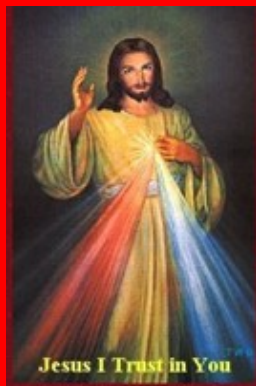


California State Council Knights of Columbus



State Officers

State Deputy

Romy Quevedo

State Chaplain

Rev. Arturo Albano

Cathedral of Saint Mary of Assumption

State Secretary

Joe Salaiz

State Treasurer

George H. "Skip" Frates III

State Advocate

Steve Bolton

State Warden

Dr. Noel Panlilio

Immediate PSD

Sonny Santa Ines

Golden State Knightletter



Columbian Year 2017-2018 A Look Back



Our past Columbian Year was a very eventful year, one with success and one with sadness. It started with the State Officers Installation by State Deputy Romy Quevedo on July 8, 2017 in Daly City, CA. And, we had a very successful State Convention in May. Congratulations to our 2018-2019 State Officers!



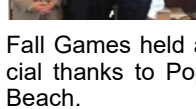
Over the course of the year, our Councils took to heart the two major goals, increase membership and contribute and execute the myriad of programs. Here are some of the fine examples:



Establishment of Knights of Columbus Council on the campus of St. Patrick's Seminary.



Oakland Diocese Chapter President, Manuel J. Diaz, and Chapter Vice President, Art Landos, presented Oakland Diocese Bishop Michael Barber a check from the State Council to be used for Vocations.



Fall Games held at Fountain Valley Sports Complex. Special thanks to Pope John Paul I Council from Huntington Beach.



Livermore Council handed out over 100 new coats for the Coats for Kids Program



And it was with great sadness we lost our Membership Director Brother Matt McDonagh this past year. Brother Matt was a well respected Brother Knight and he leaves behind a legacy which will be hard to match. Our prayers are with his wife Holly and the entire McDonagh family.



Congratulations to the entire State Family for an outstanding year. God Bless and Vivat Jesus!

Upcoming Events

- July 7: State Officers Installation
- July 12: San Joaquin Chapter Officers Installation
- July 14: NORCAL Chapter Officers Installation
- July 15: Kern/Inyo Chapter Officers Installation
- July 21: SGV Chapter Officers Installation
- July 22: AHDV Chapter Officers Installation
- July 28: Orange County Chapter Officers Installation
- July 29: SOCAL Chapter Officers Installation



STATE DEPUTY'S MESSAGE

June 2018

Last month, we just concluded our 116th State Convention in Sacramento, 14 years since we had our last convention in this city. This was a very successful event and everybody enjoyed all the events we had from Thursday through Saturday. You can see all the beautiful pictures from this convention on your May 2018 Golden State Knightletter. Thank you to our State Photographer, Brother Jack Haney, for taking these great pictures. I would also like to thank all those who made this convention a success and memorable one for all attendees.

Brothers, we are down to our last few weeks of this Columbian Year. I know that we still have a lot of work to do to make this year a successful year for California. Our membership intake seems impossible to achieve but with the assistance of Councils, District Deputies, Chapters as well as our Supreme Field Agents, I believe we can make it. I have faith in everyone and also believe in miracles. If we all work together, we can make it happen. If every District brings in 8 new members until June 28th, we will achieve our goal. Let's do our best to finish any NCD in progress. All this seems impossible but achievable. **LET'S MAKE A BIG DIFFERENCE AND FINISH STRONG!**

Lastly, I would like to thank everyone for joining us in our journey this Columbian Year. Your works, support and help are very much appreciated. I know this has been a difficult year. We did our best in spite of so many distractions and new requirements. I still believe and pray that we will finish strong.

LET'S DO IT AND MAKE IT HAPPEN!

Vivat Jesus!

Romeo D. Quevedo
State Deputy
State.deputy@californiaknights.org



MEMBERSHIP PRAYER

Heavenly Father and gracious God, we come before you humbly, in thanksgiving and prayer.

As St. Augustine said: "You have made us for yourself, O Lord, and our hearts cannot rest until they rest in You." We, as Knights of Columbus, are searching for You, as we do all to make You known and present amongst our members. We recognize that 'everything begins from You and by You is happily ended', and we are grateful for Your presence in all our undertakings.

