



The Knightly News -

MSGR Hugh O'Flaherty Council 8297
PO Box 2277, Poulsbo, WA 98370
<http://www.stolafskofc.org>
Grand Knight: John Rebar – (360) 930.8710

From the Grand Knight:

We will soon be remembering the 10th anniversary of September 11th, 2001. Our Supreme Knight Carl Anderson reminds us of our proud tradition of honoring our police, firefighters and first responders. I have personally invited the Fire Chief of Poulsbo and his family to be our guests at the upcoming Spaghetti Fest on September 16 where we will be praying a special blessing in gratitude for their service and continued safety. Please invite any first responder you may personally know and let's make this a special night to remember.

Our Worthy District Deputy Tommy Rosati wrote me and thanked us all for hosting the District meeting at St. Peter's. It was an excellent meeting and attended by our Worthy Past State Deputy John Wallace and our own Worthy District Warden and Past Grand Knight Ron Wernke. We are so fortunate to be led and mentored by such fine gentlemen. Thanks so much Tommy, John, and Ron.

The family of Nancy Hoynes sincerely thanked the Knights of Columbus for the meals and support during Nancy's battle with brain cancer. Her funeral mass August 22 was well attended by friends and Knights alike. It was a blessing for us to do this service and so wonderful to interact with such a gracious family.

The Ministry Fair will be in the social hall after the Masses of September 11. The Knights will have first position right inside the door with our banner and display. Stop in and take this opportunity to illustrate the welcoming spirit of Knighthood.

Vivat Jesus
John V. Rebar
Grand Knight Council 8297
Evangelization Through Charity

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First Sunday Pancake Breakfast:

The First Sunday Pancake Breakfast will resume on Sunday September 5th. Breakfast will be served after the 8:00 and 10:45 Masses. Loyal Knights are asked to volunteer as cooks and servers and do the cleanup after the 10:45 Mass serving. Please consider donating some time to contribute to this worthy event.

If you're not working in the kitchen or serving, support your Council and treat the family to a hearty breakfast of sausage, pancakes and scrambled eggs with coffee and/or orange juice to quench your thirst. Invite fellow parishioners to come together and share a social hour while enjoying a great meal. Compare notes on the trips and events you experienced during the beautiful Northwest summer months. The breakfast will be served to you as you sit at your table and you won't have to stay and do the dishes.

Tickets for the September Spaghetti Fest will be available at the Breakfast.

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4US Report:

4US, a charity devoted to the power of ultrasound and its ability to bring hope to millions of women facing crisis pregnancies, sponsored a marathon event in Tacoma to raise funds to purchase ultrasound machines. The Kitsap Knights eight team members walking, running and riding raised \$757.00 in donations plus \$200 additional registration fees. These funds will be matched by the Supreme Council of the Knights of Columbus to buy and install ultrasound machines in crisis pregnancy centers that already have saved over 96% of the babies of pregnant mothers who are considering abortions. Our efforts are saving lives!

By the way, last year I rode 70 miles on a 50 mile course due to getting lost. This year I only rode 72 miles on a 70 mile course. I ain't getting younger, I am getting better!

Jack Hanson

Knights Movie Night:

The Knights of Columbus Family Movie Night will be on September 23rd, the fourth Friday of the month.

The movie this month is **Fantasia** -- Walt Disney's first excursion into the world of the fine arts that presents eight selections of classical music, including Dukas' "Sorcerers Apprentice" with Mickey Mouse and a bucket brigade of brooms, Stravinsky's "Rite of Spring" with its massive, earth-bound images and the macabre vision of Musorgsky's "Night on Bald Mountain." Leopold Stokowski conducts the Philadelphia Orchestra as each piece of music is visualized in different animation styles and the imaginative result was not only Disney's most ambitious undertaking but it remains an enjoyably creative introduction to fine music, especially for youngsters. The movie first released in 1940 is rated (A-I) – (G)eneral patronage,

The movie is open to all and it is free (no charge for admission). This beats the price of movie tickets and even the price of a DVD rental. It's a wonderful opportunity to spend an evening with the family and meet your friends. Popcorn, pizza and soda pop will be available. Donations will be accepted for the food and drink. Reserve September 23rd to be at the St. Olaf Parish Hall for the start at 7:00 PM.

Attendance is not limited to Knights and their families. All are invited to attend.

Suggestions of titles for consideration at future movie nights are welcome. Notify any of the Council officers of your ideas. The selected title with ratings by the US Catholic Conference of Bishops when available and comments are posted in the Sunday bulletin. An e-mail notice is sent to Knights who have an e-mail address in the roster

Come one....Come all...See ya at the movies...

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Knights and Eucharistic Adoration:

St. Olaf has perpetual exposition and adoration of the Blessed Sacrament. Adorers are present at all times except when the liturgy is celebrated.

