



Knights of Columbus
F O U R T H
D E G R E E
Patriotic degree of the Order.

John H. Reddin Province

Arizona District Newsletter

Edition 1 Volume 7

May 2018

Master of the Fourth Degree, AZ District

SK Bryant R. Sayers, PSD ‘arizonadistrictmaster@gmail.com’

District Marshals, AZ Jurisdiction

- AZ North - SK Peter Kloeber**
- AZ South - SK Drew Mansager**
- AZ West - SK Jon “Gordo” Gordon**
- AZ Central - SK Chris Holsinger, SK Michael Paz**

Executive Secretary, AZ Jurisdiction

SK Bill Neer – ‘azjhrpexecsec@gmail.com’

Former Masters, AZ Jurisdiction

- | | | |
|--------------------------------|---------------------------|-----------------------------|
| John H. Cardellina, PSD | George Pappas, PSD | John W. Tobin, PSD |
| Edgar L. Tessier | Eugene F. Mialki | Gerald L. Fjetland |
| James L. Maino | Armand J. Brooks | Michael Kingman, PSD |
| Robert Holsinger | | |

Former Supreme Master

Lawrence G. Costanzo, PSD

Vice Supreme Master, John H. Reddin Province

The John H. Reddin Province consists of Arizona, Colorado, New Mexico and Utah

Michael Kingman, PSD/FDM

Sir Knights, there is a call for men to step up in the fight against Satan and forces trying to bring down the Church. This is a battle. The new uniform resembles that of modern soldiers and we need soldiers for this critical battle against evil.

Dear Sir Knights and Brother Knights,

On 21 April 2018 we held our Biennial meeting for the John H. Reddin Providence Arizona District at Fr. Patrick J. Murphy Assembly #22 St. Helen of the Cross Catholic Church. There were 70 delegates from XX different Assemblies there. I will be providing the notes and slides soon. Couple of items that came from this meeting.

1. I have asked SK Bill Neer to act as the Executive Secretary (much like Mr. Rick Garrison does for the State Council). He can be reached at: azjhrpexecsec@gmail.com, mailing address is: PO Box 31684, Tucson AZ 85751.
2. Audit committee is made up of: Paul Curtin - Assembly 2536, Paul Holbrook - Assembly 17 and Doug Sinrud - Assembly 20.
3. The three names that were submitted for the next two years for District Master are: Chester Yancy, Raymond Obral and Bryant Sayers.

Prior to the start of the Biennial meeting I received word that my dad had been hospitalized at Mercy Gilbert. Upon completion of the meeting I left for Gilbert to see what was going on. To date doctors are still not really sure what the problem is/was. I can tell you that I was able to secure his release and he is now recovering at his winter home in Sun Lakes, AZ. I want to thank EVERYONE for their thoughts and prayers.

I had also sent a request for prayers out through FSM Larry Costanzo for my friend, my Spiritual Advisory, and my Parish Priest Fr Greg Adolf. He had been ill for better than a week. I am pleased to announce that thanks to everyone's thought and prayers he is now well on his way to recovery.

Sad news: My computer that I had a calendar on that had my schedule set up through mid September died. I had a few Assembly installations saved on this calendar, I can remember a few of the dates, just not the Assembly. Please email Bill Neer at azjhrpexecsec@gmail.com so that he can log these and coordinate the dates with me.

We will be hosting a group (less than 60) Veterans for a weekend at St Joseph Youth Camp. The weekend will be 14-16 September 2018. I am looking for donations from our Assemblies to help with the cost. I would like to thank Assemblies 2736 for their \$500.00 Donation, Assembly 2126 for its \$500.00 pledge and Assembly 19 for its \$250.00 pledge. PLEASE consider making a donation to this event. We will also be looking for donations of sleeping bags, or bedding material (sheets, and blankets).

I had the Honor and Pleasure of attending 2 different Law and Order Dinners in the month of April (I missed the one for 2126 due to my dad's hospitalization). I will be gathering information and providing it to everyone for you to consider hosting one of these events in your area.

One other note from the Biennial meeting, it was recommended that I ask what you would like to see in these newsletters. So.... I am asking... email me your thoughts to arizonadistrictmaster@gmail.com.

