

KNIGHTS OF COLUMBUS COUNCIL 1394



THE VANGUARD

September
2012
EDITION

235 CHURCH STREET
ST. CATHARINES, ON L2R 3E8
TEL & FAX: (905) 688-1394

Website: www.kofccouncil1394.org

Council 1394 Elects New Executive



At Left from L-R DGK William Mathie,
Assistant Chaplain Father Michael Basque,
GK Ron Adams
Chaplain Father John Buis.

Below: 2012 - 2013 Executive With 4th degree Honour
Guard From Assembly #0864, District 6 Deputy Bill
Amodeo seated at right and District Warden Richard
Lortie seated at left, after
Installation Mass and Ceremony.



GENERAL MEETINGS ARE AT 7:30 PM ON THE SECOND MONDAY OF EACH MONTH! EXCEPT IN OCTOBER!

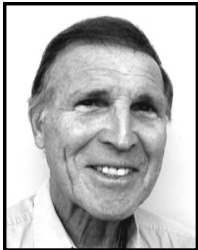
Assistant Chaplin's Message

Eucharist is the sacrament which provides us with the food we need to reach our full potential. Many people think carefully about what they eat. Athletes need the right combination of foods in order to maximize their performance. People with high blood pressure or diabetes are often put on a special diet to help their body cope with their condition. Those trying to lose weight know success depends upon avoiding certain foods while filling up on others.

Whenever we go to Communion, we are receiving Christ's body and blood. Yet, how often do we think about what we are consuming? Like all sacraments, the Eucharist enables us to receive God's grace. Do we use the divine gift of patience when someone cuts in front of us as we are exiting the Church parking lot after Mass? Receiving the Eucharist strengthens our communion with Christ and His Church? Do we avoid talking to someone at a Church function because they have a disagreeable personality or we don't share their opinions on particular issues? Going to Communion enables us to share in the sacrifice Jesus offered on the cross? Do we remember to prepare to receive the Eucharist by fasting for an hour before going to Communion? Eucharist is the food which Jesus gave us to remember what he accomplished on earth and receive the help we need to grow spiritually. Thinking more about what we are consuming at Communion helps us become the people God wants us to be. **Father Michael Basque, Assistant Chaplin**



A Message From Our Grand Knight



Just a quick note! Many thanks to my Brother Knights for electing me and my fellow Brothers as officers for the 2012-2013 Fraternal Year of council 1394. We are all looking forward to serving our Council, Church and Community.

We will be conducting our traditional Council events such as the Wells of Hope Dinner Oct 13th, Columbus Day Dinner & Tribute Night Saturday Oct. 27; as well as Sunday Breakfasts in Nov & Feb. The Children's Christmas Party's tentative Date is Dec 9th. This will keep all of the Brother Knights busy going into the New Year. A date has been set for the **Mass for the Deceased - Thursday Nov. 22**. See below left for details. For more information contact District Deputy Bill Amodeo at (905) 309-0087. Vivat Jesus!

Ron Adams - Grand Knight

From Our Deputy Grand Knight



Knights of Columbus Council 1394 has now sold lapel roses to promote the Culture of Life at Star of the Sea, St. Denis, St. John the Theologian, and St. Alfred's churches. This fall we shall be selling lapel roses at St. Thomas Aquinas, St. Patrick's and St. Julia's. We have recently donated \$1,000 to the St. Catharines Right to Life and the Bishop's Respect Life Committee. The Respect Life Committee's latest bulletin insert will reach our Parishes in early October. The insert is based on the argument of Scott Klusendorff who spoke to the St. Catharines Right to Life and to Council 1394 last February.

MP Stephen Woodworth's motion in Parliament to reconsider how our criminal code defines human life in light of the scientific evidence that human life begins at conception will likely be debated and voted on in September. Knights are asked to urge their MP to support Woodworth's motion. **William Mathie - Deputy Grand Knight**

**BURTNIK
PRINTING
INC.**

KATHY BURTNIK
Ext. 102
kathy@burtnikprinting.com

78 QUEENSTON ST.
ST. CATHARINES
ONTARIO
L2R 2Z2
905 682-2458
FAX 905 682-5181

MORE THAN JUST PRINTING!

