



THE VIRGINIA KNIGHT

OCTOBER 2008

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State Deputy's Message

If Not Us - - Who?!

Our October meeting is focused on *'why we do what we do'*.

Nellie Gray, Founder of the March for Life, has been fighting since 1974 to save the lives of millions of unborn children by working to overturn Roe vs. Wade. The Knights of Columbus have been her most ardent supporter in prayer, man power and financial assistance. As Knights, we have always been the voice for those who could not speak for themselves. But as our Supreme Knight has proclaimed, through science, the unborn now have the capability to speak for themselves. Mike Gasper; Pro-life Chairman, will discuss the fact that, when a woman contemplating an abortion has a '3-D' ultrasound and sees her baby, 75% of the time she will decide not to have the abortion. In partnership with the Supreme Council, we are beginning an initiative to place these enhanced ultra-sound machines in crisis pregnancy clinics in Virginia. To defend life is more than simply changing a law, it is more a matter of changing the heart and soul. "That they may become a people of life and for life".

Father Bashista, Director and Promoter of Vocations; Arlington Diocese, and Rich Aleksey, Vocations Chairman, will roll out the 'Consider Your Call' program. A series of 6 regional gatherings for men (ages 16-35) who are interested in learning more about how they can discover the Call of God in their own lives. These gatherings, which will take place in various geographical regions of both diocese, will provide an opportunity for young men to reflect, ask questions, and interact with other men who are discerning the Lord's call in their own lives. Our goal is for every council to identify and recruit a minimum of three candidates. This program is critical in helping to resolve the severe shortage of Priests in both Diocese. Pope John Paul II had said that the Knights of Columbus was the strong right arm of the church, it's time to roll up our sleeves and flex those arm muscles.

The first principle of our Order is 'Charity'. VKCCI (Virginia Knights of Columbus Charities Incorporated) was formed for the sole purpose of carrying out that principle. VKCCI gives grants to individuals and families throughout the Commonwealth of Virginia who are in financial distress, and in many cases, providing the bare necessities of life to them. Many of those receiving the grants are your own Brother Knights. This is the only format which the State Council has to assist individuals in need. VKCCI's major source of funds is the return address 'label program'. The increased stress in our economy has added to the number of grant requests. Your support of the 'label program' is critical in enabling VKCCI to aid your Brother Knights and fellow citizens, please do all you can.

May God Bless You All - - For All That You Do.

Ad Gloriam Dei

Kelly Mortensen
State Deputy

The Virginia Knight



State Chaplain's Report

Dear Brother Knights.

I am truly honored and privileged to have been invited by our State Deputy to be your State Chaplain this year. I have always treasured my membership in our fraternal order and I deeply appreciate all that the Knights of Columbus are and do world-wide, including all of you, for the Church which we love so deeply and for this nation which we also love. From time to time, I would like to speak with you by means of a message printed in our newsletter.

The 2008 Presidential election is in full swing – talk of running mates, foreign policy and governing experience meets us on nearly every television station and at nearly every water cooler. As we approach this election, we must remember that we are called by the Church to be, first and foremost, Catholic, and not Democrats, Republicans or Independents. A true separation of church and state does not mean that the voter separates himself from his faith, but instead that the government should not promote one religion over another. Therefore, we do not cease to be Catholics when we enter the polling place door, but rather we exercise our vote as Catholics and as citizens, who have prayerfully and carefully studied the issues, formed our consciences in light of the truth, and are now voting in accordance with those properly formed consciences.

So, leading up to Election Day, is absolutely essential and necessary that we properly form our consciences. We can do this by educating ourselves on political issues, and there is no shortage of resources in this regard. Locally we have the Virginia Catholic Conference, the organization that represents the public policy interests of the Virginia bishops, which publishes voter guides and other educational materials. For more information, visit www.vacatholic.org. Nationally, the United States Conference of Catholic Bishops hosts www.faithfulcitizenship.org, a website that provides, among many fine materials, the document *Forming Consciences for Faithful Citizenship*, written by the Bishops of the United States that outlines the relationship between our Catholic faith and politics. Another indispensable component to forming our consciences is prayer – for it is in prayer that we can contemplate these issues with the Lord.