All issues with the uniform can be addressed at: knightsgear@kofc.org

The "New Uniform" just like the "Old Uniform" is not mandatory for members of the Patriotic Degree, it is encouraged for wear and will be the ONLY official uniform come 1 July 2019. If you are now wearing the New Uniform you may have noticed that the backing on the pin for the Beret may push into your forehead and scratch it just a bit. I purchased a package of Rubber Pin Backs and replaced the metal ones on mine. Here is one link where you can find these: <https://www.amazon.com/Black-Rubber-Pin-Backs-Pack/dp/B0038Y0RDK>

If you receive a call from a member stating he ordered his uniform and needs a color patch, please ask him to send an email to 'suprememaster@kofc.org' stating what patch he needs along with his name, address and membership number. They will be sending out patches to those who have ordered a uniform.

Vivat Jesus!

Bryant R. Sayers, PSD
Arizona District Master



Arizona Rosary Celebration 43rd Annual, October 20 & 21, 2018

Please start considering the opportunity to provide support (an ad) for next year's Arizona Rosary Celebration. If your Assembly cannot support this ad on its own, consider teaming up with your Council.

Web Site: www.AzRosary.net
Email: azrosary@yahoo.com

A message from our Faithful Friar:

May is upon us, the beautiful month of May dedicated to our Blessed Lady!

So much happens during this month and all we experience should be directed toward having the same result that we see in the life of the Blessed Virgin Mary. The prayers of thanksgiving we offer during May for the many beautiful moments and experiences we encounter should echo the *Magnificat* of our Blessed Lady. The challenges as well that we shoulder during May should be embraced in the same way our Blessed Lady trusted in God's Plan, God's Will!

The short time that we have on this earth, how important it is that we use this time to journey closer to the Lord that we may be close to Him as is our Blessed Mother.

The graduations, ordinations, and the moments so many share in getting ready for the closing of a school year, as well as sensing the beginning of summer around the corner, these and so many other experiences present comforts and challenges as we grow in the Lord. May we embrace these comforts and challenges as did our Blessed Lady, and joined these to our Lord's Will.

As we further reflect on May we hold dear to us the beautiful and solemn obligation to observe Memorial Day, a time we set aside to honor those who have laid down their lives for our country. Their sacrifices, the supreme price they have paid, certainly remind us of how our Blessed Mother invites us to share wholeheartedly in making Her Son's message of peace and love and hope more and more made known in our world today no matter what the cost!

Fr. John

PRAYER FOR MEMORIAL DAY (LAST MONDAY IN MAY)

God of power and mercy,
you destroy war and put down earthly pride.
Banish violence from our midst and wipe away our tears,
that we may all deserve to be called your sons and daughters.
Keep in your mercy those men and women
who have died in the cause of freedom
and bring them safely
into your kingdom of justice and peace.
We ask this through Jesus Christ our Lord.
R/. Amen

Arizona District Master Notes

Reports: All reports can be found using the following link:

<http://www.kofc.org/en/members/resources/forms/assembly.html>

Assembly Officer Installations: Has your Assembly scheduled its installation of Officers? Contact the District Master at arizonadistrictmaster@gmail.com and let me know.

Form 1315, Annual Assembly Audit Report: Has your Assembly completed its form 1315? Did you send a copy to the District Master?

Form 186, Report of Assembly Officers Chosen for Term: Has your Assembly completed its Form 186? Did you send a copy to the District Master?

Star Assembly Requirements: Assemblies that excel in membership recruitment, sponsoring patriotic programs in their communities, report to the Supreme Council office and keep their members and other informed (newsletter) of assembly activities are eligible to earn the Star Assembly Award. Your Assembly can earn the Star Assembly Award by completing the following:

- * Earn the Fourth Degree Civic Award
- * Enter the "To Be A Patriot" competition
- * Meet the assembly new member goal of 7%
- * Submit the Report of Officers - #186 (due July 1st)
- * Submit the Annual Survey of Fraternal Activity - #1728 (due January 31st)
- * Submit the Annual Assembly Audit Report - #1315 (due June 30th)
- * Publish a monthly newsletter or bulletin for assembly members

Civic Award: The Civic Award is a tribute to the spirit of patriotism and national pride exemplified by the assembly's program of activities. In order to qualify, the assembly must conduct and report at least four varied patriotic programs held within the fraternal year. The application for the Civic Award (#2321) must be received by the Supreme Office no later than June 30th.

https://www.kofc/un/en/forms/assembly/civic_award2321_p.pdf

To Be a Patriot Award: Established in 1985, the "To Be A Patriot" Award annually recognizes the three best patriotic programs conducted by Fourth Degree Assemblies each fraternal year. The assembly must submit a report on their single best patriotic activity on Form #TBP-2 and send it directly to the Master by April 30th. Entries are judged at the district, provincial and international levels.

