VOL. 20 NO. 10

UNION, N.J.

MAY 1979

WANTED Gate Attendant

The Columbian Swim Club is seeking interested people who would like to apply for the position of Gate Attendant for the 1979 Swim Club season. No previous experience is necessary. Any adult may apply. More than one person may apply ie., if two people wish to work as a team they may apply as a team. Membership in the Knights or in the Swim Club is not required. The salary is negotiable. For information address your application to C.S.C. President Jack Killian, or any member of the Board of Governors. Tel. 686-4504.

Fourth Degree Communion Breakfast

The John F. Kennedy Assembly, Fourth Degree, Knights of Columbus held their annual Communion Breakfast on April 1st. The 8:30 Mass was at the Holy Spirit Church in Union, and the breakfast followed at the Kingston Restaurant. It was attended by over 140 Sir Knights and their families. Master of Ceremonies Henri St. Laurant was his usual witty self and kept the program moving along in a lively manner. Sir Knight Dave Schardien, Faithful Navigator of the Assembly presented the "Sir Knight of the Year Award" to Sir Knight Mike Hrifko. Mike's activities in the Fourth Degree included his helping to raise money for Camp Nejeda, a summer camp for diabetic children, assistance on various committees and serving as an Assembly Trustee. As special guests at the break-fast, there were 32 Sisters of Charity from St. Elizabeth's College, St. Mary's in Elizabeth, East Orange Catholic and Mother Seton Catholic School. Under Faithful Navigator Schardien's guidance this year, the Fourth Degree has dedicated it's work to the memory of Saint Elizabeth Ann Bailey Seton. The Sisters as special guests and the main speaker of the event were appreciative with this dedication.

The guest speaker was Sister Francis Maria Cassidy of Convent Station. Her topic was the Knights of Columbus work in association with the life of Elizabeth Ann Seton. Sister mentioned the Knights gift of the bell tower at the Shrine of the Immaculate Conception in Washington, D. C. Supreme Chaplain Greco's connection with Mother Seton, and some details of the life of our first American born Saint.

Faithful Navigator Schardien, Master of Ceremonies Henri St. Laurant and Sir Knight of the Year Mike Hrifko, are all members of Union Council #4504.

Jim Moran

NO COUNCIL MEETING
MAY 28TH, 1979
Grand Knight

A Letter from U.S. Senator Bill Bradley

Our Human Values Chairman, Roger Burns, has requested that the Knight Digest print the following letter which was sent to those who visited Senator Bradley's office on January 22 of this year. The letter makes clear that Senator Bradley does not share our views on the rights of the unborn child.

March 23, 1979

Dear Friends:

Thank you very much for contacting me to express your views on abortion. It is an issue with deeply felt moral arguments on both sides, and I appreciate receiving your comments.

The U.S. Supreme Court recognized that the decision to have an abortion is a personal one, when it ruled to remove abortion from the realm of criminal law and made it a legal medical procedure in 1973. I share this view that abortion is a personal matter. I support a woman's right to choose, and I am opposed to any attempt by the Federal government, such as a human life amendment, to deny that right. I believe that in a pluralistic society, everyone must have the freedom to make decisions concerning abortion in light of his or her own conscience and religious views.

In addition, I support the use of medicaid funds for abortions for poor women. It is unfair and discriminatory for us to pick and choose which women will have the rights guaranteed by the Supreme Court and which women will not have those rights.

The freedom of choice in the abortion issue should also apply to medical personnel. I support the right of all medical personnel, with notice, to refuse to perform an abortion. I oppose the right of medical schools to use an applicant's position on abortion as a criteria for admission.

The issue of abortion will undoubtedly remain one of the most difficult to resolve. However, I believe that an individual's conclusions on this matter are properly arrived at through examination of one's own conscience and religious views.

Again, thank you for sharing your views on this very difficult issue. With best regards.

Sincerely, Bill Bradley United States Senator

WBC Golf (Worm Burner Classic)

There are no more openings! Plans for 48 duffers were set for Cranbury Country Club for Sunday, May 20 and we have **52** entrants paid in full! The following list is a schedule for tee-off order. Please allow appropriate time to arrive at the course. **The first tee off time will be at 10:45.**

Walt Pierson2
Tony Shans
Tom Lynch 4
Dom Quagliato4
Tony Crea (1)4
Tony Crea (2)4
Ron Walsh4
Jack Kilian4
Skip Sully4
Howie Rhodes
Ben Montanelli4
Frank Dubeau

First Friday

May 4 is the date of our first Friday Sacred Heart devotion for the month of May, the month during which we honor Mary as our Blessed Mother. Father Ed has arranged for something different this time and it should prove interesting as usual. We will hear from two young people, teenagers to be exact. not from this area, telling us about their concerns, needs and problems in dealing with their parents. Even though you may think you have no problems in this respect, you may be surprised at what these young people have to say. We suggest you come out and lend an ear. It may prove helpful in dealing with any unusual situation. Mass is at 8:00 p.m. at the Council Home. Coffee and cake will be available. All adults are welcome. Please try to stir up interest in this program by asking someone who has not been out to our first Friday devotions, to give it a try.