It has been our source of encouragement to be called the 'right arm of the Church', while we invite new members to join us in our support of a vibrant and new evangelization within the parishes where we serve. We are restless, O Lord, as we seek to develop our Faith Formation, and firmly base our spirituality on our principles of Charity, Unity, Fraternity and true Christian Patriotism. Grant us the courage and foresight to be able to see You present in all our endeavors.

We thank you Lord for all your guidance and blessings, and we continue to place all we do as Knights firmly in Your hands.

This we ask, through Christ our Lord. Amen.

Our Lady of Guadalupe, our Lady Queen of America, pray for us.

- Fr. John Grace, OSA

State Chaplain Emeritus

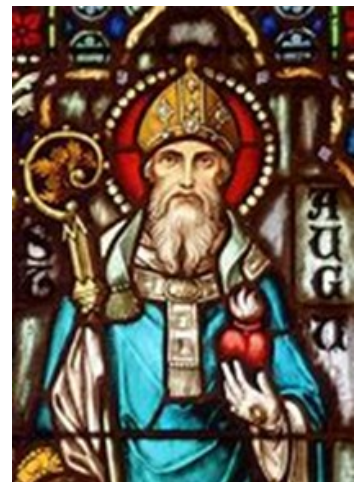
Former State Chaplain 2004-5; 2006-7; 2007-8

Between March 2009 and Sept. 2013:

Supreme Office of Knights of Columbus, New Haven, Connecticut.,

- Director of Chaplain Programs and Development, and

- Assistant to Supreme Chaplain, Bishop, and later Archbishop, William E. Lori.





Where Did the Time Go?

My Brothers,

Columbian Year 2017-2018 was an extremely eventful year. It is marked with the tragic and unexpected passing of State Membership Director Matthew McDonagh in February. He started the year with plans and ambitions – plans that I have attempted to continue in his absence. His passion for recruiting was unparalleled, and he set the example for all of us with his “toolkit” of recruiting principles:

- ◆ My Attitude
- ◆ My Elevator Speech
- ◆ An Eye for Recruiting Opportunities
- ◆ Pens, Interest Cards, and Form 100's
- ◆ Brochures
- ◆ Follow up Strategy for Interest Night/Admission Degree
- ◆ Follow up Contact Call

In March the Supreme Council Knights of Columbus launched Online Membership in California. It is a new method of recruiting allowing qualified Catholic men to join the Order by filling out an online membership application and paying their membership dues online by credit card. Once signed up, they receive an online membership card (considerably different than the normal traveling card we are all familiar with), a subscription to *Columbia Magazine* and periodic announcements regarding Knights of Columbus activities and events. The clear intent is to attract younger men and build an affinity with them, eventually encouraging them to undergo an Admission Degree and join a council. Since the launch in March approximately 120 men in California have availed themselves of Online Membership, and about 10% have gone on to join councils.

It is clear we have barely scratched the surface for potential members in California. Approximately 10 million people in the state identify themselves as Catholic; roughly 30% of the total population. With a current membership of only 76,500 Catholic men in California councils, there is a huge potential for growth. I challenge you to grow the Order in California to 100,000 members by the year 2025, and 150,000 by the year 2030. The men who do this may not be you and I, but rather the next generation of recruiters we bring into our councils. The young men we recruit today are the leaders and recruiters of tomorrow – the men who will continue to grow Fr. McGivney's dream of financial security, Christian values and charitable service for all Catholic families.

As the Columbian Year comes to an end, I congratulate you all on your accomplishments. Words seem inadequate to convey my gratitude and appreciation for all you have done. In all you do, remember to include faith, family, fraternity and fun! The year has flown – where did the time go?

“Change a Life, Recruit a New Knight!”

May God bless,
Dave Abbott
2017-2018 State Membership Director
530-680-0401
membership@californiaknights.org



California State Service Programs

Stephen Peterson, FM

2017 -2018

June Service Programs Article 2018

Worthy Brothers,

The Annual State Convention has come and gone and many Councils were acknowledged for their efforts during the Awards session. Congratulations to all who participated throughout the Columbian Year with their many Council Programs and reported on them. In my mind, every Council was a winner, but awards were limited. Keep up the good work! Now we have arrived at the final phase of this Columbian Year. Let us not become complacent as there is still work to be done. Time to wrap up your Membership and Insurance goals. Time to complete the Safe Environment Training. Time to get all the SP7 Reports complete and sent in to Supreme for the Columbian Award. If you should have events planned for June, put them on the SP7 now and send in to Supreme as if they were already complete. Follow up with all your reports and make sure they have been sent in to Supreme and State. Even if the report is long overdue, fill it out and send it in. Many Councils are on track for Star Council status, but will forfeit if they do not get all their reports in. This is crucial, so you may want to give Supreme a call and follow up that they received what you have sent.

