

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 — ** NEW ** STATUS AS OF APRIL 13, 2020

The Knights of the Northern California Chapter

were looking forward to hosting the 118th Annual State Council Meeting and Convention in May, but due to the current situation, ***this will now be done virtually for the first time here in California.***

Planning for the State Convention is nearly an 18-month process as we started the planning process in January 2019. The State Convention 2020 Planning Committee met several times since then in person at the DoubleTree Sacramento where the convention was going to be held, as it was in 2018. I want to thank all the members of the State Convention 2020 Planning Committee, and especially for my wife **Flora**, for all the hours of hard work and dedication in striving to make this convention even better than in 2018. The Northern California Chapter had a substantial growing list of volunteers ready to help ensure the success of this State Convention. I also want to thank all the State Officers for their ongoing support throughout this planning process.

We will now turn our attention to utilizing the guidance and tools being provided by the Supreme Council to conduct this first ever virtual California State Convention.

There will be a learning curve involved and a few rehearsals to facilitate a smooth-running event. We are up to the challenge!

Let us pray that God the Father will continue to bless our Order and its works, that His Son will protect us, that the Holy Spirit will guide us, and that the Blessed Mother will intercede for us toward an ever brighter future for our Order, and especially here in California.

Stay safe and healthy!

Fraternally,
Edward P. Huestis, PSD
State Convention 2020 Chairman



**FIRST Virtual State Convention in History- .
More information and forms inside this issue.**

STATE DEPUTY'S MESSAGE

KEEP OUR COMMUNITY TOGETHER



My Brothers,

Easter is perhaps the summit of the religious year as we relive Jesus' sufferings and celebrate His ultimate conquering of death. In Him we find more than an example, we find a way of life. That life is being put to the test in more ways than one

as we endure the current coronavirus pandemic. It has interrupted our lives, our occupations and even our ability to worship. Knights throughout California have stepped up courageously working with local foodbanks and contacting clergy, the elderly and vulnerable to ensure their needs are being met. During this extraordinary time, it is important we place emphasis on communication and keeping our Knights of Columbus and parish communities together.

In response to the current coronavirus pandemic, the Supreme Council has launched the "*No Neighbor Left Behind*" program; a comprehensive guidebook with recommendations on ways to respond to the current emergency. The booklet can be downloaded from the Internet at <https://www.kofc.org/en/resources/news-room/leave-no-neighbor-behind-program.pdf>. I would encourage you to look it over and use it as a blueprint for your council's response to the current crisis.

Examples of charitable works throughout California include drive through food collection and contributions to local food banks. Brother Knights in Imperial Valley, spearheaded by Cristo Rey Council in El Centro, packed and distributed food to needy families throughout Imperial Valley. Knights in the Archdiocese of Los Angeles continue to work with local food banks and St. Vincent de Paul in a newly inaugurated "Hearts to Serve" program making deliveries to the elderly and

vulnerable sheltering at home. Knights throughout the state have reached out to local medical facilities and nursing homes scrambling to provide needed supplies and protective items.

Another example of Knights stepping *Into the Breach* is the ***Spiritual Communion Service at Home***. Our "Prayers in the Pew" team led by Brothers **James Aitchison** and **Anthony Debellis**, sought and obtained USCCB approval for a worship service honoring the eucharist that can be performed by a family at home. Although not intended as a substitute for Mass, it provides a liturgical alternative until we can gather around the Lord's table once again. Many churches are also offering continued opportunities for worship by televising Mass and prayer services via television or the Internet. While continuing to worship while we are socially isolated is important, it is equally important we continue our weekly giving within our means to our parish communities and the churches we usually attend.

Even in the face of tragedy, we should continue to celebrate our successes, particularly in the third and final month of the ***Membership Marathon***. Oxnard Council 750 achieved the highest honors for recruiting during the month of March with 13 new members before group meeting restrictions were put in place. Brother **Aldolfo Zarate** of Oxnard Council 750 was the high recruiter bringing in 8 of those new members himself. It comes as no surprise District Deputy 79, **Ed Miller**, had the high recruiting district overall with Oxnard 750's 13 new members.

