

WASHINGTON STATE KNIGHTS OF COLUMBUS THE SECOND EDITION

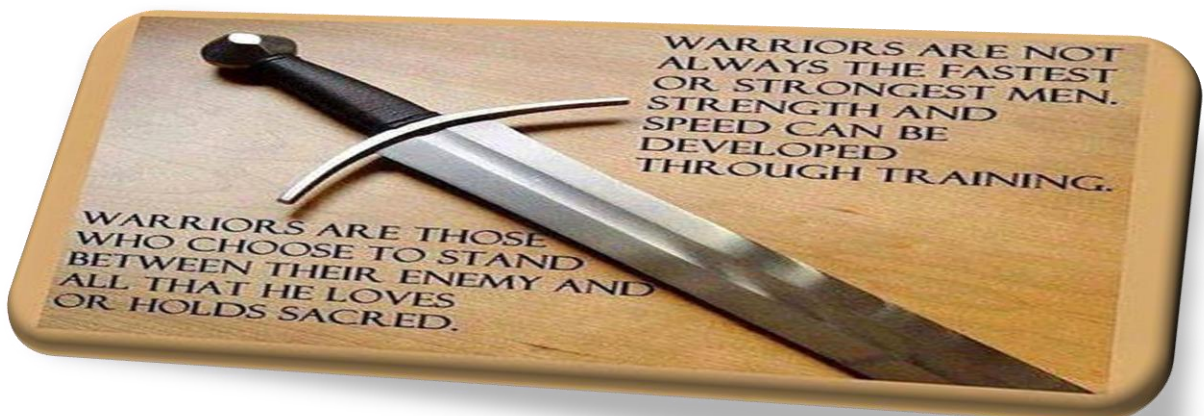
APRIL 2015



"TEAMWORK MAKES THE DREAM WORK"

Steve Snell - Editor - 509-386-3462 stevesnell@charter.net

**THE SECOND EDITION IS A
"Strong Visible Program"**





"FAMILY OF THE MONTH"

PARTICIPANT'S LISTINGS FOR FEBRUARY

**766,1620, 1629, 3361, 3611, 4322*, 6097, 6806,
7528, 7863*, 8201, 8476, 8872*, 10652, 10653, 11357*,11408,
11642, 11762, 13794**

(*DENOTES SUPREME'S SELECTED WINNERS FOR THE MONTH)

Wayne & Lori Hogan
Council 4322 - Lakewood

Mark & Pat Mantow
Council 7863 - Marysville

Richard & Martha Hagmann
Council 8872 - Colbert

Bill & Myrna Trudeau
Council 11357 - Langley

STRONG VISIBLE PROGRAM



"HEY BROTHERS!"

"IT'S ALMOST TIME"

**THE KNIGHTS OF COLUMBUS
WASHINGTON STATE 112th
ANNUAL CONVENTION IN SPOKANE
MAY 15 -- 17, 2015**

ARE WE THERE YET?



**CLOSE REAL CLOSE!
*ARE YOUR BAGS AND BUGGY
PACKED AND READY TO GO?***

THE STATE DEPUTY

Our Roster of more than 900 "In-Active Insurance Members" can be the "Golden Fleece" for your councils and districts! As we all know, the Reactivation of an In-Active Member counts both as a NEW MEMBER and an INSURANCE MEMBER! Why have I labeled this roster your

"Golden Fleece"?

By George Czerwonka, Jr. SD



A widespread interpretation relates the myth of the golden fleece to a method of washing gold from streams, which was well attested as early as the 5th century BC in the region of Georgia to the east of the Black Sea.

Sheep fleeces stretched over a wood frame would be submerged in the stream, and the gold flecks borne down from upstream placer deposits would collect in them. The fleeces would then be hung in trees to dry before the gold was shaken or combed out.

My analogy relates to the gold our councils and districts can earn with Star Council and Star District awards in the form of VIP Points and the just released advice of a \$4.50 per billable member credit for their \$3.50 Supreme Per Capita and \$1.00 Catholic Advertising assessments plus many other incentives too.

I recommend you form District teams with your Field Agent as a team member (he can provide you their telephone numbers). The gold is there for you to pluck from our "streams" in the attached listing by ZIP Code and City/Town.



Men...this is a list of known insurance members, and I can tell you that one of our officers mined this list just the past year bringing a dozen Brothers back to Active status. How did he do it? With a plan and some sweat equity in the form of telephone calls and personal visits giving these men some love. Brothers...these men were Active Knights, and they deserve the opportunity to be wanted, needed and loved. Only you can give them a second chance! We have about 75 days to the finish line.

Every council and district has an opportunity to reach for Star Council and Star District by using the "Golden Fleece!"



Hi Lord, it's me. We are getting older and things are getting ...bad here. Gas prices are too high, no jobs, and food and heating costs too high. I know some have taken you out of our schools, government and even Christmas, but Lord I'm asking you to come back and re-bless America. We really need you! There are more of us who want you than those who don't! Thank You Lord, I Love You.



I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

~ Henry David Thoreau, 1854 ~
"Walden; or, Life in the Woods"

BROTHER KNIGHTS



NO QUESTION, WE CAN MAKE A DIFFERENCE IN
SOMEONE'S LIFE..... **LETS GO DO IT!**

WARNING!

**JOINING THE 4TH DEGREE
WILL MAKE YOU,**



**FEEL GOOD
ABOUT YOURSELF!!**



Knights of Columbus
INSURANCE
Making a difference for life.

