

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



A PRAYER TO THE HOLY FAMILY by Pope Francis

"Jesus, Mary and Joseph, in you we contemplate the splendor of true love, to you we turn with trust. Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic churches. Holy Family of Nazareth, may families never again experience violence, rejection and division: may all who have been hurt or scandalized find ready comfort and healing. Holy Family of Nazareth ... make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan. Jesus, Mary and Joseph, graciously hear our prayer. Amen."

Upcoming Dates / Events — January 2020

DD Mid-Year Meeting Jan 2 – 5, 2020

Survey FORM #1728 Due Jan 31, 2020

Special Olympics FORM #4584 Due Jan 31, 2020

Poster and Essay State Forms Due Jan 31, 2020

Basketball Free Throw - Council, District Jan 2020

* State Office will be closed Dec 24 (half day), 25th, and also Dec 31 (half day) and January 01, 2020



STATE DEPUTY'S MESSAGE

MY FAITH AT WORK!

My Brothers,

I bring you Advent greetings and wish every member a blessed and Merry Christmas. Christmas is all about family – ranging in time from the Holy Family to our families in the present day. The Knights of Columbus provide tremendous opportunity for family participation by putting our Faith to work. The Knights are all about leading our families to service. It is about being the spiritual leader of our families, both at home and at church. Our new *Faith in Action* program is filled with projects and initiatives to fully engage the entire family, ranging from the spiritual and prayerful to “boots on the ground” charitable activities. All are intended to instill in our families a sense of faith and service exemplified by the original Holy family. Learn more about the *Faith in Action* program by visiting the Knights of Columbus Supreme Council website at <http://www.kofc.org/en/programs/index.html>.

Another exciting source of inspiration is the “Everyday Heroes” program – a series of videos produced by the Knights of Columbus communications department documenting ordinary Knights doing extraordinary things. These Knights embody the principles of charity, unity, fraternity and patriotism, while acting on their deep faith to make a difference in the lives of those around them. The videos tell their stories. They lend themselves well to Lector presentations, council socials and family nights. Again, you can view them and share them with others by visiting the Supreme Council website at <https://www.kofc.org/en/videos/everyday-heroes.html>

Congratulations to the winners in the third and final round of the “Fall Feast” membership contest! Brothers **Robert Jurado** of Los Banos Council 3726, **Jay Sagad** of St. Victor Council 4112 in San Jose and **Heriberto Reyes** of La Lupita Council 14879 in El Monte were the top recruiters for the month of November bringing in 4 new members each. DD43 **Michael Krausnick** had the high recruiting district with 19 new members in all. There was a tie for top recruiting council with St. Victor Council 4112 in San Jose and Michael J. Costello Council 6043 in Pleasanton both recruiting 10 new members during November. Congratulations to Grand Knights **Charley Wilson**, **Joseph Sicat** and the rest of the November winners. All will receive \$100 gift cards to a restaurant in their local area.

For the month of December, I am pleased to announce a “Knight Before Christmas” membership giveaway! All Knights recruiting one or more members during the month of December will receive the Christmas tree ornament depicting the Nativity and Holy Family pictured below. Start recruiting NOW to receive this valuable gift. Scan and email all Form 100s for newly initiated candidates to membership@kofc.org by noon on Tuesday, December 31 for them to count toward this promotion, or have them join online at www.kofc.org/joinus. In order to receive the ornament, the recruiter must be listed as the “Proposer” on the Form 100 or online application. Please copy the State Office at state.office@californiaknights.org on all Form 100s sent to the Supreme Council.

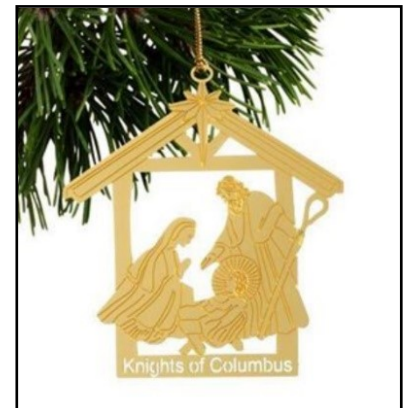
Again, wishing you all a Merry Christmas and Happy New Year. In all that you do, be **Knights of Faith – Knights of Charity – Knights of Action!**

May God Bless,

Dave Abbott

State Deputy

state.deputy@californiaknights.org



“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

California State Council Knights of Columbus State Officer Contact Information

STATE OFFICERS

State Deputy - **DAVE ABBOTT**

state.deputy@californiaknights.org

State Chaplain - **REV. JOHN CANTWELL**

state.chaplain@californiaknights.org

State Secretary - **STEVE BOLTON**

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State Treasurer - **DR. NOEL PANLILIO**

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State Advocate - **RENE TREVINO**

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State Warden - **GREG MARRACQ**

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STATE DIRECTORS

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

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Hispanic & Ethnic Growth - **JOSE JIMENEZ**

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WELLNESS PROGRAM

Lemons vs. Limes,



which is healthier?

From Brother **Edward P. Huestis**

California PSD

My wife, Flora, and I have always liked lemons and limes, and we have a lemon tree and a lime tree at home, although not producing as much fruit as we would like, but we learned even more about the health benefits of lemons and limes from the following article that arrived in my Inbox recently.

With the ability to strengthen our immune system and help prevent kidney stones, along with helping with weight loss, lemons and limes are a great addition to our daily routines. When we are at home, we start each day with a glass of warm water and squeeze the juice from part of a lemon into the glass and drink that before having our morning coffee. It just feels like we are doing something good for our bodies, and now we know even more about why that is true.

Have a Merry Christmas and a Happy New Year!

This article is from the Nutrition Watchdog. Enjoy!

Edward P. Huestis, PSD

Wellness Program Chairman

707-452-8636

ed.huestis@californiaknights.org

LEMONS AND LIMES are some of the most popular citrus fruits in the world. Lemons and limes are often used interchangeably for cooking purposes, but **what about their health purposes?** Are lemons and limes alike? Though they have a lot in common, they're also distinctly different in some ways.

These two fruits are well known for their **acidity and sourness**, which makes them useful in a variety of dishes, salads, soups and drinks.

Many people often mistakenly think limes are just unripe lemons but that is not the case. Lemons and limes are **two totally different citrus fruits** but closely related.

Continued... >>>

"EVERY MEMBER A RECRUITER!"

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Lemons vs. Limes ... *continued*

Lemons grow on a small evergreen tree that is actually native to Asia. Limes are thought to be a hybridized fruit and actually come in several varieties from various parts of the world. Lemons and limes are now grown all over the world. However, lemons — formally known as *Citrus limon* — are typically grown in moderate climates, while limes — or *Citrus aurantifolia* — grow better in tropical and subtropical regions.

Round vs Oblong

Lemons and limes definitely look different—if you look closely. Lemons are bright yellow and oblong, while limes tend to be smaller, rounder, and green. Some types of limes actually do turn yellow when ripe, but they do not turn into lemons.

Harvest

While limes are not unripe lemons, they are unripe limes and are harvested before they ripen. When harvested early and while still green, they have a **rich, sour flavor and more citric acid**. Once a lime is mature and yellow, they lose their acidity and their sour taste and become bitter.

Lemons are picked when ripe, yellow and mature.

Taste

Lemons and limes have a similar taste and are often used as substitutes for each other. But they do taste different. Lemons have a distinctly sour taste, while limes tend to be slightly more bitter but seem to have more flavor. **Lemons contain about 2% sugar, while the bitter lime only contains 0.5% sugar.** Limes tend to be more acidic than lemons. Some lemons, like Meyer lemons have a much mellower and sweeter taste.

