

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

Knights Mourn Passing of Virgil C. Dechant

Virgil C. Dechant was the Order's longest-serving Supreme Knight, holding the office from 1977 to 2000.



"God has called home a good man and one of the Knights' great leaders," said Supreme Knight **Carl Anderson**. "Virgil Dechant used to say that his goal was to leave the Knights better than he found it, and in myriad ways, he accomplished that. He leaves a lasting legacy and an excellent example of what it means to be a Knight and a fraternalist. Nowhere is this more true than in his home state of Kansas, which remains in many ways a model jurisdiction."

Knights of Columbus Press Release, 16 February 2020
More information and related links inside this issue - see page 4.

Upcoming Dates / Events — March 2020

2020 Silver Rose — Starts 29 FEB 2020

International Wheelchair Day 01 MAR 2020

Feast of St. Patrick 17 MAR 2020

March / Walk for Life FORM 10697 Due

STATE DEPUTY'S MESSAGE

PUT YOUR FAITH INTO ACTION!



My Brothers,

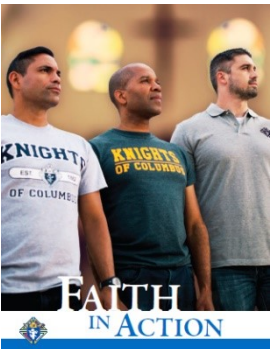
February is traditionally dedicated to the passion of our Lord with devout remembrance of Christ's sufferings for the redemption of mankind. All the trials and tribulations of life we endure pale by comparison. It is a month marked by Ash Wednesday and the beginning of Lent. Truly it is humbling and puts things in perspective. The difference one individual can make – the good that can be wrought which is often accompanied by personal sacrifice. There is much work to be done in this world, and as Knights of Columbus we do this work every day. Supporting our parish communities and ensuring the health of our Church. Bringing assistance to the sick, the disabled, and families in need. Protecting those who can't protect themselves.

Put your faith into action in your local council and ask other qualified Catholic men to join and do the same.

During the months of February and March we will continue the "*Membership Marathon!*" Top recruiters, districts and councils will all be recognized for their accomplishments and awarded gift cards to restaurants in their local area. All of this will continue to lead up to the **statewide Founder's Day membership drive the weekend of March 28 & 29!** If you have not already done so, please contact your Pastor and obtain permission to hold a membership drive in conjunction with all the Masses that weekend (or another weekend near that time). Order your Delta church drive kit with recruiting materials and supplies from Supplies Online.



A special statewide promotion is being planned during March with advertisements on Catholic radio and in your local diocesan publications. Watch for further information as Founder's Day nears. Tell us your recruiting plans by filling out a short questionnaire at <https://forms.gle/6pcuCoSfQFHkCNn88>.



Congratulations to the top recruiter, top recruiting council and top recruiting district during the month of January. Brother **Robert Jurado** from Los Banos Council 3726 was the top recruiter bringing in 7 new members. Newly formed Council 17436 in Imperial added 10 new members and District Deputy 156 **Gary Hayes** had the top recruiting District with 13 new members. Please join me as well in welcoming California's newest councils; St. Thomas Aquinas Council 17458 in Monterey Park and newly reactivated council 9481 in San Leandro. Thank you all who worked so diligently on these efforts including Assistant State Membership Director **Larry Dietz**, District Deputy 111 **Ramon Burce**, Field Agent **Jeff Storey**, District Deputy 41 **Bert Morales** and District Deputy 46 **Ronald Ytem**.

Supreme has announced they are once again offering the \$4.50 per billable member Star Council per capita credit again this year. Those councils achieving Star Council will automatically receive a \$4.50 per billable member credit to their 2020-2021 per capita assessment. For most councils, this can amount to a considerable amount of money. For councils with 100 billable members, for instance, it would be \$450. For councils with 250 billable members, it would be \$1,125, all of which can be redirected to council activities and/or charities of your choice. Make Star Council your goal during the second half of the 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

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State Warden - **GREG MARRACQ**

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Supreme Director - **JAMES SCROGGIN**

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

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

ken.white@kofc.org

Hispanic & Ethnic Growth - **JOSE JIMENEZ**

jose.jimenez@kofc.org

Membership Marathon Drive...

During the months of February and March the "*Membership Marathon*" will continue with recruiters, districts and councils all being recognized with gift cards to their favorite restaurants for taking top recruiting honors. Scan and email all Form 100s for newly initiated candidates to membership@kofc.org by noon on Friday, February 28 for them to count toward the monthly contest.

All of this will continue to lead up to the **statewide Founder's Day membership drive the weekend of March 28 & 29!** If you have not already done so, please contact your Pastor and obtain permission to hold a membership drive in conjunction with all the Masses that weekend (or another weekend near that time). Order your Delta church drive kit with recruiting materials and supplies from Supplies Online. Tell us your recruiting plans by filling out a short questionnaire at <https://forms.gle/6pcuCoSfQFHkCNn88>.

A special statewide "*Membership Marathon*" event is being planned during March with advertisements on Catholic radio and in your local diocesan publications. Watch for further information as *Founder's Day* nears!

In all that you do be **Knights of Faith, Knights of Charity and Knights of Action.**

May God bless,

Dave Abbott
State Deputy
Knights of Columbus
California State Council
(530) 680-0401 state.deputy@californiaknights.org



"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Passing of Virgil C. Dechant — Supreme Knight, From 1977 to 2000

Press release from www.KofC.org website



The Knights of Columbus mourns the loss of Past Supreme Knight Virgil C. Dechant, who passed away in his sleep at the age of 89 during the early morning hours of February 16, 2020. He was the Order's longest-serving supreme knight, holding the office from 1977 to 2000.

