

SCHEDULE OF EVENTS FOR JANUARY 2020



KNIGHTS OF COLUMBUS®

St. Mark the Evangelist Catholic Church

January, 2020

Council #7613

Editor: SK A. C. Rogers



COUNCIL CORNER

SCHEDULE OF EVENTS FOR JANUARY 2020

DATE	EVENT	TIME & PLACE
1/01/2020, Wed	New Year's Day	
1/02/2020, Thurs	Mass & Council Meeting	7:00 PM – Christopher Hall
1/04/2020, Sat	Monthly Rosary	4:25 PM - Church
1/07/2020, Tues	CHOC Meeting	7:00 PM – Christopher Hall
1/9/2020, Thurs	Assembly Meeting	7:00 PM – Christopher Hall
1/15/2020, Wed	Chapter Meeting	7:00 PM – St. John Neumann Council 9291, 6680 Crestway Rd. San Antonio, Tx. 78239
1/16/2020, Thurs	1 st Degree	7:00 PM – ??????????????????
1/20/2020, Mon	Martin Luther King, Jr. Day	
1/21/2020, Tues	Free Throw Championship	7:00 PM – St Mark's Gym
1/23/2020, Thurs	Council Business Meeting	7:00 PM – Christopher Hall

ACHIEVEMENTS & RECOGNITIONS

Our new Knight, Ben Pavlosky (pictured below), was introduced to us at the December 5 Mass and Council meeting. His family consists of his wife Jennifer and son Luke.

Ben announced that he wishes to be an active Knight and plans to serve as needed. Let us continue to welcome him into knighthood as a good friend to be with.

Pictured below is Allen Shreffler who has transferred as a Knight from Sierra Vista, Arizona. Allen's family consists of children Maritza, Nathon, and Evan. It was a great event to welcome Allen to our Council at the Mass and Council meeting on December 5.



Congratulations to Jerry P Gonzales and Joseph E Brewer, Sr. for achieving their 3rd Degree in the Knights of Columbus.



