

California State Council Knights of Columbus



State Officers CY 2019—2020

State Deputy
Dave Abbott



State Chaplain
Rev. John Cantwell, Ret.
Sacramento Diocese

State Secretary
Steve Bolton

State Treasurer
Dr. Noel Panlilio

State Advocate
Rene Trevino

State Warden
Greg Marracq

Immediate PSD
Joe Salaiz

Golden State Knightletter

Loving the Church

Supreme Chaplain
Archbishop William E. Lori

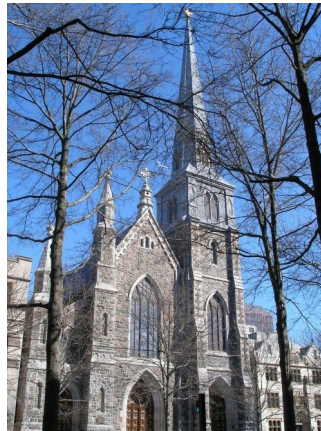
From KofC.org and *Columbia Magazine*, Vol. 99, No.7, July-August 2019

IN THE NICENE CREED, we profess: "I believe in one, holy, catholic and apostolic Church." A friend of mine recently said, "I used to say those words without giving them much thought. Now, I say to myself, 'I believe in the Lord. But do I believe in the Church?'"

My friend speaks for quite a few people. Recent studies show that 37% of Catholics in the United States are seriously thinking about leaving the Church as the result of the sexual abuse crisis. This percentage is not confined to the 75% of Catholics who do not regularly attend Sunday Mass; it includes church-going Catholics. Many pastors confirm that Mass attendance has declined since the summer of 2018, along with financial support.

At a time when parishioners are rightfully angry, what does it mean to believe in the Church and to love it? Can we love the Church and at the same time insist on genuine reform? Thankfully, the answer is "yes" — but a "yes" that requires us to do some thinking and praying, because there are false ways of loving and reforming the Church.

One false way of loving the Church is to say, "I love the Church all right, but not that old corrupt institutional Church." From its earliest days, there have been people who professed love only for some invisible, spiritual Church, not the actual flesh and blood Church that came from the side of the crucified Savior. This perspective is understandable enough, yet it remains a cop out.



The Church is made up of "a divine and a human element" that coalesce to "form one complex reality" (Vatican II, *Lumen Gentium*, no. 8). It is the "human element" of the Church, made up of sinful human beings, which continually needs to be reformed and purified — but not discarded or made into something other than what the Lord intended. Not surprisingly, some proposed reforms have nothing to do with the sexual abuse crisis but rather attempt to impose on the Church various ideological agendas, in none of which salvation can be found.

-Continued on PAGE 3

Upcoming Dates / Events — August 2019

- **August 1:** Council Form #365 Submission Deadline
Assembly Form #1315 Submission Deadline
- **August 15:** Council Form #1295 Audit due
- **August 30:** "Summer Sizzle" continuing membership drive ends



STATE DEPUTY'S MESSAGE

DEGREES FOR SUCCESS!

My Brothers,

July has flown and August is here already! Before you know it, our children and grandchildren will be back in school, vacations will be over, and it will be time to really get down to work. Congratulations to the winners of the July *Summer Sizzle* membership contest!

Brothers **John Ramirez** of Council 6095, **Thomas Nealon** of Council 7987 and **Jose Jesus Flores-Avalos** of Council 13237 were the top recruiters in the state for July bringing in 3 new members each. DD116 **Daniel P. Kane** and DD122 **Curtis P. Horner** were the top District Deputies each gaining 12 new members in their districts. There was also a tie for the top recruiting council with Fr. Robert Ross 6095 in Stanton and The Holy Family 15750 in American Canyon both bringing in 5 new members during July. Congratulations to Grand Knights **Alfredo Duran** and **Jodl Cruz**. All will receive \$100 gift cards to Outback Steakhouse so they can enjoy the *Summer Sizzle*!

Temperatures remain hot, hot, hot in most parts of the state so the *Summer Sizzle* membership contest will continue for a second month. The count will reset to zero and start all over again for purposes of the contest. The top recruiter, District Deputy and council bringing in the most members during the month of August will take home \$100 Outback Steakhouse gift cards. Enjoy the sizzle while it lasts! Scan and email all Form 100s for newly initiated candidates to membershiprecords@kofc.org by noon on Friday, August 30 for them to count toward the contest, or have them join online at www.kofc.org/joinus.

Essential to your recruiting success, and the continued health of your council, is scheduling and holding frequent Admission Degrees. We have all learned the hard way, if a recruit is forced to wait a long time to join, their interest quickly wains. We are recommending councils schedule an Admission Degree at least once a month, or coordinate with other councils in the area so there are degrees scheduled on a regular basis. Remember the video degree is always a viable option and can be conducted on a weekend or weeknight other than the council's regular meeting night. The video degree, when staged and presented with the same dignity as a live degree, makes a considerable impression on the candidates. It also serves as an example and steppingstone to forming a live Admission Degree team. **The State Council is committed to assisting all councils in the state in forming a live Admission Degree team with the necessary degree books and paraphernalia, if they do not have one already.** Contact State Ceremonial Chairman PSD Timothy Carvalho at ceremonials@californiaknights.org for further information.



The *Big Bang Quickstart* membership contest is also coming to an end on September 30 with exciting prizes and gifts for the first quarter. The top three councils in each of the 5 membership divisions will all receive a Knights of Columbus tablecloth that can be used at church and council events. The top three District Deputies having the highest net membership gain will all qualify for \$100 gift cards, and the top District Deputy will win a Knights of Columbus pop-up canopy.

Scheduling and holding frequent Admission Degrees is a sure path to success!

May God Bless,

Dave Abbott, State Deputy

State.deputy@californiaknights.org



California State Council Knights of Columbus State Officer Contact Information

STATE OFFICERS

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state.deputy@californiaknights.org

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state.chaplain@californiaknights.org

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State Warden - **GREG MARRACQ**

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Service Programs Director - **RICARDO SALDANA**

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Operations Director - **GENE HAYS**

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SUPREME REPRESENTATIVES

Supreme Director - **JAMES SCROGGIN**

jimscroggin@comcast.net

Territorial Growth Director, WEST - **ROBERT KISH**

robert.kish@kofc.org

Hispanic & Ethnic Growth - **JOSE JIMENEZ**

jose.jimenez@kofc.org

Regional Training Director - **KEN A. WHITE**

ken.white@kofc.org

Loving the Church

- - From Page 1...continued

Please don't think this is an attempt to sanitize the depth and enormity of the sexual abuse crisis, for we need deep purification and far-reaching reform.