Knights of Columbus and Catholic Women's League Deceased Members Memorial Mass

Date: Thursday 22 November 2012

Location: St. Mary Church
90 Griffith Street Welland, ON

Time: 7:00pm Holy Mass
celebrated by Bishop Gerard Bergie
A social to follow in the parish hall

K of C monthly Abortion Prayer vigil

The Knights of Columbus invite all the faithful and clergy to join them for their monthly abortion prayer vigils to end the repugnant horror of abortion (claiming over 100,000 lives every year in Canada), which takes place every **1st Saturday of the month** from 3:00pm – 4:00pm at St. Catharines General Hospital, 142 Queenston Street in St. Catharines.

Bring your rosaries and zealous spirit to stand resolute for the fundamental right to life and the one true Faith. *For as the body without the spirit is dead, so faith without works is dead also.* (James 2:26)

Financial Secretary's Report

I hope everyone has been enjoying our summer weather so far, travelling, using their cottages up north or spending time with family and friends at home. Our present membership numbers are 94 regular and 69 honorary life. There are still some outstanding dues to be paid for last year's membership and we are working to get them collected.

Two Brother Knights have transferred from our council and Brothers John Holla and Marian Zemsta have recently passed away. Our prayers are with our dearly departed Brothers, and their families.

Have a safe and enjoyable remaining summer. See you at our September meeting. **Don Mikulinski - Financial Secretary.**

Car ticket Sales

For the 2012 Car ticket sales our council sold 8,190 tickets for a total of \$13,650.00. We also sold a winning ticket for a \$10,000.00 travel voucher and we were third in sales for Ontario. Many thanks to all the Brother Knights who helped with selling the tickets at our various venues. **Don Mikulinski Car Ticket Chairman**

SEPT	OCT	NOV	DEC
KENNEDY, DESMOND 01	MSR. D. PIZZACALLA 01	CULLEN, BRIAN 01	CLINE, PATRICK 04
McCONVILLE, KERION 02	REV. JOHN BUIS 02	O'MARA, PATRICK 14	KSIAZEK, ROBERT 04
WILLIAMS, ROBERT 05	HORVATH, JAMES 04	DROHAN, LLOYD 08	GASBARINI, ANTHONY 08
BARANIUK, MATT 06	MSR. A. SZMYCHALSKI 05	WASHEVICH, MICHAEL 08	MUHIGIRWA, BENJAMIN 12
McALLISTER, OWEN 06	REV. MICHAEL BASQUE 06	LOPINSKI, GEORGE 21	PISCHEDDA, NATALE 15
KARABINOS, JOSEPH 09	CHIAVARINI, BLAIN 08	DONATELLI, UMBERTO 24	DULONG, JOHN 19
MOEN, ROY 09	REV. PAUL MACNEIL 12	VANDERLEE, JOHN 29	CARROLL, MICHAEL 21
PAPINEAU, NORMAN 12	GILLIS, PAUL 15	GRODESKY, WILLIAM 30	LALONDE, JEROME 25
BEAULIEU, JOSEPH 14	PENNELL, DONALD 16		SNAZYK, RICHARD 25
GRABOWIECKI, ALEKS 19	PLENTAI, MILAN 23		COLE, BOB 27
KONST, JACOBUS 19	TRUDEAU, JEAN 24		MSR. LEO CLUTTERBUCK 28
WHITE, PATRICK 22	DWYER, JOSEPH 30		KONINGHAUS, ALFRED 31
MARINO, NICHOLAS 23	<div data-bbox="321 1465 678 1738"> <h3>Happy Birthday</h3> <p>To all of our Brothers who are celebrating that special day in the upcoming months of 2012. Please don't hurt yourselves blowing out all of those candles! Feel free to send them your best wishes.</p> </div>		
ROSETTO, NORPHY 29			
TUREVICH, RONALD 30			



DO YOU JUST BELONG?

Are you an active member, the kind that would be missed?

Or are you just contented That your name is on the list?

Do you attend meetings And mingle with the flock?

Or do you stay at home And criticize and knock?

Do you ever go to visit a member who is sick?

Or leave the work to just a few And talk about a clique?

There's quite a programme scheduled That I am sure you heard about.

And we'll all appreciate it if you'll come and help us out.

So come to the meetings often and help with hand and heart.

Don't be just a member dig in, and do your part.

Think this over, member you do know right from wrong.

Are you an active member or do you just belong?

