



Knight Digest



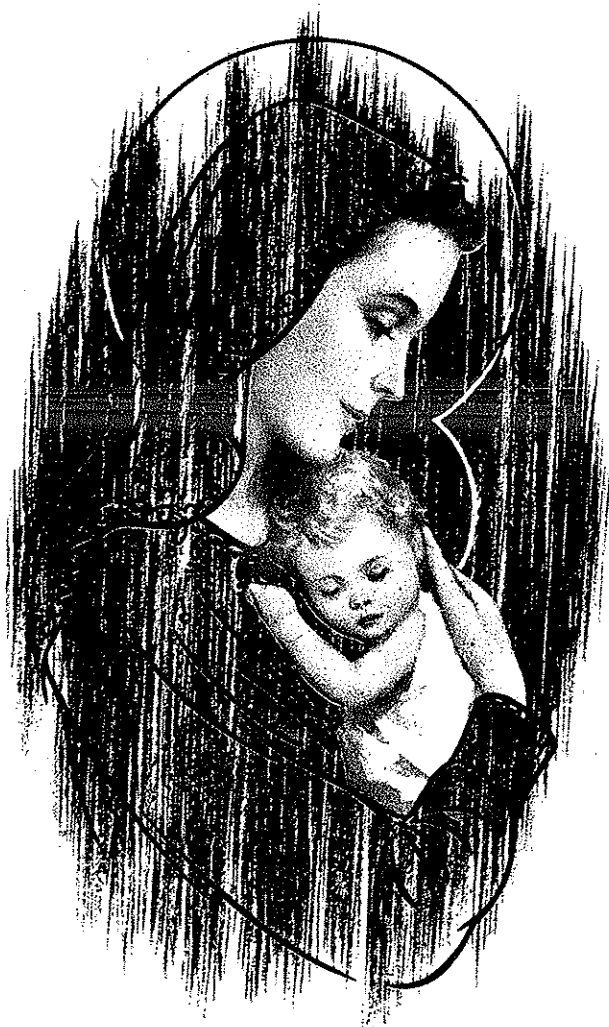
Union Council 4504

VOL. 20 NO. 5

UNION, N.J.

DECEMBER 1978

Season's Greetings



Grand Knights Column

Roy Trupiano



Christmas is with us again. We go through the usual rituals.

Christmas cards, Christmas decorations, Christmas visits, Christmass Mass, Christmas dinner, and of course, Christmas gifts.

Christmas is a day of rejoicing to celebrate the birth of Christ. We give our respect to Jesus Christ and Mary the Mother of Christ.

They deserve all the honors bestowed upon them, but it seems to me we forget another person. The unsung hero of our faith, St. Joseph. Just give a thought to this man's faith and use modern times and language as a for-instance. The scene is: Mary and Joe, anywhere, at a dance, in the park or in the home:

Mary: Joe, I have something to tell you.

Joe: What is it, Mary?

Mary: It's about our marriage plans.

Joe: Why, what's wrong? Do you want to call it off?

Mary: Only if you want to.

Joe: Why should I?

Mary: Well, I must tell you, that I'm pregnant and you're not the father.

Joe: Well, ah, who is the father?

Mary: You won't believe me.

Joe: Try me.

Mary: God is the father.

Joe: God?

Mary: Yes, I heard a voice who called himself the Holy Spirit and he told me that I was to become the mother of our Savior.

Now stop here and think what "Joe Cool" or "Joe Modern" would say. "God's the father, you're damn right I don't believe you. Voices, Spirits, I think you're off your rocker. Forget it. Get yourself another boy. You're not going to make a jerk out of me and I'm not about to marry a nut."

But our Joseph did not react that way. He was a man of great faith. He believed. He married Mary and became the step-father of Jesus. So this Christmas and other Christmasses let us celebrate as we should, remember Jesus, remember Mary, and let's remember Joseph, a believer. A man who had the faith and kept the faith. A great example to imitate. Think about it. What would you do if you were in his place?

A Merry Christmas to all and to all a Happy New Year.

Roy Trupiano
G.K.

New Years Party

DECEMBER 31st

9 to 10 Cocktail Hour

10 p.m. Dinner will be served

2 a.m. Continental Breakfast

\$36.00 Couple

Money must be in by December 18th

For Reservations Call —

Vinnie — 687-9381

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Danny — 687-2988

Who Killed JFK?

