



Knight Digest



Union Council 4504

Vol. 13, No. 11

UNION, N.J.

MAY 1972

GRAND TIME AT THE GRAND BALL



Knight Digest

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STAFF

Richard Magerkurth — Jim Moran

CALENDAR

May 8..... Regular Meeting 8:15 p.m.
Speaker — Jack Winters
May 12..... Nuns & Widows Night
May 19..... Knighthood Degree
at Union Council
May 22.... Regular Meeting 8:15 p.m.
Speaker —
May 27..... Pool Opens
Poolside Mass. at 11 a.m.
June 4..... Wheelchair Brigade
Runnells Hospital
June 11..... Wheelchair Brigade
Lyons Hospital
June 11..... Golf Tournament
Asbury Park
June 12... Regular Meeting 8:15 p.m.
Election of Officers
June 16..... Baseball Game
Texas Rangers — Yankees
Bus Time — 6:30 p.m.
June 26..... Awards Dinner Meeting
Council Home

“To the Sower of Deeds”

We are now at the point of going from slack to high gear. Winter woes are a thing of the past, spring flowers have put forth their fragrance and have shown their beauty. The time for planting of summer flowers and vegetables is at hand.

The way you sow the seed of flowers is the way you sow the seed of life. By your actions the people of the world are affected accordingly. Whether you are in church or at a dance, at home or at work, your back yard or the Council picnic area, you are continuously sowing seeds. It is entirely up to you, as a Brother Knight and Catholic gentleman, to show good examples and charity.

This may seem like the slack period between spring and summer chaos, but, people are constantly watching either for direction or **criticism**.

So show your charity. Visit one of the Brothers who may be sick. Call a Brother to make the next meeting. Make one of the Columbian Club's work party. Bring in new members. Be proud of your Council Home and its accomplishments. Help to improve on what we have and will have.

You are the direct reflection of Union Council #4504 Knights of Columbus. Wear its emblem and show to others the lessons taught by your degrees.

Yours in Christ
Fraternal Chairman
Joseph J. Bilicka

Swim Club Badges

Badges for the 1972 season will be available to the membership at the work parties, Saturday May 13 and 20 between the hours of 9:00 a.m. and 12:00 noon and before and after the Council meeting on Monday, May 22 for those who wish to pick them up prior to the opening of the pool. Thereafter, they will be available at the gate house during pool hours. Please be prepared to show a paid-up traveling card when applying for your badges. If your dues are not paid up to date you will not be given your badges. Please do not embarrass us or yourself by failing to adhere to this rule. If some member of the family, other than the member himself, wishes to pick up the badges, please have the member's paid up traveling card with you. The fact that you may be a well know person has no bearing on the adherence to this requirement. Please do not request or expect your brother Knight to break a rule for you.

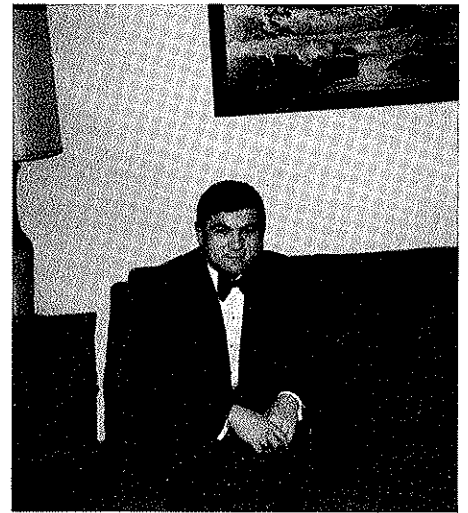
This year all children under 12 years of age will be issued a white badge with a red stripe and red lettering on it. It is octagon shaped like a stop sign. Any child wearing this type badge will not be allowed to swim beyond the rope separating the shallow end or 3 ft. water from the deep or 5 ft. water, nor will he be permitted to use the diving boards or diving tank until he has passed the deep water test administered by the life guards or instructors. Having passed the deep water test, we will exchange the red badge for a yellow one with the same number as the one being replaced. The swimmer's name will also be recorded on our records and he will not be required to take the test in future years.

We believe this system will assist the guards and the manager of the pool to readily ascertain who is permitted in the deep water and to quickly spot a child who is not qualified to be in said area. It will also eliminate the elastic bands that were used previously, but which were difficult to see in many cases.

Please do not embarrass the manager, the guards or yourself by bringing a child who is not qualified into the deep water or the diving area. You may be a parent and an excellent swimmer but you are not paid to be a life guard. Avoid these situations by having your child qualify early in the season or if he cannot swim enroll him in a swimming class.

