

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

2020 CALIFORNIA STATE CONVENTION — STATUS AS OF APRIL 5, 2020

In addition to dealing with our State mandated stay at home environment, many, if not most of our members, are likely wondering about the status of our upcoming State Convention scheduled for May 15 and 16.

As of the writing of this update, the in-person State Convention at the DoubleTree Sacramento is still on. At our most recent State Convention 2020 Planning Committee Meeting held via teleconference for the first time (we normally meet at the DoubleTree), we received an update from our State Deputy **Dave Abbott** informing us that the State Officers and the State Convention Chairman are monitoring the situation very closely to see if the government leaders at the state level and health officials will be extending the stay at home orders through at least the middle part of May. In anticipation that this could be a real possibility, the State Deputy is receiving guidance from Supreme in providing the tools to hold a virtual State Convention on that same weekend instead of attending the State Convention at the DoubleTree Sacramento.

That said, we are still required by our State By-Laws to hold our State Convention on the third weekend of May in order to conduct the necessary business of the State Council. That mostly includes the Election of Officers, Election of Delegates and Alternate Delegates to the Supreme Convention in August, voting on the resolutions that have been submitted by the local councils throughout the state for consideration, and approval of the State Council budget for Columbian Year 2020 – 2021. That is why **it is still vitally important that each local Council designate two delegates to attend the State Convention, whether it be in person at the DoubleTree in Sacramento, or via a virtual State Convention from remote locations.**

The State Convention 2020 Planning Committee is committed to making this an enjoyable convention recognizing the many extraordinary accomplishments of Knights of Columbus councils in California during this challenging year, whether we convene at the Doubletree Hotel in Sacramento or virtually. Stay tuned for further developments.

Let's keep praying for God's will in this matter. Stay safe and stay healthy!

Fraternally,

Edward P. Huestis, PSD

State Convention 2020 Chairman

California Knights of Columbus
118th Annual State Convention

May 14-16, 2020
Sacramento, CA

Knights of Faith—Knights of Charity—Knights of Action

COVID-19 Pandemic - in person meetings and gatherings suspended until further notice. More inside this issue.

STATE DEPUTY'S MESSAGE

OUR LENTEN JOURNEY



My Brothers,

The transition from February to March marks the beginning of our Lenten journey as we seek to become closer to the Holy Spirit and our Lord Jesus Christ. Both dwell within us – it is a matter accepting the joy and comfort they offer and practicing it in our daily lives. Making our Lenten journey even more pensive this year is the world-wide coronavirus (COVID-19) pandemic. It has upset our everyday routines, and perhaps even instilled a sense of unease and foreboding as we all wait to see how this will affect ourselves, our families and those around us. The principles of the 3rd degree are Charity, Unity and Fraternity. There has never been a better time to practice them as our faith and resolve are put to the test. Our faith, charity and brotherhood will be needed in our parishes and communities in the coming weeks and months. As Knights I'm certain we will be up to the task.

Supreme Knight Carl Anderson, as well as many civic leaders and health organizations, have placed restrictions on group gatherings and social contact, including cancellation of all Knights of Columbus meetings and events. Please respect this request. Understand that limited social contact and frequent decontamination **are the only preventative measure we have at this time** to control and limit spread of the virus. The best source of information on precautions and preventative measures continues to be the Center for Disease Control (CDC) at www.cdc.gov and your local health authorities.

During this temporary hiatus in meetings and activities it is important we keep in touch with our membership, especially the elderly and infirm. If your council has not done so already, organize a phone tree that assures periodic contact. Organize teams to take groceries and personal items to those who are unable to go out and shop for themselves. As group activities cease seek alternatives for personal worship such as books, publications, EWTN or use social media as a means of mutual support, sharing experiences and remaining in contact.



Decisions on whether to cancel or hold state scheduled events will be made on a week to week basis as the impact of the COVID-19 virus unfolds. **The State Free Throw Championship scheduled for Saturday March 28 has been postponed to a later date**, possibly in May or June. At this time, **the annual State Convention, May 14 through 16, in Sacramento has NOT been cancelled** and will take place as planned with the expectation the current pandemic and restrictions on large group gatherings will have passed by then.

Even with the meeting hiatus we will continue the *"Membership Marathon!"* during the month of March. If you have candidates waiting to join, consider using the video exemplification in a personal or small group setting. Becoming a member during this uncertain time may be just the assurance they need to reduce anxiety for both themselves and their family. Having candidates join online at www.kofc.org can also be a practical alternative with the promise they can attend an exemplification as soon as one becomes available. During the month of March, a special promotional code has been created for those joining online. Those entering the code **"CAKOFC"**

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"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

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Hispanic & Ethnic Growth - **JOSE JIMENEZ**

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State Deputy Message . . . Continued from page 2

when prompted in the online application will receive a \$10 discount off the normal \$30 membership fee.

To supplement your local efforts, the **California State Council** will be originating a special 24 hour "**Membership Marathon**" livestream from 6:00 PM, Saturday, March 28 through 6:00 PM, Sunday, March 29. Occurring on the 138th anniversary of the Order and filled with Knights of Columbus videos and commentary, this livestream broadcast is intended to both inform and invite qualified Catholic men to join. This special livestream broadcast can be viewed on YouTube at www.californiaknights.org/live.