If you have candidates waiting to join, consider using the video exemplification in a personal or small group setting. Many councils are holding "virtual" exemplifications using Internet teleconferencing tools like Zoom, WebEx or GoToMeeting. The Supreme Council has begun scheduling "virtual" exemplifications in which your candidates can participate with notifications being sent to your council Grand Knight and Financial Secretary. It has even been promised the online exemplifications will be available in both English and Spanish. Becoming a member during this uncertain time



Continued on PAGE 3 >>

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action



California State Council Knights of Columbus State Officer Contact Information

STATE OFFICERS

State Deputy - **DAVE ABBOTT**
state.deputy@californiaknights.org

State Chaplain - **REV. JOHN CANTWELL**
state.chaplain@californiaknights.org

State Secretary - **STEVE BOLTON**
state.secretary@californiaknights.org

State Treasurer - **DR. NOEL PANLILIO**
state.treasurer@californiaknights.org

State Advocate - **RENE TREVINO**
state.advocate@californiaknights.org

State Warden - **GREG MARRACQ**
state.warden@californiaknights.org

STATE DIRECTORS

Membership Director - **T. W. STARKWEATHER**
membership@californiaknights.org

Service Programs Director - **RICARDO SALDANA**
programs@californiaknights.org

Operations Director - **GENE HAYS**
operations@californiaknights.org

SUPREME REPRESENTATIVES

Supreme Director - **JAMES SCROGGIN**
jimscroggin@comcast.net

Territorial Growth Director, WEST - **ROBERT KISH**
robert.kish@kofc.org

Regional Training Director, WEST- **KEN A. WHITE**
ken.white@kofc.org

Hispanic & Ethnic Growth - **JOSE JIMENEZ**
jose.jimenez@kofc.org

>> *STATE DEPUTY MESSAGE — Continued from PAGE 2*

may be just the lifeline needed to reduce anxiety for both the candidate and his 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. For the remainder of the Columbian Year, a special promotional code has been created for those joining online. Those entering the code "**NEIGHBOR2020**" when prompted in the online application will receive one-half off the normally \$30 membership fee.

As events have unfolded over the past several weeks, it has become painfully obvious the current restrictions on large group gatherings and events intended to slow spread of the coronavirus will not be lifted in time to hold our Annual State Convention at the Doubletree Hotel in Sacramento. For this reason, and in the best interests of everyone's health and safety, **the Annual State Convention will be held "virtually" via teleconference on Saturday, May 16, 2020.** Further information on times, sign on instructions and methods of participation will be forthcoming as the event details are fully worked out.

During these uncertain times you must remain diligent regarding your own health and that of your family. To the extent possible stay home and avoid physical contact with people outside of 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 you are outside of the house. Wear a mask if you need to leave the house. Please keep in your prayers first responders, medical and service personnel who may, out of necessity, have direct contact with people having the virus.

Be careful not violate federal, state and local medical privacy laws by naming people who may have the coronavirus in prayers lists, emails and council newsletters. Instead, offer a general prayer for everyone affected by this pandemic. A good one is "A Prayer for Protection in Time of Pandemic" which can be downloaded from the Internet at <http://www.kofc.org/en/news-room/articles/novena-prayer-for-protection.html>.

Be safe and be well. 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 Deputy– VIRTUAL State Convention Decision Announcement

State Office

Apr 13, 2020,
6:37 PM

My Brothers,

As events have unfolded over the past several weeks, it has become painfully obvious the current restrictions on large group gatherings and events intended to slow spread of the Corona virus will not be lifted in time to hold our Annual State Convention at the Doubletree Hotel in Sacramento. For this reason, and in the best interests of everyone's health and safety, **the Annual State Convention will be held "virtually" via teleconference on Saturday, May 16, 2020.** Further information on times, sign on instructions and methods of participation will be forthcoming as the event details are fully worked out.

Those who have already purchased tickets and convention items will automatically receive a full refund of the purchase amount (no action is required on your part), with the exception of advertising in the convention Souvenir Booklet which will still be published. **Those holding room reservations at any convention hotel should have their reservations cancelled automatically by the hotel with no action required on your part.** If you do not receive an email cancellation notice or are unable to verify cancellation via the hotel's website, we recommend that you contact the hotel directly to ensure your reservation has been cancelled. Please allow the hotels at least one week from now to complete that process.

As we are moving to a "virtual" Annual Business Meeting being done via teleconference **now more than ever it is extremely important that councils register their voting delegates.** Every council in good standing is entitled to two voting delegates. The Grand Knight is automatically a voting delegate, along with a Past Grand Knight delegate chosen by the council. One or more alternates also chosen by the council may serve as voting delegates in the event the Grand Knight and/or Past Grand Knight delegates are unable to participate. If you have lost or misplaced your delegate election form, another is attached to this email. **Councils that have already submitted this form do not need to submit another.** Delegates will receive instructions on how to participate in the "virtual" meeting, along with a copy of the agenda, resolutions and Souvenir Booklet.

Obviously, suspending events planned in conjunction with the Annual State Meeting is a disappointment as the State Convention Planning Committee, chaired by PSD **Ed Huestis** and wife **Flora**, has already put in countless hours arranging tours, hospitality and entertainment for your enjoyment, all of which are in the process of being cancelled. That being said, it is still necessary to conduct the essential business of the California State Council, including electing State Officers and delegates to the Supreme Council Meeting, voting on resolutions and approving a 2020-2021 annual state budget.