Lemon vs Lime Nutrition

While neither lemons or limes have huge amounts of vitamins and minerals, both lemons and limes have **generous amounts of vitamin C**. Lemons win out here though, as they have substantially more vitamin C than limes do.

Ounce for ounce (or gram for gram), lemons have more vitamin C. For example, 100 g of lime contains approximately 29mg of vitamin C, while 100g of lemon

contains 53mg of vitamin C. In addition, they also have more potassium, vitamin A, vitamins B6 and folate.

Both lemons and limes have some **great health benefits**—let's take a look.

Strengthen Immunity

Lemons and limes contain a good amount of vitamin C, or ascorbic acid, which helps to **strengthen the immune system, helping your body fight colds, flu, and other pathogens**. Vitamin C helps to increase white blood cells, our little 'army' that fight off illnesses and infections.

Vitamin C is also a powerful antioxidant which helps prevent damage to the DNA of our cells, protecting and helping insure we have healthy cell reproduction. This review from the Annals of Nutrition & Metabolism shows that vitamin C helps reduce the duration and severity of respiratory tract infections.

Lemons and limes also **fight inflammation**. You can also keep your immune system strong by avoiding foods containing sugar or processed foods, eating probiotic rich foods and getting regular exercise.

Good for the Heart

Vitamin C is also valuable for the heart, **helping you fight heart disease and lowering blood pressure**. One study from the Harvard School of Public Health in Boston looked at the diets of 126,399 adults over a period of eight to 14 years and found that each serving of fruits and vegetables was associated with a **4 percent decreased risk of heart disease**. It was found that the **vitamin C-rich fruits and veggies, like lemons or limes** had the biggest impact.

Another study published in the Journal of Nutrition and Metabolism in 2014 found **daily consumption of lemons or limes was associated with a decrease in blood pressure**, as well.

Prevents Kidney Stones

The citric acid in lemons or limes helps to prevent painful kidney stones. Lemons and limes are also slightly diuretic, helping to increase urine volume and cleanse the kidneys.

Continued... page 6 >>>

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action



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



The "365 Club" demonstrates - Charity, Unity and Fraternity!

For over 64 years California Columbian Charities has provided kindness and generosity to California Knights by fulfilling Father McGivney's mandate of **BROTHER HELPING BROTHER.**

In the past we have responded to over 2300 requests to provide Brothers with their family's critical needs and have given more than \$3,500,000 in relief. **In 2019 Columbian Charities responded to 51 requests from Brothers and widows with grants in the amount of \$92,400 in aid.**

If you know of a Brother who is in severe financial distress please ask his council's **Grand Knight** to contact the State Council office for Charity application forms, at (909) 434-0460, or best at state.office@californiaknights.org. Only the Grand Knight is authorized to request an application.

We need your generous charitable and fraternal support to continue assisting Brothers who cannot provide for themselves. For several of the past years donations to the charity have been much less than what was needed to meet the needs of our many Brothers who had suffered because of the economy & natural disasters. This is a California State Fraternal program. Our Charity

receives no funding from Supreme.

The "365 Club" and the **Parade of Grand Knights** are the primary methods of raising funds for California Columbian Charities. We ask that every Brother in California join the "365 Club" and donate a penny a day - either by adding an additional \$3.65 (or more) to their dues payment, or by a cash donation at council meetings. The council may hold these funds until May when they should be brought to the State Convention and the **Parade of Grand Knights**.

If a council misses the convention it should not skip its donation. Please mail all council and personal checks (payable to Californian Columbian Charities) to the above address. These donations may be sent at any time during the year.

Although the "365 Club" and **Parade of Grand Knights** involve only one donation a year at the State Convention, further donations are appreciated by Columbian Charities and by your Brothers in distress at any time of the year.

Thank you for your generosity.

* * *

Every Council's Financial Secretary should introduce the Council members to the "365 Club" so that all Brothers have the ability to contribute to Columbian Charities. To join, each Brother is asked to voluntarily donate a penny a day (\$3.65 or more, per year) to the Charity. The best way to accomplish this is for the Financial Secretary to add an additional line to the dues billing statement (including those sent to non-dues paying Honorary Members): **"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.

We urge Councils to start employing the "365 Club" option during their next dues billing cycle. Financial Secretaries have many responsibilities in carrying out their duties; however, Brothers are losing their jobs, their health insurance and their homes during hard times. We need to extend to them a helping hand and we know that every Brother in every Council wants to participate.

Charity Begins at Home - BROTHER HELPING BROTHER

Brother Stephen Peterson, FM
 CCC President

"EVERY MEMBER A RECRUITER!"

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Lemons vs. Limes ... *continued from page 4*

One small study published in the Journal of Urology treated 11 participants with lemonade therapy for nearly four years. Researchers found that stone formation dropped significantly, from an average of one kidney stone per year down to just 0.13 per year. And this study showed that treating kidney stone patients with lemon or lime juice increased urinary citrate levels and decreased the amount of calcium in the urine, suggesting that **citric acid may be a potential alternative treatment for preventing kidney stones.**

Cancer Fighting Citrus

Lemons and limes share powerful cancer-fighting benefits. These citrus fruits have lots of **antioxidants in them, fighting free radical damage** which can negatively alter our cells and make us more prone to developing cancer. Lemons and limes' phytochemicals include flavonoids, flavones, triterpenoids and limonoids.

Another compound identified in limes was found to block colon cancer cell growth by 67%. Other studies show both lemons and limes to be effective in fighting other types of cancer, including breast cancer and pancreatic cancer. This study from Saudi Arabia, showed that lemon fruit extract helped kill breast cancer cells.

Lemons and limes also contain compounds like hesperidin and d-limonene, which have both been shown to have **cancer-preventing properties**. This makes lemons and limes some of the **most powerful weapons in the fight against cancer.**

Aids Digestion and Increases Iron Absorption

Iron is an important mineral for our bodies; it helps build red blood cells which carry oxygen to all parts of our bodies. Deficiencies in iron can cause anemia which can result in dizziness, weakness, fatigue and a lowered immune response. Vegans and vegetarians have a more difficult time absorbing iron, especially if they only eat plant-based foods. Women who are menstruating also have higher iron needs. Athletes and people who live at higher altitudes also need a great supply of iron in their diets.

Vitamin C, in the form of ascorbic acid helps to **enhance iron absorption** from foods. This is also why

cooking foods high in iron with a type of acid, like lemons or limes to enhance absorption. One of the best ways to get some extra iron in your diet is to cook in a cast-iron skillet. Adding a squeeze or two of lemons and limes helps to leach iron from the skillet which cooks into your food.

A study published in the *American Journal of Clinical Nutrition* even found that consuming **100 milligrams of vitamin C with a meal, increased iron absorption by 60 or more percent.**

Aids in Weight Loss

Lemons and limes are very low in calories, yet they add mouth-watering flavor to water and increase your saliva, preventing a dry mouth. **Drinking lemon water can help with weight loss.** Many times when we reach for a snack, we are actually just thirsty, so a glass of lemon or lime water helps to fulfill your thirst and help you stay away from munching. And the sour flavor actually helps you feel slightly more satiated.

If every day you traded in a glass of high sugar juice or soda, you avoid almost 40,000 calories in a year! That is over 11 pounds of fat! Plus you avoid all the toxic corn syrup and its negative health benefits it has on your body.