Good policies and procedures are a start. For example, the so-called "Dallas Charter" enacted by the U.S. bishops in 2002 has been effective. Since then, very few new cases of clergy sexual abuse have been reported. In dioceses, parishes, Catholic schools and other ministries, many safeguards are now in place to prevent abuse and/or to ensure that it is reported to civil authorities the minute it is discovered. Thanks to the Holy Father's new directive, the U.S. bishops are also putting in place new procedures by which we will be held accountable for abuse,

*As Knights of Columbus, we speak of
ourselves as
"the strong right arm of the Church."*

harassment or failure to handle allegations of sexual misconduct in accord with the highest standards. Procedural reform is indeed one of the ways to love the Church and to reform and purify its visible structures.

But there is a much deeper reform that is more necessary than ever. A profound conversion on the part of the Church's shepherds is essential, but for this reform to take hold it must include all of God's people. Purifying the Church is something we do together. We have to reject moral relativism and the compromises with evil that follow in its wake. We have to turn to the Lord in prayer as never before, both as individuals and as parish communities. And with the help of the Holy Spirit by whom Jesus lives and acts in us, we should strive to change not only programs and certain structures but indeed the culture of our dioceses, parishes, homes and ministries such that they are places of encounter with the risen Lord and one another, places filled with hope and missionary zeal.

As Knights of Columbus, we speak of ourselves as "the strong right arm of the Church." Let us resolve, then, to believe in the Church and to love the Church so much that we contribute to its ongoing purification and reform. * * *



State Advocate Guidance Paper



Worthy District Deputies, Grand Knights, Chapter Presidents, District Mentors, District Masters, Brothers All...Attached please find a Guidance Paper for your implementation.

Recently a Financial Secretary asked if the Chaplain of a Council or a Faithful Friar of an Assembly must be a Priest. The answer is **YES**. Apparently, there are over 40 Councils and Assemblies who indicate that their respective Chaplain/Faithful Friar is one other than a Priest.

Please read the Guidance Paper very closely and ensure that you have listed a Priest as your Chaplain on your Form 185.

...this applies to the Faithful Friar for your respective Assemblies as well (Form 186).

This guidance paper has been approved by our State Chaplain **Fr. John Cantwell**.

Please contact me if you have any questions regarding this matter.

Fraternally,
Rene Trevino
State Advocate



CALIFORNIA STATE ADVOCATE

GUIDANCE PAPER

SUBJ: CHAPLAIN'S

August 1, 2019

Recent inquiry from a Financial Secretary asked if the Chaplain of a Council or a Faithful Friar of an Assembly must be a Priest. The answer is **YES**. Apparently, there are over 40 Councils and Assemblies who indicate that their respective Chaplain/Faithful Friar is one other than a Priest. It may state that a Deacon or other Lay Person is identified as the Chaplain/Faithful Friar.

The Chaplain's Handbook (945 3/13) specifically states the following:

"THE CHAPLAIN'S APPOINTMENT

The laws of the Knights of Columbus (Section 128) state:

““The Grand Knight, Deputy Grand Knight and Board of Trustees may annually select a priest to act as Chaplain, but such selection must be made in accordance with any rules established by the bishop of the diocese in which the council is located.””

Therefore, the laws provide that the chaplain shall be a priest and that the selection be made by specific officers of the council – the grand knight, deputy grand knight and board of trustees.

It is the responsibility of the grand knight to determine what, if any, rules the bishop of the diocese has established for the appointment of chaplains. If such rules have been established, they must be followed.”

Based on Supreme guidance, it is imperative all councils and assemblies adhere to this requirement and ensure ALL Chaplains/Faithful Friars be a priest.

This leads to a couple of questions:

1. *Does the Chaplain have to be a Knight?*
 - a. The answer is NO. Any priest can be a Chaplain. Real question is: "Why isn't every priest a Knight?" Collectively, the goal is to exemplify all clergy into the Order.
2. *Does the Chaplain have to be the Parish Pastor?*
 - a. The answer is NO. The Pastor should be asked first, however, he may ask that his Associate Pastor be the Chaplain or allow another priest to be Chaplain.
3. *Can the Chaplain ask for someone else to fill in for him at the Business Meetings?*
 - a. The answer is YES. If the Chaplain is the parish Pastor, he is a very busy man and may not make all Business Meetings and may ask the Deacon to attend in his place.
4. *How much time should a Chaplain spend at each Business Meeting?*
 - a. As much time as he needs to deliver his message and provide instruction in the faith, a catechetical instruction. On average, all you should ask is for 20 minutes of his time, especially if he is the Pastor. Additionally, the Priest can show up at any time during the meeting and be allowed to give his spiritual talk then.
5. *Can a Deacon hold the title of "Spiritual Advisor"?*
 - a. The better title for a Deacon could be "Spiritual Director". Although there is no official position or title of "Spiritual Director", the role Deacon's perform is vital to our Faith. Deacon's can fill in for the Chaplain, however, they are not to take on the roll or title of Chaplain.

As we enter our second year of implementing Faith in Action, it is more imperative that we involve our priests in all we do as Knights of Columbus. The Chaplain is your spiritual leader who helps all of us with our Faith Formation. He provides spiritual direction, conducts our retreats and more important performs the sacraments for us and our families.

So, as you fill out your "Report of Officers Chosen For The Term" (Form 185) please indicate a priest as your Chaplain. This information will be very helpful, especially for our State Chaplain Fr. John Cantwell. This will allow him to know who the Chaplains are throughout the State jurisdiction and communicate with them important matters specifically dealing with the role of Chaplain.

For more information regarding the Chaplain, attached is the link to the Chaplain's Handbook for your reference. It is highly encouraged that each council obtain a copy of the handbook and personally deliver it to your respective Chaplain at the appropriate occasion.

