill excellence and camaraderie; and
- Patriotism – by performing precision drill as a salute to God and to country and visually exhibiting a love for both.

Navigator's Log Potomac Assembly # 2204

January 2024, Page 13

Save the Dates (continued)

Please look at our website and the many invaluable activities our Color Corps has supported including funerals for our Sir Knights that have gone before us, Wreath Laying at the Tomb of the Unknown Soldier, the George Washington Birthday and St. Patrick's Day Parades in Alexandria, and many other great events. Read the Faithful Navigator's message in the October 2023 NavLOG and consider ordering the Official Regalia Dress and joining the ranks of the Color Corps!

Potomac Assembly 2204 Website (www.Assembly2204.org)

For the latest up to date information and resources supporting many of the items above and other activities past, present and future, please consult our website. We live in a dynamic and ever-changing world but strive to keep it as up to date as possible so it has the latest and greatest information for your use and benefit. As always, any questions or additional information needed to help you ... just email FN Joe Graf (FN@Assembly2204.org).

EVENTS AROUND THE COUNCIL TABLE

459—Fitzgerald Council:

January

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

February

- 2—Nocturnal Adoration 9 pm-6 am
- 6—Rosary at Duke Street Abortion Provider 9am
- 7—Officers Meeting virtual 7 pm
- 14—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.

January

- 4—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
- 6, 13, 20, 27—Abortion Rosary & prayer 8am-12pm
- 13—Ladies Luncheon 12:30—2pm
- 14—St. Louis Pancake Breakfast 8am
- 15—GS/SL Dodgeball/Free Throw Contests at SL 9am
- 18—Social with Pro Life Topic, 6:30pm
- 19—National March for Life GS, Mass 9am, March, Dinner 6pm and March bus sign up
- 21—Good Shepherd Pancake Breakfast 7am
- 22—Adoration with GK at Good Shepherd 6pm

February

- 1—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
- 3, 10, 17, 24—Abortion Rosary & prayer 8am-12pm
- 3—Social Wild Game Feed to Support Vocations 6pm
- 10—Ladies Luncheon 12:30—2pm
- 11—St. Louis Pancake Breakfast 8am
- 11—Super Bowl Party 6:30pm
- 13—Shrove Tuesday at St Louis School Lunch 11am
- 13—Shrove Tuesday at St Louis & Good Shepherd 6pm
- 14—Ash Wednesday and Valentine's Day
- 18—Good Shepherd Pancake Breakfast 7am
- 19—District Free Throw Challenge at St Louis TBD
- 20—Adoration with GK at Good Shepherd 6pm

11170—Fort Belvoir Council:

January

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

February

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