



Holy Trinity News



Dear Brother's,

I'm writing this message with a heavy heart, on this day of Feb 24th, 2022 as we remember the people of the Ukraine. I'm asking all knights to take some time in prayer and ask our Lord to give them strength and blessing in the coming weeks.

On March 3rd, at our general meeting, we will take some time in prayer. In Jesus Christ we trust.

Your Grand Knight
Norbert Grillmair

On my way home I stopped to watch a Little League base ball game that was being played in a park near my home. As I sat down behind the bench on the first-base line, I asked one of the boys what the score was 'We're behind 14 to nothing,' he answered With a smile.

'Really,' I said. 'I have to say you don't look very discouraged.'

'Discouraged?', the boy asked, with a Puzzled look on his face...

'Why should we be discouraged? We haven't Been up to bat yet.'

Holy Trinity Council 9990



Meetings

6234 Spartan Road, Nanaimo, BC

General

7:00 P.M. First Thursday of the month in the **church lounge**

Executive

7:00 P.M. Third Thursday of the month in a meeting room



Visit our web site

www.trinty9990.com/

2021-2022 Executive

Chaplain	Fr Jozef Kobos	
Grand Knight	Norbert Grillmair	ngrillmair@shaw.ca
Deputy GK	Vacant	
Chancellor	Pierre LeGal	plegal43@gmail.com
Recorder	Mick Brzoza	mickbrzoza@gmail.com
Financial Secretary	Mike Finch	manddfinch@shaw.ca
Treasurer	Jainshaw	jainshaw@shaw.ca
Advocate	Allan Crowe	alcrowe@shaw.ca
Warden	Vacant	
Lecturer	Mike Patterson	mike-patterson@shaw.ca
Inside Guard	Ed McDonald	bin2c@shaw.ca
Outside Guard	Roy Kuziw	rdkuziw@shaw.ca
Trustee 1 year	Bob Smith	rso327@telus.net
Trustee 2 year	Doug Fox	douglasfox@shaw.ca
Trustee 3 year	Jim Loftus	jimloftus@shaw.ca
Immediate PGK	Garry Shepp	yrrag45@gmail.com
District Deputy 21	Vacant	
Field Agent	Enrico (Eric) Boongaling	eric.boongaling@kofc.org
BC Charity Appeal Chairman	Dale Hofer	ticketchair@gmail.com
State Deputy	Edgar Panes	

COMMITTEE CHAIRMEN

COMMUNITY	Mick Brzoza	
ST VINCENT DE PAUL	Patrick Maguire	
CHARITY APPEAL	Mike Smith	Terry Hayes
COUNCIL	Vacant	
WEB MASTER	Terry Hayes	
MEMBERSHIP	Jim Loftus	Aurel Muego
NEWSLETTER EDITOR	Terry Hayes	
PHONE COMMITTEE	Chair vacant	Joe Dumas
RETENTION	Mike Finch	Trustees
PANCAKE BREAKFAST	Mike Finch	Ed McDonald
AWARDS	Trustees	Mike Finch
SCHOLARSHIPS	Donn Sherry	Mike Finch
USED EYEGASSES	Pierre LeGal	
CHURCH FUNERALS & ADULT FUNERAL S	Toney1930@yahoo.ca	
FAMILY	Ed McDonald	
YOUTH	Ed McDonald	



DID YOU KNOW? By: Allan Crowe



A BRIEF HISTORY OF THE KOF C IN BRITISH COLUMBIA

(With thanks to Bro. Douglas Fox, PSD who lent me 3 State history books from 1961, 1985 and 2010)

The first Canadian Council was formed in Montreal in 1897 and the first jurisdiction in BC was in 1906 with the formation of Vancouver Council 1081. It was 1910 before BC became a State Council, prior to then it was a Territorial Council. The Yukon territory became an informal part of the State Council and the name changed to The British Columbia and Yukon State Council.

In 1985 when the State Council celebrated its 75 Anniversary there were 78 third degree councils; at our 100th anniversary in 2010 there were 129 third degree councils and 31 fourth degree Assemblies. There are now more than 170 Councils and Assemblies with over 12000 members.

The Holy Trinity Council 9990 was granted its Charter on February 13th, 1989.

The 0034 Captain Malaspina Assembly, located in Central Vancouver Island (District 21), held its inaugural installation in Nanaimo over 2 days on March 3rd and 4th, 1962.

Now you know



Someone asked the other day,,,,,,,,,,,,,

'What was your favorite fast food when you were growing up?'

'We didn't have fast food when I was growing up, I informed him, 'All the food was slow.'

'C'mon, seriously. Where did you eat?'