An illustrated lecture program on this very important topic will be given on December 10th at 2 p.m. in the Council home. The program is 2½ hours with questions. The admission charge will be \$1.00 per person. Everyone is welcome. The lecture will be conducted by Joseph Valvano, coordinator of the Citizens Commission of Inquiry.

Hear the "Who Killed JFK? Program — 2½ Hours with Questions — December 10th 2 p.m. K of C Home

CONSPIRACY THEORY DETAILED
By Robert Hochreiner
Journal Staff Writer

UNION — A Newark educator Monday night told members of Union Council 4504, Knights of Columbus, that he believes more than one person was involved in the assassination of President John F. Kennedy in Dallas in 1963.

Joseph Valvano, coordinator of the Citizens Commission of Inquiry, told the group that initial medical reports clearly indicated that the President had been shot at least once in the throat, which would indicate that the shots were fired from in front of the presidential cavalcade, rather than from behind as claimed by the Warren Commission. Valvano added that the vast majority of witnesses questioned claimed that the shots came from a grassy knoll located in front of the cavalcade.

Seven said that they saw a puff of smoke come from that area and several Dallas motorcycle patrolmen headed for the knoll after the shots were fired, the speaker said.

Valvano added that very few people ran to check the Texas School Book Depository building, where Lee Harvey Oswald allegedly shot at the president.

The speaker added that ballistics experts reported that it was extremely doubtful that a bullet fired from the Oswald gun could have inflicted the damage on the President and Gov. John Connolly. Similar bullets fired from a similar rifle were badly damaged upon impact, unlike the so-called "Kennedy bullet," Valvano said.

Rifle experts also had serious doubts whether, given the slow action of the Oswald rifle, it could have been fired more than once during the few seconds of the assassination, he said.

Valvano also said security should have been tighter at the book depository building, where windows were wide open and no marksmen were positioned on the roof.

He was also critical of the Secret Service for allowing the motorcade to proceed at 11 miles an hour when, according to Valvano, it should have been moving at 44 miles per hour.

Valvano also said that only one of nine Secret Service agents went to the aid of the stricken president, while at least one other ducked instead of throwing himself on the chief executive.

The speaker used many slides, films and reproductions from the Warren report in his program.



Chaplain's Corner

Rev. Edward M. Swierzbinski

Adrian Van Kaam in a book entitled, "Spirituality and the Gentle Life" has this meditation.

Lord, let me find back
The lost treasure of time:
Time for gentle listening to a friend,
For sharing the play of a child,
For consoling a suffering fellow man,
For thinking without strain,
For labor without pressure.
Time to delight in birds and flowers,
Blooming trees and lustrous green.
Time to enjoy music, friends, and meals,
Time to be silent and alone,
Time to be quietly at home,
Time to be present to Your Mystery.
Free me from the tyranny
Of time urgency.
Let time not possess me
Neither the pressure of daily concerns.
Let me not cram every moment
With useful or exciting things
To do or say.
Let my life be a gentle preparation
For the pure and precious moments
Of listening to You
So that I may not drown
in the rushing waters
Of practical pursuits.

(Dimension Books, Denville, N. J.)

Read it over thoughtfully and prayerfully. May the Gentle Jesus be an important part of your life. May His Presence in your words and actions bring others to Him.

Come share our gentle time on First Fridays. The Sacred Heart of Jesus loves you.

Why! Smoke?

A recent survey says removal of SMOKERS LUNG will cost over \$8200. for surgery and hospital bills according to American Cancer Society.

SMOKING is related to 80% of the Emphysema — 75% of Chronic Bronchitis and 30% of Heart disease in this country. A 25 year old man who never smoked can expect to live an average of 6½ years longer than a man who SMOKES a pack or more daily. Each year there are 93,000 cases of LUNG CANCER in America and 84,000 deaths.

One substance you get less of when you smoke is oxygen. Pregnant women who SMOKE deprive their unborn children of adequate oxygen — the reason for more stillborn and miscarriages.

LUNG CANCER IS DEADLY! and all smokers who won't quit the habit should have their chest x-rayed every six months. They can't afford to wait for cancer symptoms (lung) to develop.

Despite nightmarish results of regular smoking — chances are that if you steadily cut down and eventually quit; you will notice a marked change in how you feel — your smokers cough will disappear and your general health will improve.