Even though we may be coming together "virtually" there will still be ample opportunity for fellowship, interaction and recognition of California councils for their extraordinary works and achievements, particularly during this time of charity, heroic efforts and public service.

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**

INSTRUCTIONS - Council Delegate REGISTRATION

INSTRUCTIONS

To facilitate the necessary AND accurate processing by the State Council Office and to ensure that delegates can be correctly and quickly registered, each council's **Delegate Election Form** must adhere to the following TIME-TABLE and REQUIREMENTS.

- (1) Mail (USPS) original **Delegate Election Form** with signatures and seal of the council to: State Council Office, P.O. Box 2649 West Covina, CA 91793 and email to: state.office@californiaknights.org
- (2) Must be received by May 1, 2020.

All elected delegates MUST reside in California.

NOTE: It's VERY IMPORTANT that the Delegate Election Form be legible and accurate to AVOID returns for corrections.

- (3) To ensure the **Delegate Election Form** is ACCURATE please follow all instructions:
 - a. Verify Grand Knight Delegate information, **add phone number**, email and signature.
 - b. Past Grand Knight Delegate

The Past Grand Knight Delegate is elected and MUST be a Past Grand Knight of the Council electing him as the delegate. Should there NOT be a Past Grand Knight of the Council available (i.e. all deceased, all out of State, OR a NEW Council) then AND ONLY THEN, any Third Degree member of the Council in good standing with the council may be elected for this position, AND this is indicated by 'NEW' or 'NO PGK' in the 'Year served as GK' space.
 - c. Potential Substitute Delegate #1 & #2 – In addition to the SIGNATURE, the date of the member's Third Degree is required. If no potential substitute is elected, then indicate so by putting '**None Elected**' in the name field.
 - d. Print the names of the two voting delegates at bottom of page.
 - e. Grand Knight and Financial Secretary sign bottom, verify council number, district number, affix the Council Seal, and the DATE of the election of delegates.
 - f. Make sure all email addresses and phone numbers are **PRINTED** legibly.

NOTE: Credentials will be EMAILED by the State Council Office to the delegate. If the delegate has not received by May 4, 2020, please contact the State Office via email at state.office@californiaknights.org or via phone at (909) 434-0460 ext.1.

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

COUNCIL DELEGATE ELECTION FORM - 04.13.20

DELEGATES ELECTED FOR COUNCIL REPRESENTATION AT THE STATE CONVENTION
MAY 16, 2020 – VIA TELEPHONE

PRINT or TYPE – ALL FIELDS ARE REQUIRED

Grand Knight Delegate – (CURRENT GRAND KNIGHT ONLY)

First Name Initial Last Name Membership Number

 Street Address City Zip Code Telephone Number
 Email:
 Grand Knight's Original Signature _____

Past Grand Knight Delegate - MUST be a Past Grand Knight of this Council

First Name Initial Last Name Membership Number
 Year(s) served as GK

 Street Address City Zip Code Telephone Number
 Email:
 Past Grand Knight's Original Signature _____

Potential Substitute Delegate #1 (MUST be a Third Degree Member)

First Name Initial Last Name Membership Number
 Third Degree Date

 Street Address City Zip Code Telephone Number
 Email:
 Original Signature _____

Potential Substitute Delegate #2 (MUST be a Third Degree Member)

First Name Initial Last Name Membership Number
 Third Degree Date

 Street Address City Zip Code Telephone Number
 Email:
 Original Signature _____

PRINT the names of the **TWO** voting delegates:

1) 2)

ATTESTING SIGNATURES Council Name: _____

X _____ X _____
 Grand Knight Financial Secretary

 Council No. District No. Date of Delegate Election



IMPORTANT: Credentials will be processed, from the above information. These credentials will then be **EMAILED** by the State Council Office to the delegate. If not received by May 4, 2020, please contact the State Council office by email at state.office@californiaknights.org

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

ALTERNATE PLAN for CLUB 365 DONATIONS



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



Grand Knights and Brothers All

Due to the Coronavirus Covid-19, the State Convention will be held "virtually" via teleconference. There will not be a "**Parade of Grand Knights**", send your checks to the to the Charity Treasurer:

Knights of Columbus
California Columbian Charities
P.O. Box 497
Gustine, CA 95322

All Councils are asked to donate. Councils should consider a donation of \$3.65 for each of their Council members. The 365 Club is the Charity's primary source of funds. **Please be Generous! Please include a return address so that the Award Ribbon will be sent to that designation.**

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.