Art Weber

Grand Knights Column

Roy Trupiano



The summer season is almost upon us. The summer work parties have begun. (Join in, your help can be used and will be greatly appreciated.) We get ready for the Swim Club Season, vacations, and more daylight time to amuse ourselves.

The pool opens on Memorial Day Week-end. There are two important events that week-end. Pool-side Mass (May 26) and Memorial Day (May 28). Let's not forget the reason for this holiday. It's not just a super sale day, a day off, a day at the pool. It is a day to reflect and remember. A day to remember those who gave the ultimate in the service of their country. A day to remember those who were wounded (and those whose wounds can't be seen.) A day to remember those who are now handicapped and hospitalized. A day to remember those who served where and when needed.

There will be parades; there will be ceremonials; there will be services; all available to you. There is no regular meeting on May 28. So in lieu of the meeting participate in at least one of these events, if just to say a prayer and a thank you.

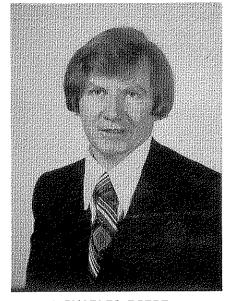
Union will have a parade on Memorial Day. Union Council was invited to attend. Those who can, join us. It will only take a little of your time; a small way to say thank you to those who deserve it. See you at the parade.

Test Your Trivia IQ

Questions

- 1. What kind of character did Marlon Brando play in "The Wild One"?
- 2. Who administered the oath of office to President George Washington at his first Inauguration?
- 3. What was the name of the platform that people used to have to mount to get into many automobiles?
- 4. Within three, how many Grand Prix races did Jackie Stewart win?
- 5. Frank Howard twice hit 44 homers to lead the American League. Which years?

Knight of the Month



CHARLES POPPE

We are proud to designate Charles Poppe as Knight of the Month for April. Charlie is an enthusiastic brother knight who is actively involved in all aspects of council affairs.

He presently serves as the council's community activities chairman. Through his leadership in the position the council has been the beneficiary of a successful blood drive and Christmas dinner.

Charlie is employed by the Burroughs Corporation and resides in Union with his wife Carol Ann, and his children Suzanne, Timothy and Kathleen. Congratulations to a deserving Brother Knight.

Tennis Tournament

Anyone interested in participating in the Second Annual Knights of Columbus Tennis Tournament please contact Gary Guthreau - 686-2418 or Mike Wood - 241-4998. The tourney will be held during August and September. You must be related to or be a brother knight to participate. It will be a double elimination tournament with all participants being seeded.

Last year we had a very successful tournament with good balance and an exciting finish with Bill Hazelton defeating Ed Denner in the finals. As first prize Bill won a beautiful plaque. So come on out, get some exercise, have some fun, and meet with your Brother Knights.

Knight Digest

This bulletin is published monthly, except August, by, and in the interest of Union Council 4504, Knights of Columbus. Entered as third class matter April 23, 1958 at Post Office, Union, N. J.

> EDITOR - GARY GUTHREAU STAFF -- JIM MORAN

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Human Values

MONTHLY MEETINGS

NOTICE

AT THE REGULAR MEETING OF THE 14TH OF MAY THE COLUMBIAN CLUB ELECTION OF OFFICERS FOR THE 1979-1980 TERM WILL BE HELD. PLEASE TRY TO MAKE EVERY EFFORT TO ATTEND IMPORTANT MEETING.

Rocco Corbo Columbian Club President

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IN MEMORIAM VICTOR P. TONDO MAY HE REST IN PEACE

Swim Club Work Parties Ready Pool for 1979 Season

Like the Swallows returning to Capistrano are a harbinger of Spring for Californians, the Columbian Swim Club members appearing at the Swim Club "Work Parties" are a harbinger of Spring for Union Council 4504 members. It has previously been stated and still holds true that the work accomplished in this cooperative venture keeps our operating costs at the low level we have maintained over the years. Work parties are scheduled for every Saturday morning and on Wednesday Evenings.

The Pool will open on weekends starting on MAY 26, 1979. The Pool Opening will be preceded by a "POOL SIDE" Mass. The time of the Mass will be announced and will be posted in the Council Hall. (Also Tel. 686-4504)

The Board of Governors is making a special request that each Swim Club Family please review the new copy of the RULES of the COLUMBIAN SWIM CLUB. It is specifically requested that particular attention be given to the rules relating to bringing GUESTS, AND THE RULES GOVERNING THE USE OF "WORK PARTY PASSES". Please note that in all cases a Guest must be accompanied by the member inviting the Guest. Also that the number of Guest Privileges has been reduced from eight (8) per month to six (6) per month. Any questions relevant to membership or Guest Privileges may be directed to Membership Committee Chairman Bill Taylor. Call Bill at 686-3120.

The Board of Governors, led by President Jack Killian, are extending every effort to make the 1979 C.S.C. season a very safe and enjoyable one for all members. Your cooperation and adherence to the Rules and By-Laws will help us reach this goal.