Fraternaly,
Rene Trevino
State Advocate
2019-2020

Reference: <https://www.kofc.org/un/en/resources/officers/chaplain.pdf>



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



Welcome California Brother Knights To Columbian Year 2019-2020

This is just a friendly reminder that the Brothers of California have a Fraternal Benefit program that they can apply for when in financial distress .

In 1955 the State Council created California Columbian Charities, Inc.

Columbian Charities is dedicated to assisting California Brothers and their widows in distress. For sixty years we have worked to provide CHARITY, the first principle of our Order, and to fulfill Father McGivney's mandate -
BROTHER HELPING BROTHER.

In the past we have responded to over 2300 requests for assistance from Brother Knights in California and have given over \$3,500,000 in relief. Last year in 2018, Columbian Charities assisted 95 Brothers, their widows and families with over \$265,770 in aid.

We provide financial assistance to Knights of Columbus Brothers, with at least twelve months good standing in a California Council and to their widows.

At this year's "**Parade of Grand Knights**" in San Diego you donated over \$110,000 to Columbian Charities! 229 Councils, 2 Chapters and 4 Assemblies participated. THANK YOU for reaching-out a helping hand to your less fortunate Brothers! You should be proud of your generosity, but we can do better with over 700 Councils in the State. Every Knight of Columbus Brother in California is asked to join the **365 Club** and contribute one penny a day or more. Donations may be made at any time during the year and sent to the above address.

Columbian Charities is ready to provide financial assistance to your Council's Brothers in their time of need. Any member who has information about a Brother in distress should notify the Grand Knight. Only the Grand Knight can obtain a Charity application by calling or e-mailing the State Office at (909) 434-0460.

state.office@californiaknights.org

Once the packet is received by the Grand Knight, it is very important to follow the instructions and fill out the application in its entirety and send in all of the forms in the packet!

Fraternally, Stephen Peterson, FM - President

Columbian Retirement Home Inc.

OUR VISION

For every knight and spouse or widow, the dignity and safety of suitable, affordable housing in their maturity

► Our programs need your support!

► Has your Council donated to our 2019 Annual Appeal yet?

► Have you made your individual donation yet?



Visit our
Columbian
Retirement
Center
in Marysville

INDEPENDENT LIVING —
a pampered lifestyle at affordable rates

- Furnished room with meals
- Chapel, computer station & library
- Housekeeping, paid utilities & van
- Walk to Ellis Lake Park & downtown services



BE OUR GUEST

Come spend a night or two.
Meet our residents. Enjoy our
meals. Walk around Historic
Marysville, and appreciate the
small town ambience.
Call now & ask about
FREE OVERNIGHT VISITS.
(530) 743-7542

**230 8th Street
Marysville, CA 95901**

If not, **now is the time!**

Send all donations to:

**COLUMBIAN RETIREMENT HOME, INC.,
P.O. BOX 4338, EL MONTE, CA 91734**

CSAS Case Examples

Sacramento County

Assisted Knight with wife suffering dementia requesting information on home care assistance

San Diego County

Assisted Wife of Knight in assisted living to explore more affordable board & care options

Orange County

Knight called on behalf of brother knight being evicted, needing affordable housing.

Madera County

Knight, victim of fraudulent medical billing, seeking resources for resolution.

San Luis Obispo County

Daughter of Knight whose home burned down. CSAS coordinated local council's emergency financial help.

San Francisco County

Knight in his 90's requesting information on in-home care so he can continue to live at home.

Columbian Center

'So much appreciate the personal care and attention to my father'

-daughter of Center resident

**Bewildered by the
journey of aging?**



**Columbian Senior
Advisory Service
is here to help!**

1-800-273-0068

www.ColumbianRetirementHome.org

Sponsored by



In association with



Submitted by Brother **Victor L. Pesce**

Vice President, Columbian Retirement Home

Knights of Faith – Knights of Charity – Knights of Action

Online Membership – A Step to Joining Your Council

Think of Online Membership as a step to get your Prospect closer to joining your Council. A man will go online, fill out the membership information required, pay \$30 dues, and he becomes an Online Member.

How many times have you had a man raring to go, complete his Form 100 application and then never become a Knight?

An alternative is to ask that man, while he is motivated to join, to use his cell phone to go to KofC.org/JoinUs

so he can become an online member immediately. Explain that once he has paid his initial dues of \$30 online, the Admissions Committee will meet with him and arrange for him to attend an Admissions Degree. Men who pay the \$30 Online Membership dues are have made a firm commitment to join the Knights. It should be much easier to get them to attend an Admissions Degree to join your Council.

Carry the Online Membership Card (Form 10536) with you at all times.

**YOU ARE BORN
A MAN.
YOU BECOME
A KNIGHT.**



Join today. Visit KofC.org/JoinUs

If a man is eligible to join the Knights, offer him the card. Simply say, "You can go to this website to find out about the Knights of Columbus and, if you like what you see, you can join us." Have these cards with you at Mass, at work, and when you visit family. You are offering the gift of membership to men who may need the Brotherhood that we enjoy.

Questions about Online Membership? Call me, **Michael Brault**.

Yours in Service,

Michael Brault
California Knights of Columbus
Online Membership Chairman
619-548-3190
mbrault54@gmail.com

JOIN US TODAY

Since 1882, membership in the Knights of Columbus has been open to men 18 years of age or older who are "practical" (this is, practicing) Catholics in union with the Holy See. Since that time, the Knights of Columbus has understood "practical Catholic" to mean a Catholic who accepts the teaching authority of the Catholic Church on matters of Faith and morals, aspires to live in accord with the precepts of the Catholic Church and is in good standing in the Catholic Church.

(user scrolls screen to enter membership form information...)

Fields indicated with * are required.

State/Province *

Name * *

Email *

Confirm Email *

Date of Birth * * *


Preferred Language *

☐ I am a baptized Catholic male *

☐ I am a practical Catholic *

☐ I agree to abide by the [Laws and Rules of the Knights of Columbus](#), and accept the [Privacy Policy](#). *

Captcha *

☐ I'm not a robot 

On my honor as a Catholic gentleman I declare that the above is true.

PROCEED TO JOIN >

Preferred Council # _____

Why Join?