REPEAT "IMPORTANT" REPEAT

First of all, if a member becomes insured their wives are entitled to go through the Knights of Columbus for any of our financial products that they qualify for within the first year after that member passes away.

We also offer life insurance plans for people 61 years of age or younger who are uninsurable.

Then there are the free fraternal benefits that we tack on for policy holders who purchase a policy for themselves with an annual premium of at least \$150.

1) We pay a death benefit for families that lose a child in the event of a miscarriage (after 20 weeks) or a still birth (within 61 days after birth).

2) We will insure uninsurable children of the Knights of Columbus member's family.

3) We offer an orphan benefit to each surviving child in the event that both parent pass away (on top of whatever their policies might pay out). They will each receive a monthly check until they turn 19 years of age, then they will each be given up \$7,000 in college tuition and if they go to college their monthly check will be extended to 23 years of age.

That about sums up the additional benefits. If you have any further questions, please contact me. God bless you.

Matthew F. S. Polis

KofC Field Agent
(208) 413-3456



Membership Retention

By STEVE SNELL



*Worthy Grand Knights we do need to help stop the brain drain in our Councils, I think a top priority should be to hang on to the members we have, when someone leaves we lose their talents and their contacts and **worst of all we lose their families which is the real power of the Knights**; it is easier to patch the hole in the fence than it is to start all over and round up new members and their **families**. Recruiting is good but we must shut the barn door before they leave.*

Lets tell it like it is, retention is something we often do not spend enough time or energy talking about. The preference is by far, to devote attention to recruitment, growth and council development. **Retention must involve each and every one of us, each member of our council.** We need to strive to be aware of any Brother Knight that may have a problem, which might cause him to consider leaving the Order. We must be proactive, proactive retention is good membership management, good fraternity, good prevention, and above all good sense. Recruitment and retention are in effect one and the same and should be viewed as such. It is easier to persuade a member not to quit than it is convince him to reverse his decision and be reinstated.

Proactive tools that can influence retention:

An active, enthusiastic and instructive Officer corps whose function it is to keep the new members and for that matter all the old members, committed to the council and the council's activities and programs for them and their families. Also, what the Council does to support the parish and the community as a whole. One of the most important elements in the retention process is involvement. It is important to get the new member involved as soon as possible, as much as possible and include the family. Keep your new members and your old members informed. Knowledge begets interest, interest generates involvement, involvement produces achievement, and achievement develops pride in being a member, a committed member.

So Brothers what makes a member feel welcome? Feel comfortable? Feel accepted? The answer is being informed, being involved, being invited, being accepted and sharing these qualities with his **family**. **Moral of the story;**

PAY ATTENTION TO THE MEMBERS!!



THE STATE DEPUTY'S MESSAGE



By George Czerwonka, Jr. SD

My Brother's...please note the Seattle Catholic Men's Conference is upcoming on April 25. Many of our members attended in past years, and I look for many to attend again this year. This promises to be the best conference yet! **The presenters include:**

Archbishop J. Peter Sartain, Archbishop of Seattle
Matt Fradd
Hector Molina
Father Ed White
Father Bryan Dolejsi
Chris Gootherts
Sheldon Sweeney

St. STEPHEN THE MARTYR PARISH - RENTON, WA

**Address: 13055 SE 192nd St
Renton, WA 98058**

We are a growing Catholic community committed to loving our Lord through worship, formation and service. We also have a great history of out-reach that connects us with those who are in need and puts into practice the faith we profess. Nourished by Word and Sacrament we allow the Lord to heal, strengthen, and guide us in becoming the Mystical Body of Christ on earth.

We are excited to host the 2015 Seattle Men's Conference at our parish and look forward to connecting with the greater Catholic community. We continue to strive to build the Kingdom of God in our community and world.

Schedule

(Subject to revision)

8:00	Early Mass	2:00	Break
8:45	Break	2:15	Fr Bryan Dolejsi
9:00	Welcome	2:45	Break
9:05	Hector Molina #1	3:00	Break-Outs:
9:50	Break		Matt Fradd #2
10:05	Fr Ed White		Hector Molina #2
10:30	Archbishop Sartain	3:55	Break and General Event Closing
11:15	Adoration	4:00	Special Spanish Work shop with
11:30	Lunch One	4:00	Hector Molina
12:15	Lunch Two		
1:00	Break	5:00	Vigil Mass
1:15	Matt Fradd #1		

Register by email at: www.seattlemensconference.org/

JUST THINKING

(membership perception)



*Late-19th century Connecticut was marked by the growing prevalence of fraternal benefit societies, hostility toward Catholic immigrants and dangerous working conditions in factories that left many **families** fatherless. Recognizing a vital, practical need in his community, Father Michael J. McGivney, the 29-year-old assistant pastor of St. Mary's Church in New Haven, Conn., gathered a group of men at his parish on Oct. 2, 1881. He proposed establishing a lay organization, the goal of which would be to prevent Catholic men from entering secret societies whose membership was antithetical to Church teaching, to unite men of Catholic faith and to provide for the **families** of deceased members. (pulled from Supreme's web site)*

By STEVE SNELL, STATE FAMILY CHAIRMAN

I wonder if we are at times not putting enough emphasis on the word **FAMILY** in our recruiting and retention efforts, often the unspoken word can be more effective if spoken. In real time we are recruiting Catholic **FAMILIES** not just Catholic men and we are trying to hang onto Catholic **FAMILIES**, not just the Catholic men.