There are some issues facing the nation this election year which are important to the fabric of our lives,

including immigration, health care, economic governance, the death penalty and environmental causes. These issues must be evaluated with prudential judgment informed by fact, theology and morality. We must also be mindful that not all issues have the same weight. Some issues are always evil, and we call those issues intrinsically evil. An example of this is abortion. People ask, why this emphasis on abortion? Because it is fundamentally an act of injustice on a whole class of human beings. In each abortion, a human being has his or her life taken away unjustly! Nearly four thousand unborn human beings, innocent and defenseless, die each day in the United States through abortion. However one evaluates the war in Iraq, too many have already died. However, abortion kills far more – I repeat, almost 4,000 each day. If we do not defend and protect life at its beginning, then there is no life later to defend and protect.

In recent weeks, misinformation has been publically disseminated regarding the Church's teaching on abortion with the result that people could be misled about the immorality of abortion, which the Church has stated clearly and unequivocally since her beginning.

As you are surely aware, our own Supreme Knight Carl Anderson has recently authored an open letter to Senator Joe Biden. This letter has been published in a number of U.S. newspapers. If you have not yet read this letter, I urge you to do so; it is a "must read" for all of us. I am deeply grateful to our Supreme Knight for his clear, forthright and objective response to Senator Biden's erroneous assertions. This letter is a masterpiece! How blessed we are to have Supreme Knight Anderson as our leader!

I urge my Brother Knights and their families to remain faithful and strong in their defense of life, which begins at conception and ends only at natural death. As Pope John Paul II often reminded us, we are a people of life and for life, and that is how we present ourselves to everyone – proudly, humbly, faithfully!

Faithfully in Christ,

Most Reverend Paul S. Loverde
Bishop of Arlington

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State Secretary's Report

My Brother Knights,

Back in the late 70's and early 80's there was this non politically correct picture of a cartoon caricature sitting on his throne and informing people "the job isn't over until the paperwork is done" circulating through most office spaces. Those words are a perfect slogan for "Forms 'R' Us" and therefore please consider it our newly adopted official slogan. I was hoping to report to you that I was in receipt of all the required forms but, unfortunately I can't because I am not. Perhaps even more frustrating and disappointing than still missing 9 VSS-4, 6 VSS-6, 3 form 185, 18 form 365, 21 EIN and 23 Audits is the lack of responses from the Worthy Grand Knights when I offer help in my weekly updates. Gentlemen, and you know who you are, every State Officer is standing by to assist you so why not request their assistance? Obviously, you have to take the first step but I guarantee you that after that first step, you will have someone by your side assisting you for the rest of your journey or until no longer required. Please, please consider asking for help; for all you have to do is ask and you shall receive.

About two months ago, my family and I were part of an entourage who had the honor and privilege of representing this great State at the Supreme Convention in Quebec, Canada. I can tell you all of these individuals represented you and your State supremely, pardon the pun. It was noted that the State of Virginia was the most enthusiastic, friendly and welcoming of all the Hospitality rooms visited. Not to mention our IPSD Lenny almost wore himself and the red carpet out from receiving all the awards and accolades on behalf of all of us. A truly great time was had by all.

Fraternally,
Pat



State Treasurer's Report

Once again, I'd like to make two points that you should be always conscious of:

All checks sent for payment to the State Council should reflect both the name or number of your Council and the purpose for which the check has been written.

Any check issued by the State Council is void 90 days after the date the check was written if it has not been cashed.

Please accept my thanks for the many opportunities you provided me to visit with or speak to representatives of Councils seeking assistance across the state during the first three months of the Fraternal Year. I apologize again to those who were kind enough to ask me to meetings/activities which because of scheduling commitments, I could not attend.

I really appreciate the newsletters many Councils have sent. It's a wonderful way to stay abreast of the extraordinary work you do on behalf of our Order. Thank you for all of it!



State Advocate's Report

Brothers,

Thank You all for your support by sending me the EIN, Liability Insurance Certificate and Council By-Laws data. It has also been a pleasure to receive your hospitality during the visits at Council Installations and Past Grand Knights Dinners. Have a great next Quarter and enjoy the upcoming holidays. Below are some important reminders for you to plan on with your Council Officers.

District Nominators

Our State By-Laws Article VIII Section 1 requires all District Deputies to conduct a meeting of the Grand Knight and Past Grand Knight Delegates to the State Council in his District for the express purpose of electing a Delegate to serve on the State Nominating Committee. Each District will elect an alternate to serve on the State Nominating Committee. Nominators are not to be appointed by the District Deputy. Results of the District election process are to be reported to the State Deputy on Form VSS-8 no later than November 1, 2008.

Candidates for State Office and/or Supreme Delegate

Any Council sponsoring a Candidate for State Office and/or Delegate to the Annual Meeting of the Supreme Council must submit a Resolution, in writing, to the Chairman of the Nominating Committee by January 15, 2009. The Chairman will make an adequate number of copies and distribute them to the State Officers, Nominators, Delegates and dignitaries as appropriate by February 1, 2009.