- Exclusive access to knights.net and a subscription to our *Columbia* magazine
- Online resources to guide you in the practice of prayer, devotions and spiritual formation
- A trained and dedicated brother Knight field agent assigned to your family
- Exclusive eligibility to purchase Knights of Columbus insurance and retirement products for you and your family
- Access to select KofC events and programs in your state

Join today. Visit KofC.org/JoinUs

10536 7-17

Worthy Grand Knights and Worthy Financial Secretaries,

You are now deeply involved in the new fraternal year with many tasks (and goals) ahead of you. So much to consider, plan and implement and it can be a bit daunting. Along with the goals of growth and programs lies the need for clear and consistent administration of your council and members.

Our Leadership Training committee have a significant number of tools and people to aid you this year. Are you aware that there is a training mentor available in each of the 16 Chapters in California? Do you know that Supreme's Online Member Management and Billing systems offer a coordinated approach to administration, billing, financial processing, accounting and retention?

Yes, we do have such men and aids. Yes, you can view live and recorded online training sessions from your home at your convenience! There are several sessions available to FS to better

understand their responsibilities, maintain effective billing, support the retention process and handle funds and disbursements in accordance with the By-Laws of the order and provide the Grand Knights with assistance in managing budgets and planning.

The links below will take a Financial Secretary (or Faithful Comptroller) to introductions to Responsibilities and Member Management for administration. The other link will take a Grand Knight (or Faithful Navigator) to a similar introduction to Member Management and expectations of support an FS can provide. Access the link, register and a recorded session will commence. Once you have viewed the session, email training@californiaknights.org with your name, council (or assembly) number and email address to request and receive handouts referenced in the session(s).

FS Responsibilities. This session will show you how to access the Officers Online system and give you an overview of your primary responsibilities.

<https://attendee.gotowebinar.com/register/5711868745692564739>

Member Management for Administration for New FS. This session covers the administrative process, record keeping, communications and supports the features of Member Billing and accounting.

<https://attendee.gotowebinar.com/register/4391446540599065091>

Intro to Member Management for GKs. This presentation addresses use of the Member Management application online for Council and Assembly administration. It also makes you aware of the type of support available from your Financial Secretary and Faithful Comptroller.

<https://attendee.gotowebinar.com/register/8941313616247648003>

Other topic sessions are available to assist you and your officers and anyone is welcome to attend. Questions?? Contact me at the information below

Ed Broadhurst

Chairman, Leader Training

training@californiaknights.org

619 633-9845

Deepening Faith for People with Intellectual Disabilities



We, as Knights of Columbus, have strongly supported people with intellectual disabilities through our partnership with Special Olympics and by our fundraising efforts (Tootsie Roll Drive) to help a wide range of services for this population. Nearly all of our support for people with disabilities has been focused on meeting their physical or social needs.

It is time for us to consider making Faith formation for this population a priority. An easy and enriching way to do this is to help organize and support a Faith and Light Community.

What is Faith and Light?

Faith and Light is an international organization with more than 1,400 communities in over 80 nations. Its purpose is to deepen the Faith of everyone by building and supporting the Faith of its Core Members (people with intellectual disabilities).

What is a Faith and Light Community?

Faith and Light Communities are comprised of approximately 1/3 Core Members (people with intellectual disabilities), 1/3 family of Core Members, and 1/3 friends (especially young people). A Community meets once each month for about 1 ½ to 2 hours with the purpose of enriching Faith in Jesus Christ within people of all abilities. Monthly Guidelines are used to organize each meeting following three main sections: Sharing, Prayer, and Fiesta.

What can Knights and Councils do to form a Faith and Light Community?

Begin by contacting local families who have children or adults with intellectual disabilities. Seek to form a group of three to six people who are interested in participating in a Faith and Light Community. Have the group review the attached flyer and "Our First Guidelines" booklet. (attached).

Once you have found a team of family and friends who are motivated to move forward, ask someone to contact me, Michael Brault (phone and email below). I am both the California K of C Chairman for Faith and Light and the Vice Provincial Coordinator for Faith and Light USA West. I will guide the team connect with the worldwide Faith and Light organization and guide them on their journey toward forming a Faith and Light Community of their own.

Yours in Service,

Michael Brault
California Knights of Columbus Faith and Light Chairman
619-548-3190
mbrault54@gmail.com

California Wheelchair Initiative 2019 — 2020

July 2019

To: All California Knights of Columbus

I pray this finds you all doing very well and ready for a very exciting new year! I am writing to inform you of the 2019—2020 wheelchair initiative that has been agreed upon by our State Deputy, **Dave Abbott**, and the American Wheelchair Mission.

There are two possible benefactor scenarios from which to choose: You can choose to support the "Purita Warriner Memorial Distribution for Veterans", or you can choose to support the poorest of the poor as determined by The American Wheelchair Mission.

Purita Warriner Memorial:

This will be a program at the State and Chapter level where the councils within a Chapter will provide donations that will ultimately benefit veterans within their respective area.

Donors will declare to The American Wheelchair Mission that their intent is to raise funds for **the Purita Warriner Wheelchair Memorial**. Without this declaration funds received will be considered non-designated.

- Funds sent **to** The American Wheelchair Mission will be deposited and marked for that initiative.
- Once **one or more** containers have been funded the American Wheelchair Mission will order the container.
- The container will be delivered as directed and offloaded by **State and/or** Chapter members.
- The **Custodian as designated by the State and/or Chapter** will maintain responsibility for the safe storage and distribution of the wheelchairs.
- Chapters can work together but they must inform the AWM of the combined effort and the Chapters will be responsible for the receipt, division and distribution. (Note: Delivery cannot be split by AWM)
- Containers funded under this program, at the request of the State Deputy, **may be distributed to veterans and veterans' organizations; including the Veterans of Foreign Wars, Veterans Administration and "Honor Flight" program.** The only stipulation is the recipient be a veteran or a member of their family. It is strongly suggested Chapters partner with local veterans organizations in scheduling distributions.

Non-Designated Funding:

ALL councils are encouraged to participate in this "Supreme Featured Program" regardless of the end recipient. Funding from this account will be used to support causes on a global basis. Funds contributed may be designated for a particular distribution scheduled by the American Wheelchair Mission in Mexico, Vietnam, the Philippines or wherever there is need.