Yes I can hear someone saying, *what a doofus*, doesn't he know that of course Catholic **FAMILIES** are included in our efforts. Well I'm certain that they are but if that's the case let us from this point forward highlight the WORD **FAMILIES** at every opportunity. I feel it is certainly worth thinking about, think about the power of the word.....Okay times up, let's do it.

Now don't go getting upset with me and turn into a prude or climb up to some lofty perch and hurl righteous admonishment down on me. I love you! We are all on the same side, it's just that sometimes I am the victim of "random thoughts," so be gentle with me. Random thoughts and the rosary help me through the day and to be honest with you it is cheaper than therapy.

POPE FRANCIS - Address to the Bishops of Brazil:

*"In mission, also on a continental level, it is very important to **reaffirm the family**, which remains the essential cell of society and the Church; young people, who are the face of the Church's future; women, who play a fundamental role in passing on the faith and who are a daily source of strength in a society that carries this faith forward and renews it."*

THE STATE DEPUTY

By George Czerwonka, Jr. SD



Please read the message (below) from Supreme Secretary Charles E. Maurer, Jr. that reaffirms our clear position in support of the policy of the United States Conference of Catholic Bishops (USCCB); more specifically to reaffirm our standing with the Catholic community and Catholic institutions so as not to honor those who act in defiance of our fundamental moral principles.

As members holding senior positions (elected officers and appointed district deputy mentors, district deputies, directors and chairmen) in the Washington jurisdiction, we are called to support the policies of the Order and to take steps to ensure these important policies are respected and followed by every local council as violation of these policies result in public confusion about our positions and damage to the good name of both the local council and the Order.

I therefore direct the letter of the Supreme Secretary be posted on the WSC web site and published in the upcoming WSC *Bulletin*; and further, I direct every District Deputy Mentor and District Deputy to use his message as a **talking point** in all meetings they attend and hold during the remaining months of the fraternal year.

MEMORANDUM

TO: State Deputies

FROM: Charles E. Maurer Jr.

Supreme Secretary

DATE: March 17, 2015

SUBJECT: Supreme Council Policies re: Knights of Columbus Events & Public Officials



In light of recent events, the Knights of Columbus Supreme Council takes this opportunity to reaffirm our long-standing policies of not inviting to any Knights of Columbus event, persons, especially public officials or candidates for public office, who do not support the legal protection of unborn children, or who advocate the legalization of assisted suicide or euthanasia, and that we prohibit such persons from speaking at Knights of Columbus events, or bestowing on them honors or privileges of our Order of any kind, or inviting them to serve as honorary chairpersons of events, celebrations, or committees, or hold any office in the Knights of Columbus.

This clear position is based on the policy of the United States Conference of Catholic Bishops (USCCB) that “The Catholic community and Catholic institutions should not honor those who act in defiance of our fundamental moral principles. They should not be given awards, honors or platforms which would suggest support for their actions” (*Catholics in Political Life*, 2004).

Violations of these policies by local councils result in public confusion about our positions, and damage to the good name of both the local council and the Order as a whole. We therefore encourage you to take steps within your jurisdiction to ensure that these important policies are respected and followed by every local council.

WHAT IS A VETERAN?

Simply put, a veteran is someone who at one point in his or her life signed a blank check payable to the United States of America for everything that he or she was, up to and including that veteran's very life



“Pride, honor, and dignity” - three words that are given meaning by the lives of those who put on the uniform of the United States of America.

Being a veteran and a patriot – these are part and parcel of the American heritage – a heritage that we can all can be rightfully proud of.

Thank you and God Bless you for your service.

Shown below, is an actual letter that was sent to a bank by an 86 year old woman. The bank manager thought it amusing enough to have it published in the New York Times.



Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the check and the arrival in my account of the funds needed to honor it.. I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years. You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank. My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, --- when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become. From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate. Be aware that it is an OFFENSE under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact which I require your chosen employee to complete. I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof. In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service.



As they say, imitation is the sincerest form of flattery. Let me level the playing field even further. When you call me, press buttons as follows:

- #1. To make an appointment to see me
- #2. To query a missing payment.
- #3. To transfer the call to my living room in case I am there.
- #4 To transfer the call to my bedroom in case I am sleeping.
- #5. To transfer the call to my toilet in case I am attending to nature.
- #6. To transfer the call to my mobile phone if I am not at home.
- #7. To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.
- #8. To return to the main menu and to listen to options 1 through 7 again
- #9. To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automated answering service.
- #10. This is a second reminder to press* for English. While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement. May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble
Client



WSC KOFC WEBMASTER



By Timothy H. Philomeno, FS #7528, FC #1955, WSC Webmaster

It has been an honor to server as your WSC Webmaster for the past year. I would like to thank the State Officers and Chairmen for their help and support. I would also like to take this opportunity to congratulate State Deputy George Czerwonka on his 2nd year as Washington Council State Deputy. Thanks worthy State Deputy!

We continue to be challenged this year with the changing technology and resources to keep up with the demand. Resources have been very “tight” lately. The good news is, we have added another developer to help with the workload. Randall Jarrell of Council #7528 has agreed to help maintain the website and applications. Thanks Randall!

As always, we are always looking for ways to improve the site. Please don’t hesitate to email requests/suggestions to **Webmaster@kofc-wa.org**.