Please join me in Congratulating to the top recruiters, top recruiting councils and top recruiting district for the month of February. Brothers **Emmanuel Bernal** from Saint Anne Council 8627 in Union City and Grand Knight **Marcial Vasco** from St. James the Apostle Council 14541 in Fremont were the top recruiters bringing in four new members each. Joseph P. Schultz Council 3589 in San Marcos and Saint Anne Council 8627 in Union City were the top recruiting councils bringing in five new members each. District Deputy 42 **Ian Ytem** had the high recruiting district bringing in 11 new members during February. All will receive gift cards to restaurants in their local area.

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

COVID-19 Pandemic Requires a Temporary but Significant Paradigm Shift in Knights of Columbus Programs Across the Nation

CARL A. ANDERSON
SUPREME KNIGHT



KNIGHTS OF COLUMBUS
MAKING A DIFFERENCE FOR LIFE

March 11, 2020

Dear Fraternal Leader,

The Knights of Columbus is carefully monitoring the coronavirus situation and its impact on the Order. Since the virus is spread by personal contact, containment efforts stress social distancing by restricting travel, meetings and other gatherings. Accordingly, the Supreme Council most strongly recommends the following actions to protect brother Knights and others:

- Cancel all personal contact meetings, including business meetings, until further notice.
- Cancel all planned events, where people would gather, until further notice.
- Cancel all travel for Knights of Columbus business until further notice.

There are many ways to continue council operations without face to face contact. Here are some suggestions:

- Conduct meetings by conference call, Skype, Google Groups or other methods.
- Use a webinar service for large meetings like monthly business meetings.
- Allow member votes by email or text to approve bills and candidate admissions.
- Use the email feature of Officers Online for member communications.
- Set up a call tree to contact members and ascertain their wellbeing.
- Conduct degree ceremonies in homes using the [combined Exemplification of Charity, Unity and Fraternity](#) video or the [First Degree video](#).
- Use applications like "Go fund me" to digitally raise funds for causes.

Additional information is available for members and their families on the websites of the [CENTERS FOR DISEASE CONTROL](#) and [WORLD HEALTH ORGANIZATION](#). Be aware that the elderly and sick are highly vulnerable to this disease.

This is a moment to deepen our commitment to the very principles which define us: charity, unity and fraternity. There will likely be many opportunities in coming weeks to live out these principles in service to our brother Knights, our families and our communities. May this time of difficulty also be a moment when we as Knights step into the breach and show ourselves to be disciples of Jesus Christ and men at the service of others.

Fraternally,

Carl A. Anderson
Supreme Knight

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NOVENA- Video Presentation for Prayer for Protection. [CLICK HERE](#) for link to video.

Prayer for Protection in Time of Pandemic

A 2:43 video slide presentation of mosaics with meditation music and a prayer for protection during a pandemic.



WEB ADDRESS: https://players.brightcove.net/802593642001/y6FLila0f_default/index.html?videoId=6141661058001

Mosaics by Father Marko Rupnik, S.J., and the artists of Centro Aletti, Saint John Paul II National Shrine, Washington, D.C., and Holy Family Chapel, Knights of Columbus headquarters, New Haven, Conn.

Photos: Peter Škrlep/Tamino Petelinsek © Knights of Columbus.

The ancient fresco of Madonna del Soccorso (Our Lady of Help) in St. Peter's Basilica was restored with the support of the Knights of Columbus to mark the Year of Faith (2012-2013).

Photo courtesy of Fabbrica di San Pietro/M. Falcioni.

Music by Henryk Górecki (1933-2010) who dedicated this Polish setting of the traditional Latin prayer *Sub Tuum Praesidium* to the Knights of Columbus in honor of the Order's 2006 establishment in Poland.

Górecki was one of Poland's most revered contemporary composers of classical music and a member of Our Lady of Ludźmierz Council 14001.

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Supreme Guidance Program for support of membership and communities throughout the Order

LEAVE NO NEIGHBOR BEHIND

Coronavirus Pandemic Guidebook for Knights of Columbus Councils



OVERVIEW

Knights of Columbus are called to step into the breach and leave no neighbor behind – especially in this time of crisis.

As the coronavirus pandemic continues, our duty is to lead our families, protect our parishes, and serve our communities, remembering always that where there's a need, there's a Knight. Supreme Knight Carl A. Anderson has challenged Knights to take this moment as an opportunity to "deepen our commitment to the very principles which define us: charity, unity and fraternity."

Knights of Columbus Orderwide are encouraged to serve and sacrifice for those around us. Many, including in our own councils and parishes, are isolated and alone in quarantine. Food banks, blood centers, and other essential services have been depleted of their vital supplies. There are many people and places that require urgent help.

Knights are encouraged to engage in five types of service activities:

1. Support Your Brother Knights
2. Support Your Parish
3. Support Your Community
4. Feed the Hungry
5. Participate in Blood Drives

In the pages that follow, you will find additional details for each of these categories. You can use this document as a foundation for your efforts and those of your council. Where you see opportunities to do more, you are encouraged to do so, always mindful of guidelines and suggested procedures from national and local health experts. Abide by social distancing, self-quarantine, and shelter-in-place orders, where applicable. Do not put yourself or others at risk of infection. For more information on safety measures while participating in program activities, refer to the "Guidance on Safety" section of this Guidebook.