Author unknown




Knights of Columbus INSURANCE
YOUR SHIELD FOR LIFE

Jean-Cuy Lalonde, FIC, EPC
Field Agent
1166 Queenston Rd., RR#4
Niagara-on-the-Lake, ON L0S 1J0
Bus: 905-262-1089 Fax: 905-262-1094
Toll free: 1-877-497-4935
jean-guy.lalonde@kofc.org
www.kofc.org/un/insurance



"Helping Families Help Themselves"
Permanent, Term, Mortgage & Long-Term Care Insurance,
Annuities, RSPs, RIFs, TFSA's, Estate Planning & Fraternal Benefits



Wayne Allan
Owner

Home Hardware
W. PATRICK WALSH LTD.
111 Hartzel Rd.
St. Catharines
Ontario
L2P 1N6

T 905 684 9438
F 905 684 0201



Your One Stop Computer Shop

Bryant Morawek
Store Manager

20 Hartzel Rd. Centennial Plaza
St. Catharines, Ontario
L2P 1M3
Sales sales@morcor.ca
Service service@morcor.ca

Phone: (905) 684-5452
Service: (905) 684-3225
Fax: (905) 684-7651
http://www.morcor.ca



**3rd Annual K of C Benefit Dinner
in support of The Wells of Hope**

Saturday October 13th, 2012

at Club Capri in Thorold

Cash Bar 5:30 PM Dinner 6:30 PM..

Cost \$25 per person

**Sing along & dance with the
Down East Five
And draw prizes!**

Tickets are available "NOW"!

**Call Mike Carroll - (905) 682-5216
or Bill Perry - (905) 687-1753**

In Memoriam ...

Please don't forget to pray for our deceased Brothers around the world and especially for the Brothers of Council 1394 who have left us in 2012.

Marian J. Zemsta	16 Jul -2012
John A. Holla	18 Jun -2012
Wilhelmus (Bill) Van Hal	27 Mar - 2012
Robert D. Milne	12 Mar - 2012
Stanley Chubak	22 Feb - 2012
PGK George Stafford	12 Jan - 2012



Breakfasts, Euchre and Bingo

I would like to thank everyone who has assisted and participated in the breakfasts, Bingo and Euchre Nights throughout the year.
Our next Euchre Night is **Saturday October 6th.**

Bingo nights are going well and we are always looking for volunteers to help. If you are interested call me @ (905) 687-1753. See the enclosed calendar for bingo night dates. **Next Bingo nights - Sept 1 & Sept 29, 2012.**

In November, we will resume our very popular Sunday Breakfasts. Thanks so much to everyone who participated in all of these successful events. Please volunteer. We can always use your help.

Program Director - PGK William Perry

martindale dental

100 martindale road, suite 1
st. catharines, ontario L2S 2Y3
phone: 905.988.9004

www.martindaledental.com

(905) 685-8445

York CLEANERS

Chang Lee
Professional Quality Cleaners for over 30 years
For the personal touch ask for Chang
179 York Street (1 block north of Carlton)
St. Catharines, Ontario L2R 6G3

Goemans Lakeshore Meats Ltd.

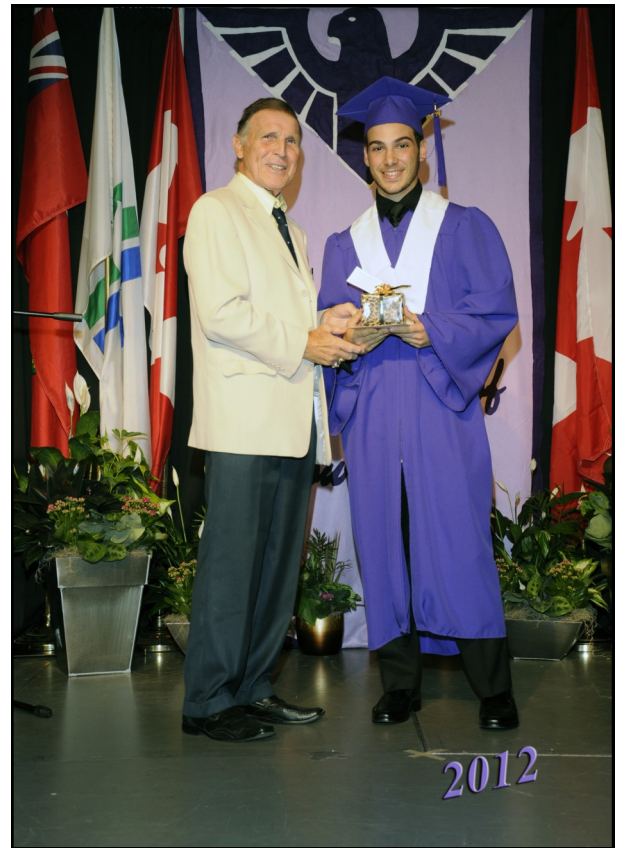
Your **ONE STOP** Butcher Shop
Famous for our Storemade Sausage