'It was a place called **'home'**, I explained!

'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, & if I didn't like what she put on my plate, I was allowed to sit there until I did like it.'

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.



Captain Alexandro Malaspina Assembly 34 2018-2019 Executive

Faithful Friar		
Faithful Navigator	Jim Loftus	jimloftus@shaw.ca
Faithful Comptroller	Mike Finch	manddfinch@shaw.ca
Faithful Captain	Marcel Casavant	marcel.casavant@shaw.ca
Faithful Admiral	Claude Francoeur	claudio99@telus.net
Faithful Purser	Warren McCormick	warrenmcc@shaw.ca
Faithful Pilot	Richard Jones	repjones@shaw.ca
Faithful Scribe	Hans Fadum	kc3842@shaw.ca
Faithful Inner Sentinel	Michael Loos	
Faithful Outer Sentinel	Philip Fratpietro	philipfrat@shaw.ca
Faithful Trustee (1-Year)	Jim Kitney	jimkitnev@gmail.com
Faithful Trustee (2-Year)	Terry Hayes	tghaves@shaw.ca
Faithful Trustee (3-Year)	Ed Campbell	ekcamp@shaw.ca
Master BC & Yukon	Bill Jankola	bjankola@telus.net



Membership

Dear Brother:

On Saturday, March 5 immediately following the 6:00 pm Mass, we will be Exemplifying the Lessons of Charity, Unity, and Fraternity for three new members and at least three others who have been First or Second Degree Brothers for many years. This inaugural celebration will be conducted in the new format and will take about 35 minutes. Family and Friends are also invited to witness the ceremony, and we hope you and your family members will also attend this important milestone. A light social will follow.

Vivat Jesus
Jim Loftus

MEMORIES:

My Dad is cleaning out my grandmother's house (she died in December) and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with water because we didn't have steam irons.

For the Good of the Order

Keep in Your Prayers

- ◆ *Brother Mike Hannigan and wife Gay*
- ◆ *Brother Jim Whalen*
- ◆ *Brother Aurel Muego*
- ◆ *Brother Pat Young & wife Betty*
- ◆ *Brother John Vanreeuwyk*
- ◆ *Norma Dumas—wife of Brother Joe*
- ◆ *Brother Raoul Dolega Cieszkowski*
- ◆ *Brother Joe Gillich*
- ◆ *Fr. Jozef*
- ◆ *Brother James Chase*
- ◆ *Shirley Foucher widow of Brother Maurice*
- ◆ *Brother Novie Larieta*
- ◆ *Brother John McClellan*
- ◆ *Margret Lambert wife of Brother Toney*

March Birthdays

Dominic Gonzalez
George Jeffs
Pat Young
Mike Patterson
Andre LeTain
Len Campbell
Martin De Bruyns

HONESTY

My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet.

So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

March Wedding Anniversaries

Dennis & Mary Adachi 26

Ed & Doris Landry 65

More photos on our web page

<https://www.trinity9990.com/copy-of-photos>

A man piloting a hot-air balloon discovers he has wandered far off course and is hopelessly lost. He descends to a lower altitude and locates a man down on the ground. He lowers the balloon to within hearing distance and shouts, "Excuse me, can you tell me where I am?"

The man below says: "Yes, you're in a hot-air balloon, about thirty feet above this field."

"You must work in information technology," says the balloonist.

"Yes, I do," replies the man. "And how did you know that?"

"Well," says the balloonist, "what you told me is technically correct, but of no use to anyone."

The man below says, "You must work in management."

"I do," replies the balloonist, "how did you know?"

"Well," says the man, "you don't know where you are, or where you're going, but you expect my immediate help. You're in the same position you were before we met, but now it's my fault!"



Mike Patterson — Lecturer

Brothers...there have been recent stories in the media that our church has not released residential school records to authorities. The case below refutes that view.

Blessings

National Centre for Truth & Reconciliation and Sisters of Saint Ann work to identify and transfer residential school records.

The NCTR acknowledges that the SSA responded to the TRCs original requests by providing relevant records. In collaboration with the NCTR the SSA are re-examining existing records to identify any new information related to the Sisters' role in the residential schools, and to improve upon or clarify any missing information related to the environment and context of the administration and functioning of the residential schools.

“The Sisters are making efforts to take responsibility for their role in residential schools,” said Stephanie Scott, NCTR Executive Director. “This collaboration between the NCTR and the Sisters of Saint Ann leads the example for everyone involved across church and government organizations to take an active role in uncovering how they contributed to the residential school system and to help Indigenous communities and Survivors to access these truths.”