Hydration

Lemons and limes contain **citric acid** which actually **helps your body absorb water better**. Lemon water has gained a lot of popularity as **'the' drink to have first thing in the morning**. The reason is that lemon water helps to hydrate you, helps your body wash out toxins and excess fluids, and balance your pH. Lemons and limes also contain a good balance of electrolytes which help your body re-establish its fluid levels better than plain water.

It is considered much healthier to have a more alkaline pH which helps to **prevent disease and boosts the immune system**. Even though lemons and limes are very acidic, they help our bodies become more alkaline. Some research shows that a more alkaline diet can be beneficial for things like pain relief, bone health, and preventing cancer.

Lemon or lime water provides a burst of antioxidants, vitamins and minerals that isn't found in regular water. While lemon water gets the spotlight as the new healthy drink, limes are also rich in vitamin C,

Continued... next page >>>

> > > minerals, phytochemicals and antioxidants. Lime water benefits are similar to the benefits of lemon water and can boost antioxidant intake, **support weight loss**, and keep you healthy and hydrated with an added dose of flavor.

Add lemon or lime juice to most all of your dishes. Adding a squeeze of lemon or lime can really **enhance the flavor of vegetables**—especially the more bitter ones like broccoli, kale, brussels sprouts and spinach. Lemon or lime juice, combined with a bit of extra virgin olive oil and a sprinkle of herbs or spices, makes a delicious all-purpose salad dressing or a great base for marinades, especially fish or chicken.

Lemon or lime—both of these are highly beneficial to your health and relay a variety of health benefits, so use them in drinks, dishes and desserts, and pucker up!

References

<https://draxe.com/limes/>

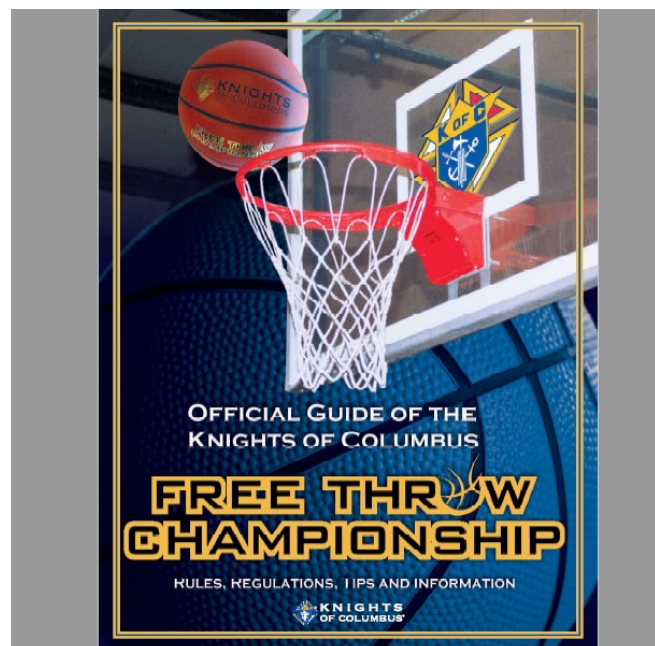
<https://draxe.com/lemon-nutrition/>

<https://draxe.com/benefits-of-lemon-water/>



Faith in Action

BASKETBALL FREE THROW CHAMPIONSHIP



[LINK HERE to download GUIDE PDF](#)



Free Throw Championship

A Higher Purpose

Offer an athletic outlet for youth ages 9 to 14 in your community. Councils can sponsor a competition by ordering a Free Throw Championship Kit, or volunteer to host and/or support the district, regional and state/province championships.

Overview

Since 1972, councils have sponsored the Knights of Columbus Free Throw Championship for boys and girls between the ages of 9 and 14 to provide an athletic outlet and encourage the values of sportsmanship and healthy competition. Kids compete within their own gender and age and progress from local level to district, regional and state/province competitions. This program is a great way to introduce the Knights of Columbus to the community and recruit faithful family men of service.

SUGGESTED CHAMPIONSHIP DATES

Council Championship — January

District Championship — February

Regional Championship (Chapter) — February

The CALIFORNIA State Tournament will be in Fresno, At SAN JOAQUIN MEMORIAL HIGH SCHOOL, on Saturday **March 28, 2020**

9:00 am Registration, with PROGRAM to begin at 10:30 am

Roman R. Bejarano
Chairman

Donald E. Reitz
Committeeman

Tenari K. Tuatagaloa
Committeeman

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Tenari64@yahoo.com

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

BASKETBALL FREE THROW CHAMPIONSHIP —

Don't Forget the 3-Point Challenge for 15-18 Year Old Youth

The Knights of Columbus are always trying to work with young people. In the past, when a person became 14 years old they could no longer shoot in the free throw competition. The Three Point Shoot-Off will add a "3" point competition for them. Young adults 15, 16, 17 and 18 will be shooting "3" balls from "5" different positions around the "3" point circle.

3 Point Competition Rules

Equipment

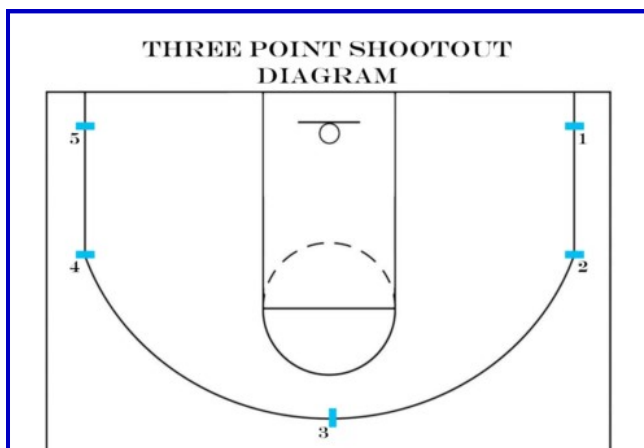
- 15 Girls 28.5 Basketballs
- 15 Boys 29.5 Basketballs
- Stop watch or 2 minute timer
- 10 Small tables or platforms to hold 3 basketballs each
- Tape to mark shooting spots on the floor.
- Registration / Scoring sheets
(<https://www.californiaknights.org/state-forms/>)

Setup

- Mark the 5 shooting positions on the floor
- First position is in the corner to the right of the goal
- Second position is halfway between the corner and the top of the 3 point line
- Third position is the top of the 3 point line
- Fourth position is halfway between the left corner and the top of the 3 point line
- Fifth Position is in the corner to the left of the goal
- Place a table or platform with 3 Basketballs on each

Officials

- Line Judge – Ensures the 3 point line is not crossed.
- Timer – Times each shooter
- Score Keeper – Tracks the score for each shooter



Rules

- All shots must be completed in 2 minutes from behind the 3 point line.
- 3 shots must be taken from each position (15 shots total)
- First position is in the corner to the right of the goal
- Second position is halfway between the corner and the top of the 3 point line
- Third position is the top of the 3 point line
- Fourth position is halfway between the left corner and the top of the 3 point line
- Fifth Position is in the corner to the left of the goal
- Girls will use Girls 28.5 Basketballs
- Boys will use Boys 29.5 Basketballs
- Contestant cannot cross the 3 point line at any time, if they cross the line the shot is counted as a miss.
- The first 2 shots from each position are worth 1 point each. The third shot from each position is worth 2 points.
- If there is a tie, shots will be taken in groups of 5 shots, 1 from each position until the tie is broken. Tiebreaker shots have a 30 second time limit for each group of 5 shots.
- The contestant's age is the age the contestant was on January 1st of the current Columbian year.
- All registration forms/score sheets must include a parent's signature.
- A copy of their Birth Certificate must accompany all registration forms and age should be verified at all levels of competition.
- The original registration form must accompany each champion as he or she progresses through the competition.