Taxing issues

Prior to 2008 there was no requirement for a Subordinate Council earning less than \$25,000 to file an IRS report. This changed in 2008 for the Tax Year 2007. (Continued on Page 4)

The Virginia Knight



State Advocate's Report (Continued)

There are several versions of a Tax Form 990 including an electronic short form 990-N. **Every Council** is responsible for filing the Form 990 with the IRS. In order to file the Council **must** have an Employer Identification Number (EIN)/Tax ID). The filing deadline is 15 November 2008 if you use the Fraternal Year accounting period. In order to maintain a Tax Exempt status as a 501(c)(8) Supreme files a Form 990 with the IRS as the Parent Organization and provides a listing of all Subordinate Councils including their EIN. There are some Council's in Virginia that has not provided their EIN. Please send it to me as soon as possible so Virginia can be 100%.

Council By-Laws

Some Council's have not submitted a copy of their By-Laws. Please forward me a hard copy as soon as you can. In June 2008 Supreme established an on line capability to revise Council By-Laws. This capability is available only to Grand Knights. The revision process has limits established by Supreme entire for the Order. If you need further guidance or would like to discuss specifics I am available to assist you.

Resolutions

Our State By-Laws, Article IV, Section 2 requires that all Resolutions offered for consideration at the State Annual Meeting (May 1, 2009) shall be submitted in writing to the State Advocate at least 60 days prior to the first day of the State Annual Meeting and distributed to all State Officers, living Past State Deputies, District Deputies, Grand Knights and Past Grand Knight Delegates of each Subordinate Council no later than 30 days (April 1, 2009) before the opening session of the State Annual Meeting. Therefore all Resolutions offered for consideration must be in the submitted to the **State Advocate no later than March 2, 2009.**

Ron Gorman
State Advocate



State Warden's Report

As this first quarter of the fraternal year ends Patti and I would like to express our sincere thanks to all those Councils we've visited over the past three months. The genuine "Virginia Hospitality" Patti and I have experienced when we visited your Council Officers Installations is a true expression of your friendship and Patti and I just want to thank you for your efforts toward making us feel at home.

As we start this second quarter of our year we should be looking toward growth; growth in membership and growth as leaders of the parish and our communities. Goals and plans have been made and now is the time to step out to execute those plans and accomplish the goals set. Get involve with your programs ... lead by example and insure their success. The best recruiting tool is a successful, FUN program.

Protocol is an important aspect of any formal organization. In the Knights we're lucky because there is a printed booklet (# 1612) that each Grand Knight received that gives us the guidelines to follow on formal occasions or when the State Deputy or his representative attends your function. We should always display proper consideration for the office represented by the person. As our current year progresses you may want to invite the State Deputy to one of your Council events. His calendar fills up very quickly so send your invitation as early as possible. Your invitation should include date, time, place, and program purpose. Always include proper dress for the event and whether ladies will be present. If the ladies are included your invitation should be extended to the State Deputy's wife and she should be advised of the proper attire as well.

The State Deputy is the highest ranking elected official in our jurisdiction. His presence at your Council function should be a noteworthy occasion and special appreciation should always be expressed to the State Deputy for his presence in the Council.

To conclude this report I think I should quote from the Protocol Handbook:

"No doubt there will be times when the grand knight will encounter some rather difficult and even unique situations. Under those circumstances the grand knight must use his judgment and simply apply common courtesy. Mark Twain summed up the situation when he said: "Always do right. You will please some people and astonish the rest."

Ad Gloriam Dei
Tom Harger
Virginia State Warden



Immediate Past State Deputy's Report

Brothers,

Again, we were called upon to support our military roundtable in Sicily and I want to thank every council and district that has donated Christmas cards. This gives them the opportunity for them to put Christ back into Christmas. Once the Christmas cards are loaded into the military aircraft, I will send to the Roundtable Coordinator a list of councils/districts that have provided cards. Again thanks for supporting our military families overseas.

This year the State Deputy appointed me as the Special Olympics Overall Chairman for the jurisdiction. I'm happy to say that we "Knights" are getting involved. Earlier this Fraternal Year, the councils in Sterling/Herndon area supported a softball tournament. The feedback that I've received has been great. The Fall Games are shortly approaching and the Tidewater councils are geared up as usual. The Winter Games are right around the corner and I know that District 18 will be there to cook the Friday night dinner, again.