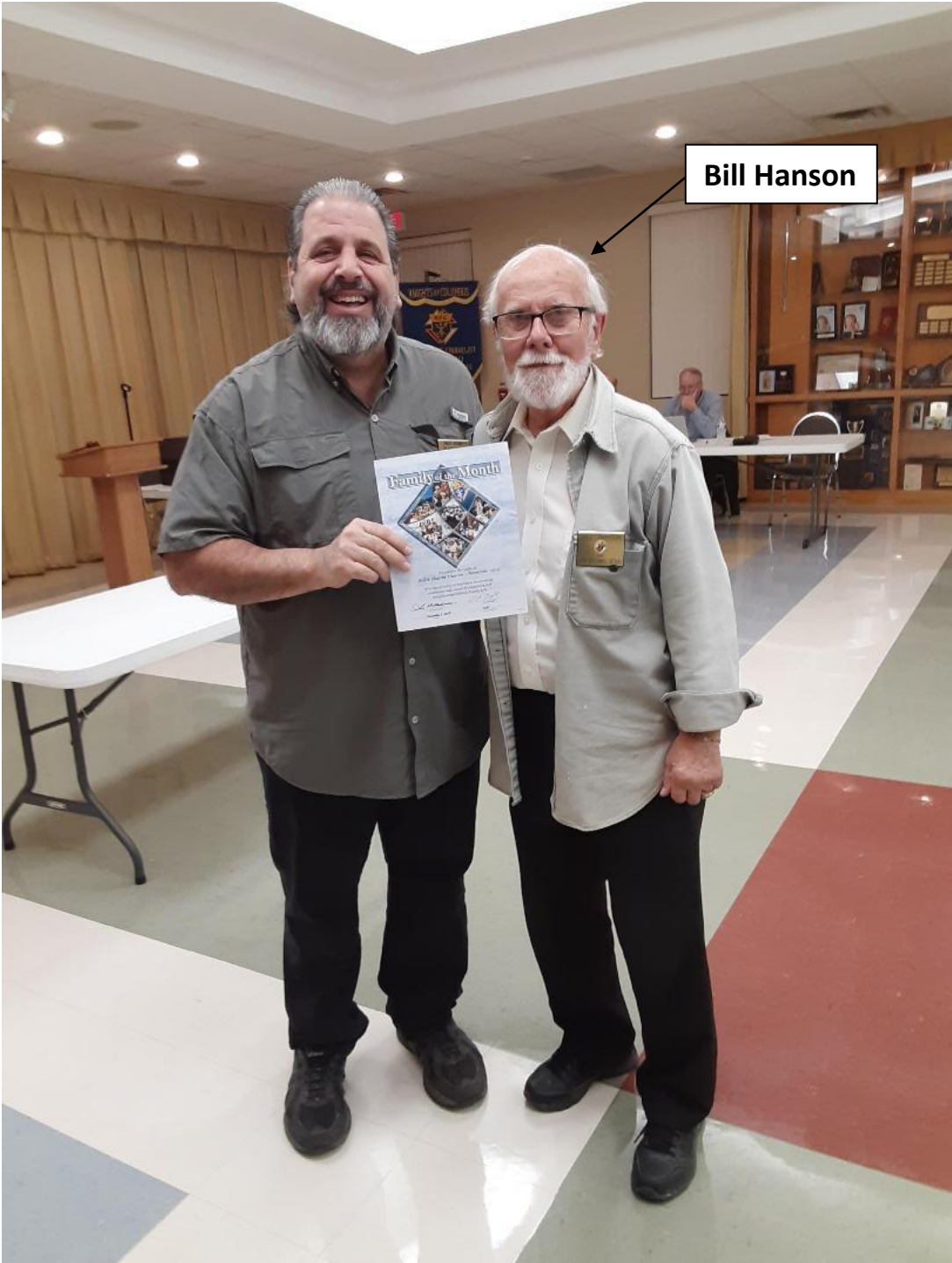
Jerry P. Gonzales

Joseph E Brewer, Sr.

Our “Knight of the Month” for November 2019 (shown below) was awarded to C. J. Pleasants for the good efforts he has experienced in helping out on the needs of our Council. C. J. Pleasant is a new Knight and a new member of our Council – a wonderful start as a friend and helper.



Our “Family of the Month” for November 2019 is Bill (shown below) and Sharon Hanson. Congratulations, what a wonderful effort you have experienced in helping our Council to go forward.



Deacon SK Steve and Marilyn Marques (pictured below) were recognized at the 5 pm mass on Dec 14 as a celebration of their 50th Wedding Anniversary. Congratulations Deacon SK Steve and Marilyn for such a marvelous marriage.



At the Chapter meeting on Wednesday, December 18, SK/PDD/PGK Sam and Beverly Szalwinski were awarded a most graceful Cardinal Medeiros Fellowship Award for Sam's many years of successful work towards helping many others in need, especially those in need of physical help by the use of wheelchairs. We are most proud of Sam and Beverly's success and for receiving such an honorable award of fellowship.

The Cardinal Medeiros Fellow program was started in 1998 recognizing the honoring individuals as Cardinal Medeiros Fellows. A special plaque and lapel pin were designed. A Cardinal Medeiros Fellow Honor Roll of Cardinal Medeiros Fellows is maintained and is on display at the State Office. And once a year, the Cardinal Medeiros Fellow Honor Roll is displayed at the State Convention.

Pictured below with SK/PDD/PGK Sam and Beverly Szalwinski are Chapter Leadership Tom Kruger, David Colton, and Derrick Rabe.



KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP



All boys and girls ages 9 to 14 are invited to participate in the 2020 Knights of Columbus Free Throw Championship. The competition will be held on Tuesday, January 21st, 2020 at 7:00 p.m. in the St Mark's gym. Registration and warm-up shooting is at 6:30 p.m.

The K of C Free Throw Championship is sponsored annually with winners progressing through local, district and state competitions. All boys and girls will participate in their respective age divisions (age as of January 1, 2020). All contestants on the local level will be recognized for their participation in the event. We plan to award twelve new leather basketballs, one basketball for each age category winner. Participants may be required to provide proof of age and written parental consent. For additional information, please contact Chris Huggins at 210-491-9568. Entry forms will be available at the event as you enter the gym at St Mark's on the day of the event. There is no fee to participate.

CYO basketball coaches are encouraged to bring your entire team. Have your players show up in their uniforms and challenge each other for the highest score.

**COME AND JOIN THE FUN, STEP UP TO THE LINE AND
GIVE IT A SHOT!**

SILVER ROSE

Each year, from early March through mid-December, Silver Roses are stewarded by Knights of Columbus councils along routes from Canada to Mexico. Every stop the Silver Rose makes throughout the pilgrimage is a rosary-centered occasion for Knights, parishioners, and community members to pray for respect for life, for the spiritual renewal of each nation, and for the advancement of the message of Our Lady of Guadalupe.

At St. Mark's, the Silver Rose was celebrated on November 23 with 3 Rosaries and ending at the 5:00 pm Mass.

Following are views of attendees of the 3 Rosaries.





**Following are views of the Silver Rose ceremony
at the 5:00 pm Mass**







Following are three views of those visiting the Silver Rose





Following are some that not only transported the Silver Rose from Louisiana but will continue the route on into Mexico



HEALTH & NUTRITION TIPS FROM BROTHER KNIGHT JERRY GONZALES, RN,MHA,LTC (Ret Army)

Our good Knight, Jerry Gonzales, has some good tips regarding how we can enhance our healthcare system to a more fair, transparent, and lower healthcare cost system by abiding 27 of his health and nutrition tips outlined by the following topics.

Jerry's livelihood background of can be found in the November 2019 newsletter.