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A KNIGHT BEFORE CHRISTMAS

DECEMBER MEMBERSHIP DRIVE CONTEST

Dave Abbott

State Deputy

state.deputy@californiaknights.org



For the month of December, I am pleased to announce a "Knight Before Christmas" membership giveaway! All Knights recruiting one or more members during the month of December will receive the Christmas tree ornament depicting the Nativity and Holy Family pictured above. Scan and email all Form 100s for newly initiated candidates to membership@kofc.org by noon on Tuesday, December 31 for them to count toward this promotion, or have them join online at www.kofc.org/joinus. In order to receive the ornament, the recruiter must be listed as the "Proposer" on the Form 100 or online application. Please copy the State Office at state.office@californiaknights.org on all Form 100s sent to the Supreme Council.

On behalf of the Officers, Directors and Committeemen of California State Council, wishing you all a blessed Advent and very Merry Christmas!

May God bless,

Dave Abbott
State Deputy
Knights of Columbus
California State Council



"EVERY MEMBER A RECRUITER!"

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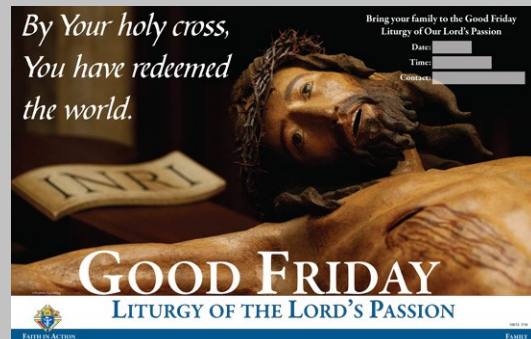
GOOD FRIDAY FAMILY PROMOTION

Although all of us are getting ready for Advent and the birth of Our Lord on Christmas, it is not too early to plan for the Celebration of Our Lord's death on Good Friday and of course the greatest feast of the Church – the Resurrection. The Good Friday Family Promotion Program stresses two main elements. The first is attending the Good Friday liturgy *as a family*. The second is to support our fellow Christians being persecuted in the Holy Land.

In order to promote this program in your Council as well as in your parish, the Supreme Council has made available several materials which are free or very inexpensive. These include two 17" x 11" posters (one vertical and one horizontal) entitled *By Your Holy Cross*, which depict Our Lord's crucifixion as seen below:



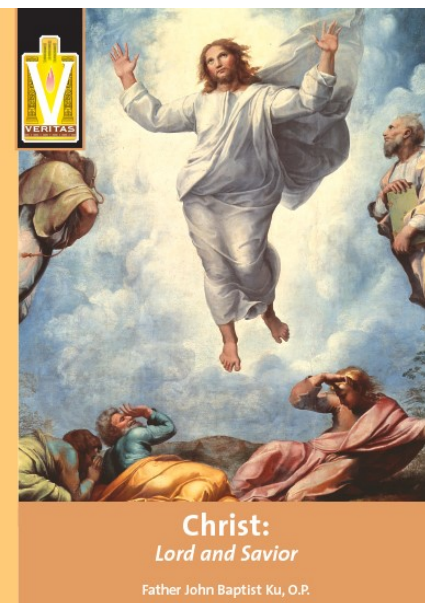
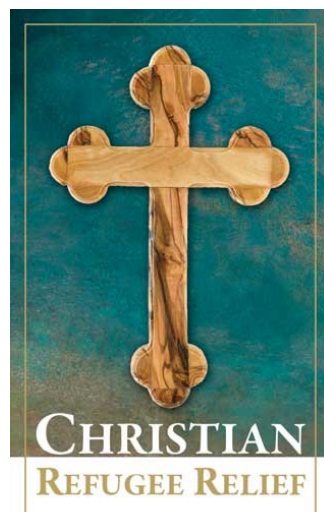
#10638 - free



10573 - free

▼ Also available are Christian Refugee Relief Prayer Cards which contain a beautiful prayer on the back side of the card reminding us of our persecuted Christian brothers in the Middle East, and asking for peace among all peoples.

#10340 - \$3.00 for 100



#358 - \$1.00 a piece; larger discount available for orders over 100

▲ Additionally the pamphlet *Christ: Our Lord and Savior* is available. This 36 page work helps us to better understand Jesus through scripture and the sacraments, and how He can transform our lives.

These promotional materials can be ordered by your Council Financial Secretary through Supplies Online. More information on the Good Friday Family Promotion can be found on the Supreme Website as follows: www.kofc.org → For Members → Programs → Faith in Action → Family → Good Friday Family Promotion.

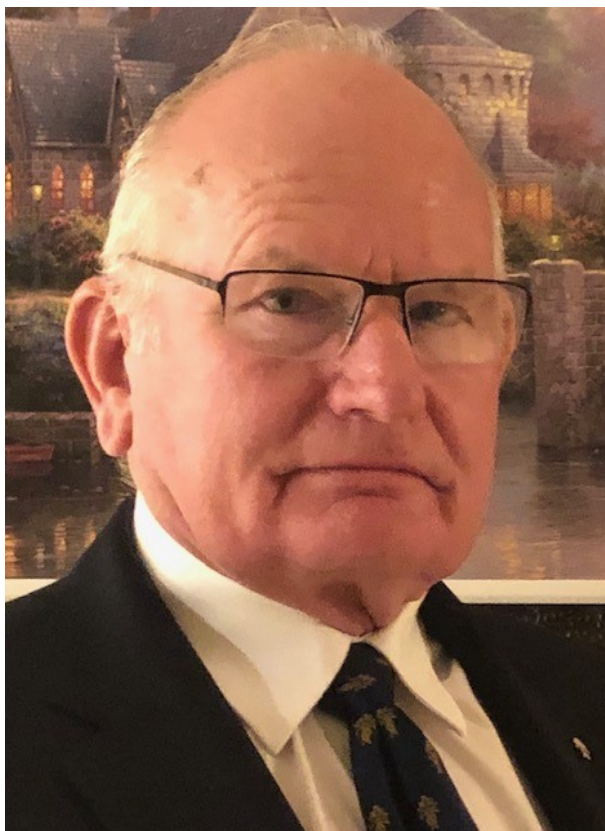
Make sure you put this program on your Council calendar and order your supplies now so your Council and families will have a very meaningful Good Friday Liturgy and ultimately a very Joyous Easter.

Bill Uberti, PGK, FDD. PFN

Good Friday Family Promotion
Chairman

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action



Introducing Vice Supreme Master - SK David M. Ryan

Saint Junipero Serra Province (California and Nevada)

Raised on a farm in western Kansas, I was the next to the youngest of 11 children, five brothers and five sisters. On 5 December 1964, I joined Knights of Columbus council 2647 in Colby, Kansas taking all three degrees. I was elected to the position of inside guard in May 1965 but resigned in May 1966 to join the United States Air Force.