"God has called home a good man and one of the Knights' great leaders," said Supreme Knight Carl Anderson. "Virgil Dechant used to say that his goal was to leave the Knights better than he found it, and in myriad ways, he accomplished that. He leaves a lasting legacy and an excellent example of what it means to be a Knight and a fraternalist. Nowhere is this more true than in his home state of Kansas, which remains in many ways a model jurisdiction."

Virgil Dechant joined the Knights in 1949 and was a member of LaCrosse (Kansas) Council 2970 and St. Augustine Council 2340 in Liebanthal, Kansas. A very successful businessman, in addition to operating a private farm in Kansas, Dechant owned and operated his own car dealership and farm equipment firm. Dechant came to New Haven in 1967 to serve as the supreme secretary. Ten years later, he was elected supreme knight.

As supreme knight, Virgil Dechant oversaw tremendous growth in the Order's membership as well as in its assets and insurance business, while also opening the Order to greater involvement by the wives and families of its members. In addition, Mr. Dechant forged a close relationship with the Vatican during the pontificate of St. John Paul II, leading the Order to sponsor numerous renovation projects – including of the façade of St. Peter's Basilica, and working with the pope to promote the faith in Eastern Europe, which was then behind the iron curtain.

Dechant is survived by his wife, Ann, their four children and several grandchildren and great-grandchildren.

Watch VIDEO Tribute of Virgil Dechant - click [HERE](https://players.brightcove.net/802593642001/y6FLilaOf_default/index.html?videoid=6134254541001)
(https://players.brightcove.net/802593642001/y6FLilaOf_default/index.html?videoid=6134254541001)

Prayer Card - download PDF [HERE](http://www.kofc.org/un/en/resources/news-room/dechant-holy-card.pdf)
(<http://www.kofc.org/un/en/resources/news-room/dechant-holy-card.pdf>)

Eulogy, from Supreme Knight Carl Anderson - click [HERE](http://www.kofc.org/un/en/news-room/articles/supreme-knights-eulogy-for-virgil-dechant.html)
(<http://www.kofc.org/un/en/news-room/articles/supreme-knights-eulogy-for-virgil-dechant.html>)

Telegram from Pope Francis to Bishop Naumann, Kansas City - click [HERE](http://www.kofc.org/un/en/resources/news-room/papal-telegram.pdf)
(<http://www.kofc.org/un/en/resources/news-room/papal-telegram.pdf>)

Letter from Cardinal Dziwisz of Poland to Mrs. Ann Dechant - click [HERE](http://www.kofc.org/un/en/resources/news-room/dziwisz.pdf)
(<http://www.kofc.org/un/en/resources/news-room/dziwisz.pdf>)

Memorial Contributions to the **VIRGIL C. AND ANN L. DECHANT SCHOLARSHIP FUND** for Seminarians
Click [HERE](http://www.kofc.org/un/secure/en/donate/virgil-dechant-fund.html) to donate now. (<http://www.kofc.org/un/secure/en/donate/virgil-dechant-fund.html>)

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CALLED TO LEAD

SAN FRANCISCO BAY AREA CATHOLIC MEN'S CONFERENCE

Saturday
March 21, 2020

9:00 am to 3:30 pm (registration 8-855 am)

St Pius Church - 1100 Woodside Rd, Redwood City

Mass with Archbishop Salvatore Cordileone
Sacrament of Confession will be available

Admission: \$45 (lunch included)
Early Bird: \$35 (register by Feb 21)
Under 20 years old: \$20

Register at www.sfbaymen.info

For more info, contact Ed Hopfner
hopfner@sarch.org or Betty (415) 614-5680



ARCHDIOCESE OF
SAN FRANCISCO



Most Rev. Salvatore Cordileone
Archbishop of San Francisco
Main celebrant at Mass



Rev. Donald Calloway, MIC
Author, Speaker, Surfer, and Catholic priest
Keynote speaker:
No Turning Back: A Radical Conversion Story
Devotion and Consecration to St. Joseph



Nathaniel Binversie
Director of Mission, Exodus 90
Speaker:
Practicals of Christian Masculinity



Ed Hopfner
Director of Family Life, Archdiocese of SF
Speaker:
Theology of Masculinity

As iron sharpens, so one man sharpens another. - Proverbs 27:17

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WELLNESS PROGRAM

Here is information that can help us keep our blood pressure under control by once again making a lifestyle change that is certainly doable, especially during the season of Lent.

This article is from Dr. R. Todd Hurst that appeared on one of the WebMD blogs that arrived in my Inbox recently. Enjoy!

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

How to Lower Your Blood Pressure Without Meds

By R. Todd Hurst, MD, FACC
Board-certified cardiologist
August 20, 2019

Editors note: The hyperlinks in the electronic version of this newsletter will open

High blood pressure is surprisingly common, [affecting](#) ⁽¹⁾ 46% of American adults – that's over 100 million people.

And it's a serious threat. High blood pressure increases the risk for heart attack, heart failure, stroke, kidney failure, and several other life-threatening health problems. In fact, high blood pressure causes about [1,000 deaths in the U.S. PER DAY](#) ⁽²⁾. Even more disturbing is that most of these deaths are preventable. High blood pressure is almost always treatable with lifestyle changes and inexpensive medication, yet less than half of people with high blood pressure have it under control.