THE FRANCIS EFFECT

The blood of St. Gennaro liquefies in Francis' presence

St. Gennaro's relic miraculously turned to liquid in Naples Cathedral. This usually only happens on the feast of the saint on 19 September. Sepe said St. Gennaro loves the Pope, the blood has already liquefied by half." But the whole relic eventually turned to liquid



By Giacomo Galeazzi in Naples

This is the first time it happened. San Gennaro's blood had never liquefied during a papal visit to Naples before. None of the visits paid by Pius IX, John Paul II or Benedict XVI provoked the phenomenon. But the miracle was witnessed this afternoon, after Francis' heartfelt address to faithful and clergy.

The Pope had taken the vial with the blood of St. Gennaro - displayed on the altar - in his hands and kissed it. Cardinal Sepe said over the microphone: "It is the sign that St. Gennaro loves Pope Francis: half of the blood turned to liquid." The pronouncement was followed by a long applause from faithful. The Pope then replied: "If only half of it liquefied that means we still have work to do; we have to do better. We have only half of the saint's love." But the blood continued to liquefy until the whole relic had turned to liquid, with many faithful crying out as they witnessed this.

Januarius Martyr (Italian: *San Gennaro*)

Januarius, Bishop of Naples, is a martyr saint of the Roman Catholic and the Eastern Orthodox Churches.

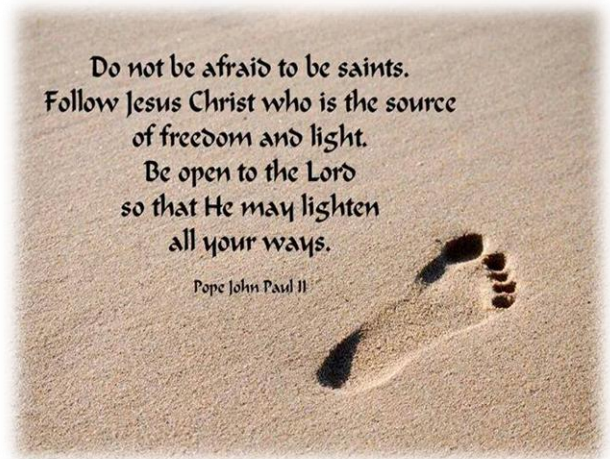
Born: 272 AD, [Joppolo, Italy](#)

Died: 305 AD, [Pozzuoli, Italy](#)



MY BROTHER KNIGHTS.

People saw David as a shepherd but God saw him as a king. People saw Esther as a servant but God saw her as a Queen. You may be ordinary but in the eyes of God you are Extraordinary.



Two human beings, considered to be the epitomes of Divinity meet each other. A history is created. So it happened when Pope John Paul II and Mother Teresa came in contact with each other. Their meeting was an event to be recorded in world history. While the mission of the former was to take care of the affairs of the Roman Catholic Church and spreading the word of Christ throughout the world, the Mother dedicated every breath of her life to attend to the poor and the unfortunate lot of mankind. Therefore, both of these great souls were instrumental in reviving faith of people in Christ and his miracles.



MEMBERSHIP:

CREATING INTEREST AND COMMITMENT AMONG YOUNGER MEMBERS



By Patrick M. Maloney, Supreme Membership Consultant

Thank you Washington State KofC for your recruitment efforts in honor of our Founder Venerable Father Michael J. McGivney and the anniversary of our founding during the month of March. According to our Fraternal Planners, we held an Order-wide Recruitment effort during this time. Let us use the remaining months of this Fraternal Year to do all that we can to reach out to all of those that had expressed interest in joining our Order. Additionally, all of the Fraternal Leaders should ensure that every council is membership active. Those who have not yet held their Church Drive, do one in April, it is never too late.

During most of my travels one question that often comes up is, “How do we attract young members?” Well, there are some things that we first need to know about the “younger generation”. First of all, they want to be accepted so they do not take kindly to being called “kids” or “young ones”, “youngsters”, or any other pet name we may find for them. The preferred nomenclature is to refer to them as “young adults”, a term that more accurately describes who they really are.....

They also want to be talked “to”, not talked “down to”. And, they want to be listened to. There is nothing more destructive than to tell someone – “That’s not the way we do it here!” or to ignore ideas that they have on things.

There are certain things that looking for and if you can can meet some of these include these points in then you will have more stronger reasons for young involved with the Knights very least, give us a more



young, Catholic adults are show that your council needs, and if you think to your pulpit addresses, impact and create adults to want to be of Columbus, or at the serious look.



So what is it young Catholic men and their families looking for?

- Spiritual Growth
- A sense of Community;
- Sound liturgy and music programs
- Religious Education and a Catholic identity
 - Guidance and direction in life
 - Acceptance and support
- Opportunities for service and leadership
 - Social activities
- A community that shares common values
 - Inspiration and rejuvenation.

Think about what your council might do to reach out to the young Catholic adults to join in and help you build up your Parish and Community.

Patrick M. Maloney, Supreme Membership Consultant





Washington State Silver Rose Journey 2015

She spoke to Saint Juan Diego: "Know and know for sure that I am the perfect and ever Virgin Holy Mary, Mother of the God of truth through Whom everything lives, the Lord of all things near us, the Lord of heaven and earth".

She appeared 5 times, the last appearance she tell Juan to go to the top of the frozen hill gather flowers as a sign of her appearance taking them to the Bishop. She left her holy image on his tilma.

She submitted herself to the Church

The Silver Rose symbolizes the commitment of the Knight of Columbus to restoring respect for the sanctity of human life from conception until natural death.