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| 1. Don't drink sugar calories | 10. Avoid bright lights before sleep | 19. Don't fear saturated fat |
| 2. Eat nuts | 11. Take vitamin D3 if you don't don't get much exposure | 20. Lift heavy things |
| 3. Avoid processed food (eat real food instead) | 12. Eat vegetables and fruits | 21. Avoid artificial trans fats |
| 4. Don't fear coffee | 13. Make sure to eat enough protein | 22. Use plenty of herbs & spices |
| 5. Eat fatty fish | 14. Do some cardio exercises | 23. Take care of your relationships |
| 6. Get enough Sleep | 15. Don't smoke or do drugs and only drink in moderation | 24. Track your food intake every now and then |
| 7. Take care of your gut health with probiotics and fiber | 16. Use extra virgin olive oil | 25. If you have excess belly fat get rid of it |
| 8. Drink some water, especially before meals | 17. Minimize your sugar intake | 26. Don't go on a diet |
| 9. Don't overcook or burn your meat | 18. Don't eat a lot of refined carbs | 27. Eat eggs, yoke and all |

How to proceed toward each of these 27 health topics will be provided in many of our forthcoming newsletters. However if you need a complete set of details regarding each of these 27 topics, contact our Brother Knight Jerry Gonzales. Following is further information on the first three topics:

1. Don't drink sugar calories

Sugary drinks can add fat into your body. It's because your brain doesn't measure calories from liquid sugar the same way it does for solid food. Thus, when you drink soda, you end up adding more total calories. They are strongly associated with obesity, type 2 diabetes, heart disease, and many other health problems. Keep in mind that certain fruit drinks may be almost as bad as soda in this regard because of their sugar content.

2. Eat Nuts

Despite being high in fats, nuts are incredibly nutritious and healthy. Nuts have healthy fats! They're loaded with magnesium, vitamin E, fiber, and various nutrients. Studies demonstrate that nuts can help you lose weight and may help fight type 2 diabetes and heart disease. Besides, your body doesn't absorb 10-15% of the calories in nuts. Some evidence suggests that this food can boost metabolism. In one study, almonds were shown to increase weight loss by 62%, compared to complex carbs. Wow!

3. Avoid processed junk food (eat real food instead)

"Processed junk food is incredibly unhealthy". These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating – even promoting food addiction in some Americans. They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like sugar and refined grains. They provide mostly empty calories.

FEDERATION OF GUADALUPANOS

Mass for the Federation of Guadalupanos was held at St. Mark's at 2:00 pm on Sunday, December 1. Members and "dancers" of the Federation of Guadalupanos are pictured below. The show time of the dancers occurred at 1:30 pm (before Mass).

Federation of Guadalupanos was chartered in 1981 by then Most Reverend Archbishop Patrick Flores. Its purpose was twofold:

1. To serve as an umbrella organization for Societies of Our Lady of Guadalupe in the Archdiocese.

2. To plan and organize the annual archdiocesan Feast Day celebration of Our Lady of Guadalupe.

A vision set forth by this organization is to promote a devotion to Our Lady of Guadalupe, Mother of God and Our Mother throughout the Archdiocese of San Antonio and establish a Society of Guadalupanos in every parish of the Archdiocese.





WHEELCHAIR OBTAINED & LOADED

PGK/SK Jon Klaunberg, the point person for the “wheelchair program”, set up the purchase of 120 wheelchairs (\$150 each) from China. They were delivered last Friday (Dec 6). The Knights shown below offloaded the wheelchairs into a storage area located next to St Marks. PGK/SK Elroy Tschirhart was also present. The Knights will now deliver the wheelchairs to various needy organizations.

The group of hard working Knights, shown below, made short order of moving over 120 boxes of chairs and parts from the trailer into the storage locker. We were amazed how agile they were, especially Sal and Ron stacking boxes higher and higher. After a bit of back and forth about which gate we could have the trailer come in, all was completed in less than 30 minutes.

The smiling faces in the 1st picture below are SK Ron Hrcir, SK Sal Scalia, SK Howard Godwin, Frank Eldridge, SK Bill Faucher, Arnold Sanchez, Ramiro Ramos, PGK/SK Jon Klauenberg and the (SK?) Dog.

It is a blessing to have men like these as Brother Knights.







Romiro Ramos



CHRISTMAS PARTY

Our wonderful Christmas party, held on December 10 in Christopher Hall, was a lot of fun with food and entertainment, especially for the children. The music helped Santa, as seen below, to give the children a happy day.

Mostly pictured below are parts of the family attending the party - the children. A number of families really enjoyed the party that did not have children to bring. Santa was also there even though he did not even bring his wife – ha.











ST. MARK'S PreSCHOOL BREAKFAST WITH SANTA

Council 7613 sponsored the meal for 280 people consisting of omlets, pancakes, and bacon. Shown below doing the food preparation are Allan Cleavland, Romiro Ramos, Arnold Sanchez, PGK SK Ysau Flores, PGK SK Ed Garcia, PGK SK Jon Klauenberg, Stuart Beaulieu, and SK Gary Richmond



Allan Cleavland