Above all else, remember your duty as a Knight of Columbus. When crisis strikes, we respond with care, compassion and charity. It is time for all of us to answer the call – and leave no neighbor behind.

As you and your council take specific action to support your parish and community, please let the Supreme Council know. We may want to highlight your efforts. Submit your stories to fraternalmission@kcof.org.

OVERVIEW

1. Support Your Brother Knights

No council should leave a Brother Knight behind. Through tools including phone trees and daily check-ins, your council can make sure that every Knight has the essentials he needs, fulfilling the vision of charity and unity upon which Father McGivney founded our Order.

2. Support Your Parish

In this unprecedented time, your pastor has lost his traditional methods of charitable and evangelical outreach. He needs help to fulfill the Church's mission. Councils must reinforce their pastor and show that Knights stand ready to support him and the parish community, ensuring that no member of the parish is forgotten or goes hungry.

3. Support Your Community

As a result of quarantine measures, many find themselves cut off and isolated – especially those without family and community support systems. Some needs may be physical, while others are social, emotional or spiritual. Whatever the need, councils are encouraged to assess and creatively support their broader community.

4. Feed the Hungry

Since its founding, the Knights of Columbus has donated millions of pounds of food in the effort to end hunger. Now, more than ever, many are unable to provide adequate food for their families. Knights can donate to, and assist with, distribution at local food pantries and food banks so no one in their community goes to bed hungry at night.

5. Participate in Blood Drives

Since 1938, Knights of Columbus have mobilized blood donation campaigns on the local, state and national levels, supporting and saving countless lives. As the Red Cross issues emergency calls for donations, those who are not already isolated due to illness, age or underlying conditions are encouraged to donate blood. Knights can once again lead the charge to give the gift of life.

Additional Resources

1. #11039 Leave No Neighbor Behind - Guide Book
2. #11040 Leave No Neighbor Behind - Poster
3. #11036a Protection in Time of Pandemic - Prayer Card
4. #11036 Protection in Time of Pandemic - Flyer

DOWNLOAD PROGRAM GUIDE — [CLICK HERE](#)

VIEW ONLINE WEBINAR — [CLICK HERE](#)

Registration Required

REPORT ACTIVITIES ONLINE — [CLICK HERE](#)

"[We must] deepen our commitment to the very principles which define us: charity, unity and fraternity."

- Supreme Knight Carl Anderson

GUIDANCE ON SAFETY

While engaging in activities as part of the Leave No Neighbor Behind program, participants are encouraged to always be mindful of guidelines and suggested procedures from national and local health experts. Abide by social distancing, self-quarantine and shelter-in-place orders, where applicable. **Do not put yourself or others at risk of infection.**

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National ONLINE Exemplification Planned for Thursday APRIL 16, 2020

NEW member candidates AND current 1st and 2nd Degree members may register to become 3rd Degree Knights after participating in this exemplification

Summary

Webcast content is geared toward Knights of Columbus leaders including grand knights, council officers, district deputies, state council officers, directors and appointees. Please forward to your members as desired.

Training for Online Exemplification

During this crisis, many good men are seeking to join the Knights and serve bravely with us in battling the coronavirus. I am excited to announce that we developed a new process that allows them to join while still observing the stay at home orders imposed by state and local governments. We call this our Online Exemplification.

We will offer detailed training on the online exemplification processes in a webinar on Wed., April 8 at 8:00 pm EDT. This will not be the exemplification itself. It is a training session for council leaders on how the exemplification will be done and how to manage your candidates. We will leave plenty of time for live questions and answers so that everyone will be comfortable with the plan for the ceremony on April 16.

Our goal is to bring in 1,000 new 3rd Degree Knights!

MORE INFORMATION and LINK TO WEBINAR: [CLICK HERE](#)

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**Knights of Columbus
California State Council
COVID-19 ADVISORY COMMITTEE
April 7, 2020**



BROTHER HELPING BROTHER

"...I was sick, and you visited Me..."

— Matthew 25:36

Brothers All...As we continue with "shelter in place" and are now observing Holy Week, we offer our prayers to those who are socially isolated, have fallen ill with coronavirus, the First Responders including Medical Personnel, Law Enforcement and those that deliver essential services to our communities. We especially pray for our Bishops and Priests who must 'tend to their flock' through other means during this most difficult time.

As of yesterday, there are now more than 16,373 coronavirus cases in California, and that number is expected to grow as more testing occurs. It is estimated that there have now been over 143,800 tests given throughout the state. The number of deaths now stands at 388. And, more important, the number of recovery's are on the rise.

It is imperative that each of you be aware and continue to comply with the criteria imposed by your local governance and/or health authorities in your respective cities, counties or jurisdictions which may issue further restrictions and/or specific instructions unique to your area.

For more information from the Centers for Disease Control and COVID-19, please go to the following link: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Our previous notes reminded us to become ***Knights of Faith, Knights of Charity, Knights of Action*** and outlined some ways to become engaged in local activities. Following are updates:

Knights of Faith

Spiritual Communion Service at Home. Please pay close attention to emails from our State Deputy where he will be sharing the special Holy Week Spiritual Communion Service at Home program. Many thanks to those who have taken this special program and shared it with members of your respective councils. Also look for the Prayers in the Pew monthly newsletter just sent out via email.