The Rose travel across parish in Canada, and the United States entering Washington State, at the Peace Arch north of Bellingham on June 7th transferred to Idaho jurisdiction on June 27th.

Schedule of visits to parish

Date	Parish	City	Council	Local Chairman
June 7	Sacred Heart	Bellingham	829	Harvey Unruh
June 8	St Joseph	Ferndale	7356	Chuck Conner
June 9	Immaculate Conception	Mt Vernon	2126	DD Bill Swartz
June 10	Lady of the Valley	Okanogan	3044	Ugo Bartell
June 11	Holy Apostle	E Wenatchee	13186	Scott Berschauer
June 12	St Joseph	Wenatchee	1545	Vern Widholm
June 13	St Andrews	Ellensburg	1401	Matthew Fromherz
June 14	St Paul Cathedral	Yakima	894	Keith Qunell
June 15	St Joseph	Grandview	2103	Joseph Chavert
June 16	Christ the King	Richland	3307	Jerry Rhoads
June 17	St Joseph	Kennewick	8179	Jeff Jewell
June 18	Holy Spirit	Kennewick	10653	Armando Trenti
June 19	Assumption of Mary	Walla Walla	766	David Hall
June 20	Holy Family	Clarkston	3455	Doug Renggli
June 21	St Patrick	Colfax	1488	Pete Appel
June 22	St Thomas	Spokane	11134	Guillermo Cartagena
June 23	St Mary of the Rosary	Chewelah	2155	Edward Kaup
June 24	Immaculate Conception	Colville	12273	William Danekas
June 25	St Joseph	Colbert	8872	Art Smalley
June 26	St Charles	Spokane	8137	Tom Shields
June 27	St John Vianny	Spokane Valley	8201	Brad Smith

June 27 Transfer to Idaho Jurisdiction at Post Falls, Id

Mike Calderon Silver Rose Chairman
Western WA. Co Chairman – DD Dr Scott Hulse
Eastern WA. Co Chairman – DDM Manual Aguilar



Can you find the the mistake?

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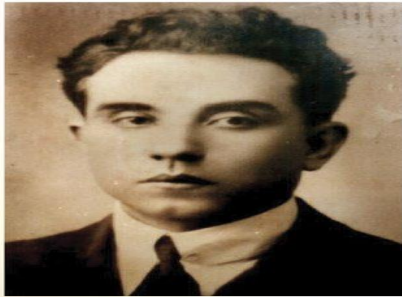
Ralph DID finally do it



Same image turned upside down:




"I DIE, BUT GOD
DOES NOT DIE.
¡VIVA CRISTO REY!"



The last words of the
Cristero martyr
**Blessed Anacleto
González Flores**

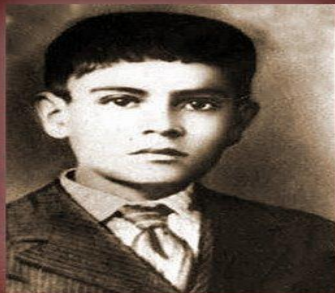
From the book *For Greater Glory: The Cristero
War and Mexico's Struggle for Religious Freedom*
The Official Companion Book to the Film

LEARN MORE AT FORGREATERGLORYBOOK.COM

 ignatius press facebook.com/ignatiuspress

In this critical time in U.S. history, if we all keep silent our religious freedom will be no more.

**WORK TO PROTECT & KEEP RELIGIOUS
FREEDOM HERE IN THE U.S.A.**



Blessed José Sánchez del Río



Blessed Anacleto Gonzáles Flores

"MARTYRS ARE NOT DEFINED BY
THEIR DYING BUT BY WHAT
THEY CHOOSE TO LIVE FOR."

ARCHBISHOP JOSÉ GOMEZ

From the foreword to For Greater Glory, the the Official Companion Book to the film

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Learn more at ForGreaterGloryBook.com

WIFE'S CORNER

Marriage: A Study in: For Better or Worse.

I hope that our experiences with Parkinson's Disease will give increased understanding, peace and hope to those of you experiencing this illness for the first time.

By Sheila Ryan Wallace

(Sheila is the wife of PSD John M. Wallace)

We were young once and deeply in love. Healthy, passionate in our love for God, family, country and each other. We traveled the world, living in seven states and three overseas countries; while exploring parts of Europe, the Middle East and Asia. We birthed children from Maine to Turkey to California. It was a happy life despite the many separations due to military requirements. We enjoyed our children, lived through the joys and trials of parenthood, experienced raising teens in the early days of anti-authority, sexual freedom and drug euphoria that spread throughout the country during the late 60's and early 70's; we survived the Viet Nam War and the anti-war protests. Treasured our parents and siblings, bidding goodbye to them one by one as they left this world. Enjoyed participating in various organizations in our church, working in the Charismatic Renewal and the Knights of Columbus, as well as church choirs and various other organizations. We reached our seventies content with life, our faith and our family.

Then Parkinson's Disease entered the picture.

(In this article, I would like to share what it is like to live with Parkinson's Disease on a day to day basis.)