Lifestyle and High Blood Pressure

Experts suggest that 50% - 90% of high blood pressure could be successfully lowered with lifestyle change.

In my practice, if a patient's blood pressure is mildly elevated and there are no high risk factors (such as diabetes, current smoker or history of heart disease, stroke or multiple cardiac risk factors), I will recommend a 3-month trial of lifestyle change as an initial treatment. I let my patients know that many of these changes can be as effective as any single blood pressure medication.

For many of my patients, the potential to avoid being on medication for the rest of their lives is a strong motivator, and they appreciate the sense of control they have over their health.

Here are the specific areas I recommend my patients focus on in order to lower their blood pressure:

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- **Physical Activity:** Even a modest level of physical activity, over time, can make a significant difference in your blood pressure. If you're not used to exercise, start slow. Five or 10 minutes a day of your favorite activity can be just the start you need to build an exercise habit and allow you to build up to the 2 hours and 30 minutes a week of activity recommended by national guidelines.
- **Healthy Diet:** I recommend cutting out highly processed food (packaged foods typically high in added sugar and/or refined grains). Watching your salt intake is important if you have high blood pressure, but keep in mind that most of the salt in our diets comes from processed foods and restaurants.
- **Weight Loss:** Losing even 5% of your starting body weight has been proven to significantly lower blood pressure; and 10% has been shown to dramatically improve other health conditions such as atrial fibrillation. The weight loss strategy I recommend to my patients is the one that works in the long run. Use the lasting power of creating better habits. Restrictive diets might work in the short run, but their results rarely last.
- **Limited alcohol intake (less than one drink per day):** A recent [study](#) ⁽³⁾ showed that people who drank 7 - 13 drinks per week were 53% more likely to have stage I hypertension. Those who drank more than 14 drinks per week had a 69% higher risk of hypertension.
- **Not smoking:** Smoking cessation can modestly lower blood pressure and dramatically lower the risk for future heart disease.

In addition to these lifestyle changes, avoid regular use of anti-inflammatory medications, like ibuprofen and naproxen, and treat sleep apnea if you have it.

One of the more gratifying events in my practice is when a patient is able to lower, or even eliminate, blood pressure medications because of healthier lifestyle choices. If you have high blood pressure, don't miss out on this powerful therapy.

R. Todd Hurst, MD, FACC, FASE, is a board-certified cardiologist, director of the Center for Cardiovascular Health at Banner – University Medicine Heart Institute, and associate professor of medicine at the University of Arizona. He has written more than 50 publications in peer-reviewed journals and regularly speaks nationally and internationally at medical meetings, primarily on the prevention of heart disease.

(1) New ACC/AHA High Blood Pressure Guidelines Lower Definition of Hypertension, [American College of Cardiology](#), Nov 13, 2017.

<https://www.acc.org/latest-in-cardiology/articles/2017/11/08/11/47/mon-5pm-bp-guideline-aha-2017>

(2) Facts about Hypertension, [Centers for Disease Control and Prevention \(website\)](#),

<https://www.cdc.gov/bloodpressure/facts.htm>

(3) Moderate Alcohol Consumption Linked With High Blood Pressure, [American College of Cardiology](#), Mar 07, 2019.

<https://www.acc.org/about-acc/press-releases/2019/03/07/08/34/moderate-alcohol-consumption-linked-with-high-blood-pressure>

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Into the Breach - A Call to Battle