Knights of Charity,

This past week, Supreme shared their Fraternal Operations program "Leave No Neighbor Behind". This program outlines five components: 1) Support your Brother Knights; 2) Support Your Parish; 3) Support Your Community; 4) Feed the Hungry; and, 5) Participate in Blood Drives. It is imperative that each council embrace these five components during these trying times. Our first COVID-19 Bulletin asked you to reach out to every Brother Knight to see how they are doing. We are praying each council has accomplished this and continues to reach out to those who need help. We also asked you to reach out to the parish and ask



Knights of Columbus California State Council COVID-19 ADVISORY COMMITTEE April 7, 2020



how you can help reach those fellow parishioners who may need help. As the pandemic continues to spread, we are finding members of the Order who have become infected and need our prayers. *We need to make sure we don't violate federal, state or local medical privacy requirements by listing individuals by name on any prayer list without their prior consent.* Instead, please post a general prayer asking for everyone being affected by this pandemic to be in our prayers.

Knights of Action

- Holy Trinity Council in El Dorado Hills, through the Parish Human Concerns Ministry is conducting a food drive in support of the Upper Room & the EDC Food Bank.
- Fr. Maguire Council 3851 passed out palms during Palm Sunday.
- San Diego Chapter is working closely with the San Diego Diocese Catholic Charities to assist with food distribution at 26 parishes throughout the San Diego area. Knights throughout the Chapter are assisting with food pick-up, packaging, drive-up distribution and home delivery. For more information on how to volunteer go to: <https://www.cdsc.org/efdn-volunteers> and use the code word: KnightsofColumbus.

We recommend that you continue practicing precautionary and preventative measures, especially:

DO:

- Stay home
- Avoid people outside your household
- Wash your hands often with soap and water for at least 20 seconds, especially after touching any frequently used item or surface
- Avoid shaking hands and touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Clean and disinfect frequently used items and surfaces as much as possible
- Maintain social distancing (6 to 10 feet apart) whenever outside of the house
- Wear a mask if you need to leave the house

DON'T:

- Leave the house except for essential activities
- Go to the doctor unless you call first
- Stockpile masks or gloves

We will continue communicating with everyone as the situation changes. We are proud of everyone's efforts to date and please keep diligent and always look out for yourself and your families.

Stay Safe and Healthy!



KNIGHTS OF COLUMBUS®

MEMORANDUM

DATE: April 3, 2020

TO: State Deputies

FROM: Michael J. O'Connor, Supreme Secretary

RE: Virtual Meetings

Worthy Grand Knight,

I greatly hope that this message finds you and your family well.

With the call for further social distancing, it is more important than ever that we heed this directive. In light of that, the Executive and Financing Committee, on behalf of the Board of Directors, pursuant to its authority under Section 40.3 of the Laws of the Knights of Columbus has adopted a resolution requiring virtual meetings for local councils and assemblies due to the COVID-19 pandemic. A copy of the resolution is found [here](#).

The Board has authorized and requires, until further notice, all local Councils and Assemblies, to conduct business meetings by using technology that provides the opportunity for simultaneous communication among all participants (e.g., Skype, GoToMeeting, Google Hangout, etc.). These measures have been taken to help ensure the health and safety of our members and their families.

We hope you remain safe and healthy.

Cc: Board of Directors, State Deputies, District Deputies

Knights of Columbus
1 Columbus Plaza
New Haven, CT 06510



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SUPREME RESOLUTION: Virtual Meeting Authorization
Referenced on memorandum, previous page

**REQUIRING VIRTUAL MEETINGS OF
LOCAL COUNCILS AND ASSEMBLIES**

WHEREAS, due to the COVID-19 pandemic, civil authorities in jurisdictions where the Order is active have prohibited most gatherings of people outside of homes and certain places of work that have been deemed “essential businesses” by said civil authorities; and

WHEREAS, the COVID-19 pandemic has created serious risks to the health and safety of people traveling and convening for any purpose whatsoever; and

WHEREAS, the health care systems of many of the jurisdictions where the Order is active are presently overwhelmed with patients; and

WHEREAS, due to the COVID-19 pandemic, the Board of Directors has determined that conducting local Council and Assembly meetings by convening members at a specific geographical location would be impractical and/or unlawful in many jurisdictions when a national and/or state public health emergency has been declared, exposing members of the Knights of Columbus to severe risks to their health and safety and the health and safety of their families; and

RESOLUTION continues on next page...

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SUPREME RESOLUTION page 2 - continued from previous page...

WHEREAS, it is necessary for Councils and Assemblies to hold meetings to conduct business that is essential for the governance and well-being of the Order; and

WHEREAS, Section 9 of the Constitution of the Knights of Columbus provides that the Board of Directors "shall have general supervision of the affairs of the Order, shall cause the laws of the Order to be faithfully executed and administered, shall exercise all executive authority through itself or committee over the state and subordinate councils, chapters and members of the Order . . . and shall have full power and authority to interpret the laws of the Order of the Knights of Columbus, consistent with the spirit thereof, and the well-being of the Order. . . .",

THEREFORE BE IT RESOLVED, that in light of the emergency declared by civil authorities and the determination by the Board of Directors that convening members of the Knights of Columbus at certain geographical locations during the time of a declared public health emergency would expose them to serious health and safety risks, and would otherwise be impractical or unlawful, the Board hereby authorizes and requires, until further notice, all local Councils and Assemblies, to conduct business meetings by using technology that provides the opportunity for simultaneous communication among all participants (e.g., Skype, GoToMeeting, Google

RESOLUTION continues on next page...