These are challenging times and we want to continue to help our Brothers. The need is great and we are not funded by Supreme. **Please increase your contribution this year.**

Although the Convention is physically cancelled, Councils should not overlook their donation. Every Brother is also encouraged to make a personal contribution. Checks may be mailed to the Gustine P.O. Box. 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

SUBMITTED from Brother **Stephen Petersen, FN**
CCC President

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Letter from Supreme Knight - Online Exemplifications

CARL A. ANDERSON
SUPREME KNIGHT



KNIGHTS OF COLUMBUS MAKING A DIFFERENCE FOR LIFE

April 28, 2020

Worthy State Deputies, District Deputies and Grand Knights,

Thank you for your leadership as we face the coronavirus pandemic. This is an unprecedented time that poses many challenges, but the Knights of Columbus is adapting and we will continue to put our faith into action every day in service to our parishes and communities, especially through the new *Leave No Neighbor Behind* COVID-19 relief program.

On April 16, the Supreme Council conducted online the new Exemplification of Charity, Unity and Fraternity, welcoming over 2,200 new members. Absent the opportunity of in-person degrees, we needed to find new ways to bring men into the Order. There was an overwhelmingly positive reaction to the online exemplification and the Supreme Council is planning more in the weeks ahead. **The next online Exemplifications of Charity, Unity and Fraternity are planned for Thursday (April 30) at 7:00 p.m. and 10:00 p.m.; and Thursday (May 7) at 7:00 a.m., 2:00 p.m., 7:00 p.m. and 10:00 p.m. — all Eastern Time.**

Several state councils have been proactive in scheduling their own regional, district and council online exemplifications. I encourage all state, district and council leaders to adopt this practice. It is an ideal way to initiate new members at a local level where Field Agents and Chaplains can participate.

I urge you to make conducting and promoting online exemplifications a top priority. Encourage your members to reach out to qualified Catholic men and let them know how easy it is to join through the Supreme Council's online exemplifications or local ones. These ceremonies are also ideal opportunities for First Degree or Second Degree members to advance to the Third Degree.

Thank you for your dedication and efforts to ensure that the Knights of Columbus continues to grow and expands our charitable outreach during this pandemic.

Fraternally,

A handwritten signature in cursive script that reads "Carl A. Anderson".

Carl A. Anderson
Supreme Knight

cc: Membership Directors

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

From PSD Dr. Ray Warriner, ID Drive April 19, 2020

Worthy District Deputies,

Man, this ... is getting old. I have good days and bad. Yesterday was a mix. Yesterday, I was invited to a three-hour planning meeting with the State Leadership. It was good and bad.

The bad, it was a grim reminder that the love of my life was not with me. It reminded me of how important she was to me and my success in every aspect of my life. It really depressed me.

The good, there is a light at the end of the tunnel, and it is not the train heading in my direction. It is the Knights of Columbus. How are we reacting? Are we sitting at home and feeling sorry for ourselves? NO, we are doing God's work on earth.

We are feeding the hungry, on the 29th we will be serving 200-300 meals in our Council parking lot. Free meals to the people who need it through the generosity of a local business. He reached out to the Knights with an idea and extra food since his business is closed.

We are taking care of each other. I want to thank my brother Knights who have texted, emailed, or called me to make sure I am alright. Our council has set up video calls to talk to one another and to continue our work. We are reforming our phone tree to reach out to everyone on the council roster to make sure they are ok. Something we should have started doing for a long-time, we should not need a pandemic to reach out to our brother.

The State Officers are still working, yesterday they showed us the plans for the future that we can start doing today. The message was to Be Bold. There has never been a time like this in the history of the Knights. We, as Knights are needed more than ever. Our Church buildings are closed but our Church is alive. Men of faith can move mountains and there are mountains to move.

The ID Drive is a year-round event so maybe this is not the time. This is the time to think about the future. I have included this week's numbers. This will not be a record year, but we should be proud. We raised over \$600,000 for intellectual disabilities programs including over \$22,000 for the Feed the Athlete program. A program that unites volunteerism, charity, and brotherly love. The three principles of our Order. A great example of Knighthood in action.

These numbers will be the basis of the Chapter and District Awards. The Council Benefactor Awards will be based on June 30 numbers. Please check the reports and let me know of any errors.

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 by 30 June.

Thank you for everything you do, especially supporting people with intellectual disabilities.

--

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

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

WELLNESS PROGRAM

Here is additional information that can help us during this time to boost our immune system. This can be another lifestyle change for some that is doable, and important, especially during this time, and it can be fun and adventurous in adding some of these foods into your diet to try out, and being assured at the same time, that you are heading in a positive direction in an effort to boost your overall immune system.

This article is from Ocean Robbins, CEO of the Food Revolution Network. I have been following **Ocean Robbins** and the Food Revolution Network for several years now. This article is longer than usual [pages 10-15] but well worth the value of information being shared. Enjoy!