The Sisters of Saint Ann are fully committed to the journey towards truth, reconciliation and healing, and are humbled and inspired by the courage of all Indigenous peoples impacted by this dark time of colonial history. Recognizing that reconciliation begins with truth, and is enabled by action, the Sisters aspire to contribute towards greater understanding of what took place with the full release of records and information; and, to ultimately contribute towards restorative healing, hope and wellness.

RESTORE HIS HOUSE

**Capital Campaign Update for Council #9990
February 23, 2022**

Since the campaign launch in January 15 parishioners of Holy Trinity Church have been very generous! To date we have had 77 individual gifts and pledges totaling \$177,046 representing 12.66% of the \$1,398,000 goal! This is a very strong start. I think Knights of Columbus #9990 members have been leading the campaign. Your parish thanks you!

One of the next elements of campaign will be home or family visits to discuss the campaign and solicit gifts and pledges. If you have already begun to support the campaign you will not be on the list for such a visit. You can get out in front of this part of the campaign by making a pledge or gift soon. Please contact me or the parish office if you need more information or materials.

Blessings. Mike Patterson, Holy Trinity Parish Pastoral Council

Why we love kids

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"



January Family of the Month

Gerry and Diane Laporte



January Knight of the Month

Mike Smith

How to Stop a Heart Attack

What should you do if you think you're having a heart attack?

Most of the time, heart attacks start slowly with just mild discomfort and pain, giving warning signs before they strike. If you experience any of the following symptoms, call 911 or ask someone to call 911 immediately.

These could be signs of a heart attack:

- **Discomfort in the chest, especially the center, that lasts more than a few minutes or comes and goes.** The discomfort may feel like heaviness, fullness, squeezing, or pain.
- **Discomfort in the upper body parts such as the arms, back, neck, jaw, or stomach.** This may feel like pain or general discomfort.
- **Shortness of breath.** This may come with or without chest discomfort.
- **Unusual sensations such as a cold sweat, nausea, vomiting, light-headedness, or dizziness.** Women are more likely than men to experience these kinds of symptoms.

1. Have someone call an ambulance

If others are around, tell them to stay with you until emergency medical services (EMS) workers arrive. Calling 911 is usually the fastest way to get emergency care, as opposed to asking someone to drive you to a hospital in their car. EMS workers are trained to revive people experiencing heart attacks and can also transport you to the hospital for rapid care.

If you're in a public space such as a store, school, library, or workplace, there's a good chance there's a defibrillator on hand.

A defibrillator is the kind of device EMS workers use to revive people who are experiencing heart attacks. If you're still conscious at the onset of your heart attack, instruct someone nearby to find the closest defibrillator.

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Defibrillators come with easy-to-use instructions, so it's possible for a non-EMS worker to revive you if the heart attack strikes.

2. Take aspirin

When you're still conscious, take a normal dose of aspirin (325 milligrams) if you have one on hand. Aspirin works by slowing the blood's ability to clot. During a heart attack, aspirin slows blood clotting and minimizes the size of the blood clots that might have formed.

Once the EMS arrive, they will transport you to the hospital, where you receive care for the specific type of heart attack you had.

What should you do if you think you're having a heart attack when you're alone?

If you're alone and experience any of the above heart attack symptoms, call 911 right away. Take aspirin if you have it on hand. Then, unlock your front door and lie down near it, so EMS workers can easily find you.

Is there a fast way to stop a heart attack?

No, there is no way to stop a heart attack without seeking emergency medical treatment at a hospital. Online you'll find many "fast" heart attack treatments. However, these "fast" treatments are not effective and could be dangerous by delaying emergency medical treatment.

Cough CPR

One type of treatment found online is called cough CPR. Some online sources claim that breathing deeply, and then coughing deeply, can raise your blood pressure for a second or two. Sources say this can deliver more blood to your brain. The claim also says that if your heart is beating normally, a deep cough may be able to set it back to normal. **Cough CPR is not endorsed.** First, it can't be used to treat an unresponsive person because they cannot cough. If you are still conscious (and you would have to be to do 'cough CPR'), then you are not in cardiac arrest and therefore CPR is not needed, but urgent medical help is vital. **The 'cough CPR' myth has been circulating the internet for a while now, especially on social media sites such as Facebook.**

Water and cayenne pepper

Another online recommendation that's not effective is to drink a glass of water with a spoonful of cayenne pepper in it. Some people say cayenne pepper is a stimulant capable of increasing the heart rate and carrying blood all over the body, balancing circulation.

- The fact that there is a highway to hell and only a stairway to heaven says a lot about anticipated traffic numbers.

Why we love Kids

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report. "My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her. "Well, then," she said, as she extended her foot toward me, "Would you please tie my shoe?"