Earlier this Fraternal Year, we placed a cross reference of areas/regions compared to district and cities. I encourage each council to contact the local area representative and get involved. As the athletics get older, they are starting to look at bocce as a competition. Each council/assembly should consider supporting or sponsoring a tournament.

Finally, the Virginia jurisdiction has been Number #1 for the past two calendar years in the "Partnership with Special Olympics" I ask that each council takes a serious look at what they have done for Special Olympics and submit the proper form to Supreme. I ask that the State Deputy's copy be presented to me at the Midyear meeting.

Fraternally

Lenny Pulizzi, IPSD
Ad Gloriam Dei



Ladies of Virginia President's Report

The first quarter of the new fraternal year is now past...children are back at school and, according to the calendar, summer is officially over! It's the time of year when we seem to get 'back to business'.

Ladies of Virginia has had dramatic growth in the last 4+ years and we continue to exceed our 'count' at

every meeting. The Virginia State Council is both proud and happy to see the success and growth that we are enjoying.

We now network with every local auxiliary that has membership with LOV and, we also lend a helping hand to those who are NOT members of our organization. We are an extension of our Knights, a helping hand to the Virginia State Council and all of our fundraising activities are done to help raise the Virginia Charitable Dollars! We have done so well in the past, that at our organizational meeting in July, a motion was made and passed that any excess monies collected by LOV in their fundraising events will now benefit a charity that is Women Oriented. This charity, yet to be determined, will be discussed at our meetings.

I know that this year will again surpass the year before and it is only through the hard work and talents of all of our members.

At the October meeting, we hope that most individuals and local auxiliaries will have joined LOV and helped in the charitable efforts of the entire Virginia State Council! After this meeting, we will have a LOV directory available for distribution with the information of individual and local auxiliary members. This will be available to you at the mid-year meeting. Please, if you have NOT already joined us, won't you give us a try?

Please contact any of our officers, trustees or members if you have any questions.

Kathy Mortensen
President
kmjtsm@aol.com



Membership Director's Report

On the State level, our membership team achieved an outstanding mark this past year. Now, you know what that means. We have to do it one better for this year. We are still not even close to saturation of our parishes. Have you asked someone to join the Knights of Columbus, today? Take a look around, I'll bet there is someone just waiting to be asked.

This was the first paragraph of my July news letter. It still works for me. As I look at the past three months, I am reminded of the growing excitement of the Organizational Meeting. "We start by making every qualified man Want to be a Knight of Columbus". How are we doing? (Continued on Page 6)

The Virginia Knight



Membership Report (Continued)

We have a great opportunity to catch and even surpass last year's accomplishments. The Fall Blitz is upon us. Is your council ready. Is your council team ready to make sure that all Catholic Men know we are the Knights of Columbus? We are here for your family's security and to give direction to your desire to serve your parish, and your community. There are many advantages to membership in the Knights. Let's pass the word. Our doors are open to all Qualified Catholic men.

We have a responsibility to our future to renew ourselves. Look to our youth. Build our family program to attract more catholic families to our order. I cannot say it too often. Our Programs build our membership. Our youth programs attract more young families to our order. Our church programs build our membership. My point... Each program needs a recruiting table visible to all. Show that we are looking for new members. Before a good friend of mine joined the knights, his wife asked me to convince him to join. It was evident to her that our family values were already part of her family.

Let's look at the members we already have. Since there have been so many suspensions this summer it is necessary to look closely at what we are doing that is having this negative effect. The number is still 80% of our membership joined to become more involved with their parish community. Are we involved with the church? Is our pastor involved with us? Is our council doing enough for the church? All these are good brainstorming type questions. This is not a new issue.

We have heard the three Rs many times. For us the Three Rs are, Recruit, Retain, and Reclaim. Each of our councils have a list of members who, for whatever reason have left the order. There are many of these that come back to the council later and wish they had never left. We have to retain our members. I have no magic words that will change a man's mind and bring him back if he has decided to leave. Sometimes I hear that the dues are more than he can afford. This goes back to our first statement, "We start by making every qualified man **Want to be a Knight of Columbus**". That's the first part of the membership card. The second part is to get him and his family active in the council so they want to STAY a Knight of Columbus. The Shining Armor and the Golden Knight Award are designed as incentives and goals to get started. These should be used by all councils.

Our presence in the parish is to serve the people of the parish and to assist the pastor in his ministry. There is always time for social gathering and getting to know one

another. I have always felt that the meeting after the meeting is where the real work of the knights is planned. Be social get to know each other be welcoming to the new knights. Don't be afraid to ask for help on any project. The new members want to belong and feel needed. I am looking for a lot fewer departures and a lot more first degree members in the next three months. The summer vacations are over for the most part and the parish picnics, Octoberfests, and Columbus Day Celebrations are all great recruiting events.