33 Lakeshore Rd.
St Catharines, ON L2N 7B3
Phone: 905-937-1482
Fax: 905-937-9140
www.goemanslakeshoremeats.com
Serving the Niagara Region since 1965



**Council
1394
High School
Special
Achievement
Awards**

Deputy Grand Knight Ron Adams presents the Howard Tracy Award to Rebecca Burtnik and Special Achievement award to Alex DiFranco at St. Francis Secondary School in June this year.



When was the last time you updated your beneficiaries?

Sometimes it is easy to overlook the simplest of things.

Take the beneficiaries on your life insurance policies. If your policy was applied for and issued several years ago, it could very well be that the person you originally selected as the beneficiary is no longer the person you would want to receive the policy proceeds. If you bought the policy when you were single, for example, you may have named your parents as beneficiaries. If you have since married that should be updated to reflect your spouse or your children as beneficiaries.

Most people list a primary beneficiary, who is specifically designated as the first in priority to receive policy proceeds. We also encourage the naming of a contingent beneficiary, an alternate person designated to receive policy proceeds, usually in the event that the original beneficiary pre-deceases the insured.

Please call me to arrange for an appointment should your beneficiaries need updating. I will provide you with answer to all questions, offer you the required guidance to make a sound decision, and I can complete the proper paperwork during that appointment. I look forward to meeting with you! Your KofC Field Agent: Jean-Guy Lalonde, FIC (905)-262-1089 jean-guy.lalonde@kofc.org

Treasurer's Message

With this final edition of the Vanguard for 2012, I am pleased to report that the Council bank account shows a significant increase over the balance of the end of the 2010 / 2011 fraternal year. This is due to the fine work of you, my Brother Knights, on the various fundraisers that were held throughout the year. I was deeply honoured that you have re-elected me to the Treasurer's post for the upcoming year, and in this respect, I would like to thank my nominator, Brother William Mathie, and my seconder, Brother John Currey. I would also like to congratulate our newly elected Grand Knight, Brother Ron Adams, and all the elected Executive for the upcoming fraternal year. I wish you all a safe and happy autumn. **Joe Karabinos - Treasurer**



HAMBLET'S
ROOFING & SIDING

BOB HAMBLET

SERVING THE NIAGARA REGION **905-988-6263**

Dr. Viktor A. Kuraitis
OPTOMETRIST

282 Linwell Rd., Suite 203,
St. Catharines, ON L2N 6N5
905-935-1440
www.drkuraitis.com
Vision is More Than 20/20

S&W Service Centre

- 🔧 24 Hour Towing
- 🔧 Licenced Technicians
- 🔧 Family Owned Since 1955
- 🔧 Full Service Gasoline Sales
- 🔧 Emergency Roadside Assistance
- 🔧 Complete Auto Repairs Cars & Trucks

Ph: 905-935-9971
Fax: 905-935-2442
www.swservicecentre.ca
Wayne Conn

APPROVED AUTO REPAIR SERVICES
CAA

121 Lakeport Road, St. Catharines, Ontario, Canada L2N 4R2
"Not Your Average Automotive Shop"

At the gate of Campo Esperanza by Brother Ted Van der zalm

An "emotional roller coaster" seems to be the most accurate way to describe the journey of intensely serving the needs of our less fortunate sisters and brothers in Guatemala. Once again, my wife Miriam, our children, and myself have been privileged to be the Hands and Feet of Christ to the desperately poor scratching out a living in the mountainous region of Jalapa, Guatemala. My day usually begins at 4:30 am by the sound of tiny voices gathered at the front gate of our compound "Campo Esperanza" (camp of hope). Unable to turn off the knowledge that a single mother with tiny children walked during the night, any where from four to six hours with her children who are too young to leave behind, in order to reach our camp, it is impossible to stay in bed, let alone find sleep. It is better to get dressed and face the day of challenges that come when you are called upon as a person's only hope.