Knights should be participating as adorers whenever possible. Come and spend an hour with the Lord.

If you cannot spend a full hour in adoration, stop in at any time. He is there waiting for you..

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St. Peter Work Party:

The renovation of the barn at St. Peter's is ongoing. This project is one that requires many steps to restore the building to its former condition and use. The roof replacement means that water seepage due to the weather will be eliminated and the barn can again be used as a storage facility for the Knights and the parish. The roof trusses have been replaced or repaired as required but there is still an area of sheathing and roofing that needs to be replaced. While preparing the roof replacement it was discovered that one wall was seriously deteriorated and needed to be replaced. This part of the project is also underway.

The next work party is scheduled for Saturday, September 3rd. An email notice has been sent to all brother Knights who normally are on the electronic mailing list. The Council is making every effort to complete the wall and roof repair before the onset of the inclement weather season and is scheduling more work parties during September and October. You will be notified by email and by notices in the parish bulletin. All hands and their friends are encouraged to consider being there for the "party" Y'all come.

The Council realizes that there are varied reasons that make it difficult for members to attend meetings but it still needs willing hands to perform the work. You can contact me at (360) 930-8710 or by e-mail at

johnvrebar@embarqmail.com

to notify me that you will volunteer or if you have any questions. Bring along a prospective Knight or a friend. Thanks in advance to anyone who can lend a hand.

John V. Rebar
Grand Knight

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Happy Birthday Brother Knights:

Congratulations to the following Brother Knights who celebrate a birthday during the month of August:

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|--------------------|-------------------|
| GK John V. Rebar | Michael Thatcher |
| David P. Shirk | Thomas G. Musha |
| Joseph E. Kennedy | William W. Cooley |
| Jose R. De Luna | Nicolas Carlos |
| Gilbert G. Starost | |

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“Welcome Back” Spaghetti Fest:

Summer vacation trips and visits to distant friends and family leave memories that will linger with us. It’s time to meet and share these memories with our friends at St. Olaf. What better way than to join them at the **Welcome Back Spaghetti Fest** sponsored by Council 8297. This will be a family affair celebrated on Friday, September 16th, starting at 7:00 PM.

In conjunction with the memorial commemoration of the 9-11 events, the Council is inviting Poulsbo and North Kitsap first responders as guests to the Spaghetti Fest to thank them for their service. Contact the Grand Knight John Rebar if you have any comments or questions about this part of the event.

The meal will consist of Spaghetti with sauce, salad, garlic bread, non-alcoholic drinks and dessert. Ticket prices will be determined at the Council Business meeting and published in the Parish bulletin. They will be on sale after the liturgies during the month of September.

Mark your calendars and reserve Friday, September 16th the Spaghetti dinner.

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Parish Summer Food Drive

During the month of July, K of C Council 8297 members were encouraged to collect items for the annual Parish Christmas in July drive on behalf of North Kitsap Fishline. The goal was to collect one ton of non-perishable food stuffs to be distributed to the needy families of Kitsap County. The drive was spearheaded by the St. Vincent de Paul Society and the Knights of Columbus.

Curt Brown reported that he delivered over one ton (2000 lbs. plus) of foodstuffs to Fishline by the end of July. He thanked the Council for their generous support and still urges food contributions to Fishline. The Food Drive may be over but the need for food donations still exists. If you have food to donate to Fishline, drop it off at the church in one of the collection boxes or in the parish hall. **Remember, the Knights of Columbus are there to help the needy.**

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Day of Reflection:

Knights of Columbus Council 8297 is presenting a “Day of Reflection” on Saturday, October 8, 2011. The theme of the event is “The Truth About Stem Cell Research” The purpose of the event is to provide a chance for reflection on the controversies of stem cell research. Note the article in the “Protect Life” section of the newsletter

Guest speaker at the event will be Dr. Theresa Deisher who is an internationally renowned expert in the field of adult stem cell therapies and regenerative medicine. She applies common sense and humor as she explains to people the “stem cell debate” and the moral abuses that are prevalent in biomedical research.

Invitations were sent to all parishes in the nearby Knights of Columbus districts and to the Pro-Life groups where information was available. A representative of the interdenominational council of Kitsap County is contacting the pastors of the various churches in the councils to notify them of the event and to extend an invitation to them to attend.

The day will begin with a celebration of the liturgy at 9:00 AM followed by a Continental Breakfast. The talks will begin at 10:30 AM and end by 1:00 PM.

There is no charge for the event but donations will be accepted.