Take a look around and see the great deeds done by the knights over the years. New members give new life to our councils and our programs. We need their new ideas and the youth they bring.

Ad Gloriam Dei,

Vince Eikmeier, Membership Director



Recruiting Chair's Report

October is Blitz Month. Are your Plans in Place for success?

We are well into the fraternal year and are quickly approaching our first big hurdle. Membership is the life blood of our organization and recruiting is the tool we use to accomplish those membership goals.

The big question faced by most Councils, is how we do it? Where do we find these men that should be Knights? Obviously the first place to start is at church. At Mass take a look around you. Are there men with families that you don't recognize? Are there men that you know that are not Knights? (Continued on p. 6) Make a point of introducing yourself and talking to these men after Mass. Let these men know that we are a family organization. Keep handy a few brochures that can be used to introduce these men to the council.

These are your prospective Knights. When you are recruiting you should be prepared to answer questions about what we are, what we do and what we believe. The toughest member to sign is the first one, after that it becomes much easier.

If you have a Knight that is proficient at signing new members, ask him to help you approach a prospect. When the prospect sees that we are just average people with a desire to live our lives guided by principles of Knighthood, he will be more willing to learn about the Knights of Columbus. If you include the wife in the initial contact, it enhances your chances of success.

Recruiting Chair's Report (Continued)

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The first step is to make a plan. You have received a lot of literature with many suggestions. Put your team together, make a plan and then execute that plan. Get the support of the Priest. Arrange for a get together after one of the Masses with refreshments. Ask all Knights to participate by suggesting one possible candidate. Perhaps a presentation can be developed to create interest for the prospect and his family that shows we are a family organization.

Remember, October is Blitz Month. Let's make it a great start to a great year. Give every Catholic man a reason to want to be a Knight of Columbus.

Bear Bryan
Recruiting Chairman

New Council/College Council/Council Retention Report

There are three possibilities for new councils within the Arlington, Richmond and Military Archdiocese that are currently under review. If anyone has any suggestions for a new council, perhaps a roundtable that is ready to become a council unto it-self, please do not hesitate to contact me. Thank you.

Email - newcouncil@vakofc.org

Recently, we introduced a new program to help bolster recruitment within the five College Councils within Virginia.

The new program simply stated is:

If any member or someone you may know who has a son, grandson, nephew, friend or neighbor that is or will be attending one of the five colleges that have a college council affiliation who would like to join the Knights of Columbus or transfer to, please send me the young mans contact information. The information should include his name - email address - cell phone number - college he is attending. I will then pass it on to the respective college council Grand Knight and Financial Secretary. This will be a great way for a new student to make new friends.

The five College Councils are:

James Madison University - Harrisonburg - Council # 9286
George Mason University - Fairfax - Council # 10806
University of Virginia - Charlottesville - Council # 11324
Virginia Tech - Blacksburg - Council # 11323
William & Mary - Williamsburg - Council # 11501

Thank you for helping our College Councils GROW.
Email - collegecouncil@VAKofC.org

To avoid suspension by the Supreme Council, please be advised that all Grand Knights are urged to keep the Council's account current. For those councils that I have already contacted, please make sure to take the appropriate action to clear your account if you have not yet done so. Thank you.

Email - councilretention@VAKofC.org

Ad Gloriam Dei
Tony Fortunato

Roundtable Report

This is a reminder to the Councils who have not submitted their Report of Round Table Coordinator for 2008-2009. As of Sep 20th, we are still missing 21 Form 2629 report.

This information is based on last years report. I've emailed the Grand Knights and informed the respective District Deputies. Our goal is to have our reports completed by October 6, 2008. Please bring a copy of your report to the October meeting.

Ad Gloriam Dei,

Ben F. Ignacio
Roundtable Chairman



General Program Director's Report

Since the 16th century Catholic piety has assigned entire months to special devotions. Pope Leo XIII personally started the practice of devoting October to the Rosary devotion. In a letter of September 1, 1883, mindful of the Rosary's power to strengthen faith and foster a life of virtue, he outlined the triumphs of the Rosary in past times and admonished the faithful to dedicate the month of October to the Blessed Virgin through the daily recitation of her Rosary in the presence of the Blessed Sacrament, in order to obtain, through her intercession, the grace that God would console and defend His Church in her sufferings. If your Council, or Assembly, is not taking part in such a beautiful devotion, why not start now.