Won't you try, you will be better for it.
Non-Smoking Chairman
Edward Stonack

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Knight of the Month November



JACK KELLY

It is with great pleasure that we introduce the Knight of the Month for November, Jack Kelly. This Brother Knight is one of those members of our Council who carry on their activities behind the scene. Despite the fact that his activities are not highly visible, they are, nevertheless, valuable — and make Jack an asset to our Council.

Jack worked faithfully on the kitchen crew during our 1976 State Bowling Tournament. He has also assisted in the kitchen for Nuns and Widows Night and the Council Dinner Meetings. He can also be found giving a helping hand at the Council Picnics.

Jack was a member of the Council Softball Team this year.

Jack is employed at General Motors in Linden. He and his lovely wife, Liz, reside in Winfield Park and are communicants of St. John the Apostle Church in Linden.

Congratulations to Jack Kelly, Knight of the Month for November.

Youth Activities

The children's Christmas Party will be held in the Council Home on December 17th from 2 to 5. Children eight years old and under are invited to attend.

There will be entertainment and refreshments.

Please bring one gift per child, \$5.00 or less. Print the child's name clearly, and leave it in the cloak room for Santa to give out.

March For Life

On January 22, 1973, the Supreme Court ruled that it's every mother's constitutional right to kill her unborn baby.

Under our system of government, only Congress can change that decision. Only Congress can cut off federal funding of abortions, both at home and in foreign aid programs; only U. S. Senators can propose nominees for federal judge-ships and Congress is the normal means provided by the Constitution to enact a Human Life Amendment that will protect all innocent human life.

In brief, only Congress can overrule the Supreme Court's use of raw judicial power and end the sickening slaughter of unborn babies.

In the November 1978 election, one third of our nation's Senators and all 435 Representatives were up for election. On top of that, the pro-life movement is bigger than it's ever been before. This means that we have the best chance ever to shift the balance of Congressional power to the pro-life side. The pro-abortionists are in a panic!

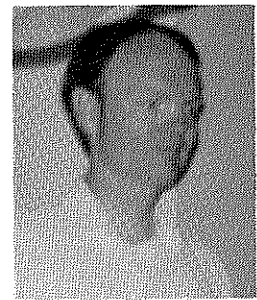
For example, "Congressional Quarterly" says that pro-abortion leader Senator Bob Packwood of Oregon "is especially dismayed by this development." He stated, "If the right-to-lifers can swing eight or ten House members and maybe one or two Senators to their point of view, others will get the message . . ." He said he fears that pro-abortion groups would lack the resources and dedication to have the same clout.

Will you help the Right To Life to smash the abortion lobby?

To do so, your presence is needed. Join the thousands of Americans who will March For Life in our nation's capital on January 22, 1979 (the anniversary of the Supreme Court decision legalizing abortion). In addition to the march from the White House to the Capitol building, you will hear speakers from various pro-life groups around the country, but most important, the group will meet with our Representatives and Senators.

If you and/or members of your family, (high school age or older) are

Knight of the Month December



ROGER BURNS

Roger Burns is an enthusiastic and active brother knight and well deserving of Knight of the Month recognition.

Roger, as chairman of the Human Values Committee, has kept the council well informed of all developments in the Birthright and Right to Life movements by writing many articles which appear in the Digest and interesting meeting reports.

Roger recently took charge of the Council's "Rose Sunday" program and through his leadership we managed to raise approximately \$450 to finance a bus trip to the Washington, D. C. Right to Life rally scheduled for January, 1979.

Roger, who is originally from Union now resides in New Providence with his wife Marie and three children, Christopher, Dennis and Kelly. He is employed as a Systems Coordinator for Crum and Forster Inc. Co.

We are proud to designate Roger Burns Knight of the Month for December.

Horse Races

**SATURDAY, JANUARY 13
9 O'CLOCK P.M.
AT THE COUNCIL HALL
REFRESHMENTS
WILL BE SERVED**

interested, our Council will engage roundtrip bus transportation. For details please contact our Human Values Chairman, Roger Burns at 665-0799.

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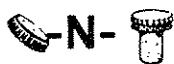
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Knight Digest

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.

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STAFF — JIM MORAN

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Mailing Tony Malinowski
Veterans Mike LaMotta
Right to Life Roger Burns

MONTHLY MEETINGS

1st Mon. Council Officers
2nd & 4th Mon. Regular Meetings
3rd Mon. Swim Club
1st Wed. 4th Degree Officers
2nd Wed. 4th Degree Color Corps
3rd Wed. 4th Degree Regular
4th Wed. Council Committees
1st Thurs. Expansion Committee
4th Thurs. Columbian Club
1st Fri. Chaplain's Night

Sponsor a New Member!