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Softball

As we did a year ago, we again plan to enter a team in the Union Township Softball League. Anyone interested in participating should fill out the form below and mail it to:

Jack Kelly 15B Gulfstream Avenue Winfield, N.J. 07036

Name
Address
Phone No.
Position Desired

Don't Puff It Off

STOMAS - What is it? An opening in the throat used for breathing. You cannot breathe through your mouth nor can you smell. This is caused by removal of the larynx diseased as a direct result of the Smoking Habit. Have you ever heard someone speak who had a voicebox insertion?

There has been a 30% increase in Laryngectomees in women because of their smoking more.

Medical costs keep going up, up up. We all complain about this WHO CARES — What preventive measures have you taken to avoid costs in the field related to smoking?

You like to COUGH — HAVE NASAL DRIP — HAVE DISEASES OF THE THROAT AND LUNGS?

Have you ever asked your children if they smoke? How old are they 9 thru 12; 13 thru 19. ASK THEM - Are you a concerned parent? Smoking incentives among children are a direct result of a parent who smoke. Its within reach CIGARETTES — Ash Trays — Matches Lighters. Artistic cigarette cases and holders. What a way to promote smoking habits in the young.

My last article mentioned the innocent deaths caused by careless smokers Since then there has been a total of 12 children that have died as a direct result of a careless smoker. These deaths will increase unless you take the important step away from this cancerous

CLEAN AIR - NO POLLUTION -BETTER ENVIRONMENT. STOP SMOKING.

Your Non-Smoking Chairman Edward R. Stonack

Summer Volleyball

Anyone interested in submitted a team into the Summer Volleyball League contact Art Reinhard - 686-6931. All players on the team must be at least 16 years old and related to a member of the Knights of Columbus. Team size is limited to a maximum of 10 players. In past years teams have been drawn up by the league. However, this year teams will be formed by the players themselves.

Any individuals who do not have a team but would like to play will be assigned to a team so that he may participate.

Teams must be registered by May 1st.

This league has been in operation for three years and has been extremely successful. It is a good means of exercise, relaxation and to meet other brothers.

Send the completed form to: ART REINHARD Knights of Columbus Jeanette Avenue Union, N.J. 07083

Name
Address
Phone
Age

Men's Bowling League

AFTER 31 WEEKS OF BOWLING

Team Standings

	Bayer's Bears	7.	Five-Elevens
2.	Rabblerousers	8.	Billy's Angels
	High Hopes		M & Four "O"s
4.	Horney's Hunkies	10.	Gee, T.J.'s
5.	J&M	11.	Suburbans
6.	Pathfinders	12.	Jersey Nights

The Top Ten Bowlers

	1 1.0 p 10 mo11	
1.	J. Bayer	194
2.	J. Burke	181
3.	H. Skarbek	179
4.	J. Mench	178
5.	J. Schuettler	174
6.	E. Burke	174
7.	A. Piccirillo	173
8,	J. Gluck	172
9.	B. Donnelly	172
10.	F. Simone	171

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BARNEY CAPRIGLIONE

New Members Wanted!

Union Council is growing rapidly but there is always a need for NEW MEMBERS! Ask your friends, relatives, neighbors or co-workers if they wish to join the K of C - then they'll be able to take their degrees prior to the Summer season and take advantage of some of the fine Summer programs that our Council has coming up.

Wayne Williams Membership Director

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Got a double chin? Here's an exercise

you can do in your car: lift chin slightly and open and close your mouth as though chewing. Don't try this at traffic

lights, however. Somebody's liable to see you and call you "turkey." For you

pot belly - sit straight with your spine

against the back seat. Pull your stomach

in and hold your breath for a count of

five. Relax, then repeat. The exercise

also relieves tension and helps fight

sleepiness. For you flabby necks: move

your head toward your right shoulder while looking straight ahead at the road.

Return head to center, then towards left

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CHEVROLET Your Multi-Value Chevy Dealer NEW - USED - LEASES 2277 MORRIS AVE., UNION-686-2800 Health Corner: Smoking

By Anne R. Somers

Despite the fact that large numbers of young people, especially young women, have taken up the smoking habit in response to the industry's multimillion dollar advertising campaign, about two-thirds of adults and threefourths of the entire population are nonsmokers today.

These nonsmokers are not happy about their situation: subjection to "involuntary" or "passive" smoking.

Some ten million Americans suffer chronic debilitating diseases brought on, at least in part, by smoking. It is estimated that smoking causes 250,000 premature deaths a year in the U.S.

Breathing the smoke of others can mean exposure to unsafe carbon monoxide levels, allergic reactions or exacerbation of conditions like angina pectoris or asthma. It's upsetting to learn, for instance, that measurable levels of nicotine have been found in the blood and urine of nonsmokers exposed to tobacco smoke!

The sidestream smoke, which escapes into the air between puffs is, in many ways worse than the mainstream smoke which the smoker inhales directly! Sidestream smoke has more cadmium, twice the amount of tar and nicotine, three times more of the cancer-causing agent 3.4-benzopyrene, five times more carbon monoxide and 50 times more ammonia than mainstream smoke.

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