A safe summer will be a happier summer. One can enjoy the pool facilities as much by comporting himself within the bounds of our simple rules and regulations as he can be breaking them, and those around him will enjoy the pool more also. Let's enjoy the pool, grounds and each other by being thoughtful, courteous, friendly and cooperative.

Knight of the Month May 1972



For the month of May we honor Joseph Willmore. He has been with Union Council #4504 over 4 years. During this time, he has served on the Admissions Committee, as Bartender, helping the Blood Bank Drive and many other functions.

As of today, his latest accomplishment for the Council, would be the play he directed in conjunction with the Minstrel Show at the junior high school on April 29. Because of his consistent drive to have a stage performance by our council a dream became a reality.

Joe was born in the Bronx, N. Y. and received his schooling in N.Y.C. He is a graduate of Manhattan College.

His work is in the television media. He is director of "As the World Turns" whose agent is Benton & Bowles.

Joe and his lovely wife Joanne have been residents of Union for 7 years. They have three children, Joseph or "Little Joe", Jimmy and John Patrick.

So climb aboard Joe and be counted in the ranks of the workers. You worked hard and deserve the title "Knight of the Month", as this past month has truly shown.

“Polka Party”

The John F. Kennedy General Assy. 4th Degree K. of C. is completing plans for the First Annual Polka Party to be held at St. Theresa's Church Hall in Kenilworth on Saturday evening the 10th of June starting at 7:30 p.m. till 8:30 p.m. A hot meal featuring all Polish style cooking, will be served. At 9:00 p.m. music furnished by the east's most famous Polish orchestra "Stan Stankowski" will furnish music for the evening.

The floor show will be presented by, the 1971 winners of the Harvest Moon Ball. The cost of the tickets will be \$6.00 per person and will also include free beer. Setups and liquor will be made available for those who desire same. Reservations must be made, no tickets will be sold at the door. Reservations and tickets will be available thru SK L. Lupia, SK Ed Stonack and SK B. Zurich. Make your reservations early, please.

YOUTH BOWLING CHAMPIONS



1971-72 K. of C. 4504 Youth Bowling Champions

GIRLS' LEAGUE

1st Place: Ginny Moeltner, Doreen Venezia, Toni Ianni and Barbara Yavorski

2nd Place: Eileen O'Brien, Brenda Dubiel, Kathy Drew and Rosanne L'Altrelli

3rd Place: Dorothy Zrebiac, Karen Wayne, Pam Riestes and Lori Ann Sully

BOYS' JUNIOR LEAGUE

1st Place: Tony L'Altrelli, Luke Boyle, John Dubiel, Ken Guida and Charles Boyle

2nd Place: Tom Sullivan, Bob Bizzaro, Carmine Dubiel and Jeff Deo

3rd Place: Len Liotta, Ed Harbet, Mike Bizzaro, Pete Dietlein and Vincent Cerachio (Not Shown)

BOYS' BANTAM LEAGUE

1st Place: Patrick Walsh, Frank Johnson, James Martin and Richard Marczak (Not Shown)

2nd Place: Gregory Skuraton, Steven Rhodes, Alari Skuraton, Thomas Cadigan and Brian Hollywood (Not Shown)

3rd Place: James Nichnadowicz, Peter Chapman, George Russo and Louise Di Profio (Not Shown)

SPECIAL AWARDS

League High Game: Len Liotta 235

League High Series: John Dubiel 575

League High Average: Pete Dietlein 160

U.C.J.B.A. High Game: Pete Dietlein 245

Most Improved: Carmine Dubiel 44 pins

High Average: Toni Ianni 125.55
U.C.J.B.A. — High Game: Eileen O'Brien 190 (Not Shown)

League High Game — Girls: Doreen Venezia 189

High Series: Cathy Maranz 477
Most Improved: Barbara Loeffler 39 pins

BOYS' BANTAM

High Average: Joseph Jeannette 127

U.C.J.B.A.: Peter Chapman 184

High Series: Richard Marczak 519

Most Improved: George Russo 40 pins

High Game: Joseph Jeannette 214

KNIGHTS vs. FOUR SEASONS

HOUSE MATCH CHAMPS

John Dubiel, Joe Jeannette, Jim Nichnadowicz and Pete Dietlein

"The Drug Scene"

BARBITURATES

The misuse of barbiturates — alias "Goof Balls", "Sleepers", "Downers", or "Barbs", has become one of the biggest problems among our youth today. They can be very harmful if used improperly but are very valuable when used for legitimate and medical purposes. They belong to a large family of drugs manufactured for the medical purpose of relaxing the central nervous system. In medical practice, barbiturates are used to treat insomnia, anxiety, nervous tension and epilepsy.