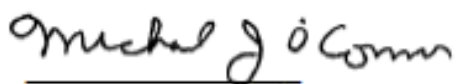
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SUPREME RESOLUTION page 3 - continued from previous page...

Hang Out, Free Conference Call.Com, WebEx, etc.), and by following procedures established by the Board as may be promulgated.

Adopted by the Executive and Finance Committee, on behalf of the Board of Directors, pursuant to its authority under Section 40.3 of the Laws of the Knights of Columbus.



Michael J. O'Connor
Supreme Secretary

4/3/2020
Date

END OF SUPREME RESOLUTION.

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Electronic Business Meetings
Voting on Motions and the Admission of Candidates for Membership
(Assemblies should follow the same guidelines)

Background

On March 13, 2020, in response to the Coronavirus pandemic, the Knights of Columbus Supreme Council issued guidance strongly recommending that councils temporarily cease in-person events and continue operations **without** face-to-face contact. With these emergency restrictions in place—and recognizing that these are extraordinary times for our members—the Supreme Council temporarily authorizes councils to conduct business by holding **electronic meetings** and conducting **voting** using any number of tools (e.g., Skype, Google Groups, and other teleconference services).¹ Local councils are in the best position to determine what options work best for its members.

Best practices for voting on motions and the admission of candidates for membership are offered below.

Electronic Meeting Votes - Motions and Admission of Candidates

During this extraordinary time, councils are permitted to hold electronic business meetings in order to adopt motions and to admit candidates for membership. The parliamentary procedures set forth in *Roberts Rules of Order* must be followed when holding electronic meetings. Motions can be made, seconded, discussed, and voted on. Council officers are encouraged to practice with the electronic meeting format to determine if the online meeting platform can handle these parliamentary steps.

Quorum: Choose an electronic meeting platform that informs the host of the number of participants.

Motions, seconds, and discussions: While there are times when the host will want to keep participants on mute to avoid microphone feedback, electronic meeting platforms typically allow participants to “raise their hand” to speak. The host should be able to open the electronic meeting so that all participants can speak.

Voting:

- **Audibly:** If all participants can speak at the same time on your electronic meeting platform, the typical calls of “All in favor/All opposed” and responses of “Ayes and Nays” can be used.
- **Visually:** If there is no audio, but you can see everyone’s faces, a visual thumbs up or thumbs down will work.
- **Voting tools:** If needed, incorporate a voting tool into your electronic meeting. Some electronic meeting platforms have built-in survey tools that can be used to facilitate voting.

¹ Pursuant to Charter Constitution and Laws Sec. 9, the Board of Directors “shall have general supervision of the affairs of the Order, shall cause the laws of the Order to be faithfully executed and administered, shall exercise all executive authority through itself or committee over the state and subordinate councils, chapters and members of the Order, shall have full control and management of all matters as to and of ... all other concerns of the Order, ... and shall have full power and authority to interpret the laws of the Order of the Knights of Columbus, consistent with the spirit thereof, and the well-being of the Order....”

Email Voting Between Meetings – Only for admission of Candidates for Membership

During this extraordinary time, the use of email to vote on the admission of candidates for membership is permitted. The following procedure is recommended:

1. Grand Knight sends an email to all members, asking for feedback (discussion) on the admission of a candidate. All candidate information available should be provided, and all feedback should be returned within two days.
2. Based on feedback, the Grand Knight can decide if the admission of the candidate should go to vote.
3. If a vote is to be taken, the Grand Knight emails all members, asking for a vote on the admission of a candidate
 - a. All candidate information is provided in the email
 - b. Appropriate (non-confidential) feedback, provided from Step 1, is included in the email
 - c. A deadline for responses of at least two days is set
4. Members individually email their approval or disapproval to the Grand Knight within the set time period.
5. Once the deadline to email a response has passed, the Grand Knight can determine passage based on a majority vote.



From FEBRUARY 2020 Issue: Seminarians can Repurpose “OLD” Fourth Degree Regalia Capes

TO complete the information from this article in the previous issue– the CONTACT INFORMATION follows if you are interested in participating by donating your old fourth degree capes for seminarians:

SK Eric D. Faris, J.J. Mitty Assembly 0078 (seminarian, St. John's, Camarillo CA)
EMAIL: efaris@StJohnSem.org

Submitted from Brother SK **Larry Young**, FDD, PCP, PGK, PFN / Aptos-Resurrection Council 9580

Resurrection Knights of Columbus Council 9580 gave 552 brand new coats to Pajaro parents and kids on Thursday, December 19th (2019)

Children from all over Pajaro, just south of Watsonville, came to Casa de la Cultura Center and left wearing perfectly fitted, warm, and stylish coats. Present at the distribution were Knights of Columbus Councils 9580 in Aptos and Council 11804 in Watsonville, youth from Palma High School in Salinas, staff from Casa de la Cultura as well as staff from Driscoll's Berry Farm, food donations from Whole Foods Market. Missed this year was the presence of the **Most Reverend Daniel Garcia**, Bishop of the Diocese of Monterey who was planning to attend but he did not make it in time for this event. We hope that he will make an appearance next year for this event.