In his mid-seventies, John, my husband, was diagnosed with Parkinson's Disease. We knew little about it but through reading we began to learn really fast. It thumb twitching. A physician's during a routine visit. She asked questions then said, "I'm going neurologist. It could be an early Essential Tremor, or maybe some tests and determine what it is." So off we went to the VA in Seattle to see Dr. Kim, who asked many questions and performed some neurological testing.



and sharing with others started with John's assistant noticed this him a couple of to refer you to a sign of Parkinson's or nothing, but he'll do

Dr. Kim was very understanding and helpful. We learned that many so-called minor changes that were happening all added up to a series of symptoms of Parkinson's (or PD). For example, one of the early symptoms John experienced was sleep restlessness and wild dreams; another was loss of balance, another was a somewhat stooped gait. And of course a twitching thumb or some-



times trembling hand. The doctor told us the bad news: it was probably Parkinson's; the good news: that at John's age (about 75), he would probably die of something else, before it progressed to utter helplessness. He gave John a prescription for Carbidopa/Levodopa, a medication to replace some of the dopamine that the brain loses. This would help reduce the symptoms, at least for a while, until the body became used to the medication. He would gradually have to increase the dosage to ensure its effectiveness.

We discussed the diagnosis on the way home, knowing this was a serious illness, yet still not fully aware of all the symptoms. I wondered how I would handle it from day to day as I wasn't sure how the continued stress would affect me. I know I am a worrier and we've been together so long I couldn't imagine watching John suffer. I prayed that he would continue to be able to live a good quality of life.

When I looked up Parkinson's I learned that it is a progressive disease with a multitude of symptoms. Everyone doesn't necessarily get all the symptoms and the symptoms can change. It also progresses at different speeds in different people.

Depression is one of many possible symptoms. My dread was that if John became down I would also; and then I wouldn't be able to stay upbeat for him, so I asked him to let me know if this should happen, as there are medications that can help. We agreed to always try to be positive for each other. I also stated that we would walk this journey together, and committed to being by his side no matter what the future brought. We resolved to continue living life to the full as we always had, for as long as we were able, and not to give in to this disease. We then made plans how to share the news with our family and friends and when to do it. We both felt better after our discussion. John has an optimistic nature and for this I am grateful. He is able to joke about some of the symptoms. We laugh a lot and this helps. Humor is a wonderful thing.

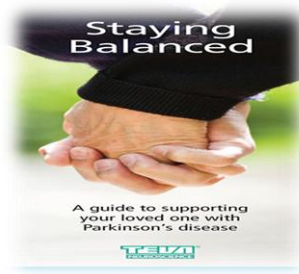
One of the decisions we had to make was whether he should continue in his job as a state officer with the Knights of Columbus. We weren't sure how quickly the disease would progress or if it would interfere with his work. After researching PD, and after some encroaching symptoms, (most of internal), we determined to go on with the Knights as planned. This was a good decision, for John finished his second year of duties as State Secretary; and completed his two years as WA State Deputy, with the state receiving the Circle of Honor both years.



The Parkinson's made him uncomfortable at times during those years, but the symptoms mostly bothered him at night, or in the evenings when his work was done for the day. At first he would have "pains" or feelings similar to electric shock running through his legs. This would happen almost every night, and I would have to rub his legs with mineral ice or a pain relieving cream so he could sleep. I would return to bed while he would often times sit in the recliner and watch TV or nap until his legs felt better when he, too, would then return to bed.

Living with a Parkinson's mate became an adventure. John would sometimes yell loudly in his sleep, waking me; often kicking and thrashing around, punching the air, (or me). He was "after

the bad guys” in his dreams. bed to allow me more room to his restlessness building. our queen bed, there were a with a sudden yanking of my squeezing the breath out of me; elbow in my ribs. This was totally done while he was in a heavy sleep.



We eventually bought a king size move away from him, if I sensed However, before we moved from couple of nights when he woke me hair, or hugged me so tight he was or I'd come awake from a sudden

Other early symptoms were loss of balance every once in a while and falling. John had fallen down stairs a year or two before his diagnosis and cracked his head against the oak windowsill, causing a fracture of his cheekbone and a huge shiner.

A few years after his diagnosis, he fell down the outside stairs which hugged our house and made a right angle turn. He fell all the way, this time thankfully only hurting, (but not breaking), his thumb. One time he fell into our patio table which luckily stopped his fall. And once he fell down the last three concrete steps of a steep staircase at a church he was visiting as WA State Deputy. He landed on concrete and again we were grateful that he wasn't hurt. John learned to move a bit more slowly and hold onto hand rails when using stairs.

More than once he fell out of bed while actively dreaming. We both pray at night that the Lord will prevent him from hurting either himself or me. The meds have helped diminish the frequency and violence of his dreams; however, inner tremors and an overall jittery feeling have increased in intensity. This seems to happen when he is halfway between med times.

We bought a small home in Arizona when he completed his State Deputy duties, as we wanted to spend our winters there. This was a good move because there were no stairs and the house was smaller, and less hazardous. Being concerned about his intermittent loss of balance, we decided to downsize from our large home in Lakewood, WA and find a place without stairs. The Lord blessed us; we were able to sell our house in a slow market, and after some searching and praying find a small home not far away with minimal maintenance.

Meanwhile during all these changes, John's body was experiencing a variety of symptoms. His legs began to feel better, but the increased inner tremors caused him to feel pretty miserable. The meds are a big help. He takes Carbidopa/Levodopa every four hours. During his "off time," when the meds aren't working, he sometimes feels as if his entire body is being drawn forward and down, hence the stooped gait look you will see in some advanced Parkinson's patients. When he feels this way, I get behind him to stretch him out. I slip my arms beneath his, pull upward, outward and back, raising his shoulders; then stretch his chest outward and upward in a separate exercise. This seems to help him feel better and breathe better. Apparently he gets more air into his lungs.