The 1st quarter of this Fraternal Year has now past. Family of the Month reports were slow in coming in but drastically increased in September, keep up the good works. However, I am still missing quite a few. In August, I received Supreme's 2007-2008 "Top Five" International Service Program Award winners list and was saddened to see no Virginia Council listed. Your Councils do tremendous works in support of Father Michael McGivney's causes and WE hear them but the write-ups don't portrait them. Please review the State Action Program Handbook for the format and requirements.

Next week-end is our *Keep Christ in Christmas* kick-off. Make a difference and encourage all to send those beautiful religious Christmas cards promoting the TRUE meaning of Christmas.

During the month of October, Worldwide Marriage Encounter celebrates World Priest Day. What an honor to our Priests, Past and Present it would be if also took the time to celebrate it. Below is a sample blessing for your use.

BLESSING FOR A PASTOR

This blessing is for use at a Sunday Liturgy on World Priest Day or any weekend during the month of October. Following the Prayer after Communion, a member of the parish pastoral council or any parish member(s) leads the community in blessing the Pastor.

During the month of October we celebrate World Priest Day. Priests daily use the gifts of healing, counseling, preaching and celebrating the Eucharist to and for the benefit of Catholics everywhere. We pause today with a special prayer for our own pastor, Father

_____, asking God to continue to bless him in his ministry. I invite you now to extend your hands toward Father as I (We) lead a prayer of blessing.

All in the assembly extend their hands as the leader continues:

All honor and glory to you, Lord our God, maker of all and Father of our Lord Jesus Christ. In your faithfulness and love, you sent your only Son to live with us and to save us by giving his life for us.

Today we offer you, thanks and praise, for choosing Father _____, to be filled with the Spirit of Jesus as he leads your flock with zeal and wisdom. We ask you to give him your fullest blessing in his priestly ministry. Help him to serve others as generously as Jesus did, in times of sorrow and in times of joy.

Caring God, bless our pastor, Father _____, so that he may nourish us with your Word, lead us in prayer and worship, and sustain us as a shepherd and father.

Saving God, bless our pastor, Father _____, so that he may instruct us by his teaching, inspire us by his preaching, and encourage us by word and deed to work with him for the good of our parish.

Loving God, be close to your servant, Father _____, our pastor, as he follows your Son. Guide him in paths that are level and smooth. May your powerful grace make him strong in faith, joyful in hope, and fervent in love, this day and every day to come. We ask this through Jesus Christ, our Lord.

Amen. (Visit website wpd.wwme.org - 1 - Sponsored By Worldwide Marriage Encounter)

Ad Gloriam Dei

George Piette



Health Services Chairman's Report

Have you noticed a recent spate of commercials urging men to pay attention to prostate health? That's because the Prostate Health Council of the American Foundation for Urologic Disease (AFUD) inaugurated Prostate Health Month in September to educate men on prostate disease, treatment, and maintaining prostate health. The Council states that eight in ten men will eventually develop an enlarged prostate, while one in ten will develop prostate cancer. Despite these high odds, many men are not aware of how to maintain prostate health and are reluctant to seek treatment, even when symptoms arise.

The three most common conditions affecting the prostate are benign prostatic hyperplasia (BPH) or enlarged prostate, prostatitis or inflammation of the prostate, and prostate cancer. (Continued on Page 9)



Health Services Report (Continued)

Most men will suffer some prostate enlargement as they age, and experience some symptoms such as decreased urinary stream or waking several times at night to urinate. Only a doctor can determine if these symptoms are BPH or something more serious. Assessment of prostate health usually includes a digital rectal exam (DRE) combined with a prostate-specific antigen (PSA) blood test. Utilizing the results of these tests, your doctor can determine the proper treatment for your condition or order alternate PSA tests or a biopsy. Most men have little knowledge about prostate health and are afraid of diagnosis and the various side effects of treatments. However, options for treatment have improved greatly in recent years. Be sure to discuss annual prostate health screening with your doctor, and report any symptoms promptly. Don't take the chance of ignoring a potentially serious health problem because you fear either the exam or the possible diagnosis. The best way to maintain prostate health is by getting regular check-ups and maintaining an overall healthy lifestyle.