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

14 Top Foods for Immunity Support So You Can Stay Well During Cold and Flu Season

foodrevolution.org/blog/how-to-boost-immune-system/

Ocean Robbins – Published October 24, 2018 (Updated January 8, 2020)

As temperatures get cooler, do you want to know how to optimize your immune system? Discover some of the best foods for immunity support and which supplements you might want to take. The right foods can help you avoid falling victim to colds and flu this year!

Do you sometimes get colds or the flu, particularly in the colder winter months? If so, you are not alone. In the U.S., the average adult gets sick two to four times per year, and the average child between six and eight.

You probably know the basics of cold prevention, like practicing good hand washing and avoiding contact with sick peers. But have you ever wondered why two people could have exactly the same exposure to a sick friend — and one of them gets sick, while the other does not?

The difference is often their immune system.

So how can you give your immune system support? It turns out that **one of the most powerful tools for a strong immune system can be found right inside your own kitchen: the food you eat.**

Let us take a look at what your immune system does and how to support your immune system with food, so it can protect you from nasty, cold-weather bugs.

What is the Immune System?

The immune system is your body's network of organs, tissues, and cells that work together to keep you healthy by fighting off harmful bacteria, viruses, parasites, and fungi. It acts as a barrier between your body and the things that can make you sick.

When your immune system is compromised, it is like tearing down a wall that would otherwise help to keep germs at bay.

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

Your immune system can become compromised by dietary, environmental, and lifestyle insults. And a compromised immune system can lead to frequent illness, such as the common cold and flu, as well as more serious infections and diseases, even including cancer.

Your complex and amazing defense system is made up of two main parts. First, you have mucous membranes found in places like your nose, eyes, and mouth — which use white blood cells to fight infections before they can get inside you. Second, you have T cells and B cells, which work together to create antibodies that fight off invaders and then destroy infected cells throughout your body.

Your bone marrow and spleen also play key roles, making white blood cells which fight infections. And your lymphatic system transports lymph (a fluid containing white blood cells) throughout your body.

Altogether, **your immune system functions as an amazing team, working to keep you healthy, safe, and alive.**

How Does Food Affect Your Immune System?

It is difficult to overstate how important nutrition is in promoting a healthy immune system. **You need a diverse group of phytochemicals (the bioactive chemical compounds in plants) to create a strong barrier against pathogens that would otherwise make you ill.**

Because immunity typically declines as you age, **it becomes especially important to eat more immune-supporting foods as you get older.**

Many studies have shown that nutrient deficiencies cause impaired immune function in the elderly. Even in people as young as 35 years old, poor nutrition wreaks havoc on the immune response.

But there's good news, too! When elderly people eat at least five servings per day of fruits and vegetables, they have improved antibody response to stress.

For many reasons, the more fruits and vegetables you eat, the better off you are. And you need specific nutrients for optimal immunity.

Some of the most immune-optimizing vitamins and minerals include folate, zinc, iron, beta-carotene, Vitamins B6, B12, C, D, and E.

So, what foods should you be eating to get them?

Immunity Support with Food

As it turns out, the best immune system supporters are found in the produce aisle, not in the pharmacy.

Kiwi

Eating kiwi fruit has been shown to **reduce the duration of the common cold**. In fact, it can reduce a child's risk of getting sick by 50%. And it can even shave a few days off how long the elderly are sick with upper respiratory infections.

Kiwi is high in vitamin C, folate, potassium, and antioxidants, such as alpha-Tocopherol and lutein. It has been shown to have **positive effects on the immune response** — making it potentially helpful in preventing a wide range of ailments.

Kiwi makes a great snack for all ages. It is easy to throw into a lunch bag or serve sliced alongside a hearty breakfast. Most people peel it, but **when you include the peel, you triple the amount of fiber you get from this tasty fruit**. The skin also has a unique prebiotic potency that makes it marvelous for your microbiome.

Garlic

Garlic has been used in medicine for centuries.

One of the reasons is that whole garlic contains a compound called alliin, which turns into the active compound allicin when crushed and is known to **enhance immune function**. Crushed garlic also offers additional sulfur-containing compounds with healing properties.

Heating fresh garlic may reduce its flu-fighting ability, but some studies have shown that **letting crushed garlic sit for 10 minutes prior to heating it can protect its immunity supporting capabilities from being compromised**.

Aged garlic extract may also reduce the severity and

duration of cold and flu.

If all else fails, garlic does wonders for opening up a stuffy nasal passage!

Enjoy minced, crushed, or roasted garlic in homemade pasta sauces, sprinkled on pizza, in warm soups, or as a flavor-boosting complement to almost any savory dish.

Onions

No need to cry. Onions are good for you!