Many of us will be leaving our current positions and our successors will be taking over. Let us share our experiences to them so they may have a smooth transition into the new Columbian Year. This is my last article as your Service Programs Director and it has been an honor and pleasure serving all of you. During this past Columbian Year, I have met many of you and made new friends and acquaintances. Thank you all for your dedicated service, commitment and cooperation. My sincere thank you and appreciation to the entire California Service Programs Team Chairmen and Committeemen for all of their hard work and efforts. I want to especially thank the following State Activity Chairman:

Church Activities: Romy Cabrera Culture of Life: Hugh Largey

Council Activities: John Giltner Community Activities: Jeff Lambert

Family Activities: Tim Fukuda Vocations: John Bertrand, FM

Youth Activities: Joseph Ardiente Reports/Forms/Awards: Richard Baker

Communication is the Key to Success and I want to thank Brother Rene Trevino for making it possible to get all the information we had to offer out to the membership. He did a great job editing this Golden State Knightletter this Columbian Year.

I believe that the California Service Programs had a very successful Columbian Year and that is because of the outstanding and dedicated work of the members of the more than 600 Councils. My Brothers, let us be proud of our achievements this Columbian Year and continue to do so in the next Columbian Year. God Bless all of you and your families.

Vivat Jesus!

Brother Stephen Peterson, FM

Service Programs Director



PAUTAS PARA EL CONSEJO HISPANO

Junio - 2018



El Caballero Supremo recientemente anunció la introducción del programa Fe en Acción. Se está implementando para simplificar la estructura de nuestros programas y alinear mejor los programas según las áreas prioritarias. La Fe en Acción será el nuevo concepto global de todos los programas recomendados por el Consejo Supremo.

Las nuevas categorías de programas que inician en el nuevo año fraternal son: Fe, Familia, Comunidad y Vida. Estas cuatro categorías representan nuestras prioridades como Orden.

Fe: Nuestro objetivo es fortalecer la fe de nuestros hombres y sus familias. Cuando ingresamos a la Orden, nos recordaron que debíamos formarnos constantemente sobre la fe católica. Esta formación va más allá de los hechos o las prácticas religiosas para alcanzar una verdadera conexión con un Dios lleno de amor y su hijo Jesucristo.

Familia: El Padre Michael J. McGivney buscaba fortalecer los vínculos familiares entre el padre y la madre y entre los hijos y sus padres. Nuestros programas de familia constituyen una evolución y la respuesta a una sociedad que trata de debilitar los vínculos familiares. Debemos dejar claro que la sociedad debe valorar a una familia que es fiel a Dios y a sus propios miembros.

Comunidad: Como Caballeros de Colón, estamos llamados a servir a nuestra familia y a Dios. Nuestro primer principio es la Caridad, ya sea en casa con nuestra familia o en nuestra comunidad. Éste es un aspecto clave de nuestra misión como Caballeros de Colón.

Vida: No podemos perder de vista el apremio de esta amenaza hoy en día. El respeto a la dignidad de la vida exige un compromiso con los derechos humanos en un amplio espectro, como Caballeros de Colón y como seguidores de Cristo.