I walk down to the gate to meet Lucia and her family of five children. Lucia is dressed in a stained, torn gown, which she has probably worn for years, too poor to afford a change of clothing. The children are in no better condition. I don't see much of tiny Juan as he is bundled to Lucia's back in a cloth sling that can easily be swung to the front of Lucia in order to allow Juan access to his mother's milk. Who knows if Lucia's malnourished body is even capable of producing enough natural food to satisfy little Juan. I would tend to think not, as Lucia held a beat up plastic bottle with a rubber nipple on it, filled with a dark liquid. It is a bottle of coffee that Juan sucks on to supplement the lack of nourishing milk that is absent from his own mother.

Alexia stares up with beautiful, round bulging eyes. Her tiny legs having just mastered the challenges of learning to walk. She is dressed in a dirty, one piece pajama that she probably wears all day as her only piece of clothing. Her extended belly could lead one to believe that she is well fed but the faded complexion of her skin verifies that she too is suffering the effects of malnourishment.

Afraid of the sight of the six foot four, two hundred pound Canadian walking towards them, Alexia jumps into the arms of her older sister, Margarita, who surprisingly picks up Alexia with ease, accustomed to roll playing "mother" at the young age of eight since Lucia is gone much of the time searching for work to buy scraps of food to keep the family alive. At eight years old, the harsh reality of their life already shows on Margarita. I see my own daughter Chiara, in her eyes. I cannot help but cry internally at the injustice of this child being robbed of her childhood as the extreme poverty that enslaves them, forces her to be an adult years before her time.

The two boys, Jose and Mynor were a year apart but they could have been twins. They were barefoot like the rest of their siblings. Their tattered pants and stained t-shirts affirmed the extreme poverty of the family. Both boys were battling a cold as the caked on, dried mucus below their noses became a major collection point for dirt. It didn't seem to dampen their spirits. They were running back and forth, in front of the gate, kicking an empty plastic bottle as their makeshift soccer ball.

Before Lucia gave me the details of her visit, I invited them inside our camp. The early hour of the morning was a guarantee that they had not yet eaten. Miriam had heard me get up to go to the gate so she also got up and I found her busy in the kitchen, preparing breakfast for the twenty-five volunteer dentists that were here for ten days, providing dental services to those in need.

As the children inhaled the food that Miriam and I served to the family, Lucia stated the purpose of her visit. Her husband had left to find work many months ago and has not been seen or heard from since. In order to buy food for her children, Lucia has been washing the clothes of her neighbours. Hauling bundles of dirty laundry on her head, with Juan strapped to her back, she made the trip twice a day to the trickle of a stream that was an hour's walk from their village and washed her neighbours clothes using the white, bleach stained rocks beside the stream as her wash board.

This was barely enough to keep them alive. Her bravado began to shatter as she continued to elaborate on the challenges that they faced. Choking back the tears, she explained how last weeks windstorm tore the rusted sheet metal roof from her rickety, one room adobe home and collapsed the walls. They now have no place to live. With no sign of her husband, no money to even buy food, let alone build a house, Lucia had hit the bottom. She has come to us as her only hope.

Continued page 7....

A Special thank you to all of our advertisers and contributors to THE VANGUARD!

Member International Order of the GOLDEN RULE



GEORGE DARTE
Funeral Chapel Inc

585 CARLTON STREET ST CATHARINES ONTARIO L2M 4Y1
PHONE 905-937-4444 FAX 905-937-6605

GEORGE DARTE
Funeral Events Planner

www.dartefuneralhome.com george@dartefuneralhome.com

McGarr
SALLY MCGARR REALTY CORP. BROKERAGE

5 St. Paul Cres., St. Catharines L2R 3P6
P: 905.687.9229 F: 905.687.3977
1615 Niagara Stone Rd., N.O.T.L. L0S 1T0
P: 905.468.9229 F: 905.468.9232

www.McGarrRealty.com



Sally

McGarr Broker of Record
St.Catharines@McGarrRealty.com

home appliances

Nickerson
A TRUSTED NAME SINCE 1945.