I served in the U.S. Air Force for the next 26 years serving in the Vietnam theater from June 1967 to January 1969 and again from February 1972 to August 1973 as a weapons mechanic certified to load munitions on F-4, F-100, F105, F-111, OV-10, A1E and B52 aircraft. My last overseas assignment was in Pakistan from May 1988 until June 1990 as the operations coordinator for the Defense

Intelligence Agency, in the Defense Attaché Office U.S. Embassy in Islamabad. I retired on 1 June 1992 from Nellis Air Force Base as the Maintenance Superintendent of the 57th Equipment Maintenance Squadron. As Maintenance Superintendent managed a budget of more than \$775 million dollars for the procurement of munitions for pilot training and aircraft parts for maintenance of the 84 assigned F-15, F-16 and A-10 aircraft.

Military decorations include the Defense Meritorious Service Medal, Air Force Meritorious Service Medal with four oak leaf clusters, Vietnam Service Medal with four oak leaf clusters, Air Force Commendation Medal with two Oak Leaf Clusters, Air Force Outstanding Unit Award with one Oak Leaf Cluster, Vietnam Campaign Medal, and Republic of Vietnam Gallantry Cross with Palm.

As a member of the Knights of Columbus I held office in both the council and assembly and served as Grand Knight of council 10442 and Faithful Navigator of Assembly 611 in Las Vegas. I joined the first-degree team for council 5693 as the DGK in 1981. I'm certified and remain active in all four degrees. From 1996 - 1998 I served as the District Warden for District 9 in Nevada. From 2002 - 2004, I served as the State Retention Chairman and in June 2004 I was asked to assume the duties as District Deputy for District 9. My district exceeded our membership and insurance quotes by 1 December that year and I was recognized as the District Deputy of the year for 2004-2005 and 2006-2007 fraternal years. As District Deputy, I instituted council 14144 at Christ the King parish and started the round table at the Newman Center at the University Nevada Las Vegas, now council 15061. In May 2007, I was elected as the State Warden, May 2008 to the position of State Advocate and in 2010 as State Deputy. Nevada achieved Circle of Honor for the 2011-2012 fraternal year.

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Vice Supreme Master David M. Ryan

Continued... >>>

During the 2013 – 2014 fraternal year I served as the State Membership Director and the State again achieved Circle of Honor. I had to resign as the State Membership Director to assume my duties as the District Master.

As State Deputy, I introduced the ultrasound program into Nevada and placed two machines during my term as State Deputy. I continue to serve as the main contact for the ultrasound program in Nevada. Nevada has placed six machines in the three centers in Nevada that meet the requirements of the program with the latest ultrasound machine being a mobile machine in Northern Nevada to serve the rural areas. One of the machines was 80 percent funded by a grant from focus on the family and the State Council funded the remaining 20%.

I was elected to the board of directors for First Choice Pregnancy Services in April 2012 and remain active of the board. First Choice, per

focus on the family, is one of the busiest crisis pregnancy centers in the United States serving between 80 and 100 new clients each week. We do this with a staff of only 7 employees and a group of well trained and dedicated volunteers. In June 2017, the center saw 374 clients, performed 267 pregnancy tests, and 151 ultrasounds.

In 2014, I was appointed Master of the Nevada District. Since my appointment three new assemblies have been added and membership has grown from 23.6 percent to 27.4 percent of the members in the state. With the introduction of the Star Assembly Award in 2015-2016 fraternal year, Nevada had 4 Star Assemblies or 8% of the star assemblies in the order in its initial year.

It is an honor for me to serve as the Vice Supreme Master for the St Junipero Serra Province and I look forward to meeting my brothers as I travel throughout the province.

* * *

Nunc Coepi: Now I Begin

By James Aitchison

“If I should fall, even were it a thousand times, I will not lose courage, I will not be troubled, but always I will say immediately with peace, nunc coepi (now I begin)”

- Venerable Bruno Lanteri

“Begin again!” is an imperative in life that comes charged with many different emotions. It is also tied to new and positive outcomes.

As a child, beginning again can infer tedium if you are practicing an instrument. However, world-renown virtuosos began or started over time and again to obtain success. As an adolescent, it can come with frustration when a teacher tells you to redo an assignment because you failed to follow directions. In the book *Outliers*, author Malcolm Gladwell suggests falling in love with practice and starting over since it takes roughly ten thousand hours of practice to

achieve mastery in a field. Although some might consider his study to be a myth, no earth-shattering scientific discovery, best-selling novel, Pulitzer-prize winning story and certainly not traveling down the long and winding road that may lead to sainthood come about without the effort of starting over again and again to take a different tact or approach.

As an adult, starting over is as small as taking a driver's exam a second or third time or as paralyzing as the realization of a failed entrepreneurial effort with detrimental financial consequences.

Continued... next page >>>

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NOW I BEGIN Continued... >>>

However, it is a fact that most millionaires fail at first, even filing for bankruptcy on occasion, more often than not before reaching their ultimate business success.



Christ Carrying the Cross c. 1509, - Titian

As Catholics, we are given the greatest example of starting over through the episode of the Passion with Christ falling 3 times. Each time His example to us is to get up, embrace our cross and take the first step again.

As a senior, it can mean starting over after losing a spouse, changing living arrangements through down-sizing, or redefining one's lifestyle due to an illness. The outcomes are what we make of it. Our joy can start anew with grandchildren, the pride of a child's achievement, or a donation to a worthy cause. When we transition to our golden years, one becomes a witness as an elderly parent or a beloved mentor to God's love by way of example of patience that brings wisdom to others.

As Catholics, we are given the greatest example of starting over through the episode of the Passion with

Christ falling 3 times. Each time His example to us is to get up, embrace our cross and take the first step again. Once we embrace starting over, next is the act of doing so. This may seem one and the same, however, there are many who understand and even wish to start over, but never do. We need to do so. Once we do, the future outcome is put into motion. Thus, we come to Nunc Coepi, "Now, I begin...."

One of the things we can count on in this life are changing seasons. Even when we know we are about to face something new, it is normal that the change can be overwhelming and unpredictable. Nunc Coepe comes with a realization that the most important change starts with the individual. While many new beginnings come to us without permission, the choice to truly start over is ours alone to make. Starting over is a fact of life. It is also the reality of our spiritual lives as well.

Saint John Paul II gave the marching orders for empowering ourselves to move forward spiritually when he said, "The Spirit will truly bring about a New Springtime of Faith if Christian hearts are filled with new attitudes of humility, generosity and openness to His Purifying grace." As our hearts are filled, each of us will gradually work out a future. John Horvat II, author of Return to Order, reminds us that as we discern our individual purpose and or station in life that "a calling links a person to the large community, a whole in which the calling of each is a contribution to the good of all." It establishes place and purpose whereby the person senses his part in the whole.

As Catholics, embracing our Faith, we are all drawn forward with purpose along God's path, always with hope. Hope shows us there is the path forward. It should renew our faith in God that He has a special plan for our life. Boldly, we need to refuse to listen to any negative voices or give in to spiritual discouragement. Moreover, we must never give up. We learn from every step we take. Whatever we did today was a necessary step to get to tomorrow. Our viewpoint should seek God's perspective of thanksgiving and appreciation knowing that among the many new beginnings in life, there is one that takes place where our gifts, talents, and acquired skills combine with a role that empowers us to do what we were created to do. This stage of life brings about a personal convergence that taps into our power to make an ultimate contribution. We get up and get ready for this role and the next chapter in our lives when we say *Nunc coepi!* — now I begin!

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Important Messages from California State Advocate Rene Trevino

The next few pages contain important 2019-2020 State Resolution Guidelines for councils regarding the proper submission procedures to submit council resolutions.