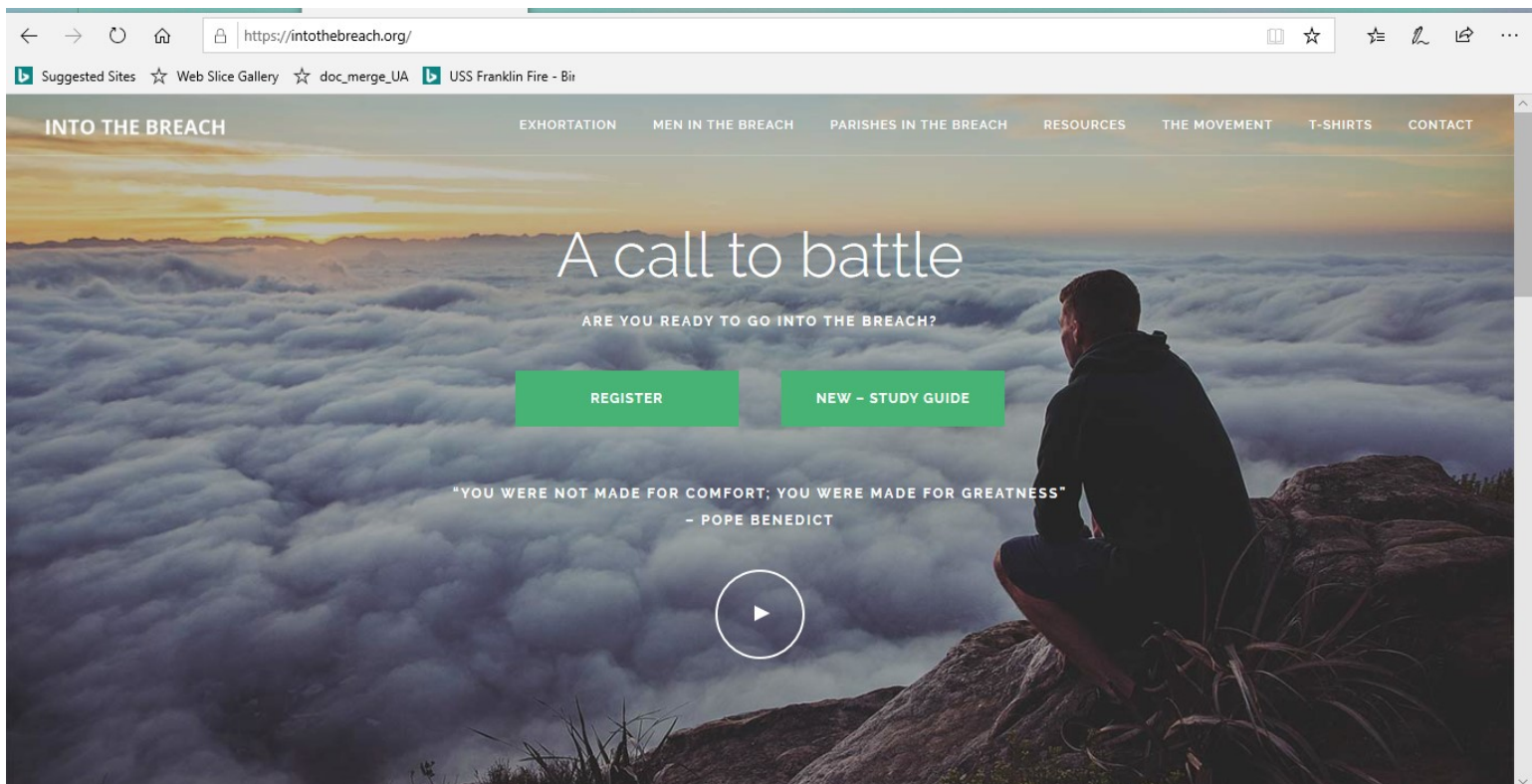
Brother Don Keegan

*May I suggest the following and before our State Convention. I believe this might help support all those that follow you in years to come. Starting in the **next monthly newsletter** and address all your Chapter Presidents & District Deputies the following. If agreeable, direct them to [Into the Breach – A Call to Battle](#) and have them sign up asap. The following month **or at the same time**, have all Grand Knights do likewise.*

If we can get our membership in the habit of adding 5 minutes a day or a half hour per week re-viewing this info, what a great step this will be for California's future. Please put my name on this if you like and make any additions that you think may help.

Also In my opinion, a state resolution to silence all cell phones and texting during Council Meetings would not be a bad idea. Getting very disturbing lately. The only exception would be for an incoming text in the case of an emergency by a Family Member, Doctors & Law Enforcement.

WEBSITE — <https://intothebreach.org/>



The original video produced by Bishop Olmsted can be viewed on YouTube at <https://www.youtube.com/watch?v=9mDzNm7cylw>.

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KNIGHTS OF COLUMBUS®

Why are you here? To know God. To love God. To serve God.

If you are a man, you are called to share the faith. You are called to live the faith.

Step into the breach this Lent to strive nobly and discover your role as a Catholic man in today's world.

The Knights of Columbus has produced a 12-episode video series inspired by the Apostolic Exhortation *Into the Breach* written by Bishop Olmsted of Phoenix.

[Watch and share the trailer now!](#)

Each episode features a man's personal story and major Catholic figures such as Dr. Scott Hahn, Father Mike Schmitz, former NFL player Matt Birk, FOCUS founder Curtis Martin and others who break down and explore the virtues of Catholic masculinity.

**All episodes will premiere on Ash Wednesday at
kofc.org/intothebreach.**

Will you step into the breach with your brother Knights and answer God's call to lead?

Knights of Columbus
1 Columbus Plaza
New Haven, CT 06510



EDITOR NOTE: Video trailer and series 12 episodes are available at the following [link](http://www.kofc.org/en/campaigns/into-the-breach.html):
<http://www.kofc.org/en/campaigns/into-the-breach.html>

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Special Olympics — Reporting Activities

Brother Knights,

Thank you for your leadership in promoting Special Olympics in your Council. Special Olympics Reporting Form 4584 was due on January 31st but it is not too late to submit it. If you have not already done so and your Council has participated in any of the below you will need to fill out and submit the Supreme Special Olympics Form 4584:

1. Council members have volunteered at a Special Olympics event between January 1, 2019 and December 31, 2019;
2. Council has donated to Special Olympics either directly or through the Columbian Foundation;
3. Council has donated to support a Special Olympics event through your Chapter; or
4. Council has donated to the Feed The Athlete Fund through the Columbian Foundation.

Councils must submit completed forms to fraternalmission@kofc.org by Monday, March 9, 2020 for the State Council to be considered in this year's jurisdictional rankings. After March 9th, rankings will be determined. Checks will later be issued by the Supreme Council and sent to your State Deputy for presentation to his state/provincial Special Olympics organization at the State Convention. Your reporting does make difference. I have attached the Form 4584.

If you have not donated to the State's Feed the Athlete program this Columbian year I would encourage you to do so. We are asking each Council to donate \$300 through the Columbian Foundation using the State's standalone Feed the Athlete form which is attached. The State Council will make a Feed the Athlete donation to Special Olympics at the State Convention from this fund as well. Through your efforts the Feed the Athlete program raises specially earmarked funds so the Knights of Columbus can be the major sponsor of meals for athletes at Special Olympics events throughout the state. Raising funds to sponsor the meals at these events helps our local councils provide lunches to the athletes and provides volunteer opportunities. Last year we had 18 State Council approved Feed the Athlete events and this year we are on our way to have even more.