As the disease has progressed, his focus and concentration sometimes decreased, and I began to audit his paying of the bills to avoid any catastrophic mistakes. His short term memory occasionally fades a bit, and he sometimes has trouble remembering names. Other symptoms are increased anxiety, and becoming more emotional than in the past. I find that his anxiety decreases if I offer reassurance or prayer.

Other symptoms he experiences are constipation, requiring lots of mineral oil, laxatives, etc.; drooling, which requires vigilance with a handkerchief; tremors of the tongue, for which he finds chewing gum a help; and stiffness, which is helped by exercise.

John often has trouble getting to sleep or staying asleep due to the inner restlessness and jittery feelings. He gets up from his bed to wander the house or sit in his recliner. When his meds kick in, he often falls asleep in his chair for 20 or 30 minutes or a couple of hours then returns to bed, hopefully to finish his night's sleep. We learned that if I rub his back or forehead, or lay hands on him and pray he will oftentimes relax and go back to sleep quicker. Needless to say, with all the night time sleep interruptions, he will often nap in the daytime.

We learned that moving and stretching help to slow the progression of the disease. One of the symptoms he thankfully has not had as yet is freezing in place when trying to walk. To hopefully prevent this, we walk one or two miles a day. We also attend local dances whenever we can, another great exercise. Voice weakness is another symptom, so we have joined a choir in Arizona designed for people with PD. This is a wonderful support group as well as a voice strengthening group. John also attends a weekly stretching exercise group for PD people. As you can see Parkinson's has caused a few life style changes.

On the plus side we are having lots of fun meeting new people through this Parkinson's. The choir in AZ is directed by a young woman with a master's degree in music and a master's degree in speech therapy. She runs us through voice exercises before and after we sing and encourages each choir member to be all that they can be. She has persuaded many of them to sing solos as we perform in concerts in neighboring churches and the community. We are inspired by the courage they show performing in the choir with many in much more advanced stages of PD.

We are fortunate to live in a state (AZ), where much research is being done on PD via the Mohammed Ali Foundation. Hopefully there will be a cure in the near future. If not in time for us, we are certain it will be able to help many of the newly diagnosed before too long. We continue to travel, enjoy family visits and live our lives mostly as before with the exception that we are more active than ever. We are frequently told that if we hadn't said anything people wouldn't have guessed that John has PD. I believe that is because of the medications, combined with his various exercises, our choice to remain active and most important of all, his faith and positive attitude.

It is seven years since John's diagnosis. We feel closer to each other than ever and find we are happy despite the onset of this illness. With the help of God we walk our journey together into an ever deeper relationship, and we thank God for His incredible blessings.

There are hundreds of people throughout the world diagnosed every day with this disease, and both the patients and care givers have many questions regarding PD. I hope that our experiences will give increased understanding, peace and hope to those of you experiencing this illness for the first time.

Sheila Ryan Wallace



March 27, 2015



**HEY BROTHERS
MAKE READING THE
"SECOND EDITION"
A MONTHLY HABIT**

**WE PROMISE TO
KEEP YOU INFORMED,
ENTERTAINED, AND SHOW
YOU THINGS FROM MANY THOUGHTFUL ANGLES.**



WE WILL PRAY WITH YOU OR FOR YOU.

WE MAY EVEN MAKE YOU SMILE.

**BUT MOST OFF ALL WE PROMISE
NEVER TO PUT YOU
TO SLEEP!!**

Pregnancy Q&A

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: I'm two months pregnant now. When will my baby move?

A: With any luck, right after he finishes college.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.

A: So what's your question?

Q: My childbirth instructor says it's not pain I'll feel during labor, but pressure. Is she right?

A: Yes, in the same way that a tornado might be called an air current.

Q: When is the best time to get an epidural?

A: Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labor?

A: Not unless the word "alimony" means anything to you.

Q: Is there anything I should avoid while recovering from childbirth?

A: Yes, pregnancy.

Q: Do I have to have a baby shower?

A: Not if you change the baby's diaper very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: When the kids are in college.

EATLIVER.COM

VIA 9GAG.COM





FREE THROW CHAMPIONSHIP

BY KEN DE VOS

Thank you to all Districts that participated in the 2015 Free Throw program. The numbers were down quite a bit this year, but that did not deter the enthusiasm of those that participated. Winning certificates and medallions are in the mail and you should have them within a week. Work with your councils to present the awards after mass or at a function to highlight the good works of the order.

The 2015 winners are:

9 Year olds	Girls - Paris Price	(D - 23) (Council - 7907)	Boys - Max Rodabaugh	(D - 21) (Council - 5816)
10 Year olds	Girls - Shelby Lawson	(D - 34) (Council - 5495)	Boys - Landon Welter	(D - 7) (Council - 766)
11 Year olds	Girls - Chloe Pattison	(D - 13) (Council - 763)	Boys - David Walker	(D - 23) (Council - 7907)
12 Year olds	Girls - Mary Carlson	(D - 34) (Council - 12175)	Boys - Turner Clayton	(D - 7) (Council - 3307)
13 Year olds	Girls - Madeline Weaver	(D - 7) (Council - 766)	Boys - Andrew Olson	(D - 13) (Council - 763)
14 Year olds	Girls - Mackenzie Clark	(D - 23) (Council - 7907)	Boys - Ryan Chapin	(D - 7) (Council - 766)

There are some very good free throw shooters this year. If there was a state competition, 3 would have a good chance at the Supreme International level.