Faith in Action	Fe en Acción
Faith	Fe
RSVP	Apoyo a las Vocaciones (RSVP)
Into the Breach	Firme en la Brecha
Marian Icon Prayer Program	Oración Mariana
Building the Domestic Church Kiosk	Kiosko Construyendo la Iglesia Doméstica
Rosary Program	Rezo del Rosario
Spiritual Reflection Program	Retiro Espiritual
Holy Hour	Hora Santa
Sacramental Gifts	Ofrendas Sacramentales
Community	Comunidad
Coats for kids	Abrigos para los Niños
Global Wheelchair Mission	Misión Global de Sillas de Ruedas
Habitat for humanity	Hábitat para la Humanidad
Disaster Preparedness	Preparados para Responder a Desastres
Free Throw Championship	Torneo de Tiro Libre
Catholic Citizenship Essay Contest	Concurso de Ensayos sobre Ciudadanía Católica
Soccer Challenge	Competencia de Fútbol Soccer
Helping Hands	Manos que Ayudan
Family	Familia
Food for Families	Alimentos para las Familias
Family of the Month/Year	Familia del Mes/Año
Keep Christ in Christmas	Celebra a Cristo en la Navidad
Family Fully Alive	La Familia Plenamente Viva
Family Week	Semana de la Familia
Consecration to the Holy Family	Consagración a la Sagrada Familia
Family Prayer Night new	Noche de Oración en Familia
Good Friday Family Promotion	Vivir la Semana Santa
Life	Vida
Marches for life	Marchas por la Vida
Special Olympics	Olimpiadas Especiales
Ultrasound Program	Programa de Ultrasonido
Christian Refugee Relief	Fondo de Auxilio para los Refugiados Cristianos
Silver Rose	Rosa de Plata
Mass for People with Special Needs	Misa para las Personas con Necesidades Especiales
Pregnancy Center Support	Apoyo a los Centros de Embarazo
Novena for Life	Novena por la Vida



California Columbian Charities, Inc.
P.O. Box 4256
Cerritos, CA 90703



California Columbian Charities (365 Club) 2018

In 1955 the State Council created California Columbian Charities, Inc. The Charity is dedicated to assisting California Brothers in financial distress, including their widows. For almost sixty years we have steadily worked to provide CHARITY, the first principle of our Order, and to fulfill Fr. McGivney's mandate. Funding for the Charity is provided through the generosity of California Councils and individual Brothers, from special events sponsored by the Council and through bequests. Every Knight of Columbus Brother in California is asked to join the **365 Club** and contribute one penny a day, or more. The Charity is truly **Brother Helping Brother** since Supreme does not supplement the Charity. During the past six decades we have responded to over **2200 requests** for assistance from Brother Knights in California and have given almost **\$3,100,000** in relief. **Last year in 2017 Columbian Charities responded to requests from 54 Brothers and widows with over \$139,000 in aid.** We need your generous charitable and fraternal support to continue assisting Brothers in distress. The best way to accomplish this is for the Financial Secretary to request donations by adding an additional line to the Council's dues billing statement: **"365 Club – Please add a \$3.65 donation to Columbian Charities."** This will provide every Brother in the Council an opportunity to support our Charity. Individual donations are **accepted the entire year**. Remit your donations to the address below.

California Columbian Charities: Columbian Charities is collecting funds to assist our Brother Knights and their families who have been impacted by financial distress. Checks can be sent to:

California Columbian Charities, Inc.
P. O. Box 4256
Cerritos, CA 90703

Thank you for your Generosity! Many Councils, Assemblies and Chapters made fraternal contributions at the Sacramento Convention "Parade of Grand Knights." Over **\$123,000 was donated to the "365" Club** – California Columbian Charities.

Brother Stephen Peterson, FM

President – California Columbian Charities

Brother Helping Brother!

Charity Begins at Home - 'BROTHER HELPING BROTHER'

Hello my Brother Knights

It was great to meet all of you at the mid-term meeting in Ontario. I hope I was able to give you all some good information.

I look forward to hearing from you all. Remember \$150 (the price of a wheelchair) will dramatically change or maybe save someone's life. One thing I neglected to mention at the meeting was, we also estimate that a wheelchair not only affects the life of the recipient but also their family members, teachers, employers etc.

Remember you can contact me anytime with any questions or concerns, or if you need help talking with your pastor.

One last thing for you to ponder, a wheelchair allows kids to go to school, adults to go to work and support their family, and the elderly to get out of a bed, they may have been confined to for many years. We have even heard stories of people that have been able to sit at the Dinner table for the very first time, ALL THESE THINGS WE TAKE FOR GRANTED EVERY DAY.

Help us on our journey, as we provide the poorest of the poor with freedom, mobility, but most of all HOPE!