Last but not least, I encourage you to apply for an award at the State Convention if you have participated in Special Olympics. I have attached the State Award form. The award form should be submitted to the Life Activities Director Richard Marciniak, marciniakr@aol.com, 5496 Katherine Ave., Sherman Oaks CA 91401-4921. The award form is due to the activities director by April 1.

God bless you and thank you for all you do.

Fraternally,

Jim Larson

State Special Olympics Chairman

State Asst. Service Programs Director

California State Council


Knights of Columbus

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[Form 4584](#)

Click on FORM LINK to download

 KNIGHTS OF COLUMBUS		PARTNERSHIP PROFILE REPORT WITH SPECIAL OLYMPICS	
For Twelve Month Period Ending December 31, 20__			
Council Number		Location	
		city/town	state/province
I. Volunteer Hours provided by K of C members and their families to Special Olympics throughout the calendar year.		III. Number of Events in which K of C members and families volunteer.	
1. State Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	1. State Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>
2. Regional Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	2. Regional Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>
3. Local Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	3. Local Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>
TOTAL VOLUNTEER HOURS	<div style="border: 1px solid black; width: 100%;"><div style="border: 1px solid black; height: 20px; width: 100%;"></div></div>	TOTAL EVENTS	<div style="border: 1px solid black; width: 100%;"><div style="border: 1px solid black; height: 20px; width: 100%;"></div></div>
II. Number of K of C Volunteers at Special Olympics Games and Events.		IV. Total Funds Contributed to Special Olympics.	
EVENT-SPECIFIC VOLUNTEERS		Dollars Only	
1. State Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	1. State Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>
2. Regional Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	2. Regional Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>
3. Local Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	3. Local Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>
Total Event-Specific	<div style="border: 1px solid black; width: 100%;"><div style="border: 1px solid black; height: 20px; width: 100%;"></div></div>	TOTAL CONTRIBUTIONS	<div style="border: 1px solid black; width: 100%;"><div style="border: 1px solid black; height: 20px; width: 100%;"></div></div>
YEAR-ROUND K of C VOLUNTEERS		V. New Events Added This Year. <div style="border: 1px solid black; height: 60px; width: 100%;"></div>	
1. State Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>		
2. Regional Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>	VI. Special Olympics Affiliations <div style="border: 1px solid black; height: 60px; width: 100%;"></div>	
3. Local Games/Events	<div style="border: 1px solid black; height: 20px; width: 100%;"></div>		
Total Year-Round	<div style="border: 1px solid black; width: 100%;"><div style="border: 1px solid black; height: 20px; width: 100%;"></div></div>		
TOTAL K of C VOLUNTEERS (Event-Specific and Year-round)			
<div style="border: 1px solid black; width: 100%;"><div style="border: 1px solid black; height: 20px; width: 100%;"></div></div>			
Date: _____		(Signed) _____	
		(Grand Knight)	
		(Signed) _____	
		(Financial Secretary)	
<small>Mail Original To: Supreme Council, Fraternal Mission Department. Mail Copies To: State Deputy, District Deputy, Council File. Available in electronic format at kofc.org/forms </small>			

4584 8/14

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2020 CA State Convention Info -

Ed Huestis, Convention Chairman

Country Store

The Country Store will once again be at the 118th Knights of Columbus State Convention in Sacramento. Please let your wives and families know. We will have many different types of vendors for your shopping pleasure. As of this writing, we have jewelry, books, rosaries, veils, religious items, tapestries, home decor products, bags, totes, candles, lotions, kitchen items, and more. Come and check out all these local vendors. They are here to make your shopping easy.

As of this writing, we are accepting additional vendors. Please contact Peggy Pineschi at 916-645-8366, or via email at peggypineschi@yahoo.com with "Country Store" in the subject line.

The Country Store will be downstairs from the hotel lobby for your shopping convenience. Follow the signs. Come by and check them out.

Convention Souvenir Polo Shirts

The 118th Knights of Columbus Annual State Convention is fast approaching. The State is offering California Souvenir Polo Shirts for sale. It is important to order your shirt before the deadline of April 10, 2020. Cost of these Royal Blue, custom-made polo shirts are \$30 each. We are ordering very few extras. Cost of the extra shirts at the State Convention will be \$40 each. So, to guarantee receiving one of these polo shirts, please order before the due date. All preordered State Convention Polo Shirts can be picked up during the State Convention at the Country Store.

These shirts are relaxed fit and do not run large. Order forms can be found at the State website at www.californiaknights.org/stateconvention, or in your Pre Convention Book. Please remember to send your orders to the State Office.

If you have any questions, contact Peggy Pineschi via email at peggypineschi@yahoo.com.

Thursday Night Barbecue

We are having our second biennial Thursday Night Barbecue Cook-Off at the upcoming State Convention in Sacramento on Thursday, May 14, 2020 from 5:00 to 8:00 p.m. You can order your \$5 tickets online at the State website at www.californiaknights.org/stateconvention.

For those teams that would like to compete in the barbecue cook-off for cash prizes, contact District Deputy 14 and committee member Tenari Tuatagaloa at 707-301-8106, or via email at tenari64@yahoo.com by April 1, 2020. Teams can come from Councils, Districts, Chapters, or Assemblies.