They contain two major compounds for immunity support: the antioxidant flavonoids anthocyanin and quercetin—and allin.

Red and yellow varieties are particularly high in quercetin, which is known to have **anticancer, anti-inflammatory, and anti-viral properties**. **The highest concentration is in the outer rings.**

Enjoy onions baked, roasted, sautéed, or chopped up and eaten raw in many dishes. **If they make your eyes water**, make sure you chop them with a sharp knife, with your arms straight, so any onion juice spray is some distance from your eyes. You can also cut onions under running water to protect your eyes. But be sure to wash your hands, knife, and cutting surfaces with soapy water afterwards.

Ginger

Ginger has many medicinal and health uses and is known to be a powerful **anti-inflammatory and antioxidant**. It also has antimicrobial effects and can help to protect against infectious disease.

Gingerol is the compound found in fresh ginger that is most responsible for its anticancer properties. It is also closely related to capsaicin and piperine, the active compounds in peppers that give them their spiciness and unique medicinal traits, as well as the curcuminoids found in turmeric.

You can purchase ginger root fresh and keep it in the freezer. When ready to use, grate it into stir-fries or smoothies, or boil it for a hot ginger drink. You can also use it in a dried, powdered, or oil form.

Green Tea

Green tea is about 40% polyphenols by weight — and **may be the most powerful of all the teas.**

It contains compounds called catechins, as well as the antioxidant quercetin and the amino acid L-theanine, all of which **support a strong immune system**. These compounds are effective agents in helping the body fight viruses, such as influenza and many forms of gastrointestinal infections.

Green tea is an immunity warrior. One study showed that women under 50 who drank green tea at least three times per day reduced their risk of breast cancer by 37%.

But you may not necessarily have to drink green tea all the time to reap its benefits. In fact, **gargling these catechins has also been shown to reduce incidences of influenza among the elderly.**

Cruciferous Vegetables

A 2011 study published in the journal Cell found that cruciferous vegetables, including kale, collard greens, mustard greens, Chinese cabbage, bok choy, kohlrabi, broccoli, and Brussels sprouts, are **a source of a chemical signal necessary for the immune system to function at its best.**

Cruciferous vegetables contain beta-carotene, lutein, zeaxanthin, folate, and vitamins C, E, and K. They are also rich in sulfur-containing substances called glucosinolates, which make sulforaphane — a phytochemical known for its **immune-optimizing and anticancer effects**. When chewed and chopped, these vegetables also release other cancer-fighting compounds called isothiocyanates.

Of all the cruciferous veggies, **kale appears to offer the most anti-inflammatory polyphenols, which enhance the body's defense against pathogens, especially when cooked.**

Try chopping leafy, cruciferous greens and mixing them into salads. You can also add them to soups, sprinkle them onto pizzas, or even blend them into smoothies.

Prebiotics, Probiotics, and Fermented Foods

Digestive health has a huge impact on nearly every important function in your body — including your immune system.

Some of the most important players in gut health include **probiotics** (the good bacteria in your gut) and **prebiotics** (which feed the probiotics).

Probiotics can be found in supplement form and are also abundant in fermented foods, such as kimchi, sauerkraut, tempeh, miso, yogurt, kefir, and natto. They appear to **reduce the risk for upper respiratory infections**.

And a 2003 study published in *Gut* observed the ability of probiotic strains *Streptococcus thermophilus* and *Lactobacillus acidophilus* to protect cells from the most dangerous forms of *E. coli* bacteria.

Prebiotics are abundant in whole plant foods — especially jicama, chicory root, garlic, Jerusalem artichoke, onions, leeks, leafy greens, bananas, and the peel of kiwi fruit.

A 2011 study published in the *Journal of Gastroenterology* found that prebiotics had several positive effects, such as **anticancer and anti-inflammatory properties**, as well as supporting **increased mineral absorption** and **stronger immune response to disease**.

Nutritional Yeast

Nutritional yeast contains beta glucans, which are known to have powerful infection preventing and immunity-supporting properties by enhancing natural killer cell (anticancer and anti-infection) activity.

A 2013 study published in the *European Journal of Nutrition* found that **people who consumed one tablespoon of nutritional yeast per day were able to reduce recurrence of infections from the common cold by 25%**.

Nutritional yeast offers a nutty or cheesy taste. You can sprinkle it onto pasta, soups, and salads. You can also use it in baking or mixed into homemade sauces.

Berries

Of all the superfoods, **if I had to pick one that I love the most, it would be berries**. There is something about their sweet juiciness and abundant bursting flavor that adds a special kind of sparkle to the world.

Their colors are extraordinary, too! And it turns out, those colors are not just for looks. Berries get their dark purple, pink, red, and blue hues from chemicals known as anthocyanins. These flavonoids help treat many conditions, including high blood pressure, colds, and urinary tract infections.