Consider a **"Wheelchair Sunday"** to make your fundraising easy. Please contact me with any questions. Thank you and God bless.

Louis Salvatore
State Wheelchair Chairman
707-301-0332
loukofc76@juno.com



Orange County Chapter

Installation of Officers and State Deputy Testimonial
July 18, 2019 at Holy Family Church in Orange



Pictured above (l to r) - Orange County Chapter Officers CY 2019-2020

Ronn Knowles - Advocate, **Bill Schafer** - Immediate Past Chapter President,
Tom Dodge - Treasurer, **Glen Howard** - Secretary, **Rene Sepulveda** - Vice President,
Tom Collins - President, **Fr. Patrick Moses** - Chaplain
(not pictured, **Juan Carlos Quezada** - Marshal)



Knights of Faith – Knights of Charity – Knights of Action



California State Officers, dignitaries and wives were in attendance for the installation of Orange County Chapter Officers. Following mass, the officers installation ceremony took place. Many testimonials were then shared during the evening dinner and reception. Additional awards were shared and new District Deputies were also installed (those unable to attend DD Orientation in June, or more recently appointed.)

All Photos; Courtesy of Brother Jack Haney

Knights of Faith – Knights of Charity – Knights of Action

WELLNESS PROGRAM

Here is an informative article about the health benefits of eating watermelon that appeared in my email Inbox recently that I wanted to share with the membership. Since it is still Summer at the time of this writing, I felt it timely and appropriate. Flora and I have known about the benefits of eating watermelon for awhile now. We even have some watermelon in the refrigerator right now.

This article is from [The Nutrition Watchdog](#). Enjoy!

Edward P. Huestis, PSD
Wellness Program Chairman
707-452-8636
ed.huestis@californiaknights.org

The Truth about Watermelons... and Benefits

By: Catherine Ebeling

Nothing says "Summer" better than a cool, refreshing, sweet, juicy, delicious slice of ripe watermelon—no matter what time of year it is. But I often hear cautions on eating watermelon—that it is high glycemic, full of sugar, mostly water, not very nutritious, etc.

Right? Or wrong?

While watermelons are mostly water—90% or so, they are also **full of vitamins A, B6, C, lycopene, antioxidants and minerals**. Remember hearing about the lycopene in tomatoes? Watermelon,

another red-colored fruit, is FULL of this powerful phytonutrient! In fact, watermelon has some of the highest levels of lycopene of all fruits and veggies. **Just one cup of watermelon has 1 and a half times the lycopene of a large fresh tomato.** And who eats just one cup of watermelon? I know I don't!

Because watermelon is one of the best sources of lycopene with more than 6,500 micrograms in less than half a cup, you are getting an army's worth of inflammation-fighting antioxidant activity! Lycopene from the red flesh of watermelon is very stable, even after the watermelon has been cut and stored in the refrigerator. Lycopene is thought to be even more powerful than its other orange/red colored ally, beta carotene—found in red and orange fruits and veggies.

Cardiovascular Benefits

Lycopene is a powerful natural anti-inflammatory and antioxidant, valued for its role in protecting the cardiovascular system, bone health, and preventing cancer. Along with lycopene, watermelons contain another powerful phytochemical, **citrulline**, an amino acid. Citrulline gets converted into another important chemical in the body, arginine, or L-arginine. Arginine is used to create nitric oxide (NO), which has powerful benefits on the heart and blood vessels. NO can actually cause blood vessels to relax and open up, lowering blood pressure and helping the body carry more oxygen to parts of the body where it is needed—like muscles, your heart and your brain. [A study from Florida State University](#) found that watermelon could make a significant difference in lowering blood pressure—especially in overweight people, by relaxing the blood vessel walls.

Citrulline, when it converts into arginine, can also help prevent excess accumulation of fat in fat cells, because it blocks an enzyme that stores this fat. And because citrulline is a precursor to nitric oxide, it can also help *improve* erectile dysfunction in men, in a similar way

that Viagra works—although you would have to eat quite a bit of watermelon to get the same effect as Viagra.

As you can see in [this article, watermelons are on the list of foods that beat statins](#) for heart health!

It's All About the Lycopene

Carotenoids are powerful antioxidants, capable of destroying free radicals which attack our bodies and can contribute to chronic disease and aging. In one study of 13,000 adult Americans, low levels of carotenoids were a key predictor of early death. Especially low blood levels of lycopene! Lycopene protects our cardiovascular system, the male reproductive system, and in the skin, it protects and prevents UV damage from the sun.

Several studies have been conducted showing the strong link between levels of lycopene and heart disease. [Analyses from the Physicians Health Study](#) showed a 39% decrease in stroke risk in men with the highest blood levels of lycopene. Another study in Finland following 1,000 men for 12 years has had similar results as well.

Lycopene is also responsible for limiting the enzyme responsible for making cholesterol, so eating foods with more lycopene also helps to reduce cholesterol—specifically, LDL cholesterol. (*Side note: speaking of heart health, did you know that [grass fed dairy fat actually contains nutrients that help unclog your arteries](#)*)

Anti-Cancer Power

Lycopene is a lifesaver in more ways than one! Besides its cardiovascular benefits, lycopene's antioxidant power extends to **anti-cancer effects** as well. [A 2014 meta-analysis](#) of 10 studies shows dietary lycopene to be protective against ovarian cancers, as well as brain tumors and breast tumors.

And of course, we know about [lycopene's value in fighting prostate cancer](#). In several studies, higher intakes of foods containing lycopene and a higher serum or plasma concentration of lycopene was associated with a *very significant decreased risk of prostate cancer*—especially the more lethal kind of

prostate cancer. When researchers studied only the men who had had at least one high risk PSA test, the subjects had a 50% decreased risk of lethal prostate cancer.

[Other studies](#) have shown lycopene's powerful cancer fighting ability effective against lung cancer, esophageal, stomach, pancreatic, colorectal, and cervical cancers as well.

Extremely Good for Rehydration

Watermelons get their name because they are over 90% water, and that water is full of electrolytes and potassium which helps you stay hydrated or to rehydrate. The perfect fruit to eat on hot summer days, or after a hard, sweaty workout! And that delicious juice can also help prevent muscle soreness—especially if you have watermelon *before* your intense workout.