Barbiturates can be classified into two categories — the short-acting, fast starting or the long acting, slow starting. Of these the short-acting are the ones most commonly abused. They appear in a variety of colored capsules or tablets. Because of their colors they are known on the street and in groups as "Red Devils", "Yellow Jackets", "Rainbows" or "Blue Angles".

Barbiturates are usually taken orally. However habitual users and addicts have been known to dissolve the compounds and inject them into their body. Sometimes they are taken with alcohol, and sometimes with benzedrine and dexedrine. This is especially dangerous because the depressant action of the one multiplies the depressant action of the other. A consumption of even a small amount of this mixture may result in death.

The organ in your body most sensitive to barbiturates is the brain. They depress brain functions, and in larger doses depresses the brain's center which is responsible for maintaining the rhythm of respiration.

A barbiturate user may react to the drug more strongly at one time than

at another. The extent of the effect the drug has upon an individual depends upon the dose taken, the person who takes it, and the setting in which it is taken. Normally small amounts make the user relaxed, sociable, and good humored. But in larger doses the effects resemble drunkenness. His speech becomes slurred, he becomes confused, quarrelsome, and starts to stagger. His ability to think, to concentrate and to work becomes impaired.

A person who is under the influence of barbiturates acts like someone who is intoxicated. He is likely to stumble and drop things, he is often bruised, and he may have cigarette burns on his body. A marked regression in behavior is a sign of barbiturate abuse, such as neglecting himself and his living quarters.

Barbiturates are addicting because the body needs increasingly higher doses to feel their effects. Some doctors consider barbiturate addiction more difficult to cure than narcotic addiction. Those addicted to barbiturates must have them to prevent going into withdrawal. If the drug is withdrawn suddenly the user will suffer withdrawal sickness with severe cramps, nausea, delirium, convulsions and sudden death. Therefore, withdrawal should take place in a hospital over a period of several weeks on a gradually reduced dosage. This will allow the body to return to normal.

The law is very strict regarding drugs under the "Comprehensive Drug Abuse Prevention and Control Act of 1970". There are strong penalties for illegal possession and distribution of barbiturates.

Swim Club Opens May 27th

The Columbian Swim Club is rapidly completing the necessary pre-season planning and work to make the pool and all facilities ready for opening day on May 27, 1972.

The pool manager for the 1972 Swim Club season is Guards Unlimited, Inc., from Philadelphia, Pennsylvania.

The volunteer work parties are completing the necessary maintenance to get the pool ready for opening. The work parties convene at 9 a.m. on Saturday and at 6 p.m. on Wednesday. These work parties will continue until opening day. After the pool opens, work parties will be announced and posted on the bulletin board. All work party passes of 1972 will be valid for the next season, a new ruling approved by your Board of Directors.

The pool will open on May 27th, 28th, and 29th, 1972, and it will also be opened the weekend of June 3rd and 10th. The pool will be opened continuously, from June 17th through September 4th, 1972.

A paid-up Knights of Columbus traveling card must be presented in order to pick up your membership badges. All Swim Club members are requested to review the rules and regulations governing the membership in the Columbian Swim Club. All rules within the pool area will be strictly enforced.

There will be a mass held at 11, on May 27, 1972 by Father Edward at the poolside. Activities for the 1972 season will be posted as soon as possible.

Fraternally yours,
Andy Tobia

Lecturer's Program

The first meeting in May will provide us with the opportunity to once again showcase one of Union Council's talented members. Have you ever wondered what happens to your car after you have had an accident and subsequently turned your banged up vehicle over to the car doctor? Well our guest speaker will seek to enlighten all of us. Our program will feature one of Union Council's most rapidly advancing members. He is none other than John Winters our Treasurer. Jack joined Union Council in 1968 and immediately became not only vitally interested but strenuously active. In the space of a few years Jack has been chairman of the Telephone Committee, a member of the Admissions Committee and Wheel Chair Brigade as well as serving as Secretary to the six point Chairman.

When the degrees were changed a few years ago, the call went out for volunteers to serve on the degree teams. Jack jumped in wholeheartedly and became a member of the second degree team and also is a member of the major degree team in Union County. All who have witnessed Jack in action must agree that he does a superb job and to date has not missed one performance in the exemplification of these degrees.

He has served as Inside Guard and subsequently was elected to the office of Treasurer, which he now holds. His performance in both offices has been exemplary, which is in keeping with the high standards set by our Charter Grand Knight Howard Leary.

Jack was born and raised in Irvington and attended Irvington High School, Lincoln Technical Institute and several automobile manufacturers training schools in conjunction with his business as co-owner of Menlow Corp. a large auto body shop located on Elizabeth Ave. in Newark. In between, Jack enlisted in the Marine Corp., served four years including the Korean War. He rose to the rank of sergeant and very reluctantly admitted to having been decorated with the Bronze Star for service above and beyond the call of duty.