This distribution was part of a national program sponsored by the Knights of Columbus. Coats are procured in bulk and shipped to local councils throughout North America. Each coat has an estimated retail value of \$70. Since the program began in 2009, nearly 400,000 coats have been distributed.

Sister Rosa Delores Rodriquez from Casa de la Cultura Center sent out the coat request in October. The Council started taking small donations after an anonymous donor challenged the Council to match a \$5000 cash donation to support Sister Rosa's program. Resurrection Catholic Community in Aptos allowed the Knights to do a pulpit announcement and donation collection after all the masses the weekend before Thanksgiving. Thanks to the very generous donations of Resurrection parishioners in addition to the matching

fund, the Council collected about \$20,000, which was used to purchase over 900 brand new coats. The Council donated 252 coats to Jacob's Heart Cancer Support Services in Santa Cruz. Another 120 coats were sent to needy boys and girls at All About Children, a foster children's program in Oroville.

We wish to thank the many people who made this program successful. We especially want to thank our Council Chairman, Past Grand Knight **Patrick McMenamy**. Patrick passed the task of ordering to our new Grand Knight, **John Simon Jr.**, to order the coats from Knights Gear. We were able to get the coats delivered to Aptos in time to sort them and have them ready for distribution in Pajaro. We also had the other orders directly shipped to Jacob's Heart Cancer Support Services in Santa Cruz and to All About Children in

Oroville. All were presented in time for the Christmas holiday season. We also had many volunteers that worked on the distribution of the coats including Past Grand Knight **Larry Gonzales**, Past Grand Knight **Larry Young** and many other Brother Knights and friends of the Councils in Aptos and Watsonville.

The Knights of Columbus is a Catholic fraternal organization devoted to works of charity. They raise funds through various community events and donate the net proceeds to worthy causes, mostly in the Santa Cruz county area.



(Left to Right): PGK **Jim Gagnon** (Council 9580), **Jerry Finney** (Council 9580), PGK **Rudy Cruz** (Council 11804), young coat recipient, GK **Richard Sanchez** (Council 11804).

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



Grand Knights and Convention Attendees!

Remember to bring your **"365 Club"** donation checks to the convention. They will be collected during the

"Parade of Grand Knights."

Please be generous!

All Councils and convention attendees are asked to donate. Councils should consider a donation of \$3.65 for each of their Council members. The "Parade" is the Charity's primary source of funds.

Columbian Charities is dedicated to assisting California Brothers and their widows in distress. For over sixty-five years we have worked to provide CHARITY and to fulfill Father McGivney's mandate - **BROTHER HELPING BROTHER**.

At last year's **"Parade of Grand Knights"** you donated over \$109,000 to Columbian Charities! **THANK YOU** for reaching-out a helping hand to your less fortunate Brothers! You should be proud of your generosity.

In 2019 the Charity provided 51 Brothers, and widows, with \$92,400 in financial assistance. The need is great. **Please increase your contribution this year.**

Councils who miss the convention should not overlook their donation. Every Brother is also encouraged to make a personal contribution. Checks or cash may be delivered at the "Parade" or mailed to the above address. Donations are welcomed at any time during the year.

*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 the State Office at (909) 434-0460 or **best by email** at state.office@californiaknights.org*

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Knights of Columbus California State Council

PUT YOUR FAITH INTO ACTION!



There is much work to be done in this world, and the Knights of Columbus are doing that work every day. Good work. Necessary work. Bringing assistance to the sick, the disabled, and families in need, protecting those who can't protect themselves—whether they are next door or halfway around the world.

Through the Knights of Columbus, men find hope in their Catholic faith and a deep connection to community. Being a Knight has countless benefits: a sense of engagement with Catholic men and their families who share your values and vision, and new opportunities to serve.

CONTACT YOUR LOCAL COUNCIL

OR JOIN ONLINE AT www.kofc.org

***FOR FURTHER INFORMATION WATCH A LIVE STREAMING
BROADCAST MARCH 28 STARTING AT 6:00 PM:***

www.californiaknights.org/live



Find out what Knights do in California at:
www.californiaknights.org



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Caballeros de Colon Consejo del Estado de California

¡PONGA SU FE EN ACCION!



Hay mucho trabajo por hacer en este mundo, y los Caballeros de Colón hacen ese trabajo todos los días. Se hace un buen trabajo. Un trabajo necesario. Se Brinda asistencia a los enfermos, discapacitados y familias necesitadas, se protege a aquellos que no pueden protegerse, los que están a nuestro lado o al otro lado del mundo.

A través de los Caballeros de Colón, los hombres encuentran esperanza en su fe católica y una conexión profunda con su comunidad. Ser un Caballero tiene innumerables beneficios: un sentido de comunidad, compromiso con hombres católicos y sus familias que comparten sus valores y visión, y nuevas oportunidades para servir.