Arizona District Master Notes (cont.)

Links for Programs and Services

https://www.kofc.org/en/resources/service/council/1953_Program_Manual_3-14.pdf

https://www.kofc.org/en/resources/service/council/1350_Laws_and_Rules_2013.pdf
By-Laws of the Patriotic Degree

<https://www.kofc.org/en/resources/service/council/10325-method-conduct-assembly.pdf>
Method of Conducting a Meeting

As most of you have heard by now, the new *Fourth Degree Color Corps Drill Manual* date February 2, 2018, has been approved and released for distribution by the Supreme Master. <http://www.kofc.org/un/en/resources/membership/dm-full.pdf> Follow this link to view/download the manual in .pdf format. Hard copies of the manual are being sent to all SDs, MFDs, DMs and FNs in the coming weeks. FNs: If your mailing address is not on file or is not current with Supreme, you won't be receiving a copy. Your FC should have submitted your assembly's Form 186, Report of Officers Chosen for Term last June which identified you as filling the Faithful Navigator's position and included your current mailing address.

Military News

Ideas for Veterans Support

1. We have the opportunity on September 14-16, 2018 to host a group of Veterans at St. Joseph Youth Camp. The Camp has offered their facilities to us to put on an event to get some of our Veterans out into the open. I want to reach out to the different VFW groups in Arizona as well as the DAV and our representatives at the Tucson, Phoenix and Prescott Valley VA hospitals to open this up to their Veterans.
2. When you're staying at a hotel, collect the "soaps/coffee's" so to make little bags and hand them out to those standing on the street corner, or you can save them for me, and when I come to your Assembly I will pick them up and coordinate having them shipped overseas to our deployed Military Personnel. You may also coordinate with the local VA and drop them off.
3. White socks: you or your Assembly may take up a collection of "**NEW**" white socks. The VA is looking for these. You can also add them to the bag that you have added soaps and coffee to and give these to those on the street corners.
4. **Send me your ideas and I will add them to the list.**

Health News

Monthly Health information from my Favorite Nurse and my Wife. I believe that the information can be very useful to ALL of our Brother/Sir Knights and family members.

We've all probably seen pink ribbons and displays in various places and know they are promoting breast cancer awareness. What everyone may not know is that, in spite of all the efforts put into helping women (and men) become more aware of breast cancer, it still remains - with the exception of skin cancer - the most common cancer among American women; and the second leading cause of cancer death (surpassed only by lung cancer) in women.

In the United States alone, approximately 1 in 8 women (12%) will develop invasive breast cancer during their lifetime. In this year alone (2018) there will be approximately 266,120 new cases of invasive breast cancer; approximately 63,960 new cases of non-invasive breast cancer; and approximately 40,920 women will die from breast cancer. In addition, about 2,550 new cases of invasive breast cancer are expected to be diagnosed in men in 2018. A man's lifetime risk of breast cancer is about 1 in 1,000.

Breasts are made up of glands, ducts, and connective tissue. Some women have lumpy or uneven breasts. The appearance of a woman's breasts can be affected by menstrual periods, having children, losing or gaining weight, and taking certain medications. It is also common for breasts to change as you get older. There are many conditions that can cause a lump or lumps in the breast, including cancer. Other medical conditions, however; are the cause of most breast lumps. Two of the most common causes are *fibrocystic condition* and *cysts*. Fibrocystic condition causes noncancerous changes in the breast that can make breasts feel lumpy, tender, and sore. Cysts are small fluid-filled sacs that can develop in the breast.

There are two common types of breast cancer: ductal carcinoma - which begins in the cells that line the milk ducts and is the most common of the two; and lobular carcinoma- which begins in the lobes, or lobules (the glands that make milk) of the breast.

When someone is diagnosed with ductal carcinoma in situ (DCIS) this indicates that the cancer is still contained within the lining of the milk ducts and has not spread into other surrounding breast tissue. If someone is diagnosed with invasive ductal carcinoma, this means the cancer has spread to the surrounding breast tissue and, possibly, other parts of the body.

A diagnosis of lobular carcinoma in situ (LCIS) indicates that cancer cells are found only in the breast lobules. Fortunately, LCIS, does not spread to other tissues. If it is a diagnosis of invasive lobular carcinoma, on the other hand, it means that cancer cells have spread from the lobules to nearby breast tissues and that they can spread to other parts of the body.