Don't forget . . . if you wish to sponsor a new member — have them fill out an Application Form and leave it at the Council Bar, marked to my attention, or mail it directly to me at the following address: 302 Stoughton Avenue, Cranford, N. J. 07016.

The entire Membership Committee extends its' Best Wishes to all Brother Knights for a Happy and Healthy Christmas Season and New Year. We also extend special thanks to those members who have already sponsored new candidates . . . but we still need more and with the assistance of all our current members we can reach our yearly goal.

Thank you!
Wayne Williams
Membership Director

Representative Rinaldo's 1978 Opinion Poll

More than 12,500 residents of the 12th Congressional District participated in Congressman Rinaldo's 1978 questionnaire and public opinion survey. This heavy response makes it one of the most successful and effective of its kind in the nation.

Question 17 of the poll and the public's response is of interest:

Should Federal tax dollars be used to pay for abortions?

The response was:

In favor 28%
Against 62%
Undecided 10%

Think what that is telling our elected representatives!

Roger Burns
Human Values Chairman

Men's Bowling League

AFTER 10 WEEKS OF BOWLING TEAM STANDINGS

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

THE TOP TEN

1. J. Bayer 197
 2. J. Mench 184
 3. H. Skarbek 182
 4. J. Burke 179
 5. J. Schuettler 179
 6. F. Simone 179
 7. T. Hornig 177
 8. S. Simone 175
 9. T. Kachelriess 174
 10. A. Piccirillo 172
- High Game Jack Schuettler — 259
High Series Frank Simone — 630

A Start

The membership of Union Council 4504 at their meeting of November 13, 1978 have voted in favor of no smoking during the business portion of their bi-monthly meetings. This constitutes an hourly period of two (2) hours.

Those who wish to smoke can do so after the conclusion of this part of the meeting.

The membership should be commended for their actions in the passage of this motion and a good start to better health.

Edward Stonack,
Non-Smoking Chairman

State Council Youth Activities

The K of C have commissioned the National Opinion Research Center to conduct what is being described as the most elaborate study of young people's religious behavior ever conducted.

The study is aimed particularly at determining the causes of the vocations crisis, and will also examine the religious problems and needs of young people as they see them, and the impact of various kinds of religious education and catechetical methods. In addition, it will deal with young people's attitudes toward fraternal groups such as the Knights of Columbus.

"We know that our young people are generous and are very interested in religion and prayer," said Supreme Knight Virgil C. Dechant. "We also know that they seem less committed to institutional religion than in the past. But we do not know the reason for the dramatic decline in vocations. It is our hope that the K of C — NORC study will provide the Church with some explanations and some answers to the vocation crisis."

The principal investigator for the study will be William C. McCready of Chicago, a member of the research center staff. Teresa Sullivan of the University of Chicago and Fr. Andrew Greeley of the University of Arizona will assist.

McCready, co-author of "Catholic Schools in a Declining Church," said the study will obtain the views of 2,000 North Americans between the ages of 15 and 30.

"We are delighted to be working with the Knights," McCready said. "We look forward eagerly to cracking some of the mysteries of the paradoxical behavior of young people in religious matters. We believe that they are a valuable resource to organized religion but are as much in the dark as anyone else about the vocation crisis. We are also especially interested in the religious education issue and hope to focus much more precisely than in previous research on the impact of various forms of CCD."

McCready thanked Archbishop Joseph L. Bernardin of Cincinnati for his support of the project. "It's no exaggeration to say that if it had not been for the Archbishop's confidence in the idea, the study never would have gotten off the ground."

Archbishop Bernardin said Church leaders need to understand young people better. "I'm sure the study will help me in my work with the young people of my archdiocese," he said.

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Memories

Notes from the January 12, 1959 meeting. The opening ode was sung by the membership led by Choirmaster Bob Drew and organist Vince Squazzo. An invitation was received from G. K. Anthony Nizolek of Bishop Wigger Council of Irvington to attend dedication ceremonies of its new Council home located at 706 Stuyvesant Avenue on January 18, 1959. A letter was received from Fred H. Crocker, State Catholic Activities Chairman designating Feb. 8, 1959 as the date for the sixth annual Spiritual Bouquet for the Archbishops and Bishops of the State. A motion was made by Fraternal Activities Chairman Jim Confroy to make assistance to burned out Queen of Angels Parish in Newark a year long project. This was passed.