CONTACTE UN CONCILIO LOCAL

O UNASE EN LINEA www.kofc.org

***UNASE A NUESTRA TRANSMISIÓN EN VIVO 24 HORAS AL DIA A
PARTIR DEL 28 DE MARZO A LAS 6:00 PM:***

www.californiaknights.org/live



CONOSCA LO QUE HACEN LOS CABALLEROS DE
COLON EN CALIFORNIA

www.californiaknights.org



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List of State Service Programs Awards

Division 1-5

Culture of Life

Family

Faith

Community

Best Individual Service Categories

Culture of Life

Family

Faith

Community

Feed The Athletes

Open to all Chapters

Champions of Children*****

Age Essay & Posters

Catholic Citizenship Essay Contest 8th, 9th, 10th, 11th, 12th Grades (High School Boys & Girls)

Catholic Stewardship Essay Contest 4th, 5th, 6th, 7th, 8th, Grades (Boys & Girls)

Keep Christ in Christmas Essay & Posters Contest 5-7years old, 8-10 years old, 11-14 years old (Boys & Girls)

Drug Abuse Awareness Poster Contest 8-11 years old, 12-14 years old (Boys & Girls) Alcohol

Abuse Awareness Poster Contest 8-11 years old, 12-14 years old (Boys & Girls)

RSVP Awards

Large

Medium

Small

State Deputy Awards

Large

Medium

Small

Individual Awards

DD of the Year

Knight of the Year***

Family of the Year

Priest of the Year

Individual Section Awards

Fr. Juan Perez - North, Central, South

Insurance

Financial Sec. Year

Best Council in ProgramBest Council in State

Top Recruiter ****

Life Time of Charity***

Honor of Distinction***

Fisher of Souls ****

Scholarships Award

Academic

Squires

*** means Normally Selected by State Deputy

**** means State Deputy & Head Insurance Agency select the Winner(s)

***** Mean New Award added for the State

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WELLNESS PROGRAM (Part I)

Here is information that can help us during this time to boost our immune system. We have diligently maintained our exercise routine during the week here at home with weight resistance training and the stationary bike for me, and the stationary bike and treadmill for her, with a brisk walk on the bike path together for our cool down following our workout at home. Prior to our workout routine, we both stretch for at least twenty minutes to warm up the muscles and make the exercise a little easier and to help prevent any injury. We both feel better following the exercise routine; not only physically, but mentally and emotionally as well. This is certainly another lifestyle change that is certainly doable, and important, especially during this time, even if it is simply walking around the neighborhood and getting some fresh air with social distancing.

This article is from **Dr. Michael W. Smith** that appeared on one of the [WebMD](#) blogs that arrived in my Inbox recently. Enjoy!

Edward P. Huestis, PSD

Wellness Program Chairman

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Exercise Is the Immune System Booster You Need Right Now

blogs.webmd.com/webmd-doctors/20200331/exercise-is-the-immune-system-booster-you-need-right-now

Most of us have gone through life not thinking much about our immune system. It's there. We've always just trusted it's doing the best it can to protect us from infections and cancer. That sure has changed! Our immune systems are now top of mind as we do everything we can to stay safe from COVID-19.

You do have some control over the health of your immune system. Good nutrition may be the first thing that comes to mind when you think of boosting your immunity, but it's not the only healthy habit that makes a difference. Exercise can be a powerful tool in keeping you safe from illness.

So, while I understand this new normal can serve as an easy excuse to be lazy, don't stop exercising – it's more important now than ever.

Let's talk moderate exercise first – a level of exercise equivalent to a brisk walk. Most of us live in an area where a brisk walk outside is still perfectly safe. Just maintain proper social distancing, keeping at least six feet between you and anyone else. Or hop on that treadmill that's been serving as a clothes hanger for far too long.

With each walk, your immune system gets a little stronger. Activity of germ-fighting immune system cells increases – these “natural killer cells” are particularly adept at killing off dangerous invaders. With each workout, our immune systems also pump out natural antibodies and anti-inflammatory cytokines to help wipe out attackers. Over time, these temporary increases can permanently pump up our immune system and lower inflammation, so developing a consistent exercise habit is key!

Here's even better news for those who aren't into vigorous exercise like jogging. Extended bouts (over 60 minutes) of high-intensity exercise can increase stress hormones, potentially decreasing immune system activity. This doesn't happen with moderate exercise. You also don't need to go on extra-long brisk walks to get the benefit. Research shows this positive effect on our immune systems with moderate exercise under 60 minutes.

How do you get started if you're not already active? Just move more today than you did yesterday. Baby steps are best. If the activity you're most used to is

Continued on next page...

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WELLNESS Part I Continued from previous page...

sitting, you're not doing anyone any good by jumping into an intense exercise. Prevent injury by getting your body used to moving. As you get more comfortable, you can slowly ramp it up to the next level. Slowly!

For beginners and experienced exercisers, it's easier than ever to get a good workout at home. No equipment is required. If you like lifting weights, now is a great time to invest in a good set.

Many fitness experts have taken to online instruction and classes. If this is all new to you or you've been out of the game for a while, look for beginner or light workouts – or ones that offer modifications for those just starting out. If you're ready to take your fitness to the next level, fitness apps and online programs are everywhere these days. Find a few favorite social media fitness gurus. Many create free, daily beginner and advanced workouts.

To round out your immune-boosting healthy habit routine, load up on vegetables and lean protein, a serving or two of fruit a day, get 7 - 8 hours of sleep at night (keep a regular schedule, just like you did when you worked outside the home), and find ways to decrease the effects of stress. Exercise is a great stress-busting tool, along with deep breathing exercises. Your immune system will thank you.