Health News (cont.)

Some risk factors for developing breast cancer are: Beginning your menstrual period at a younger age or menopause at a later age than most; giving birth to your first child at a late age or never giving birth; not breastfeeding; long-term use of hormone-replacement therapy; getting older; personal or family (mother, sister, daughter) history of breast cancer or breast disease(although about 85% of breast cancers occur in women who have no family history of breast cancer); radiation treatment to the breast or chest; mammogram results indicating "dense" breasts; obesity; changes in breast cancer-related genes (BRCA1 or BRCA2); consuming more than one alcoholic beverage a day; or lack of regular exercise. Just because you may have one or more of these risk factors does not mean you will get the disease, it does mean that you need to talk to your doctor about how to lower your risk and screening options.

As with most diseases the symptoms experienced by some may not be the same as the symptoms experienced by others. For some, there may be no symptoms at all, and the diagnosis is made only after having a routine mammogram.

Keeping in mind that some of these symptoms can happen in other conditions that are not breast cancer, here are some of the warning signs:

- The development of a new lump in the breast or armpit.
- A thickening or swelling of part of the breast.
- An irritation or dimpling of the skin of the breast.
- Skin in the nipple area or breast becomes red or flaky.
- Pain in the nipple area or a "pulling in" of the nipple.
- Any discharge from the nipple (other than breast milk), including blood.
- Changes in the size or shape of the breast.
- Pain in any area of the breast.

If breast cancer is suspected due to mammogram results or clinical or self-breast exam, there may be a need for further testing to be done. Some of the more common tests are: breast ultrasound, diagnostic mammogram (more detailed than a screening mammogram), magnetic resonance imaging (MRI), or biopsy.

If breast cancer is definitely diagnosed, other tests will be done to find out if it has spread within the breast or to other parts of the body. This is called staging. Once the type of breast cancer is known and staged, the proper treatment can begin.

There are several options available to treat breast cancer, depending on what type it is and what stage it is in. Sometimes, people may have to be treated with more than one option. Some of the options are: surgical removal of cancerous tissue; chemotherapy using special medicines or drugs which directly attack cancer cells to shrink or kill the cancer (may be in the form of pills, given directly into the veins, or both); hormone therapy which prevents the hormones cancer cells need to grow from reaching the cancer cells; biological therapy which works with your body's immune system to help it fight cancer or control side effects from other cancer treatments; radiation which uses high-energy rays to kill cancer cells by aiming directly at the area where the cancer is located.

Health News (cont.)

A breast cancer diagnosis can be overwhelming and make you feel out of control. There are several ways in which you can regain some control over what happens. Learn all you can about your breast cancer; talk with other breast cancer survivors; find someone to talk about your feelings with; keep your friends and families close; and don't be afraid to talk to your spouse about your insecurities and feelings in relation to your fear of becoming "unattractive" should you need a mastectomy.

Blessings to all, Connie Sayers, Parish Nurse

Five Exercises for People Over 50

As you age, it's important to stay active and healthy. Exercise can be structured, whether you go to the gym, or use equipment in your home, or can be part of your daily routine. There are many options that may be helpful for you. To identify where you can add some exercise or activity into your routine in a way that works for you, [check out our five exercise suggestions.](https://www.myhealth.va.gov/mhv-portal-web/ss20161101-five-exercises-for-people-over-50)

<https://www.myhealth.va.gov/mhv-portal-web/ss20161101-five-exercises-for-people-over-50>

Briefly, they are: Walking, Core, Yoga, Strengthening and Sports.

You may also want to challenge yourself by setting a goal and tracking it on [My HealtheVet](#). This can help jump start you on the right track to a more active lifestyle and better health. It also becomes part of your Personal Health Record, and available to view online or download.

A Healthy Life is a Happy Life



Your Assembly Name
Your Assembly mailing address

Memorial Service Information

Sir Knight: _____ Date: _____

Address: _____

Phone#: _____ Date of Birth: _____

Memorial Service Information was received from Sir Knight on: _____

*****DISPOSITION OF CHALICE*****

Do you have a destination for your Chalice: ___ Yes ___ No

If you have a destination for your Chalice, please provide complete information below. If you have not yet chosen, please indicate below the person(s) to whom you entrust this responsibility.