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Pop-Cans for Priests

Some years ago, Council 8297 started the Pop-Cans for priest program to raise funds for the Seminarian Support Program. Council members and parishioners were encouraged to collect their aluminum pop cans and bring them to St. Olaf. A storage shed in back of the parish near the garages was designated for the program

All Council members are asked to collect their empty beverage cans (that includes those empty beer cans from the sports TV parties) and bring them to the area in back of the church on the fourth Sunday of the month, where a Knight will be ready to take them. If a Knight is not there, contact them at the coffee and donuts social. The storage shed was emptied recently and the contents was sold to a metal recycler. It’s now time to start filling the shed again so.....

Don’t forget to bring those empties on the fourth Sunday, September 25th.

Fire Wood Work Parties:

In June, Mike Courtright presented a plan to the Council to cut and store firewood for distribution to needy families designated by St. Vincent de Paul. He had access to properties where the owners wanted the wood removed and were willing to donate it. He mustered a group of people to help including Knights, youth and parishioners willing to help. There were few in the work parties who donated tools, materials along with labor.

Approximately four cords of wood were obtained from the initial work site which is now stored in the Council barn at St. Peter's. Other sites have been or are being worked to get more wood. There is still much work to be done. If you have felled trees on your property to be removed and would like to donate it to the project, contact Mike.

The immediate problem is getting sites to store the additional wood being harvested. If you have space available to store a few cords of wood for the project, contact Mike. If you would like to help with this project (and have friends/family members who would like to help), please contact Mike at

macourtright@comcast.net

or at 360-620-7044.

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Prayer Requests:

Please remember the following Knights and family members of Knights in your prayers:

Jack Head – Recovering at home
Dick Risley – Chronic back pain
Lois Tomas – Wife of Bob Tomas
Brenda Wernke – Wife of Ron Wernke
Nancy Hepp – Wife of Bill Hepp
George Schrader
Christine (Supancheck) Marcucci –
 Daughter of Greg Supancheck
Jennifer Tomas – Daughter-in-law of
 Bob Tomas
Frank Shotwell
Tom Bennett

If you know of an ailing Knight or a family member of an ailing Knight that is to be included in this list, notify me (Bob Tomas) or the Grand Knight.

Council Directory:

The Council publishes a directory listing the active Council members and their contact information including address, telephone numbers, email addresses and spouse's name where applicable. It also includes the names and telephone numbers of the Council officers.

The directory will be mailed to the Council members in mid-September. Please review your entry for correctness and missing information. Contact Bob Tomas at (360)-638-1659 or by email at bob-tomas@srpintmail.com with corrections.

Why include the email address and why is it important? There are two significant reasons:

1. It's the most economical way to transmit information. The cost of a newsletter including the postage is approximately sixty cents. A year of using the postal service costs the Council over seven dollars per member. That seven dollars could be well spent on Council programs such as scholarships.
2. Electronic messaging is great for getting a message to the Council members in a hurry. Need a work party to get something done in a hurry? Use the internet. Most members will have the information within a few hours instead of a number of days.

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Getting the future Knight:

Has your son or grandson turned eighteen years of age recently? How about the friend down the street or the co-worker who is a fellow parishioner? Why not enroll him as a member of the Knights of Columbus? This will give him the opportunity to become involved with an organization that is involved with service to the community and the church. He also has the opportunity to join a top rated insurance program.

Invite them to have coffee and donuts with the parishioners on Sunday morning. This month, gently steer them to the Knights of Columbus display at the Ministry Fair. Get some other Knights to meet him and encourage him to consider joining the Council.

Fourth Degree News

Become a Sir Knight:

If you are interested in completing your journey to full Knighthood and becoming a member of the Patriotic Degree of our order, this is your opportunity. If you have any questions about this exemplification or the fourth degree in general, contact me via E mail at

thmsmusha@comcast.net

or come to the assembly meeting at the St. Peter's Residence House on the third Tuesday of the month

Assembly Picnic

The Assembly picnic scheduled for Friday, August 27th is postponed to a later date in September. Sir Knights and Council members will be notified as soon as the date is set.

Dues Reminder

Annual dues notices will be sent out this month. Sir Knights are reminded to pay their dues as soon as possible. This is one of the funds sources the Assembly has to help support their activities. Among these are contributions to the Priest Seminarian Fund and the annual Christmas Cards for the residents at the Retsil Veterans Home. Please pay your dues in a timely manner.

Tom Musha
Faithful Navigator

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The Catholic Daughters:

Brenda Wernke is starting a circle of **Catholic Daughters of America**.

The Catholic Daughters of the Americas is one of the oldest and largest organizations of Catholic women in the Americas. Deeply spiritual, together they share faith, love of God and a distinctly feminine spirituality alluded to by Pope John Paul II when he spoke of the necessity of "feminine genius" in today's world. If there are any women that are interested in helping or wanting to join please see her at church or call her after 7:00 pm @ 360-337-2411.



Plan for the future.