50 Russell Avenue
St. Catharines ON
L2R 1V5
T 905-685-9075
F 905-685-4410

www.nickersonappliances.com

BIG Marco's
Italian Restaurant & Pizzeria

"The Tradition Continues - From the D'Intino Family to Yours"



Remo D'Intino 905.641.4411
274 4th Avenue Fax: 905.688.4029
St. Catharines, ON thedintinos@sympatico.ca
L2S 3P5 www.bigmarcos.ca

Brian Cullen
MOTORS


CHEVROLET-CORVETTE-CADILLAC
OPTIMUM USED VEHICLES
386 ONTARIO ST., ST. CATHARINES L2R 6S8

(905) 684-9281
FAX (905) 684-4476
E-MAIL briancullenmotors@gmcanada.com

BOB CULLEN
General Manager



Why loyalty matter to our customers!
A purchase at Walters Jewellers helps support the acquisition of Niagara's first breast coil to enhance existing MRI equipment!



Walters Jewellers
Niagara

229 St. Paul St. St. Catharines, ON
(905) 682-7160 walters@niagara.com

At the gate of Campo Esperanza continued

In the early morning hours of the next day, a young man was waiting for me at the gate. I was tempted to ignore that he was there as I was feeling the weight of the every morning ritual of meeting the poor at the front gate and attempting to reach out to their needs, no matter how hopeless the situation seemed. Having built five homes, a huge, nine-classroom elementary school, a water distribution system, purchased many bags of corn for the hungry, our finances had run out some time ago and I had no idea how we could be of further assistance to anyone else this year. Still, I could not ignore the tapping at the gate.

Esteban could not look me in the eye as he softly spoke his request. Their first-born daughter, three years of age, had died last night. The child suffered from chronic diarrhea due to the bacteria infested water that they consumed. The young couple was too poor to purchase a coffin. He came to ask for some used construction planks that we stacked in our compound so that he could build a coffin for his daughter. I could not accept that a young child, robbed of life at an early age, had to be buried in a coffin made of cracked, cement encrusted planks. I expressed my condolences to Esteban and promised we would help. I had no idea how.... we had no money left. I asked Esteban permission to visit their home and pay my respects.

I asked Tina, a visiting volunteer from Niagara, to come with me as I gathered whatever food we could give from the pantry. Not only does a family have to deal with the grief of losing a loved one, it is customary in these mountains that they are also expected to feed whomever comes to the wake. Many people use funerals as an opportunity to get a free meal. Since Esteban had no money for a coffin, there would be no way that he would have the resources to feed the mourners paying their respects to the dead child.

We arrived at the adobe dwelling surrounded by people attending the wake. I passed the food off to two elderly women who were obviously the ones responsible for feeding the crowd. Room was made for us as we walked into the dimly lit mud hut. On a flimsy, wooden table laid a tiny, beautiful girl, surrounded with lit candles and fresh cut flowers strewn over her legs. The young mother, torn with grief, was wailing over the child, stroking her hair. Tears welled up in my eyes. Momentarily, forgetting that Tina was beside me, I was reminded of her presence as she dug her fingernails into my arm in a tight grip and whispered through her own tears "I am buying this child a coffin"!

We politely excused ourselves and stated our intentions to Esteban. A twenty-minute drive brought us to town where Tina was able to purchase a tiny coffin decorated in white fabric.

The stories of extreme poverty are endless. Now my family and I are once again back in Niagara. Memories of those waiting for me at the front gate of Campo Esperanza haunt me daily. While dealing with the bundle of emotions that are tearing at my heart, while adjusting to live justly in a lifestyle that is drastically opposite of what we left behind in Guatemala, I am again convinced of the genius of Scripture. In the Gospels there is one line that will end all wars, stop all crime, put an end to hunger in the world and bring peace to the turmoil brought on by the human injustices of the world. It is a statement that must be lived, not just spoken or read. "Love the Lord your God with all your heart, mind, soul and strength"...and how do we accomplish this?... by "loving your neighbour as yourself"!..... Live it!.....peace.....Ted



From the Editor

On July 25th Des Kennedy and I were honoured to attend the Installation of Monsignor Wayne Kirkpatrick as Auxiliary Bishop of the Diocese of Toronto at the Cathedral of St. Catherine. The co-consecrators were Cardinal Thomas Collins Archbishop of Toronto (Bishop Kirkpatrick's new boss); Bishop Gerard Bergie, Bishop of the Diocese of St. Catharines and Bishop John O'mara, Bishop Emeritus of the Diocese of St. Catharines and cousin of Bishop Kirkpatrick. 3rd Degree Knights were ministers of hospitality and a Fourth Degree Honour Guard took part in the ceremonies.