Fraternally

Louis Salvatore

State Wheelchair Chairman



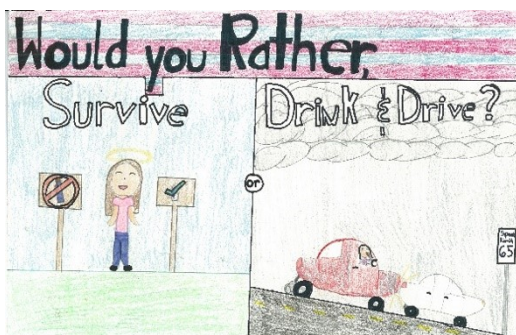
AMERICAN
WHEELCHAIR MISSION

A Global Wheelchair Mission Partner

Knights of Columbus

Substance Abuse Poster Winners 2018

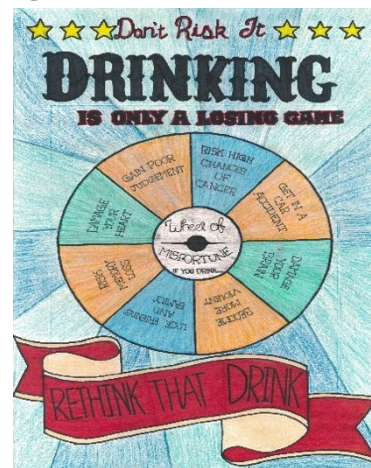
Alcohol Awareness Winner
Age 8-11 Year Old



Jordan Sario

Santa Maria, CA
St Louis de Montfort Council 11137
Los Padres Chapter

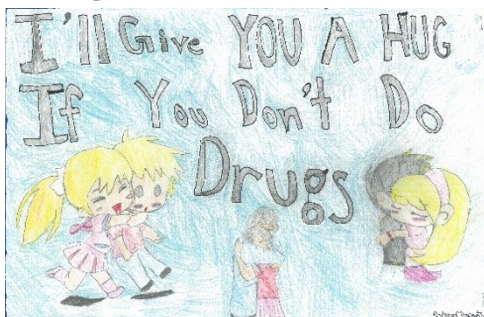
Alcohol Awareness Winner
Age 12-14 Year Old



Sara Piemmons

Santa Maria, CA
St Louis de Montfort Council 11137
Los Padres Chapter

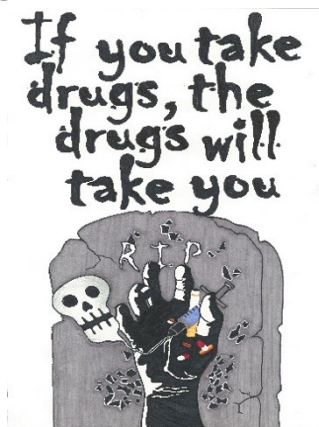
Drug Awareness Winner
Age 8-11 Year Old



Reiner Grant Lladone

Fresno, CA
Master Donald Gentleman Council 11335
Central Chapter

Drug Awareness Winner
Age 12-14 Year Old



Maya Rosas

Santa Maria, CA
St Louis de Montfort Council 11137
Los Padres Chapter

Congratulations to these winners of the Substance Abuse Poster Program. They were announced at the 116th California State Convention in Sacramento. I wish to thank all the Councils who participated in this outstanding Youth Poster Competition.

Submitted by Robert Pineschi, K of C California State Poster Chairman

Knights of Columbus

Keep Christ in Christmas Poster Winners 2018



State and International Winner

Age 5-7 Year Old Division
Bella Felipe
Hayward California
Saint Anne Council 8627
Oakland Diocese Chapter
Grand Knight Benjamin L. Benitez



Age 8-10 Year Old Division
Gabriel Valbuena
Milpitas, CA
St. John's Council 5796
San Jose Chapter
Grand Knight Arthur S. Basco



Age 11-14 Division

Co Winner

Noah Belardo
Vallejo, California
St. Basil the Great Council 13271
Northern California Chapter
Grand Knight Robert S. Martinez



Age 11-14 Year Old Division **Co Winner**

Isabel Balleza
Brentwood, California
Antioch Council 3265
Oakland Diocese Chapter
Grand Knight Marc D. Lucio

K OF C ULTRASOUND PROGRAM for 2017-2018 Columbian year

The California State Ultrasound Program is having its most productive Columbian year, obtaining matching funds from Supreme for 11 ultrasounds averaging over \$25,300 each ranging from \$8,000 to \$38,000. Since the program was initiated in 2009 California pregnancy centers have received a total of 63 ultrasounds with an overall average cost reduction of over \$4,500 per ultrasound. As technology continues to advance, ultrasound costs are expected to decrease. Independent of ultrasound cost, each ultrasound helps mothers and fathers to choose life for their baby.