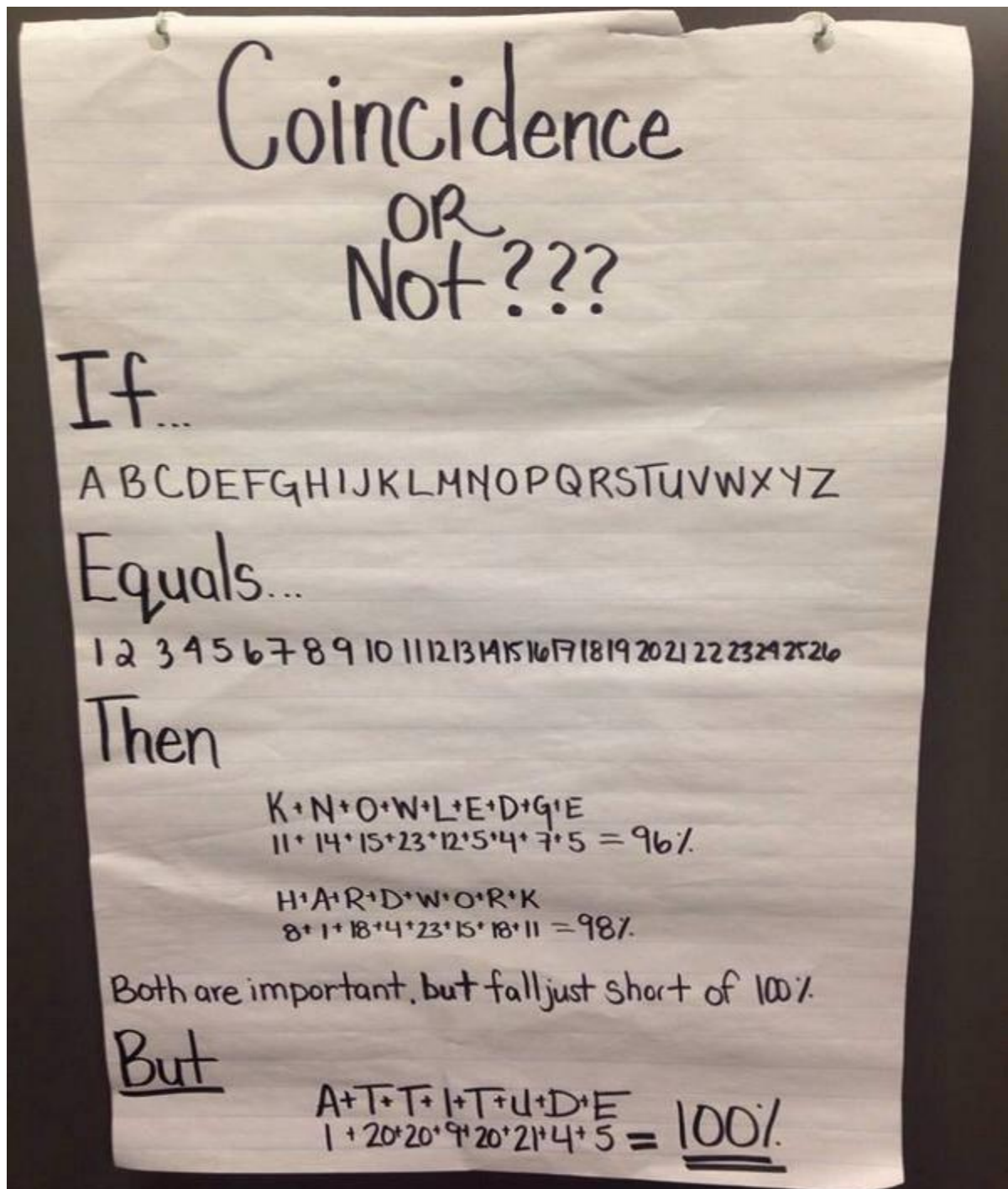
Fraternally,

Ken DeVos
Washington State Youth/Sports Chairman
2418 SW 149th St, Burien WA 98166
Phone: 206.248.2543

NEVER FORGET:

The Attitude Equation

Knowledge and hard work are important but they are nothing without having the right attitude!



PRAYER FOR THE VISIT OF POPE FRANCIS TO THE UNITED STATES

Heavenly Father, we entrust to your loving care our Holy Father, Pope Francis, who, in your Providence, leads and guides the Church throughout the world. As we prepare for his pastoral journey to the United States, fill us, Lord, with the joy of the Gospel. Give us the grace to respond to the Holy Father's call to encounter Christ and to become missionary disciples who bear witness to His truth and love. Send your Holy Spirit upon us, that we may walk with others, especially the poor and the vulnerable, and bring them to the healing touch of your Son, Jesus. In your kindness, Lord, give success to the World Meeting of Families so that, under the leadership of Pope Francis, marriage and family life might be strengthened in every land and culture. Look with love upon our nation. Ensure that the Holy Father's presence and words inspire us to protect the unborn, the ill and all those who are vulnerable, to defend our first and most cherished freedom, religious liberty, to welcome the stranger; and to serve the poor. May this visit of Pope Francis confirm in our hearts the Gospel principals of charity, unity, fraternity and patriotism. We ask this through Christ, our Lord. Amen.

(Prayer composed by Archbishop William E. Lori, Supreme Chaplin)

FOLLOW YOUR LIGHT!





"OH BY THE WAY"