State Convention Souvenir Book Advertising

Those who would like to advertise in the State Convention Souvenir Book that will be provided to all those attending the upcoming State Convention in Sacramento, see the 2020 Convention Advertising Contract page at the State website at www.californiaknights.org/stateconvention. The price for a full page is only \$250. In addition to reports from our State Officers and Directors, this is a great opportunity for our District Deputies to recognize the Councils in their respective Districts. Chapters can do the same by listing all their Chapter Officers.

Submissions need to be received by the State Office by April 1, 2020.

We are looking forward to seeing you and your families in Sacramento this May.

Fraternally,
Edward P. Huestis, PSD



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Knights of Columbus Soccer Challenge Program California International Winners 2019-2020



SK Percy Park, PGK, PFN
State Chairman Soccer Challenge
Program 2019-2020

A Higher Purpose

Provide an athletic outlet for youth ages 9 to 14, boys and girls in your community. Designed for players to demonstrate their skills in the penalty kick. Councils can sponsor a competition by ordering a Soccer Challenge Kit, or volunteer to host and/or support the district, regional and state/province championships.

Overview

The Soccer Challenge is a fun way for Knights of Columbus councils to engage youth in their communities with an athletic event that encourages the values of sportsmanship and healthy competition. Children demonstrate the most important skill in soccer – shooting accuracy on the penalty kick – and compete to reach the international level of competition. The program also offers an opportunity to introduce the Knights of Columbus to the community and recruit faithful family men of service.

International level

International champions are determined on the basis of the best scores from the State competitions submitted in each age category. In the event of a tie, both parties are declared winners.

All international champions will receive an international soccer Challenge Championship award commissioned by the supreme Council and forwarded to the state deputy for presentation.

It has come to my attention that we have "two" California International Soccer Challenge Winners.

11 Years old Girls Southern State Regional

Keegan Boyd - City of Riverside; Council 14292; District 133; Chapter Arrowhead-Desert; Total Score 260/500 - "2019 California State Champion" and International Champion 2019.

=====

14 Years old Girls Northern State Regional

Marlana Everts - City of Lincoln; Council 9202; District 5; Chapter Nor Cal; Total Score 270/500 - "2019 California State Champion" and International Champion 2019.

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Both, young ladies received a letter from Carl A. Anderson, Supreme Knight, congratulating them on a great success. A copy was also sent to our State Deputy and the Grand Knight of the sponsoring Council.

“Your precision penalty shooting has placed you in the top one percent of almost eight thousand participants in council, district, chapter and state levels of competition. You and your family should be very proud of this significant accomplishment, setting an example for kids everywhere to get out and become active.

For this great success you will be awarded our coveted International Soccer Challenge Championship trophy. This crystal award is being specially engraved with your name, sponsoring council, and location. It will be presented to you at a ceremony arranged by the California State Council.”

SK Percy Park, PGK, PFN
State Chairman Soccer Challenge Program 2019-2020
(916)936-6145 or dbk576@aol.com

Knights of Columbus Basketball Free Throw Championship



Council Competitions - January 2020

District Competitions - Late JAN - early FEB 2020

Chapter Competitions - Late FEB 2020

CALIFORNIA STATE CHAMPIONSHIP

Saturday 28 March 2020

San Joaquin Memorial High School

Fresno, CA



Photo: J. Haney
Smile Hunter Images



Photo: J. Haney
Smile Hunter Images

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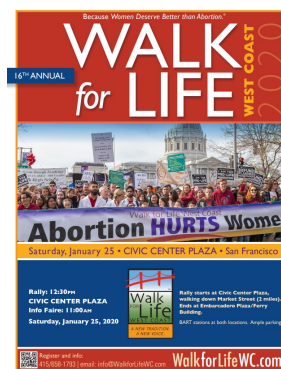
WALK FOR LIFE EVENTS – CALIFORNIA in JANUARY 2020



SAN DIEGO - Rally, Walk for Life on 18 January



LOS ANGELES - Rally, March for Life, Requiem Mass for the Unborn at Our Lady of the Angels Cathedral on 18 January 2020



SAN FRANCISCO - Rally, March for Life West Coast on 23 January 2020

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Intellectual Disabilities Update ID #28 - Dr. Raymond Warriner, PSD

Ash Wednesday marks the beginning of Lent, a time to reflect on your relationship with our Lord and Savior. Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return."

Alternatively, the priest may speak the words, "Repent and believe in the Gospel." Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God. Writings from the Second-century Church refer to the wearing of ashes as a sign of penance.

Priests administer ashes during Mass, and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass.

I have again included the information on the 2020 Grant Program. Participating Councils are encouraged to nominate their favorite programs. The FS of record as of Dec have been sent this same package. **The deadline for this is March 15, 2020.**