This year's success was due to:

1. Increased support between councils. Very few councils have the \$15,000+ for their part of purchasing an ultrasound. Most councils have active annual programs supporting other charitable programs. Consequently, initiating a special event or group of events to raise this amount is challenging. However, when councils work together raising funds, the required funds are more achievable. This year most of the ultrasounds (8 out of 11) were financed thorough several councils working together to raise the required funds. One ultrasound initiative had 7 councils participate. The added benefit of councils jointly funding an ultrasound is smaller councils become more involved in this phase of Pro-Life support and usually leads to additional support of a local Pro-Life Organization.

Consider the other charity programs like the ID drive which is done Chapter wide and the Wheel Chair Program. Individual councils participate in these programs but their funds are comingled to buy lots of wheel chairs or pay for the ID events.

2. Increased communication between K of C and California Pregnancy centers. From a list of California Pregnancy Resource organizations obtained from a Californians for Life Summit, several Southern California Pregnancy Centers executive Directors were contacted to learn about their status and capabilities. During these discussions additional Pregnancy Centers were identified that could benefit from an Ultrasound. The local Council or Chapter were advised of these Pro-Life Pregnancy

The California State ultrasound Program team will continue to help promote several councils jointly supporting an ultrasound initiative. We will be increasing our efforts of identifying Pregnancy Clinics that have the ability to use an ultrasound and are approved by the diocese they are located.

We encourage councils to contact the California State Ultrasound Program Team (which is adding a new member in July) for our assistance to obtain ultrasounds. These Ultrasounds are needed to assist Pregnancy Medical Clinics promote Pro-Life by demonstrating that a baby in the womb is a Human Being not just some tissue.

Bernie Vitichus Ultrasound Program Chair- [bvitchus@aol.com](mailto:bvitichus@aol.com), 714-771-0984
Dave Cortens S. Cal Committeeman dcortens.new@gmail.com, 949-366-0716
Oscar Martinez N. Cal Committeeman greenscene@icloud.com, 408-592-8244

Special Olympics
Southern California



The Southern California Special Olympics Summer Games

The Southern California Special Olympics Summer Games at Cal State Long Beach drew to a close yesterday. Over a thousand athletes with intellectual and physical disabilities had the opportunity to compete in the four summer sports and one new exhibition sport was rolled out, flag football, so in the future the summer games will have five sports.

Brother Knights from three chapters representing twenty-four councils served meals, bussed and reset tables over three days and six meal shifts at two campus cafeterias during the games. Our Knights worked 77 shifts totaling 269.5 volunteer hours and fed 2704 athletes and coaches. Within a single two-hour dinner meal shift we were able to feed 622 athletes and coaches at a single cafeteria that sat 350. That meant clearing and resetting the tables once for re-service and then setting up again for breakfast the next day. While it was hard, fast paced work there were no complaints. Everyone had a smile and all were thankful and blessed to be part of this.

Special Olympics would not exist without the expertise, time, and enthusiasm of its volunteers. Thank you to all who helped over the last weekend and all those that have supported us in the past and will in the future. God bless you.

Fraternally,

Jim Larson

State Special Olympics Committeeman

The 2018 Silver Rose Run



The first Silver Rose Run started 58 years ago (1960) by the Columbian Squires in Mexico. They began the run to honor Our Lady of Guadalupe. The Knights of Columbus in Texas joined the run a year later. In the mid-1990s it was included as a Supreme Council program. Today there are eight Silver Rose routes in the United States. More information on the Silver Rose Story is available at <http://www.runningoftherose.org/en/>.

This year Our Lady of Guadalupe Silver Rose Run began on March 4, 2018 in Alaska and is making its way down through British Columbia, Washington, Idaho, Oregon and Nevada. California will receive the Silver Rose in Las Vegas, Nevada on August 12, 2018. On September 16, 2018 it will be transferred to our Brother Knights in Yuma, Arizona then continue its journey through New Mexico and Texas. The Silver Rose will end its journey on December 12, 2018, Our Lady of Guadalupe Feast Day, at the Basilica in Monterrey, Mexico.

California will be accepting the Silver Rose in Las Vegas, Nevada from the Nevada Knights on August 12, 2018. Then it will travel through Northern California Chapter, Oakland Chapter, St Francis Chapter, San Joaquin Chapter, Los Padres Chapter, Southern California Chapter, San Gabriel Valley Chapter and finally to San Diego Chapter. The Silver Rose schedule is currently being coordinated with these eight participating chapters. If your council is in one of these chapters, and are interested in holding a Silver Rose prayer service, contact your Silver Rose Chairman or Chapter President.