Berries are also high in antioxidants, like vitamin C, which **help prevent cell damage and inflammation**. One of the antioxidants found abundantly in berries is ellagic acid, which is known to prevent tumor growth and protect immunity of the oral mucous membrane.

In 2013, researchers analyzed 446 compounds for their ability to support immunity. Their conclusion, which they published in *Molecular Nutrition and Food Research*, was that resveratrol in **red grapes** and a substance called pterostilbene in **blueberries** had the most impact.

A 2018 review of the health effects of berries and their phytochemicals on the digestive and immune systems found that **whole berries had potent, immune-optimizing properties**.

Add strawberries to a salad, raspberries to oatmeal, or blueberries to a batch of weekend pancakes. You can even make elderberry syrup, which you can take by the teaspoon or add to a hot beverage.

Citrus Fruits

You have probably heard people say drinking orange juice can help battle the common cold. But did you know that **eating citrus fruits in their whole form is even more effective?**

Citrus fruits are rich in protective antioxidants like vitamin C, which can help to support your immune system and make you less susceptible to illness.

Sometimes, when people are stressed, their immune function diminishes. This is one of the

reasons that people under stress are more likely to get sick. A study published in *Neuroimmunomodulation* found that simply smelling citrus fragrances could reduce stress induced immunosuppression.

So, stock up on oranges, lemons, limes, grapefruits, and tangerines this winter for some easy, grab-and-go flu fighters.

Mushrooms

There are hundreds of mushroom species, and virtually all of them offer unique protective health benefits.

Mushrooms have been used medicinally for thousands of years. And today, modern science is beginning to understand how potent these fungi really are.

Regularly eating blanched white button mushrooms, found in most grocery stores, has been shown to optimize immunity support in the mouth and respiratory tract. Less common varieties, including Reishi, Turkey Tail, and Shiitake, appear to attack viruses and cancer cells.

A 2015 study published in the *Journal of the American College of Nutrition* by the University of Florida followed 52 healthy adults, ages 21 to 41, who ate one, four-ounce serving of dried Shiitake mushrooms daily for four weeks. They **observed better functioning T-cells and reduced inflammation, in a way not seen before through drug interventions.**

You can dice mushrooms and add them to veggie burgers, slice and cook them in stir-fries, blend them into soups, or stuff and bake them. You can also enjoy them in powders and coffee substitutes.

Apples

An apple a day... provides a great source of soluble fiber, which can **strengthen your immune system.**

A 2010 study published in *Brain, Behavior, and Immunity* fed mice diets of either soluble fiber or insoluble fiber. Those who were fed soluble fiber showed "profound, positive changes in their immune system," increasing production of anti-inflammatory protein interleukin-4 and recovering much quicker from induced

bacterial illness.

Other studies have shown apples to have **robust antioxidant activity.** This is important because antioxidants help protect your cells from damage and can lower your risk for infections and disease.

Enjoy apples whole, sliced, or blended into homemade applesauce, or baked with peanut butter and raisin filling for a delicious natural dessert.

Sunflower Seeds

Sunflower seeds are full of vitamin E, containing 82% of the daily value in just one-quarter cup.

Vitamin E is a powerful antioxidant known to reduce the risk of inflammation-related diseases, protect your body from cell damage, and fight oxidative stress that can lead to illness. Sunflower seeds also create antibodies that can **help fight infections.**

You can toast sunflower seeds, eat them raw, add them to a salad, or blend them into sunflower butter.

Red Peppers

Red peppers have twice as much vitamin C as citrus fruits. They also contain vitamin E and beta-carotene, which may give you extra immunity support.

A 2010 study published in the *Journal of Pharmacy and Pharmacology* found that capsaicin in red peppers induced an **anti-inflammatory effect**, possibly through inhibiting inflammatory cytokine production.

Red peppers are versatile. You can enjoy them raw, roasted, stir-fried, or as part of a soup, salad, or pasta dish. Varieties range from mild to very spicy.

What About Supplements for Immunity Support?

In addition to a healthful diet, a few single nutrients appear to help immunity and may be worth adding to your cold-weather routine in supplement form.

Vitamin D

Vitamin D deficiency is linked to an increased susceptibility to illness. Levels of vitamin D may even be directly linked to T-cell function, which is an important part of your body's defense mechanisms.

Studies have shown that vitamin D supplementation can be protective against acute respiratory infections.

Your skin makes vitamin D when you expose it to direct sunlight. But some individual factors can interfere with the amount of vitamin D you produce, including skin pigmentation, the latitude where you live, air pollution, age, and gut health. And most of us in the modern world do not get nearly as much sun exposure as our ancestors did — especially in the wintertime.