George Clark, Health Services Chairman



Information Technology Update

The newly designed State website will be previewed at the State Quarterly Meeting in Fredericksburg. It features a new look and feel with easier to use navigation and up-to-date information capabilities. Information technology is being used to improve communications at all levels throughout the State Council. Unique officer email addresses have been established which will be the same from year to year. Each State officer has an email address reflecting the office held, such as StateDeputy@VAKofC.org. Every State Director has a unique email address and every member of the State Staff has an email address for their office – see the complete list on the State website. Finally, every District Deputy and council Grand Knight and Financial Secretary now has a State email. For example, to send an email to District Deputy 18 use DD18@VAKofC.org or for the Grand Knight of Father Rizer Council 6828 use email address GK6828@VAKofC.org or to the Financial Secretary of Good Samaritan Council 6175 use the email address FS6175@VAKofC.org. Online reports are accessible by officers using a secure web page which requires a user id [email address] and password. The reports and file downloads are available at <http://secure.VAKofC.org/> and currently include the following:

- Individual Council Report – reflects status of reports submitted/received by the State
- District Organization – All District information and list of councils
- Council Directory – Current council information as reported on the VSS-6
- Council Location Map – Google map of council meeting address
- Council Directions – Narrative directions to visit the council
- Council by Listings: by city; alphabetical; and by district

Please note all of the report information is provided by the council. If your council information needs correcting, this can be accomplished by the Grand Knight or Financial Secretary using the online update forms at <http://secure.VAKofC.org/>. There is more use of technology coming in the future and if you have suggestions or can help please contact the IT Committee at IT@VAKofC.org.

Jim Green
Director of Information Technology



Vocations Report—Consider Your Call

The Dioceses of Richmond and Arlington will each host three gatherings in various regions of each Diocese (Tidewater, Richmond, Roanoke & Northern VA, Fredericksburg, Valley) in January/February 2009 timeframe. The program for each day will be directed toward High School students (at least 11th Grade), College Students and Young Adults. The focus of the gatherings will be how young Catholic men can better listen to the Holy Spirit as they make the life-shaping decisions which they face in regard to vocations, career and marriage. The program is designed to provide a special focus on how young men make the choice to serve the Church in ordained ministry. This program is based on a model which has been used nationally, and has been rather successful. It has been used in the Richmond Diocese in the past.

Each Knights of Columbus Council is asked to identify and invite AT LEAST THREE young men from their local Parish(es) to attend the local sessions. Each Council will give a direct invitation to the young men thus giving each Council time to think and talk about the young men from their local parish(es) who might have the potential for church ministry. The Diocese Vocations offices can supply some suggestions to the Councils concerning “what we are looking for” in potential candidates. (Continued on Page 10)

The Virginia Knight



Vocations Report (Continued)

Brother Knights from each Council are asked to attend the actual “Consider Your Call” programs, serving as greeters, helping to set up the room, providing lunch for all in attendance, etc. Of course, the closest Councils to the three host churches in each Diocese would be able to do this best. The Diocesan Vocations Directors (Father Renninger and Father Bashista) will develop the program of speakers, they would call upon at least one Brother Knight and his wife to be part of the speaking program. The way the program has worked in the past, they have always called upon a married couple to speak about their own vocation to marriage, and how that has been helped by the ministry of clergy.

We ask that each Council contact your Pastor and Parish Staffs and explain the program to them. We would ask each Pastor and Parish Staff to invite at least three young men from their Parish.

Brothers, this is a very exciting program for us as Brother Knights. The Diocesan Vocations Directors will meet at the end of August to determine the locations and times. Father Bashista will be at the October State Meeting on October 4th to speak and give us a report.

Rich Aleksy, PSD, FM
Vocation Director—Virginia State Council



Fourth Degree Master's Report

Brothers:

Let me start by announcing that the Honor America Corps program of Rappahannock Assembly # 1613 was announced as a winner of the “To Be A Patriot” award for the 2006-07 fraternal year. This announcement was made in August at the Supreme Convention. Our congratulations to Rappahannock Assembly for receiving this coveted award.

This is indeed a busy time of year for the Fourth Degree. We have several major events on the calendar that I will quickly highlight here.

- On Monday, October 13^h, we will hold our annual Columbus Day ceremony at Union Station in DC starting at 11:00 AM. Anyone who can make it in full regalia should be there no later than 10:00 AM.

- The weekend of November 1-2, we will participate in the Fall Championships for Special Olympics in Virginia Beach.

- On Saturday, November 8th, we will hold our Exemplification at the Holiday Inn Koger Center in Richmond. The Honoree is J. P. McCusker, PSD, FM. We will continue our ongoing support of activities to support our veterans. This is truly a year round activity, but is especially important as we rapidly approach the holiday season. Remember, this is an activity where everyone in the family can help.

These are just the major events that have been identified as of now. This certainly does not include all of the events conducted by individual Assemblies throughout Virginia. Your Navigator has details on all of these events.