Councils nearing Benefactor Status—FEB 2020

Council	Chapter	District	Gross	strCouncilName
6149	Northern California	005	\$11,758.00	Auburn
9202	Northern California	005	\$11,523.44	St. Joseph's Parish
6197	Northern California	007	\$4,419.50	Bishop Gallegos
6066	Northern California	007	\$5,219.44	Fair Oaks
4970	Northern California	009	\$13,011.00	Arden-Carmichael
982	Redwood	022	\$8,200.00	Alemanly
8747	San Jose	030	\$7,493.22	St. Elizabeth
6965	San Jose	032	\$4,008.00	John N. Neumann
3474	San Jose	035	\$8,015.92	Bishop O'Dowd
2677	San Jose	036	\$4,294.59	Palo Alto
1615	Oakland Diocese	041	\$5,195.78	Hayward
2692	Oakland Diocese	047	\$5,149.00	George A. Coit
4041	San Joaquin	052	\$8,740.66	Tracy
11804	Junipero Serra	057	\$8,284.57	Mary Help of Christians
11653	Central	064	\$5,658.30	Our Lady of Miracles
10667	Mission High Desert	082	\$5,384.00	St Leonardo Murialdo
3472	Southern California	087	\$4,848.50	St. Cabrini
4567	Southern California	093	\$7,000.00	Queen of Martyrs
9128	San Gabriel Valley	111	\$6,533.00	St. Luke
15733	Orange County	115	\$5,531.87	Orange
4581	Orange County	115	\$10,584.86	Garden Grove
15083	Orange County	119	\$8,924.89	Balboa
9487	Orange County	120	\$10,500.00	Bishop Wm R. Johnson
7985	Orange County	123	\$7,520.00	Centennial
9964	Arrowhead-Desert Valley	134	\$4,707.55	Temecula Valley
7950	Arrowhead-Desert Valley	137	\$4,699.00	Crestline
9022	San Diego Diocese	141	\$4,030.00	St. Elizabeth Seton
3589	San Diego Diocese	142	\$5,153.00	Joseph P. Schultz
4953	San Diego Diocese	142	\$4,051.00	Regina Coeli
13124	San Diego Diocese	144	\$4,422.48	St. Therese of Carmel
9665	San Diego Diocese	145	\$4,231.08	Our Lady of Mt Carmel
11632	San Diego Diocese	145	\$5,034.50	St. Michael

Many councils have already completed the program but for some unknown reason have not forward the results and the funds to the Foundation. Please encourage them to do this as soon as possible. **The deadline for District Deputy and Chapter Awards is 1 April 2020.**

But it's still not too late to get involved. This program can be run anytime during the year. The loss of deductions based on the new tax laws and a good economy has resulted in many of these programs not receiving donations from their normal sources. Now more than ever, we must step forward and help these programs.

Dr. Raymond Warriner, PSD
Intellectual Disabilities Drive Chairman
ID.Drive@CaliforniaKnights.org
562-926-5538 (answering machine)

I have included with this week's report a list of all the Councils that have a good chance to become Benefactors, they just need your help in raising a few more dollars for the organization of their choice.

**HELPING
PEOPLE
WITH
INTELLECTUAL
DISABILITIES**

**KNIGHTS OF
COLUMBUS**

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Seminarians can Repurpose “OLD” Fourth Degree Regalia Capes

By Seminarian Eric D. Faris, Los Padres Council 9162

Submitted by Brother Larry Young, Aptos-Resurrection Council 9580 and Cristeros de Santa Cruz Assembly 344

With any change in life, it is sometimes hard to know what the way ahead looks like. Change is inevitable we are told, and we inevitably are uncomfortable with it. With the change brought to the 4th Degree color guard in 2019, there was question as to what should be done with the venerable old uniforms upon their retirement. I myself am a convert to the Catholic Church. Yet even in my years as a non-Catholic, I always recognized the Knights of Columbus in their rather romanticized feathery hats and brightly colored capes.

When I read about the change in standards for the 4th Degree, I wondered “what would become of those capes that had served God, Church and Country so faithfully for so many years?” I reasoned that many would keep their retired regalia so that they could have the honor of being buried in it when that time came. Others would buy the new uniform and move on. Still others would desire to continue to wear their time-honored uniform; but with the directives from Supreme this last desire would not and could not be realized. I continued to ponder however, what would become of those capes which would be no longer needed. I prayed and wondered what new life could be given to these articles that had served so faithfully for so long.

In holy hour one day, I realized that when priests and seminarians wear cassocks out of doors, either in liturgical settings or in non-liturgical settings, the weather sometimes requires something more than just the cassock. In general, modern overcoats do not go well with the cassock; and being that priests and seminarians are not generally men of means, an appropriate cape or cloak can be hard to come by. It was with this thought that I realized that with a few minor modifications, the old Knights of Columbus 4th degree capes could be given a new lease on life and benefit both priests and seminarians alike.

“... with a few minor modifications the old Knights of Columbus 4th degree capes could be given a new lease on life and benefit both priests and seminarians alike.”

The modifications are rather simple. I would begin by removing the KofC patches from the collar, I would then proceed to remove the colored inner lining of the cape. After this the cape is ready for its new life as an outer cover from the elements for priests and seminarians. I decided after some council with fellow seminarians to leave the gold or silver

chain that closes around the neck. This is in some way an homage to the garment’s former life as a cape of the 4th degree. Generally, these chain closures have some sort of religious insignia on them which is most appropriate for a priest or seminarian to wear.

This endeavor to reuse the capes is also in the spirit of our Holy Father Pope Francis’ Encyclical *Laudato Si*. The Holy Father speaks of a throw away culture where things are acquired by many only to have them thrown away when either their intended use has passed, or their novelty wears off. To be good stewards of what The Lord has given to us, we must seek to cherish that which has been given to us through God’s ever abundant means.

So, it is with this initiative! Rather than storing the capes never to be used again, giving them to a secondhand shop, or even throwing them into an incinerator (all of these and more were ideas and means of “getting rid of the capes”); the capes will now serve a new purpose! It will be there when a priest is comforting a family at the grave side of a loved one, it will be there when a priest is praying his rosary in front of an abortion clinic, it will keep a priest warm as he is walking in his parish visiting his parishioners, and it will be there when father makes his daily walk to and from the rectory to the church to offer the sacrifice of the Holy Mass for you and for me.