Its Not Just the Red Part

While most of us only eat the juicy red flesh of the watermelon, the whole thing is actually edible and chock full of nutrients! From the red center to the stem end, and also the blossom end—including the white part near the rind—are a plethora of impressive antioxidants, flavonoids, lycopene, and vitamin C. Even the green rind is full of nutrients. The rind is full of chlorophyll and contains even more citrulline than the red flesh. Try throwing your watermelon rinds into the blender with fresh squeezed lime juice for a healthy slushy treat.

It is still best, however, to pick the ripest, reddest watermelon you can find. Lycopene content continues to increase all the way up until the time the watermelon is at its reddest and ripest.

And don't spit out those seeds, unless you are in a watermelon seed-spitting contest! The black watermelon seeds are not only edible, but actually extremely good for you. They are full of iron, zinc, fiber and protein. **Seedless watermelons are ok to eat too—they are not genetically modified, only hybrid forms of watermelon bred especially for their no-seed content.**

... continued on page 21

Courtesy: MFD R. Forgette



Altar Space—Fourth Degree Sir Knights from the Southern District await the entrance of priests, deacons, and bishops for dedication mass.

Crux-gemmata and tapestry viewed from main sanctuary floor

Courtesy: Diocese of Orange

Diocese of Orange,



Courtesy: Diocese of Orange



Courtesy: Diocese of Orange



Courtesy: Diocese of Orange

Diocese of Orange
Most Reverend
Bishop Kevin Vann
(center) anoints the
new altar

Courtesy: Diocese of Orange



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Knights of Faith – Knights of Charity – Knights of Action

California, and Knights of Columbus Celebrate Opening Dedication of Christ Cathedral

On July 17, 2019 during a warm summer breeze morning, many thousands of participants and guests waited for the large bronze doors to be opened under the direction of Most Reverend **Bishop Kevin Vann**, Diocese of Orange (CA). Guests included State Officers: Deputy **Dave Abbott**, Secretary **Steve Bolton**, Treasurer **Dr. Noel Panlilio**, Advocate **Rene Trevino**, and Warden **Greg Marracq**. Worthy Vice-Supreme Master **Larry Campitiello**, Past State Deputy **Ross Willour** and Southern California District Master **Ray Forgette**, were part of a 32 - Sir Knight contingent assembled by invitation from the Southern California District.

The dedication mass lasted just over 3 hours and was broadcast live over EWTN Global Catholic News.



Some Architectural Facts:

- 11,000 glass panes used in construction of walls and roof
- Building stands 120-feet tall
- 11,000 steel powder-coated, plastic, and fabric “quatrefoils” deflect UV light energy– and improve acoustics
- The crux-gemmata weighs 1000 lbs and was built in Omaha Nebraska - shipped in 4 pieces
- The restored Hazel-Wright Pipe Organ is the fifth largest in the world



Courtesy: Diocese of Orange

▲ Image of Our Lady of Guadalupe faces the altar, main sanctuary



Courtesy: Diocese of Orange

▲ Bishop Vann during consecration of precious blood

Courtesy: MFD R. Forgette



Sir Knights from Southern California District - Saint Junipero Serra Province

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Membership Growth Through Round Tables

All Councils could bring in new members if they form and support one or more Round Tables.

There are four basic types of Round Tables:

- 1) Round Tables for Unassisted Parishes
- 2) Cultural Round Tables
- 3) Young Adult Round Tables
- 4) Area Councils that meet in a hall **must** submit one RT Coordinator for each parish the Council claims. If this is NOT done, the State may begin to form new Councils from the parishes that the Council thinks are theirs.

So, how do you form a Round Table? Contact the leader of a group that your Council intends to offer support through Faith in Action activities for that specific group. Find out if there is a need and an interest in having the Knights of Columbus organize activities for the group.

For example, if the Pastor of a parish or mission that does not have a Council is open to accepting K of C assistance, the GK will assign ONE Brother Knight as the Round Table Coordinator for that parish. That Brother will meet with the Pastor on an ongoing basis to assess the needs and offer help. Each time the Council provides help and coordinates a Faith in Action activity for that parish, be sure the parishioners know that the Knights of Columbus were behind the event. The Brothers who are there helping with the event should be asking, "Did you like what we did today? Would you like to help do this again?" You will find that many men will agree to help. Then you can explain how membership in the Knights of Columbus can help them, their families, their church, and their parish.

The process above work also for Campus Ministry Leaders, or the group leaders of the young adults or of leaders of cultural groups within a parish. If you offer help for these leaders and they

accept, you form a Round Table for that group. One Round Table Coordinator is the liaison for the group. Other Knights help out with the Faith in Action activities. The members of the group that is being served will feel the unity and fraternity of the K of C and some will choose to join us IF YOU ASK THEM!

Submit Form 2629 – Report of Round Table Coordinators at any time. Keep in mind that the form should be resubmitted each year if the Round Table is still being supported.

The 107 Councils that submitted Form 2629 this past Columbian Year will need to resubmit Form 2629 ASAP to show that they will continue their Round Tables.

Your FS can use Member Management to complete Form 2629 easily since it will autofill much of the information needed. Otherwise, use this PDF version of the form (attached). Scan and send a completed copy to FraternalMission@kofo.org and to me at mbrault54@gmail.com

A sample of a completed form showing how to show a cultural and/or a Young Adult Round Table at your home parish is attached.

Next month, look for a list of Councils that have submitted their Report of Round Table Coordinators.

If you have any questions about Round Tables, please contact me.

Yours in Service,

Michael Brault
California Round Table Coordinator Chair
619-548-3190
Mbrault54@gmail.com

Membership Through Conferences and Special Events

Brothers, let us be sure to have a Knights of Columbus Membership Table at every, single gathering of Catholics in your area.

Is your parish sponsoring a workshop or a speaker? Ask for a K of C Membership Table.

Have you seen flyers for a local Catholic event? Ask for a K of C Membership Table.

Are you aware of a Catholic procession in your area? Ask if you can set up a Membership Table.

Is your Council hosting a Faith in Action activity? Be sure that you set up a K of C Membership Table.