Election of officers and directors of the Columbian Club was held and the slate proposed by the nominating committee headed by Warren Hehl as president was elected without opposition. Six Point program chairman made a plea for used printing equipment such as a mimeograph machine so chairmen could print their own material for their various projects. Council Activities chairman Bill Donnelly noted progress was being made on plans for our second annual ball to be held at the Elizabeth Armory on April 4, 1959. He noted Pete Rakowski is in charge of soliciting ads for our souvenir journal. He stated four tickets would be sent to each member in the hope that each one would bring a friend. A raffle will be held for a 21" color TV with a \$100.00 service contract. Tickets for the raffle will be two for \$1.00. Dance tickets will be priced at \$2.50 each and will include dancing and a buffet dinner. Liquor set ups will be available for the same price as last year. Catholic Activities chairman Warren Hehl announced the day of recollection would be held February 15 in St. Michael's church. He also noted the annual Communion Breakfast for Father and Son would be held March 15. Mass will be in the lower church of St. Michael's at 8:10 a.m. and breakfast will be served in the Elizabeth Carteret Hotel immediately following. April 24, 25 and 26 were dates set for the annual retreat at San Alfonso, Long Branch under chairman Tom Nigliotta Membership Chairman Frank Murphy stated applications will be made available to prospective members at the reception in St. Michael's auditorium following the day of recollection. He noted 34 new members are needed to reach the Century mark. Bob Browne was named co-chairman of the admissions committee. Youth Activities chairman Tom Owens announced his committee would assist at the annual Father and Son Communion Breakfast. Fraternal Activities chairman Jim Confroy reported a visit

Random Thoughts

You know your getting old when all the numbers in your little black book are doctors . . . I always wanted to know who takes care of the potato chips in a monastery. Now I know — the chipmunks of course! . . . There is a new computer that's so human when it makes a mistake, it blames it on another machine . . . Thanks to jogging more people are collapsing in perfect health than ever before . . . Girl to date: "Quit saying you love to watch the wind and rain in my hair, and call a cab" . . . Among the things that money can't buy is what it used to . . . Two friends talking "How much do you need?" "Enough to tide me over until I can think up an excuse for borrowing some more" . . . A fellow mentioned that his wife has a terrible voice "She's the only person who ever got a letter from Mitch Miller, asking her not to sing along" . . . There are still a few things you can get for a dollar — like nickels, dimes and quarters . . . Sign in a travel office "Please go away!" . . . Two silkworms were once having a race. However, they ended up in a tie . . . They invented a new hearing aid. No wires, no batteries, no earpieces. Just a big sign that says "Speak Up" . . . A man recently died, leaving a large number of music boxes, pocket watches and clocks among his worldly possessions. The attorney is currently busy winding up the estate . . . Old principals never die, they just lose their faculties . . . One difference between death and taxes is that death doesn't get worse every time Congress meets . . . One of my friends in college was a champion shot-putter. He could put away a shot better than anyone else . . . A woman told her friend "Our son and daughter-in-law came up with a foolproof way to save money on food. They bought themselves an economy car and began driving it to our house for dinner" . . . What is faster than a speeding bullet? More powerful than a locomotive? Able to leap tall buildings in a single jump? Women at garage sales!

Jim Moran P.G.K.

to Queen of Angels Parish in Newark, which was ravaged by fire, disclosed conditions are deplorable. There is a great need in the parish for food, clothing and spiritual assistance.

Lecturer Joe Milo introduced Rev. John Osterreicher, head of Judaic studies at Seton Hall University whose topic was "Judaic Heritage". A question and answer period followed the interesting presentation. G. K. Howard Leary expressed his pleasure and congratulated the membership of their choices for offices and directorships of our newly formed Columbian Club. He also requested all to attend the meeting for the Charter presentation. Distinguished speakers will head the program.

Knights of Columbus Works in Many Areas

The Knights of Columbus is involved in many constructive projects, one of the most important of which is providing financial assistance to the Holy See for communications, specifically for the transmission of live telecasts of papal ceremonies from the Vatican.