You have it pretty good right now, don't you? Some minor worries but nothing you can't handle. You and your family are enjoying life. But how long will those carefree days last?

Your wife and family are your responsibility. Have you done anything to secure their future? Have you made any provisions to insure that they are taken care of when you die?

I realize that you are healthy today and you feel there is no hurry to get life insurance. You can always buy it some other time, right? Wrong. You may not be insurable tomorrow.

What if something happens to you? You are left with nothing. Even worse, your family is left with nothing. Buy life insurance today and protect your family's tomorrow.

Call me for an appointment.

Kevin

A blue rectangular advertisement for Kevin Tuuri, a Field Agent for Knights of Columbus Insurance. On the left is a portrait of Kevin Tuuri, a man with glasses wearing a suit and tie. To the right of the portrait is the Knights of Columbus logo and the text "Knights of Columbus INSURANCE YOUR SHIELD FOR LIFE". Below this, a list of insurance products is shown in yellow italicized text: "Life Insurance", "Long-Term Care Insurance", "Annuities & Retirement Products", and "Disability Income Insurance". At the bottom, contact information is provided: "Kevin Tuuri, FICF, PGK (360) 643-3087", "Field Agent", "KEVIN.TUURI@KOFC.ORG", and "WWW.KEVINTUURI.COM".

Time and talent

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Two most precious gifts to share.

Protect Life

Adult Stem Cells Safe and Feasible for Stroke Patients

by David Prentice, Ph.D. | Washington, DC | LifeNews.com | 8/31/11 5:45 PM

Adult stem cells are safe as well as feasible for [treatment of stroke in patients](#), according to the published results of a ground-breaking Phase I trial from the University of Texas Health Science Center at Houston. Full article available at:

<http://www.uthouston.edu/media/story.htm?id=3404539>

Looking at ten patients in this first study, the researchers found no study-related severe adverse events, and while the study was not designed to determine effectiveness, the team found that most of the patients did better compared with matched untreated patients.

Dr. Sean Savitz, first author, said:

“In order to bring stem cells forward as a potential new treatment for stroke patients, we have to establish safety first and this study provides the first evidence in addressing that goal. Now we are conducting two other stroke cell therapy studies examining safety and efficacy, one of which can be administered [up to 19 days after someone has suffered a stroke](#).” Full article available at <http://www.frcblog.com/2011/07/adult-stem-cell-trial-to-treat-stroke/>

Results of the study were [published in the journal *Annals of Neurology*](#). Full article available at <http://onlinelibrary.wiley.com/doi/10.1002/ana.22458/abstract>

A reminder that the Knight's Day of Reflection next month presents information about stem cell research presented by Dr. Therese Deisher.

[Abortion Increases Risk of Women's Mental Health Problems 81%](#)

A new study published in the British Journal of Psychiatry by leading American researcher Dr. Priscilla Coleman of Bowling Green State University finds women who have an abortion face almost double the risk of mental health problems as women who have their baby. The full article can be seen by pasting the following address into the browser address bar:

<http://www.lifenews.com/2011/09/01/abortion-increases-risk-of-womens-mental-health-problems-81/>

[Perry Promises to Name Pro-Life Advocate as Vice President](#)

Texas governor Rick Perry has quickly vaulted to the top of the Republican presidential race and he now faces questions from pro-life advocates about what he would do as president. One news report says Perry has answered one question by saying he would name a pro-life Vice President. The full article can be seen by pasting the following address into the browser address bar:

<http://www.lifenews.com/2011/08/31/perry-promises-to-name-pro-life-advocate-as-vice-president/>

Knights of Columbus
MSGR Hugh O'Flaherty Council 8297
Calendar of Events

Sept.	4	Sun.		First Sunday Pancake Breakfast
	5	Mon.		LABOR DAY
	6	Tues.	7:30 PM	Council Officers Meeting
	11	Sun.		Parish Ministry Fair
	13	Tues.	7:00 PM	Council Rosary – St. Peter's Mission
	13	Tues.	7:30 PM	Council Business Meeting
	16	Fri.		Annual Spaghetti Feed
	20	Tues.	7:30 PM	Fourth Degree Assembly Meeting – St. Peter's Mission House
	23	Fri.	7:00 PM	Knights' Movie Night
Oct.	2	Sun.		First Sunday Pancake Breakfast
	4	Tues.	7:30 PM	Council Officers Meeting
	8	Sat.		Council Day of Reflection
	10	Mon.		COLUMBUS DAY
	11	Tues.	7:00 PM	Council Rosary – St. Peter's Mission
	11	Tues.	7:30 PM	Council Business Meeting
	18	Tues.	7:30 PM	Fourth Degree Assembly Meeting – St. Peter's Mission House
	28	Fri.	7:00 PM	Knights' Movie Night