Be on the lookout for local Catholic Conferences. Notify me, Michael Brault, of any area or diocesan-wide events. The California State Council is committed to having a Membership Table at all Catholic events. If the conference is a large one, we can help to order membership supplies for your event. We may be able to loan you Knights of

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KNIGHTS OF COLUMBUS		REPORT OF ROUND TABLE COORDINATOR	
		2018 2019	
<p>During Supreme Knight Carl Anderson's first address to the state deputies, he stated that "we have nothing less than a moral obligation to offer every eligible Catholic man the opportunity and the privilege of membership in our Order." He also stated, "We must have a Knights of Columbus presence in every parish." Therefore, councils serving more than one parish are urged to implement the Parish Round Table program in each of the parishes. They serve there by establishing a Knights of Columbus presence.</p> <p>Under the Parish Round Table concept, council members belonging to each parish will become members of the Parish Round Table developed to assist the pastor with any project that he may assign to the group. The pastor will be asked to recommend a member from the group and the grand knight will appoint that member as the coordinator. However, the coordinator must be a member from the council that sponsors the Round Table. Round Tables should also be offered to small parishes and missions within your area that cannot sustain their own council. These parishes need a Knights of Columbus presence and can also offer your council additional growth potential.</p> <p>Please print or type names and membership numbers for those chairmen appointed for the Parish Round Tables of the council. Failure to include membership numbers will only delay the processing. The Report of Round Table Coordinator (Form #2029) should be submitted to the Supreme Council as soon as the Round Table is formed. If there are address changes, additions or deletions of coordinators at any time during the year please notify the Supreme Council Fraternal Mission Department. State Councils will continue to be urged to form new councils in those parishes large enough (over 150 families or 600 parishioners) to support a council.</p> <p>Additional information on the Parish Round Table program may be obtained by contacting the Supreme Council Fraternal Mission Department. Form 2029 must be filed each year even if the Coordinator is the same member.</p>			
<p>Is your Council a Parish Council? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Base/Main Parish: <u>St. Pius X</u></p> <p>Council: <u>7390</u> City: <u>Chula Vista</u></p> <p>Jurisdiction: <u>CA</u> Language: <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> Other</p> <p>Diocese: <u>San Diego</u> Specify Language if Other: _____</p>			
(1) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
	0	Knight	Brother A
STREET CITY STATE ZIP			
123 Anywhere Ave Some City CA 00000			
PHONE NO. 000-000-0000 PARISH: <u>St. Pius X (Spanish)</u> CITY: <u>Chula Vista</u>			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
210		1200	
(2) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
	0	Man	Catholic A
STREET CITY STATE ZIP			
456 Another St. Some City CA 00000			
PHONE NO. 000-000-0000 PARISH: <u>St. Pius X (Youth)</u> CITY: <u>Chula Vista</u>			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
210		1200	
(3) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
	0	Brother	Different A
STREET CITY STATE ZIP			
789 Next Blvd. Chula Vista CA 00000			
PHONE NO. 000-000-0000 PARISH: <u>St. Pius X (Vietnamese)</u> CITY: <u>Chula Vista</u>			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
210		1200	

2029 8/14 Available in electronic format at kofc.org/forms

KNIGHTS OF COLUMBUS		REPORT OF ROUND TABLE COORDINATOR	
		2018 2019	
<p>During Supreme Knight Carl Anderson's first address to the state deputies, he stated that "we have nothing less than a moral obligation to offer every eligible Catholic man the opportunity and the privilege of membership in our Order." He also stated, "We must have a Knights of Columbus presence in every parish." Therefore, councils serving more than one parish are urged to implement the Parish Round Table program in each of the parishes. They serve there by establishing a Knights of Columbus presence.</p> <p>Under the Parish Round Table concept, council members belonging to each parish will become members of the Parish Round Table developed to assist the pastor with any project that he may assign to the group. The pastor will be asked to recommend a member from the group and the grand knight will appoint that member as the coordinator. However, the coordinator must be a member from the council that sponsors the Round Table. Round Tables should also be offered to small parishes and missions within your area that cannot sustain their own council. These parishes need a Knights of Columbus presence and can also offer your council additional growth potential.</p> <p>Please print or type names and membership numbers for those chairmen appointed for the Parish Round Tables of the council. Failure to include membership numbers will only delay the processing. The Report of Round Table Coordinator (Form #2029) should be submitted to the Supreme Council as soon as the Round Table is formed. If there are address changes, additions or deletions of coordinators at any time during the year please notify the Supreme Council Fraternal Mission Department. State Councils will continue to be urged to form new councils in those parishes large enough (over 150 families or 600 parishioners) to support a council.</p> <p>Additional information on the Parish Round Table program may be obtained by contacting the Supreme Council Fraternal Mission Department. Form 2029 must be filed each year even if the Coordinator is the same member.</p>			
<p>Is your Council a Parish Council? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Base/Main Parish: <u>St. Pius X</u></p> <p>Council: <u>7390</u> City: <u>Chula Vista</u></p> <p>Jurisdiction: <u>CA</u> Language: <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> Other</p> <p>Diocese: <u>San Diego</u> Specify Language if Other: _____</p>			
(4) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
	0	Servant	Next A
STREET CITY STATE ZIP			
2345 Your Circle Chula Vista CA 00000			
PHONE NO. 000-000-0000 PARISH: <u>Mater Dei (unassisted parish)</u> CITY: <u>Bonita</u>			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
12		1400	
(5) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
	0	Helper	Great A
STREET CITY STATE ZIP			
6789 Additional Place Bonita CA 00000			
PHONE NO. 000-000-0000 PARISH: <u>Mater Dei (Spanish)</u> CITY: <u>Bonita</u>			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
12		1400	
(6) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
	0	Worker	Christian A
STREET CITY STATE ZIP			
34567 Selected Way Bonita CA 00000			
PHONE NO. 000-000-0000 PARISH: <u>Mater Dei (Youth)</u> CITY: <u>Bonita</u>			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
12		1400	
(7) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
STREET CITY STATE ZIP			
PHONE NO. PARISH: CITY:			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
(8) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
STREET CITY STATE ZIP			
PHONE NO. PARISH: CITY:			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
(9) ROUND TABLE COORDINATOR:	MEMBERSHIP NUMBER	LAST NAME	FIRST NAME INITIAL
STREET CITY STATE ZIP			
PHONE NO. PARISH: CITY:			
NUMBER OF COUNCIL MEMBERS AT THIS PARISH:		NUMBER OF FAMILIES AT PARISH:	
MAIL ORIGINAL TO: Supreme Council, Fraternal Mission Department			
MAIL COPIES TO: State Deputy, District Deputy, Council File			
My Grand Knight's Name			Grand Knight

2029 8/14

Columbus tablecloths in English or Spanish for the event. The State may be able to cover any booth or table fee for your event so let us know well in advance.