The knights underwrote part of the cost of televising the installation of Pope John Paul I, contributing a sum reported to be in six figures. The gift made possible the "up-link," the transmission of TV pictures from ground to satellites circling the globe.

This was the latest in a series of communications projects funded by the K of C, several of which involved transmissions to the Third World. The organization also paid the costs of the "down-link" transmissions from satellite to ground receiving stations in underdeveloped countries in Africa and Latin America. The past contributions have amounted to about \$75,000 annually.

The knights are to be commended for this worthwhile effort, which receives little publicity but which provides a vital link between the Vatican and the faithful throughout the world.

Health Corner: Vitamins

By Elizabeth Munves, Ph.D.

Can a vegetarian diet be adequate?

One needs to define "vegetarian" to answer this question. Some vegetarians will not eat meat, poultry and fish, whereas others will refrain from eating red meats only. The "vegan" is the most restricted, as no animal products are eaten. Hence, this person has no way of getting Vitamin B12 since it is found only in animal products.

A little known fact in nutrition is that nutrients must be eaten in combination with each other, and in proper proportion, for optimum utilization. The vegetarian diet can be adequate in protein if there is a variety of nuts, seeds, legumes and cereal grain to provide a sufficient amount of amino acids.

Studies to determine the effect of a vegetarian diet have shown the cholesterol level to be lower. But there is no firm data on other health benefits.

(Dr. Munves is a professor of medicine at the Medical School of the College of Medicine and Dentistry in Newark.)

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Thrifty Ideas to Take Home . . . If you want to conserve hot water, take a shower the Navy way. Turn on the water, wet down, then turn the water off. Soap yourself, then turn on the water to rinse yourself off. This method takes only about two gallons of water compared to seven or more gallons for an ordinary shower. If you have teen-agers, you can save 20 or more gallons, right? . . . If you use lots of coffee and you're looking for ways to save, try the drip-grind. It makes stronger coffee and you can stretch it more. You don't necessarily need a driplater, because drip-grind can be used in all kinds of pots . . . If you buy a brand that comes in a can with a plastic top, the top does a pretty good job of scraping frost off your windshield. If you can't find your regular scraper these frosty mornings, try it. The cover bends to fit the curve of the windshield and takes off a nice wide swath of frost each swipe. The plastic covers are good to use under small flowerpots in the house, too. They don't scratch table surfaces.

Way to Prolong the Life of Golf Shoes . . . Take a paste-type floor wax and apply it to the bottoms and around the edges of the soles of your golf shoes. This keeps dampness out of the soles and prevents the cleats from rusting. Keep the wax rag in your golf bag and use it on the soles and cleats after you've played. Golf shoes will last twice as long.

If you're in the market for snow tires or a snow blower, better think about buying it now. Long range weather forecasting is admittedly an unexact science, but at least one weather man is predicting that snowfall this winter will be at least 25 per cent above normal, which means we'll get more than last winter. Haviest snows will be in December and February, according to Gordon Barnes, the meteorologist who use to be heard hereabouts on CBS Radio. He joined a Washington, D.C. TV station and is now also editor of World Weather, a weather newsletter. He's predicting a severe winter ahead for the U. S., starting early in November and running all the way through March.

Swapping Homes for Vacation . . . More and more families are swapping homes for vacations. You can get details by writing Vacation Exchange Club, 350 Broadway, New York, N. Y. 10019. One note of caution: check your home insurance before making the deal. Visiting family should be covered as guests.

Higher Limits on Duty-Free Purchases . . . A new law (effective November 2) now lets you bring back more purchases from abroad — including Eastern Europe — duty-free. The personal exemption, which every member of your household traveling with you gets, goes from \$100 to \$300 worth of foreign goods. On the next \$600 worth, the tax is a flat 10%. At \$900, you start paying duty that varies by category of goods, as in the past.

For purchases made on U. S. island possessions — American Samoa, Guam, and the U. S. Virgin Islands — the exemption rises on November 2 from \$200 to \$600. On the next \$600 worth you pay 5%. Something new: You can now ship your buys from the U. S. islands and get your personal exemptions. And for gift parcels sent from the islands, the duty-free limit doubled to \$40 on October 3.

To get your exemptions, you must not have claimed any of them for the last 30 days. And you must be out of the country at least 48 hours (except for trips to Mexico and the Virgin Islands). But when other exemptions are out, you still get \$25 worth of goods duty-free. (the previous limit was \$10.)

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