About the Author

Michael W. Smith, MD

Michael Smith, MD, CPT, is a board-certified internal medicine doctor and WebMD's Chief Medical Editor. He is also an American Council on Exercise certified personal trainer with a passion for helping people live a healthy, active lifestyle. He appears regularly as an expert on national and local broadcast media.

WELLNESS PROGRAM Part II

Here is a bonus article from a doctor mom and how her family is dealing with the current situation. It is often helpful to hear how others are working through these times with their own families, especially those in the medical profession.

This article is from **Dr. Arefa Cassoobhoy** that appeared on one of the WebMD blogs that arrived in my Inbox recently. Enjoy!

Edward P. Huestis, PSD
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A Doctor Mom: The Routines and Precautions My Family Is Using to Stay Safe

blogs.webmd.com/webmd-doctors/20200403/a-doctor-mom-the-routines-and-precautions-my-family-is-using-to-stay-safe

With stay at home orders in place, my family's physical world has shrunk to the walls of our home, but there's an elephant in the room. My husband, also a doctor, is taking care of patients with COVID-19 in the hospital. (My patient care is by telemedicine.)

The risk is real. He could get sick. We could get sick. We have elderly and frail relatives nearby, how do we protect them? And we have teenagers who understand what's going on. We can't shield them from the truth and pretend these are extended snow days.

Our strategy is to be open about my husband's risk of illness, be strict about the precautions we are able to take, and then not dwell on it. Our goal is to be flexible and focus on the short-term decisions we have control over. This is our new normal, and we've accepted that it will take time to adjust.

My husband moves freely in the guest bedroom and bath. Those areas my children and I don't enter. In the living room and the

Continued on next page...

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WELLNESS Part II Continued from previous page...

dining room his chairs are at least six feet away from us. He doesn't come into the kitchen. We've added frequent cleaning to high touch areas all through the day to protect ourselves. Is it enough? We're not sure, but it's something, and it's what we can do. As more research comes out about transmission, we can fine-tune more.

Another intentional strategy to decrease the stress in our home is not to talk about the crisis much. It's difficult given both my husband and I are in health care, but at the dinner table we let our teens guide us with conversation. The more laughter the better. And we don't have the TV on with the news blaring all day.

As the weeks go by, we're also focusing on our general lifestyle looking for ways we can maintain our overall health.

Routine and Balance

Establishing routine is critical to regain our work-life balance. We no longer have the physical change of space to signal work is done. During the day, my husband and I are busy with COVID-19 issues related to our jobs while the kids do their online schoolwork. In the evening, we shift gear to family time and exercise and cook together. The weekends are when we all pitch in with the housekeeping. The structure allows us to enjoy our downtime with each other. But, we're not forcing the issue. We aren't a family that bonds over board games so we're not trying to push the pressure to have "quality time."

Sleep

My teens have shifted to sleeping later and waking up later, which is appropriate for their age. That's fine with us, as long as their sleep schedule is consistent, they awaken rested, and their school responsibilities are met. For me, I've found exercising and limiting alcohol and caffeine are helping me sleep better and get the rest I need.

Social Connection

Arguably, the most challenging aspect of COVID-19 is the physical distancing. We are actively trying to keep up with relationships. We've had video chats with both sides of the family. My neighborhood is showing solidarity with chalk art and window art. I even have virtual

book club meetings soon. My childhood girlfriends have set a Sunday morning recurring meeting that I hope continues after all this is over. Life isn't being postponed.

Exercise

Our exercise routines have shifted significantly. There's no more time at the gym or the swim center. We're using online apps for stretching and strength training. We head outside for more solitary activities like biking and running where we aren't close to others.

Nutrition

The first few days we ate like we were on vacation, but we're back on track with veggie heavy meals and snacks during the day. Treats like salty snacks, dessert, or alcohol are limited to small portions in the evening after we're filled with the healthy stuff. Of course, flexibility is necessary here, too. We're limited by the food choices in the house because we no longer can run to the store, but there's plenty, and we're thankful for that.

The COVID-19 pandemic has changed our lives in ways inconceivable; so much is out of our control, but with good intentions, a few action steps to guide us, and flexibility, we can get through this.

About the Author**AREFA CASSOOBHOY, MD, MPH**

Arefa Cassoobhoy, MD, MPH is a board-certified internal medicine doctor and a WebMD Medical Editor. She is on the team that makes sure all WebMD content is medically correct, current and understandable. She sees patients at the Women's Wellness Clinic at the Atlanta Veterans Affairs Medical Center.

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DISTRICT DEPUTY REMINDERS:

USE Available technologies to keep in touch with your councils and attend their virtual meetings – encourage continued meetings.

REVIEW Online Seminars for relevant topics:

- Training for Online Exemplification, APRIL 18, 2020
- Electronic voting, business meeting—click [HERE](#)
- Fraternal Operations (leader resources) during COVID-19 click [HERE](#)
- FAITH IN ACTION Updates - please review LINK for important updates, click [HERE](#)
- PROMOTE local community support programs
“LEAVE NO NEIGHBOR BEHIND” initiative

Contact Us

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West Covina, CA 91792

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Email: State.Office@californiaknights.org

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www.californiaknights.org



Instituted MAY 12, 1903

Over 119 Years of support
to our Catholic Parishes
and families

Coming in APRIL - 2020 Issue...

State Convention update

COVID-19 updates

- 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 PRI-OR 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

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