Rene Trevino
State Advocate 2019-2020



21 November 2019

From: California State Advocate
To: Grand Knights of the California State Jurisdiction

Subj: Resolution Guidelines for 2019-2020

All Council resolutions, petitions, recommendations and proposed amendments to the State Council By-Laws must have their original resolution into the State Office postmarked no later than Saturday, February 1, 2020. (see address below). **Council resolutions must be dated, signed by the council Grand Knight and Recorder and have the council seal affixed.** Additionally, an electronic copy in Microsoft Word format, must also be emailed to state.advocate@californiaknights.org and state.office@californiaknights.org dated no later than Saturday, February 1, 2020.

A "Sample Resolution" is provided for reference.

Any resolution submitted after the submission deadline (February 1, 2020), may be considered on the floor of the convention, if such resolution:

(a) has the approval of a majority of the members of the Resolution Committee

AND

(b) is supported for presentation to the delegates by a two-thirds vote of the convention

delegates.

These late resolutions will be considered by the Resolutions Committee if received any time before the start of the Resolutions Committee meeting on the day preceding the opening session of the Convention. Late resolutions will not be accepted if they involve finances, as the Administrative & Finance Committee will not have time to consider it. Late Resolutions should include written justification for late submittal. There will not be verbal arguments presented to the Committee.

Individual members may not submit resolutions to the Annual Meeting. Resolutions may only be submitted by a Council or the State Officers as a group. Additionally, a State Director or State Committeeman may submit resolutions on matters that relate only to the activities of the Director or Committee, if approved by the State Deputy.

In order to avoid a huge number of congratulatory resolutions, those will be limited to multiples of five years beginning at 25 years of service (i.e., 25, 30, 35 years etc.) unless there is good cause for an exception.

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No resolutions involving finance shall be considered at the annual meeting, unless submitted to the State Advocate as prescribed above. Upon receipt of resolutions involving finance, the State Advocate shall immediately provide copies to the Chairman of the Administrative and Finance Committee. The Administrative and Finance Committee shall then provide advance notice to the State Advocate of the amount of increase or decrease that will result to the Per Capita assessment if such resolution is adopted.

Resolutions must be presented in their ORIGINAL FORMS ONLY - NO FAX OR COPIES.

The State Advocate shall, forty-five (45) days prior to the Annual Meeting on May 15 - 16, 2020 in Sacramento, furnish to the subordinate councils, two copies (one for each voting delegate) of the resolutions received by him with the Resolutions Committee's recommendations.

If you have any questions regarding this process, please call the State Office at 909-434-0460.

God Bless,



Rene Trevino
State Advocate

Enclosure: Sample Resolutions (2)

Cc: State Deputy
State Secretary
State Treasurer
State Warden
State Resolution Committee

Knights of Columbus California State Council Office
state.advocate@californiaknights.org
P.O. Box 2649, West Covina, CA 91793 Tel: 909-434-0460 ext. 5

NEXT: SAMPLE COUNCIL RESOLUTION and BROTHERS SERVICE ... next page >>>

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Sample COUNCIL RESOLUTION

RESOLUTION OF CONGRATULATIONS AND APPRECIATION TO FIRST CATHOLIC CHURCH COUNCIL 12345 ON THE TWENTIETH ANNIVERSARY OF THE COUNCIL

WHEREAS, First Catholic Church Council was chartered on July 15, 1995 at First Catholic Church Parish in Somewhere, California; and

WHEREAS, First Catholic Church Council has remained in good standing and has had continuous service to the Order since the Council was founded; and

WHEREAS, First Catholic Church Council has played a significant and important role in the spiritual and community life of First Catholic Church Parish through the dedicated efforts of its members, past and present; and

WHEREAS, First Catholic Church Council after twenty years of exercising the principles of Charity, Unity, Fraternity, and Patriotism have rededicated themselves to these same principles that have brought the Council many years of success.

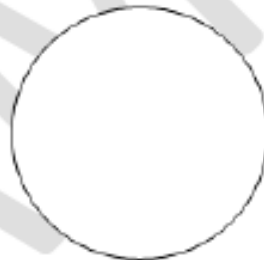
NOW, THEREFORE, BE IT RESOLVED, that the delegates to the 118th Annual California State Convention in Sacramento, meeting May 2020, hereby extend congratulations and appreciation to First Catholic Church Council 12345 on its twentieth anniversary as a Council and extend profound gratitude to all members of the Council for their loyal and dedicated service to the Order; and

FURTHER RESOLVED, that the State Secretary be directed to forward a certified copy of this resolution to the Grand Knight of First Catholic Church Council 12345

Attested: (insert Date)

Signature

John Smith, Grand Knight



Council Seal

Signature

James Jones, Recorder

Sample BROTHERS SERVICE RESOLUTION

RESOLUTION OF CONGRATULATIONS, GRADITUDE AND APPRECIATION TO BROTHER JOHN DOE FOR HIS FIFTY YEARS OF DEVOTED SERVICE TO THE KNIGHTS OF COLUMBUS

WHEREAS, Brother John Doe earned his First Degree in February 1967 and has remained a Knight in good standing; and

WHEREAS, Brother John Doe served in the Supreme Knight appointed position of Financial Secretary of First Catholic Church Council 12345 for 13 years; and

WHEREAS, Brother John Doe was a key member in the formation of First Catholic Church Council 12345 as a Charter Member; and

WHEREAS, Brother John Doe has provided inspiring leadership, performance and dedication to the Order for fifty years; and

WHEREAS, Brother John Doe is an Honorary Life Member of the Third and Fourth Degree.

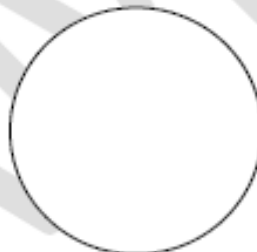
NOW, THEREFORE, BE IT RESOLVED, that in view of his dedication and service to the Council, Church, and Community, the delegates of the 118th Annual California State Convention meeting May 15-16, 2020 in Sacramento extend congratulations and appreciation to Brother John Doe for his fifty years of loyal and dedicated service to our beloved Order; and

FURTHER RESOLVED, that the State Secretary be directed to forward a certified copy of this resolution to the Grand Knight of First Catholic Church Council 12345 to present to Brother John Doe.

Attested: *(insert Date)*

Signature

John Smith, Grand Knight



Council Seal

Signature

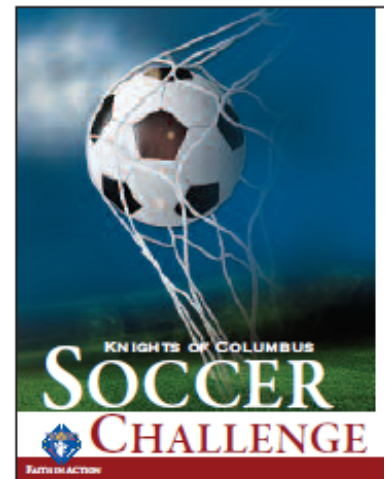
James Jones, Recorder

2019 SOCCER CHALLENGE FINAL RESULTS

SK Percy Park, PGK, PFN dbk576@aol.com
 Nor Cal Chapter Soccer Challenge 2019-2020
 State Chairman Soccer Challenge 2019-2020

Announcing the 2019-2020 Knights of Columbus California State Soccer Challenge "RESULTS" from the Northern, Central and Southern State Regionals on Sunday, November 10, 2019

Our Knights of Columbus State Soccer Challenge competitions are being run at "three" separate locations, because of the size of our State and logistics to accommodate **"16" State Chapters, "156" Districts, "713" Councils** and our Soccer Challenge competitors along with their parents who travel with them to and from all levels of competition. I would like to introduce our brother Knights who are the Northern, Central and Southern State Coordinators that facilitate, help and promote this Knights Youth program. Job well done my brothers!