We are honored again to have the California Knights On Bikes provide an escort for the Silver Rose during its travel through California. They will escort the Silver Rose when it's being transferred to the next chapter on the schedule, if riders are available in the area. For information on the Knights On Bike contact Brother Dan Hargis, California Knights On Bike Chapter President at dhargis@sfran.org or phone: 661-706-1340.

Contact me if you have questions on the Silver Rose program.

Fraternally,

Jerry Fong
State Chairman
Silver Rose Prayer Program
California State Council
jerryfong@comcast.net
916-832-7394

Worthy Brothers All,

Since we live in a more secular than ever society, we look forward to Columbian **Year 2018 – 2019** to put into practice our Order's new **FAITH IN ACTION** model - with its wide spectrum of changes and carried over **Culture of Life Activities**. While change is always with us, certain fundamental **TRUTHS** always govern our good deeds.

I recently came across an allegorical article that seemed to combine so well our scientific and faith-based understanding of the existence of human life from the moment of conception forward, and the gift of our Faith that supports our common sense belief in the Ultimate Eternal Existence of **God**:

Early Life Observations

-Author Unknown

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later." "Nonsense" said the first. "There is no life after delivery. What kind of life would that be?"

The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well, I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense. And moreover if there is life, then why has no one ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?"

The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist."

Said the first: "Well, I don't see Her, so it is only logical that She doesn't exist."

To which the second replied, "Sometimes, when you're in silence and you focus and listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."

Maybe this was one of the best explanations to the concept of GOD.

Fraternally – For Life . . .

Hugh Largey

Culture of Life Activities State Chairman

largey.hugh@gmail.com

Wellness Health Article

(Editor's Note: The following article is from our Wellness Chairman Dr. Michael Cushing and contains medical terminology. Information for this article was obtained from 2018 UpToDate, a medical education website.)

Hello, Brother Knights,

Have you had the opportunity to be driving on a long road trip when you suddenly, seriously, have to pee? You quickly scan the roadside, frantically searching for a rest stop or Here's a topic that thrills men as they "mature" – the prostate gland and its impact on our lives!

convenience store that will offer you prompt relief of this sudden misery demanding your attention.

If you are a male, in his 50's or older, this might be one of the first signs of impending issues that this walnut-sized gland will create for you. Many men have no symptoms of prostate enlargement until their 60's or 70's. Benign prostatic hypertrophy (BPH) occurs as we age, especially after a man enters his 50's. Fifty percent of men at age 50, and 80 percent of men at age 80 have symptoms of BPH, called "Lower Urinary Tract Symptoms" (LUTS).

It is interesting to note that the findings on physical exam (the digital rectal exam, DRE) or on ultrasound exam do not necessarily correlate with the LUTS.

The prostate is a very important gland for us guys, producing the milky fluid that is called semen when it combines with the sperm produced by the testes. This fluid also contains prostate-specific antigen, a protein/enzyme that helps to thin the semen.

Sperm cell mobility is enhanced by a hormone-like chemical, spermine.

There are also muscles in the gland that contract during ejaculation, helping to propel the semen into the urethra and out through the urethral meatus, or opening. The prostate also helps convert testosterone to its biologically active form, dihydrotestosterone (DHT).

When one goes to his doctor, he can have **Storage symptoms** – Increased daytime frequency, nocturia (multiple voidings at night), urgency (has to pee suddenly), and urinary incontinence (peeing your pants) and/or **Voiding symptoms** – Slow urinary stream, splitting or spraying of the urinary stream, intermittent urinary stream, hesitancy, straining to void, and terminal dribbling. (1) These symptoms tend to progress over time, and this varies from one individual to another. These symptoms do not correlate well with the size of the prostate or findings on DRE.

Sometimes men with BPH might have a small amount of blood in the urine that can be seen, or they might have microscopic hematuria (blood in the urine not visible to the eye) that should be evaluated by the doctor to make sure there is no cancer underlying this finding. Another cause for blood in the urine can be bladder stones. Again, this will require cystoscopy, another "fun" test to look forward to!

There are medical and surgical treatments available today that weren't around forty years ago that will improve one's life if BPH is the problem. In some cases, the symptoms will regress, but in most men, symptoms will occur and progress as we age. There may also be a genetic component to this problem.