One thing is obvious, we do many things and we can always use more people to do them. It is also obvious that we need to recruit more members into the Fourth Degree to help us.

Hopefully, you are already a member of the Fourth Degree. If so, we congratulate you. We appreciate your membership and we appreciate what you do to exemplify Patriotism through your Fourth Degree activities. To help us grow, we ask that you sponsor a Third Degree Brother Knight to take his Fourth Degree. If you are not already a member, then I encourage you to join us.

Candidates need to be in the Order at least six months from the date of their First Degree and you need to have taken their Third Degree. Ask your Grand Knight to put you in touch with the Navigator of your affiliated Assembly. He can then give you all of the information you need to join our ranks.

Our State Deputy has for his theme this year – Ad Glorium Dei – For the Glory of God. The Fourth Degree stands behind this motto and pledges to conduct all of our activities “For the Glory of God”.

Fraternally,
Richie Head, PSD
District Master

Virginia State Council Necrology List for 2008—2009

Norfolk Council 367

John J. Coyle IV
Gerard A. Durand
SK Marvin B. “Mac” McCubbins

Fr. Robert W. McDonald Council 395

SK Edward L. Kusterer, PGK
Wallace B. Trevillian, Jr., PGK
SK Paul M. Williams, PGK, PFN

Mary Star of the Sea Council 511

Raphael Cabrera
Candido Rodriguez
John E. Sandidge

Roanoke Council 562

SK John P. Guilfoyle, FDD, PGK

St. Francis of Assisi Council 670

SK Frank P. Gibson

Petersburg Council 694

Raymond B. Unger

Fr. Robert B. Kealey Council 3548

Eugene S. Eadie
Jerry J. Harwood
Thomas R. Lassiter
Vincent L. Meath
Michael J. Sullivan

Fr. Louis A. Rowen Council 3670

Elwood Trent “ET” Cason
SK John Cornachio, PGK

Pope John Paul II Council 4522

Luciano P. Andrade
Joseph P. Conlon, PGK
Thomas J. Gaughan
Andrewas Y. Kuley
Albert J. Wright

Fr. John J. Massey Council 4568

Carl L. Timperio

Fr. Nicholas J. Habets Council 4632

Edward C. Bento
SK Charles S. Kiley
Frederick W. McGee
SK Oscar E. Richard
SK Henry F. Tiesma

George Brent Council 5332

Robert T. Allen
Arthur E. “Butch” Farquhar, Jr.

Walter Pollard Council 5480

Thomas E. Coleman, Jr.
John R. Lawrence
SK Thomas B. Sanders

Fr. Herman J. Veger Council 5561

SK Chester L. Neudling
SK Peter W. O’Neil

Mount Vernon Council 5998

Joseph M. Dolan
SK Michael N. Kichinko
Robert S. Miller

Bishop John J. Russell Council 6143

John R. Hendricks
Michael M. Taylor

Springfield Council 6153

SK James T. Burns
SK Albert A. Lokitis

Bishop Peter L. Ireton Council 6189

John Russell Melia, PGK

Fr. Francis J. Diamond Council 6292

Francis J. Gallahan

Fr. James Rizer Council 6828

Daniel F. Kammer

John Paul I Council 7165

SK Alexander G. Protacio

Fr. Robert E. Nudd Council 7369

John R. Doyle, Jr.
Aldo Saccomono

Yorktown Council 7469

SK John C. Fairbanks, PGK
Jerry R. Ward

Joseph M. Johnson Council 7538

Theodore M. Meek III

St. Elizabeth Ann Seton Council 8183

Richard D. Crosby III
James A. Flickinger

The Virginia Knight

Virginia State Council Necrology List for 2008—2009 (Continued)

Battlefield Council 10246

Michael R. Rohall

Fr. Colin Cooke Council 10578

William H. Barrett

St. Matthew's Council 10601

Robert H. Boyle

Holy Angels Council 10766

Benjamin S. "Steve" Ellis

Albert E. Chipman Council 11042

SK Robert E. Gunn, Jr.

St. Rose of Lima Council 11264

Thomas J. Koller

Joseph J. Rosso, Sr.

Fr. Justin Cunningham Council 11324

Alfonso G. Canales

James L. Desmond

Saints Peter and Paul Council 11475

SK Frank Tamberrino, FDD, PGK, PFN

San Lorenzo Council 12378

SK Francisco S. Danganan

Pope John Paul the Great Council 13784

Wendell M. Oliver

Msgr. Thomas P. Scannell Council 14523

Joseph J. Bartashy, Sr.