2019 - 2020 Regional State Soccer Challenge Coordinators and Contacts

<u>NORTHERN</u>	<u>CENTRAL</u>	<u>SOUTHERN</u>
William Manos Council 13672 Fair Oaks, CA 95628 wjmanos@gmail.com	Julio Jimenez Council 03601 / Assembly 0065 Reseda, CA 91335 jimenezjulio12@yahoo.com	Luigi V. Zoni Council 14550 / Assembly 2449 La Mesa, CA 91941 luigizoni@aol.com

2019 - 2020 Regional State Soccer Challenge Locations Sunday, 10 NOV 2019

St. Patrick - St. Vincent HS Vallejo, CA Dave Smart and Setphen Foley	Maple Creek Elementary Fresno, CA Bill Frank	Rancho San Antonio Home Chatsworth, CA John Crowe
---	--	---

"Congratulations" to the following contestants who have competed at the different 2019 Soccer Challenge levels of competition within their local Northern , Central and Southern regions in addition to having the "highest" scores within their age groups 9 through 14, boys and girls at their **2019 Knights of Columbus Northern, Central and Southern State level competitions** have been named the **2019 California State Soccer Challenge Champions**.

"Introducing" your 2019-2020 California State Soccer Challenge "champions" from the 2019 Northern, Central and Southern Regional competition "winners", by age group, boys and girls :

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2019 SOCCER CHALLENGE STATE and REGION CHAMPIONS

Age DIV	NORTHERN	CENTRAL	SOUTHERN
09 yr BOYS	Darien Chan (200 / 500) Gold River CA Council 05322 / District 007 Northern California Chapter	<i>no contestant</i>	Anderson Leon (255 / 500) * Chino CA Council 15339 / District 126 Arrowhead-Desert Valley Chapter
09 yr GIRLS	Emma Leonard (205 / 500) Elk Grove CA Council 11236 / District 012 Northern California Chapter	<i>no contestant</i>	Cameryn Kovar (245 / 500) * San Diego CA Council 14450 / District 147 San Diego Chapter
10 yr BOYS	Christian Rohner (230 / 500) * Lincoln CA Council 09202 / District 005 Northern California Chapter	<i>no contestant</i>	Camilo Campos (160 / 500) Panorama City CA Council 14772 / District 085 Southern California Chapter
10 yr GIRLS	Angelika Delos Angeles (200 / 500) * Rancho Cordova CA Council 05322 / District 007 Northern California Chapter	Brooklyn Pierce (135 / 500) Fresno CA Council 16185 / District 065 Central Chapter	Yazmene Gurrero (175 / 500) Romoland CA Council 09986 / District 135 Arrowhead-Desert Valley Chapter
11 yr BOYS	<i>no contestant</i>	Jario Jurado (205 / 500) Fowler CA Council 09213 / District 068 Central Chapter	Alexander Leon (245 / 500) * Chino CA Council 15339 / District 131 Arrowhead-Desert Valley Chapter
11 yr GIRLS	Alyssa Jansen (240 / 500) Lincoln CA Council 09202 / District 005 Northern California Chapter	Alexsis Walken (140 / 500) Fresno CA Council 16185 / District 065 Central Chapter	Keegan Boyd (260 / 500) * Riverside CA Council 14292 / District 133 Arrowhead-Desert Valley Chapter
12 yr BOYS	Owen Cannon (295 / 500) * Elk Grove CA Council 11236 / District 012 Northern California Chapter	<i>no contestant</i>	Ramsis Dessouky (185 / 500) San Diego CA Council 9076 / District 144 San Diego Chapter
12 yr GIRLS	Larrisa Kerr (155 / 500) * Rancho Cordova CA Council 0532 / District 007 Northern California Chapter	<i>no contestant</i>	<i>no contestant</i>
13 yr BOYS	Angel Rios (225 / 500) Elk Grove CA Council 11236 / District 012 Northern California Chapter	<i>no contestant</i>	Santiago Ybarra (250 / 500) * Bloomington CA Council 15680 / District 128 Arrowhead-Desert Valley Chapter
13 yr GIRLS	Adalyn Peters (195 / 500) Lincoln CA Council 09202 / District 005 Northern California Chapter	Natalie Lawson (145 / 500) Fresno CA Council 16185 / District 065 Central Chapter	Keianna Nutley (235 / 500) * Corona CA Council 14292 / District 133 Arrowhead-Desert Valley Chapter
14 yr BOYS	<i>no contestant</i>	<i>no contestant</i>	<i>no contestant</i>
14 yr GIRLS	Marlana Everts (270 / 500) * Lincoln CA Council 09202 / District 005 Northern California Chapter	<i>no contestant</i>	<i>no contestant</i>

(*) = Indicates CA STATE CHAMPION with final score

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District Deputy Reminder

Knights of Columbus · 1 Columbus Plaza · New Haven, Connecticut

December 2019

Important Reminders

- The [District Deputy Semiannual Report \(#944\)](#) is due Dec. 31.
- Has each council in your district been active with programs, membership recruitment and insurance promotion? If not, schedule a strategy session with the council's officers.
- Did each council in your district hold a First Degree last month?
- Does each council in your district have plans in place for charitable programs in the second half of the fraternal year?
- Plan to conduct your midyear meeting within a few weeks after your jurisdiction's midyear meeting. You should invite grand knights, financial secretaries, treasurers, membership and program directors, and field agents.
- Remember to complete the required DD Training module accessed through Officers Online or the Open Enrollment site. [Officers Online Instructions HERE](#) [Open Enrollment Instructions HERE.](#)

12 Knights by Christmas Incentive

From Oct. 1 - Dec. 31, any district deputy whose district brings in 12 or more new members will receive \$200 and be recognized by name in *Knightline*.

Congratulations to the DDs who have already reached their goal! [View HERE.](#)

Are you on pace in your district? [Click HERE to check!](#)

District Deputy Official Visits

Why is it important for you to make official council visits?

- You represent the state deputy and the supreme knight in your district.
- You ensure that each council in your district is on track with the mission of the Order.
- You encourage councils in your district to progress toward earning the Star Council Award.
- You ensure that each council in your district is fully engaged with their parish and community.
- You provide information on important state council and supreme council initiatives.

After your official visit, please complete and submit the [District Deputy Semiannual Report on Council Status \(#944\)](#).

The Annual Survey of Fraternal Activity (#1728)

Available Dec. 1

Remind your councils to start preparing data collection efforts and council records so that they can complete the [Annual Survey of Fraternal Activity \(Form 1728\)](#).

Jan. 31 is the due date for submitting the 2019 Annual Survey of Fraternal Activity (#1728). The best method for submitting this very important form is by using the [ONLINE submission which can be done in Officers Online](#).

Next Webinar

Tues., Jan. 14, 2020 | 8:30 p.m. Eastern Time
Developing your Half-Time Strategy to Win
 The very best football teams make "adjustments" to attain positive outcomes in the second half of the game. Councils are no different. Why keep doing things that aren't working. Our Fraternal Mission staff will provide time-tested ways to help change the culture and achieve short term wins to help your council grow.