Please send me flyers for all speakers, retreats, conferences, and other special events that are geared to Catholics in your area. The State would like to have a listing of these special events to plan for adequate coverage especially if the event is held on an annual basis.

Yours in Service,

Michael Brault
California Knights of Columbus conference Outreach Chair
619-548-3190
Mbrault54@gmail.com

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“Empowering Programs that Empower People”

Why we support people with intellectual disabilities!



The Gospel of Jesus Christ is a radical invitation to get beyond our own self-centered worldview. Jesus announced that we are all children of God and we need to do our part to protect and liberate the most vulnerable children of God. In doing this, it is also important to remember that some of God's most vulnerable children are people with intellectual disabilities. Jesus teaches us, "Whatever you did for one of these least brothers of mine, you did for me" (Matthew 25:40). If we truly believe that people with intellectual disabilities are God's children, how would we behave differently?

Campaign Supporting People with Intellectual Disabilities

Supporting and assisting people with intellectual disabilities have been an ongoing program supported by the Knights of Columbus for many years. **This is the largest program that California Knights are involved in and every council should make an effort to participate.** This program unites Knights throughout California in charity and love of our brothers. We are what we do.

Through annual fundraising, Knights have been able to successfully collect donations for the Intellectual Disability Program outside stores, on street corners, in their parishes, and through appeals to local businesses. In appreciation, the donor is offered a Tootsie Roll. The high visibility of this program has led to the campaign being referred to as the "Tootsie Roll Drive." This year's Drive will take place October 18, 19 & 20, 2019 and we need you to help support people with intellectual disabilities.

The drive handbook, publication materials and all forms are available on the Columbian Foundation website, <http://www.columbian-foundation.com> and were emailed to your Financial Secretary.



The Drive Handbook is designed to provide as much assistance as possible. It has been written to carry you through the Annual Fund Raising Drive, from the selection of the Council's Chairman to the final accounting, reporting and distribution of funds.

The success of any fund raising venture is predicated on planning, organization, setting goals and people. These four ingredients will help you achieve your goals.

We sincerely request that each Council work with us and should there be any questions pertaining to the above, please do not hesitate. We are here to assist you, and we are anxious for your success.

Ray Warriner

Intellectual Disabilities, Chairman

562-926-5538

Columbian.Foundation.President@gmail.com

Do You Carry Your Rosary With You Everywhere and Pray Daily?

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... Watermelons...

and Benefits (continued from page 15)

Watermelons also are rich in anti-inflammatory substances including cucurbitacin E, triterpenoid which help to block the pain and inflammation of certain enzymes, in a similar fashion as NSAID's like ibuprofen and aspirin.

While being very low in calories (only about 46 calories in a cup), watermelon also contains an impressive variety of other important essential nutrients including:

- Vitamin A
- Vitamin C
- Vitamin B6
- Potassium
- Magnesium

The Age-Old Question—How Do You Pick the Perfect Watermelon?

It can be a huge gamble finding the perfect, red, sweet watermelon. But—if you know what to look for, there is a real method to finding the best one. Look on the underside of the watermelon for a pale, butter-colored yellow spot—not white or green. This is one of the best indicators of the ripeness of the watermelon. Also pick up a few and choose the one that is heaviest for its size. Many people 'thump' the watermelon to check its ripeness too—listen for the best hollow bass sound.

Be aware that watermelons do contain a reasonable quantity of fructose, so be mindful of your sugar intake, and eat watermelon in moderation. With that said, because watermelons are so filling, and have both high-water content AND high fiber content, the old myth that watermelons are high glycemic is not entirely true... This is because the "glycemic load" of a watermelon is actually fairly low since it's nearly impossible to overeat large quantities of a food that is as filling as watermelon.

So, enjoy your watermelon, knowing you're doing your body good! * * *

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Contact Us

**Knights of Columbus
California State Council**
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West Covina, CA 91792

(909) 434-0460

Email: State.Office@californiaknights.org

Visit us on the web at
www.californiaknights.org



District Deputy REMINDERS-

- ♦ Form Admission Degree programs for your Councils, and Formation Degree Team for your District
- ♦ Get **FORM 185's** submitted to DD, Chapter, State and Supreme— update as new officers are added
- ♦ **FORM 365** Due AUGUST 1- encourage your councils to submit before deadline
- ♦ Complete your DISTRICT MEETING with your Council Leadership Teams
- ♦ **SOCCER CHALLENGE** is coming soon!
Find out which Councils in your District participate in this program so you can schedule a DISTRICT CHALLENGE EVENT.
- ♦ Council AUDIT **FORM 1295-1** Due by AUGUST 15.
- ♦ Make sure NEW COUNCIL OFFICERS PROGRAM LEADERS are **SAFE ENVIRONMENT COMPLIANT** as needed

STAR DISTRICT AWARD

To qualify for the Star District Award, you must attain 100% or more of your district membership quota and district insurance quota. In addition, at least one of your active councils has to attain one of the levels of Star Council. For the most up-to-date information on your quotas, please log on to Officers Online. Award winners receive a wall plaque and a Star District lapel pin, and the district deputies who earn the Star District Award are entered into a drawing to attend the Supreme Convention.



Worthy Brother Knights All,

PLEASE send me your comments, stories, events, successes, awards, recognitions, celebrations... and photographs to proudly show our California Charity, Unity, Fraternity and Patriotism!

Submission deadline— 10th of every month for current newsletter

Please indicate "GSK Article" in your subject line. If you are including photos please try to make sure participants are identified, and photo credits provided.

Roark Galloway, PGK

Editor, California Golden State Knightletter

frgalloway120@gmail.com

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