It's important to see your doctor if you are having LUTS, as they might portend something more serious than BPH. If the DRE shows a nodular or asymmetric prostate and/or an abnormally high or gradually increasing PSA blood test, a prostate biopsy might be considered. This is done by using an ultrasound to guide the doctor's biopsy device that is passed into the rectum. Needless to say, this is an uncomfortable/mildly painful experience, as well as an embarrassing procedure for men to go through (just don't complain about it to your wife if she had babies- you won't get too much sympathy!)

The most important take-a-way is to see your doctor if you're having any of the symptoms mentioned above. Also, in some younger men, bladder, prostate and/or other urinary tract cancers can present in a similar manner. DO NOT blow off these symptoms; it may be life-saving in a younger man to have these symptoms assessed and treated as soon as possible.

Fraternally – For Life,

Michael Cushing, MD
Wellness Program
California State Chairman
programs@californiaknights.org



Operations

Rene Trevino

Operations Director

2017-2018

June 2018 Message

As we enter into our new Columbian Year, there will be many Officer Installations. This month Operations would like to remind everyone of our appropriate Protocol. Following is an excerpt from the State Handbook regarding Protocol:

While protocol should be observed in all that we do – from meetings, service activities, to social gatherings, the following will attempt to cover our more formal functions. The Grand Knight has been provided with a protocol book to cover other areas. The following list is intended as a guide to properly recognize and honor our officers and dignitaries.

LIST OF OFFICERS IN RANK ORDER

Supreme Knight
 State Deputy
 State Chaplain
 Supreme Officers, Supreme Master, Supreme Directors,
 Former Supreme Officers & Directors
 Vice Supreme Masters
 State Officers
 District Masters
 Supreme Membership/Program Consultant
 Past State Deputies
 Supreme Coordinators
 District Deputies
 Former Masters
 General Agents
 State Directors and Chairmen
 Chapter Presidents
 Grand Knights
 District Marshal
 Faithful Navigators
 Field Agents
 State Committeemen

(At a Fourth Degree function, switch positions between the district master and state officers then between former masters and district deputies.)

SEATING

At all functions, the number of persons to be seated at the head table is based on the size of the function and number of attendees. The number at the head table should never be out of proportion to the number present. If there are many to be recognized, and the total number of persons is small, then a head table of eight to twelve persons would be appropriate. Use the "List of Officers in Rank Order" as your guide, starting with the highest-ranking officer present. Others of rank may be seated at reserved tables up front.

The officers of the highest rank are seated to the right of the podium (facing the audience), and those of lesser rank to the left of the podium. The Master of Ceremonies (MC) is seated immediately to the left of the podium followed by the presiding officers in rank order. This seating arrangement makes it possible for the MC to introduce all to left of the podium (lesser to higher rank) and then all to right of the podium (lesser to higher rank).

Persons introduced from the audience should be ranked from top down as opposed to the head table being introduced from the lowest up. Of course, all information regarding Protocol is found in Supreme booklet 1612.

God Bless and Vivat Jesus,
 Rene Trevino
 State Operations Director
 California State Council

Livermore 8th Grader wins 2nd place in State Essay Contest

Sunday June 3, 2018 Livermore, CA

Livermore teen, Kayla Nuti, received special recognition during her graduation ceremony from St. Michael Elementary School. In a surprise presentation, the California Knights of Columbus awarded her a plaque and a gift certificate for her winning essay in a statewide competition among eighth grade students. Kayla wrote a superb theme on Saint Theresa of Calcutta's meaningful contributions on the periphery of society.

The Knights of Columbus is a Catholic fraternal organization devoted to works of charity. They raise funds through various community events and donate the net proceeds to worthy causes, mostly in Livermore and the Tri Valley region. This essay contest is one of their many youth outreach programs.



Knight Dan Leary presents award to Kayla Nuti at graduation ceremony.

CALIFORNIA KNIGHTS OF COLUMBUS NEWLY ELECTED STATE OFFICERS FOR COLUMBIAN YEAR 2018-2019



Contact Us

Knights of Columbus
California State Council
P.O. Box 2649
West Covina, CA 91792

(909) 434-0460

Email:
State.Office@californiaknights.org

Visit us on the web at
www.californiaknights.org



State Deputy Elect – Joe Salaiz

State Secretary Elect – Dave Abbott

State Treasurer Elect – Steve Bolton

State Advocate Elect - Dr. Noel Panlilio

State Warden Elect – Rene Trevino

Immediate Past State Deputy – Romy
Quevedo



Newly elected State Officers with their wives. Also pictured are Bishop Kevin Vann, Diocese of Orange and State Chaplain Fr. Art Albano