[Register Now](#)

Email dd@kofc.org with questions or visit kofc.org or Call (203)752-4270

NOTE: Document links on this page are NOT ACTIVE- please refer to links on LAST PAGE of this newsletter. - Editor

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Fourth Degree Regalia NOW AVAILABLE



KNIGHTS OF COLUMBUS®

This message pertaining to the Fourth Degree regalia contains the corrected phone number for customer service.

We are pleased to welcome “The Supply Room” (TSR) as the new distributor of Knights of Columbus Fourth Degree regalia.

TSR is a world-class, leading distributor of military and law enforcement uniforms, located in Oxford, Alabama. In addition to 100+ years of experience and a solid reputation for quality, they will offer customer service representatives dedicated to Knights of Columbus uniform orders.

Our uniforms will remain of the highest quality, while the cost will drop to \$449. What to know:

- As before, orders may be placed at kofcuniform.com.
- The customer service number remains the same and is available at **1-833-562-4327**.
- TSR customer service is able to assist with questions regarding uniforms ordered from the previous fulfillment company.

We remain grateful to our Sir Knights and are proud of the dignity and respect with which you represent the Order in your parishes and communities.

Thank you for letting us serve you.

Knights of Columbus
1 Columbus Plaza
New Haven, CT 06510

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CALIFORNIA STATE COUNCIL ESSAY CONTEST

Forms [HERE](#)

CALIFORNIA STATE ESSAY COMPETITION

“CATHOLIC STEWARDSHIP”



Entry Form *To be completed by entrant*

I wish to enter the KNIGHTS OF COLUMBUS CALIFORNIA STATE ESSAY COMPETITION in the GRADE checked below.
I realize that my entry becomes the property of the Knights of Columbus.

☐
4TH Grade
☐
5TH Grade
☐
6TH Grade
☐
7TH Grade

Name of Entrant _____

Date of Birth _____

Street Address _____

City _____

State _____

Zip Code _____

e-mail address _____

Home or Cell Phone # _____

Signature of Entrant _____

THIS SECTION TO BE COMPLETED BY PARENT/GUARDIAN

The undersigned hereby request and approve the entrant's registration and participation in the **KNIGHTS OF COLUMBUS CALIFORNIA STATE ESSAY COMPETITION**. In consideration of such registration and participation, the undersigned hereby agree to hold the Knights of Columbus State Council and any of its subordinate units and their officers, members, agents and employees, blameless and without liability and hereby agree to release, indemnify and hold harmless all of the above mentioned from any and all claims and expenses from or relating to entrant's said participation.

Witness_____
Parent or Guardian_____
Date

SCORE SHEET

This section to be completed by Knights of Columbus officials

Scoring Instructions: Essay will be judged on a 100 point system

Content (35 points) - How thoroughly is the topic examined ?

Grammar (30 points) - How well is the essay written with respect to sentence and paragraph construction ?

Style (35 points) - Does the essay show creativity, imagination and development of the topic in a logical & compelling style ?

Level of Competition	Content (35 Points)	Grammar (30 points)	Style (35 Points)	Total Score (100 Points)
COUNCIL				
CHAPTER				
STATE				

COUNCIL # _____ Dist# _____ CHAPTER _____ GRAND KNIGHT _____

KNIGHTS OF COLUMBUS

IN SERVICE TO ONE, IN SERVICE TO ALL

“YOUTH ARE OUR FUTURE”

“EVERY MEMBER A RECRUITER!”

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CALIFORNIA STATE ESSAY COMPETITION

“CATHOLIC STEWARDSHIP”

RULES & TOPICS

GROUP B: 4TH GRADE THRU 7TH GRADES

FOLLOWING ARE FOUR (4) TOPICS FOR CURRENT COLUMBIAN YEAR COMPETITION

4TH GRADE ONLY

TOPIC: *“WAYS I SHARE MY TIME, TALENTS AND TREASURES AT HOME, SCHOOL, AND IN MY CHURCH COMMUNITY?”*

5TH GRADE ONLY

TOPIC: *“IN MY LIFE, WHO HAVE BEEN MY SPIRITUAL ROLE MODELS AND WHY?”*

6TH GRADE ONLY

TOPIC: *“HOW DO I LIVE JESUS' TEACHING, “TO LOVE THY NEIGHBOR?”*

7TH GRADE ONLY

TOPIC: *“HOW MY CATHOLIC / CHRISTIAN EDUCATION HAS INFLUENCED MY PERSONAL VALUES”*

- Essays must be 250 to 500 words in length.
- Essay must reflect the assigned theme and be the student's original work.
- Essay must be typed and double spaced.
- **Essay must have Title of essay on the Cover page only**
- **Name is NOT** to appear on the Essay, or Knights of Columbus.
- Completed Entry sheet stapled to the back of the Essay.

Essay will be scored by the Instructions on the front of the entry form

Councils will advance winning essays by grade to Chapter.

Council Award: to be determined by Council per grade winner

Chapter Awards: to be determined by Chapter per grade winner

STATE AWARDS: 1st Place - \$100 Gift cards for Grades 4th thru 7th
Plus Plaque

Target dates:

Student Essays for Council to Council Essay Chairman by January 26

Council winners to Chapter Chairman by February 21.

Chapter winners by grade to State Chairman by March 16

State winners announced at State Convention May

CA State Essay Chairman: **Claire Tryon**
5773 Pepperridge Way
Concord, CA 94521-5817

e-mail: greyeototo@gmail.com

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District Deputy REMINDERS / LINKS-

LINKS from DD REMINDER - DECEMBER 2019

- ◆ District Deputy Semiannual Report (#944) [CLICK HERE](#)
- ◆ Officers Online Instructions [CLICK HERE](#)
- ◆ Open Enrollment Instructions [CLICK HERE](#)
- ◆ Annual Survey of Fraternal Activity (#1728) [CLICK HERE](#)
Online submission, FORM #1728 Registered Officer login to OFFICERS ONLINE
- ◆ WEBINAR: "Developing your Half-Time Strategy to Win" [Register HERE](#)
- ◆ "12 Knights by Christmas" Incentive (until DEC 31) [GOAL ACHIEVED LIST](#)
- ◆ "12 Knights by Christmas" Incentive CHECK STATUS [CLICK HERE](#)

OTHER FORMS DUE BY JANUARY 31, 2020

- Special Olympics Report FORM #4584 [CLICK HERE](#)
- CALIF Substance Abuse Poster Contest Council Participation [CLICK HERE](#)
- CALIF Keep Christ in Christmas Contest Council Participation [CLICK HERE](#)
- CALIF Catholic Stewardship Essay Contest Council Participation [CLICK HERE](#)

Basketball Free Throw Events— COUNCIL events in JANUARY 2020.
DISTRICT Contests should be planned for EARLY FEB 2020.

Calling Out to All Chapter Presidents and State Committee-men

*The **GOLDEN STATE KNIGHTLETTER** would like to offer article space for your noteworthy accomplishments, events and notices. Please submit your materials or encourage your councils to do so.*

*Worthy **DISTRICT MASTERS** are also invited to submit noteworthy events or materials for statewide distribution.* - Editor

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!

Sumbimssion 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.

PLAN AHEAD— If you wish to promote a program, please submit your information for publication the issue month PRIOR to your event dates, as publication will be in the 2nd half of the calendar month.

EXAMPLE: Program Event in DECEMBER; submit for publication by NOVEMBER 10.

Roark Galloway, PGK Editor, California Golden State Knightletter
frgalloway120@gmail.com

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



Instituted MAY 12, 1903

Over 119 Years of support
to our Catholic Parishes
and families

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