Our Council Brother, Deacon George Newman proclaimed the Gospel and Cardinal Collins was the Homilist. Msgr. Leo Clutterbuck and Father Brian Bevan (First cousins of Bishop Kirkpatrick) were also in attendance as his assistants. Approximately one hundred Bishops Priests and religious were in attendance and the Cathedral was standing room only.

Monsignor Kirkpatrick was pastor of St. Thomas Aquinas Parish (of which Des and I are members) for ten years. The Diocese of Toronto's gain is the Diocese of St. Catharines' loss. Congratulations to Bishop Kirkpatrick, our prayers are with you always.



L-R Des Kennedy, Bishop Kirkpatrick & Brian Whittaker after the Installation Mass.

As mentioned in April's VANGUARD, this will be my last publication of this newsletter. We are still looking for an eager member to take over as Editor of the VANGUARD as soon as possible. It has been an honour to be the Editor over the last 8 years but as they say, "life gets in the way sometimes and changes have to be made". A big thanks to all of you who have submitted information and have helped me with this publication over the years. May God Bless you and yours.

Brian Whittaker, VANGUARD Editor and 1394 Webmaster.

THE HAPPY COOKER

There are few better looking dining presentations than a perfectly prepared Beef Wellington. Looks, however, just don't transcend my aversion to liver. A couple of years ago I found this recipe in the *STANDARD*, tried it and loved it.

BEEF WELLINGTON WITH PROSCIUTTO AND MUSHROOMS

1	Pound	Beef Tenderloin				
1	Tbsp.	Butter, Unsalted				
1/2	Cup	Shallots, Sliced				
1	Tbsp.	Garlic Chopped Fine				
4	Cups	Mushrooms, Chopped (Shitake, Oyster or Chantrelle)				
1	Tbsp.	Tarragon, Chopped	Salt, Pepper			
1	Tbsp	Grape seed Oil				
8	Slices	Prosciutto				
1	Sheet	Puff Pastry, (Rolled to a thin rectangle.)				
5		Egg Yolks, Lightly Whisked				

INGREDIENTS:

PREPARATION: Melt butter in a large skillet over medium heat and add shallots, garlic and mushrooms, cooking until browned. Add tarragon and season with salt and pepper then transfer to a bowl with a slotted spoon. Heat oil in skillet over high heat and sear beef until brown on all sides. Season with salt and pepper then set aside to cool. Place a large piece of plastic wrap on counter and in centre lay out two rows of prosciutto and cover them with cooked mushroom mixture and top with the beef. Using plastic wrap, roll prosciutto around mushrooms and beef to form a cylinder.

Wrap and chill for one hour in refrigerator. Lay pastry flat on counter and remove plastic and place beef in centre of pastry and brush edges with egg and roll it around beef pinching together then fold ends underneath. Brush outside of pastry with remaining egg and chill in refrigerator. Preheat oven to 400°F and roast beef and pastry on a large baking pan for about twenty five minutes, A bit longer if you prefer your meat less rare. Remove from oven and let rest for five minutes before serving with a crisp salad and fresh hot baked rolls. Serves 6.

EXECUTIVE 2011 - 2012

Chaplain	Fr. John Buis
Assistant Chaplain	Fr. Michael Basque
Grand Knight	Ron Adams
Deputy Grand Knight	William Mathie
Chancellor	Carl Pearson
Recorder	Edwin King
Financial Secretary	Don Mikulinski
Treasurer	Joe Karabinos
Advocate / PGK	Mike Carroll
Lecturer	Jack Konst
Warden	Keith Beaulieu
Guard Inside	Sid Michaud
Guards Outside	Walter Cybulak Rene Ongcangco
Trustees	Bob Cole 3 PGK William Perry 2 John Nixon 1

THE VANGUARD

Knights of Columbus

St. Catharines Council 1394
235 Church Street
St. Catharines, ON L2R 3E8
Tel & Fax: (905) 688-1394

Website:

www.kofccouncil1394.org

Email:

contact@kofccouncil1394.org



**CHARITY
UNITY
FRATERNITY
PATRIOTISM**