I am honored now to be a 4th degree member of the Knights of Columbus. My own Assembly (JJ Mitty Assembly #0078) has supported me in this endeavor and sent me capes that were no longer needed or wanted. Still other Knights in California have sent me capes in the mail with good wishes and prayers for their future use. It is the way of the Knights of Columbus to be good stewards as well as to support both priests and seminarians as they always have done. Through this initiative of repurposing the 4th degree capes, both of these ideals; stewardship and support, will be realized for years to come.

Thank you for your support and may God bless His Church and the Knights of Columbus!



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REPORTING COUNCIL ACTIVITIES to SUPREME - 10784

FRATERNAL PROGRAMS REPORT FORM			
Council Number: <input style="width: 100px;" type="text"/>		Date(s) of Program <input style="width: 30px;" type="text"/> / <input style="width: 30px;" type="text"/> / <input style="width: 30px;" type="text"/> to <input style="width: 30px;" type="text"/> / <input style="width: 30px;" type="text"/> / <input style="width: 30px;" type="text"/>	
Refer to program guide sheets for required forms and reporting			
1 Faith <input type="checkbox"/> Into the Breach <input type="checkbox"/> Marian Icon Prayer Program <input type="checkbox"/> Build the Domestic Church Kiosk <input type="checkbox"/> Rosary Program <input type="checkbox"/> Spiritual Reflection Program <input type="checkbox"/> Holy Hour <input type="checkbox"/> Sacramental Gifts	Family <input type="checkbox"/> Family of the Month/Year <input type="checkbox"/> Keep Christ in Christmas <input type="checkbox"/> Family Fully Alive <input type="checkbox"/> Family Week <input type="checkbox"/> Consecration to the Holy Family <input type="checkbox"/> Family Prayer Night <input type="checkbox"/> Good Friday Family Promotion	Community <input type="checkbox"/> Disaster Preparedness <input type="checkbox"/> Free Throw Championship <input type="checkbox"/> Soccer Challenge <input type="checkbox"/> Helping Hands <input type="checkbox"/> Catholic Citizenship Essay Contest <input type="checkbox"/> OTHER (designate category): <input style="width: 150px;" type="text"/>	Life <input type="checkbox"/> Christian Refugee Relief <input type="checkbox"/> Silver Rose <input type="checkbox"/> Pregnancy Center Support <input type="checkbox"/> Novena for Life <input type="checkbox"/> Mass for People with Special Needs
2 Participation: <input style="width: 50px;" type="text"/> Members + <input style="width: 50px;" type="text"/> Non Member = <input style="width: 50px; text-align: center; border: 1px solid black;" type="text"/> Total Participants Program Planning: <input style="width: 50px;" type="text"/> Cost & <input style="width: 50px;" type="text"/> Time Members Recruited: <input style="width: 50px;" type="text"/> Donations: <input style="width: 50px;" type="text"/> Local Currency			
3 Is your council Safe Environment Program compliant? <input type="checkbox"/> YES <input type="checkbox"/> NOT YET kofc.org/safe			
4 Program Promotions (check all that apply): <input type="checkbox"/> Church Bulletin <input type="checkbox"/> Parish/Council Newsletter <input type="checkbox"/> Pulpit Announcement <input type="checkbox"/> Mailer/Email <input type="checkbox"/> Other: <input style="width: 150px;" type="text"/>			
5 How successful was your program?: <input type="checkbox"/> Very Successful (surpassed expectations) <input type="checkbox"/> Successful (met expectations) <input type="checkbox"/> Needs Improvements (low participation)			
6 Summarize the efforts of all volunteers. Describe the event and ideas to improve the success of the program? <div style="border: 1px solid black; height: 150px; margin-top: 5px;"></div>			
Signed: <input style="width: 150px;" type="text"/> Grand Knight Date: <input style="width: 50px;" type="text"/>		Signed: <input style="width: 150px;" type="text"/> Program Director Date: <input style="width: 50px;" type="text"/>	
Email a copy of this document to: fraternalmission@kofc.org Retain a copy of each report to assist in completion of the Annual Survey of Fraternal Activity (1728) & Columbian Award Application (SP7).			

LOGIN to use the direct to online reporting feature for Faith In Action Activities for reporting participation to Supreme.

** NOTE ** - for state convention awards PLEASE ALSO USE STSP for consideration

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DISTRICT DEPUTY REMINDERS:

Assist your councils with forming their Combined Exemplification teams and observe the ceremonials.

FOUNDERS DAY - Sunday 29 MAR 2020. Plan recruiting drives and gather resources for a successful new membership drive weekend.

COUNCIL ASSESSMENTS from January 2020 due by April 10, 2020 or Council will risk being in "suspended" status

Faith in Action programs:

FAITH; Into the Breech - video series and booklets

FAMILY: Family prayer night

COMMUNITY: Disaster Preparedness

LIFE: Silver Rose

Contact Us

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California State Council**
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West Covina, CA 91792

(909) 434-0460

Email: State.Office@californiaknights.org

Visit us on the web at
www.californiaknights.org



Instituted MAY 12, 1903

Over 119 Years of support
to our Catholic Parishes
and families

Coming in MARCH - 2020 Issue...

State Convention program awards reporting

Preparing for Founders Day

Historical look back at the founding of our order

- 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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