I find it fascinating that most of us tend to get less sun exposure (and vitamin D) in the winter months — which is also when our immune systems are at their weakest. **I started taking vitamin D3 supplements a few years ago and have not had a cold or the flu since.**

The typical recommendation for a healthy adult is 1,000-2,000 IU per day if you are not exposed to daily direct sunlight. Although, some experts believe that the optimal supplementation level for most adults may be closer to 5,000 IU.

Zinc

Zinc is an essential nutrient for everyone. It is also a **powerful antioxidant known to support immunity.**

It has even been described as the “gatekeeper of immune function.”

You can find zinc in plant foods, such as wheat germ, beans, legumes, nutritional yeast, oats, nuts, and seeds. However, plant-based diets are often high in phytates (found in cereal grains and corn), which can inhibit the absorption of zinc from other foods and ultimately increase your daily requirements.

Zinc supplements can be useful during cold and flu season, especially on a plant-based diet. You can find these in lozenge form. The general dose recommendation is 11-13 mg per day for most adults.

Stock Your Pantry And Protect Yourself This Season

Eating well does not only prevent major chronic diseases like heart disease, cancer, and Alzheimer’s. It can also help you prevent flus and colds — and heal more quickly if you do get sick.

As you head into cold and flu season, try stocking up on immunity-supporting foods and see what happens. You might stay healthier than ever through the colder months.

* * *

Look for LOCAL COMMUNITY opportunities to serve as you are able to contribute -

Excerpts from APRIL 2020 KNIGHTLINE Click [HERE](#) for link and archives to weekly special issues

Participate in blood drive - Thousands of blood drives have been canceled, resulting in a shortage of over 100,000 units of blood.

Feed the hungry - Many individuals and families have stocked their personal pantries in preparation for quarantine.

Support your brother Knights No council should leave a brother Knight behind. As members of your council face challenges, ensure they have the support and resources they need.

Support your parish In this time of COVID-19, your pastor has lost his normal methods of charitable and evangelical outreach. By working closely with your pastor, your council can help your parish and ensure that no parishioner is left behind.

Support your community Whatever the need, Knights are encouraged to assess and creatively support the needs of their local community. People are counting on us to come through for them.

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

ONLINE EXEMPLIFICATIONS - THURSDAYS (April 28, 2020)



Dear Brother,

In this time of crisis, we need Catholic men to serve their church and community in meaningful ways. Supreme Knight, Carl Anderson, has made it our top priority to bring as many men as possible into the Order to assist with our Lead No Neighbor Behind Covid-19 response.

Our online exemplification ceremonies allow you to give men the opportunity to immediately get involved in programs to help those in need. I ask that you redouble your efforts to bring these good men into our order in the coming days. Invite them to join and participate in one of the many online exemplification ceremonies we are offering.

Six upcoming online exemplifications in the next two weeks:

Invite eligible candidates to participate by forwarding this [downloadable PDF invitation](#) to them. Coordinate council voting for them using the rules for electronic voting found [HERE](#).

Instruct them to register for an exemplification by clicking on its associated link within the PDF. The ceremony schedule is:

Thursday, April 30

[7:00 PM Eastern Daylight Time](#)

[10:00 PM Eastern Daylight Time](#)

Thursday, May 7

[7:00 AM Eastern Daylight Time](#)

[2:00 PM Eastern Daylight Time](#)

[7:00 PM Eastern Daylight Time](#)

[10:00 PM Eastern Daylight Time](#)

After the ceremony, process the candidates by submitting form 100s the traditional way, or electronically in Officers Online.

We will offer Spanish and French language online ceremonies between May 9 and May 17. You can start lining up these candidates now. Registration details will be sent later this week.

Thank you and Vivat Jesus!

Tom McCaffrey
Vice President
Fraternal Excellence

CC: Supreme Officers
Supreme Directors
State Deputies
General Agents
Fraternal Mission Staff

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

CALL FOR SUBMITTED ARTICLES

BROTHERS -

Let's showcase how California Knights are actively participating in the "No Neighbor Left Behind" initiative -

Please send your articles for publication of fulfilled opportunities of community support with names pictures, goals of YOUR COUNCIL taking leadership in your area.

Assemblies-

How about forwarding some interesting events from your monthly newsletter, or perhaps your submission in consideration of the "To Be A Patriot" award...

Contact Us

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

(909) 434-0460

Email: State.Office@californiaknights.org

Visit us on the web at
www.californiaknights.org



Instituted MAY 12, 1903

Over 119 Years of support
to our Catholic Parishes
and families

Coming in MAY - 2020 Issue...

State Convention update

COVID-19 updates

Worthy Brother Knights All,

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

Submission deadline– 10th of every month for current newsletter

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

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

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

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

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action