Jack and his very charming and effervescent wife Betty reside at 175 Hollywood Ave., Irvington just across the borderline with Union.

The second meeting in May will feature a program on one of the fastest growing recreational activities of our times — bicycles and bicycle-riding. This is a sport enjoyed by young and old and never seems to die out. Perhaps after seeing our program you will garage your car and take to pedaling.

Come on out and let us entertain you.

SPECIAL NOTICE

Due to increased cost in operations, the prices at the bar lounge will be increased slightly effective June 1, 1972.

Columbian Club

Random Thoughts

Well, here comes Spring, the silly season when men plant grass in order to slave in the summer keeping it cut . . . There's at least one nice thing about being bald; when company comes all you have to do is straighten your tie . . . The recent space accomplishments proved man could safely walk in space. Now, if we could only solve the problem on earth . . . If you want to get a youthful figure, ask a woman her age . . . Keep smiling. It makes everyone wonder what you've been up to . . . If the cows knew what milk is selling for now, they wouldn't be contented, they'd be hilarious . . . What this world really needs is a computer that can figure out all the things in life that don't add up . . . The first requisite for a good cup of coffee in the morning is to get your wife out of bed . . . Man is as old as he's feeling, a woman as old as she looks . . . A cynic is a fellow who would marry Elizabeth Taylor for her money . . . So few men leave footprints on the sands of time because most of them are always busy covering their tracks . . . If your wife kisses you when you get home, is it affection or inspection? . . . Tuesday is the safest day in the week to drive your car, according to a group of insurance appraisers. Worst days are Friday, Saturday and Sunday (that's no surprise) . . . From a society gossip column "All her New York friends are remarking on how well she looks" this translates to "The old bat flew off for an overhaul that didn't leave a wrinkle" . . . Movies these days are proving that, while some actresses play parts, the most successful ones display them . . . Looking at modern art is like trying to follow the plot in a bowl of alphabet soup . . . Man is a complex being; he makes deserts bloom — and lakes die . . . Quite a few of the boys in high school are going to get excused from school early on the day of the senior prom. They are having their hair done! . . . Democracy is a process by which the people are free to choose the man who will get the blame . . . A great man shows his greatness by the way he treats little men . . . Maybe what we really need in this country is a silent minority . . . Take a lesson from the clock, it passes the time by keeping its hands busy.

Jim Moran

The Fourth Degree Color Corps

Co. Q will make its first appearance in full dress regalia on May 23rd, Tuesday evening, acting as honor guard to the Bishop and Prelates for the Confirmation at Holy Spirit Parish.

The Color Corps meets on the 2nd Wednesday of each month at the Union Council Home and any SK desiring to join, are asked to please come out to our monthly meetings.



My Brother Knights:

Now that income tax time has come and gone, and we have paid Uncle Sam our dues. It is time to take stock in our Council. These words bear repeating.

When is a Council too big?

When the mechanics of running the Council becomes too complicated for the average man to understand — When the individual becomes lost in the crowd — When the Council is no longer an association of men dedicated to the principals of the order — When Brother Knights are only members and not acquaintances.

When is a Council too poor?

When its degrees becomes nothing but words — When it loses the loyalty of its members — When we lose the personal touch and the spirit of working as a team — When it ceases to break the bread of fellowship.

UNION COUNCIL is indeed fortunate to have the caliber of member, that we will never be TOO BIG or TOO POOR, and it is our prayer that we should always remain so.

GIVE A LITTLE — GET A LOT

Union Council has been favored by its many members who gave willing of their time and talent in the recent production of "A KNIGHT DOWN SOUTH". Everyone who participated in this play had a lot of fun. The purpose of this group was two-fold, of course, but the main intention was to promote a spirit of camaraderie. Many thanks to Joe Ruddy, Joe Willmore, Barney Capp, the Cast and Stage Crew and to all those who participated and those who attended the performance.

Date to remember — May 26, 27, 28. Knights of Columbus Convention Atlantic City. See you there.

Fraternaly yours,
DOM. CLEMENTONI

Camp Nejida

A donation of \$950.00 was made to the Camp Nejida Sugar Diabetic Camp. Camp Nejida, the only sugar diabetic camp serving diabetic children in the State of N. J. It is the prime charity of the J.F.K. Assy. The \$950.00 is partial payment towards the building purchased by the Assy., that houses twelve children while they are at the camp.

Any Brother Knight that knows of a diabetic child that needs assistance in paying their way for the normal two week stay at the camp, contact SK Fred Vollherbst for further information.

The next regularly scheduled meeting of the Assy. will be on the third Wednesday of May and will be held at the Union Council Home.

SK Leo E. Lupia

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