



Knight Digest



Union Council 4504

VOL. 20 NO. 7

UNION, N. J.

FEBRUARY 1979

Valentine Day Dance

SATURDAY,
FEBRUARY 17

Music — Food — Beer

\$16/Couple

Contact

Dan Raimondo, Hal Parrish
or Cliff Morris

Columbian Club Swim Club

On Saturday night, December 16, 1978 the Columbian Club and the Swim Club joined together and extended their appreciation to those members who donated their time and skills, throughout the 1978 year, to help maintain to the best possible construction and beautification. We are mighty proud of these members and want to publically thank them. Without their help our existence would be financially impossible.

As has been the tradition, in the past, the Columbian Club honored four of our members, on this evening. Recognition of these members were as follows:

John Gill — Past Columbian Club President during the 1977-78 term. John was honored for the many hours and services that became part of his job when he was elected to the office. Our thanks were extended to his wife Lynn for her understanding and patience during John's term.

William Vath — Director, who for many years has been maintaining our Financial Records.

Robert Yavorski — Director, for the many years of scheduling and maintaining the Bar List and Housemen's List.

James Ruane — For his services and consultations in maintaining our Air-conditioners, heaters, refrigeration and ice making machine. James has been assisting John Myronowski and Gene LeCompte in the maintenance of these units for many years.

Thanks are in order to co-chairmen Bill Renner — Swim Club and Jack Bruno — Columbian Club and their committeemen for the wonderful affair.

In behalf of the Swim Club President — John Kilian and myself we salute you and wish to maintain your services and skills again this year.

Rocco Corbo
Columbian Club President

**SPONSOR
A NEW
MEMBER!**

Swim Club Splashes

This article had to be submitted prior to the annual Swim Club meeting in order to meet the publishing deadline. The result of the annual meeting will be published in the March issue of the Digest. The item of great interest to many of our brothers is whether we will take in additional families in the coming year. Regardless of the outcome of that decision, we wish to remind all that a brother must be a major or third degree member in order to be accepted for membership in the Swim Club. In addition all those on the waiting list must be in possession of a paid up Council dues travelling card. If a member is in arrears his name will be passed over and he will be placed at the bottom of the waiting list. Forewarned is forearmed!

Once again we appeal to all our members to let us know of any change in family status since last season. We will be making up badges and guest cards starting in March, so please do not wait until the badges are made up and then tell us of your additions or deletions. Remember only those living in your home are eligible to be on your family roster.

To those who are contemplating terminating membership please contact us at your earliest convenience so your replacement may make plans for the summer. Be a good Knight, be charitable and consider your brothers.

Anyone desiring to place his name on the waiting list please mail a \$2.00 check to Columbian Swim Club, Box 1206, Union, N. J. 07083. Include your name, address and telephone number. This must be mailed. The postmark determines your place on the waiting list.

Men's Bowling League AFTER 18 WEEKS OF BOWLING

Team Standings

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

The Top Ten

- | | |
|--------------------------|-----|
| 1. Jim Bayer | 196 |
| 2. John Burke | 182 |
| 3. Jim Mench | 181 |
| 4. Jack Schuettler | 176 |
| 5. Hank Skarbek | 176 |
| 6. Frank Simone | 175 |
| 7. Ed Burke | 174 |
| 8. Joe Gluck | 173 |
| 9. Art Piccirillo | 173 |
| 10. Tom Tornig | 171 |

Happy Hour — February

This month Happy Hour will be held on Sunday the 25th, from 3-5 p.m. Sponsored by the Columbian Club, for members and their guests. All top bar drinks will be served, during these hours for 50 cents each. Food will also be served for 50 cents.

Youth Activities

SPELLING BEE

There will be a Spelling Bee on February 11 at 2:00 at the Council Home. All 8th grade students are invited to participate. The winners will receive an award and they will advance to the next level.

PROGRAM MEETING NOTICE

FEBRUARY 26, 1979

— TOPIC —

**"THE IMPORTANCE OF A
BROTHER KNIGHT
TO HIS COMMUNITY"
BY THE EDITOR OF
THE CAVALCADE
"HANK" CROWLEY**

Summer Volleyball

Anyone interested in playing Volleyball during the summer months, please fill out the form below. Games will be played on Tuesday evenings and Sunday afternoons. Teams will be drawn up depending upon how many people are involved. **If you played last year and wish to play again this year you must still fill out the form below.** Minimum age is 16 years old.

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 _____

**FOR ADVERTISING CONTACT
STEVE PATRYKOWSKI — 687-8083**

Grand Knights Column

Roy Trupiano



If you think that life has passed you by, or, even worse, you are living someone else's life, you can still prove the experts wrong.

When Paul said to put on the New Man he reminded us of the unlimited potential of man.

Living is not a program. It is a campaign, a revolution, a conversion. You must be determined to find yourself and in the process find the body and soul that goes with it.

Human enterprises succeed because they are either absolutely rational or just as absolutely absurd. Science is a success, but then so is religion. Knowledge succeeds, but so does faith. We usually act when something can be proven. But we act with equal frequency when it cannot. "Credo quia absurdum", said St. Paul.

Heed the inner calling to your own Play. Listen if you can to the person you were and are and can be. Then do what you do best and feel best at. Something you would do for nothing. Something that gives you security and self acceptance and a feeling of completion, even moments when you are fused with your universe and your Creator. When you find it, build your life around it.

When the angel said, "Rejoice, be not afraid. I bring you good news of great joy," we knew that everything was going to be different. The world had moved from "if" to "yes" and on to love.

The Good News Christ brought to us is that the body is holy, the world is sacred, and nothing human is alien to Me. When He became Man, we became men. The message of Bethlehem was not simply that all men were created equal, but that all men were created unique. And they would succeed or fail in the way they fulfilled the possibilities of this uniqueness . . . the one authentic life each one should lead.

So become that unique person. Become active, participate in this passing parade of life. Don't be a spectator. The unique active person still seeks experience, leaves himself open to truth. The spectator does not. The spectator thinks in terms of winning only. The unique active individual is not concerned with winning or losing. He lives and acts to the fullest.

From the moment you become a spectator, everything is downhill. It is

Supreme Chaplain Bishop Greco

Bishop Greco's service to Christ over 84 years have been rewarding and fulfilling. On October 25, 1978 Bishop Greco and Supreme Knight Virgil C. Dechant were received in audience by Pope John Paul II. This audience represented a new milestone in the life of Bishop Greco, because he has now been received by seven consecutive popes, beginning with Benedict XV, whom he met in 1918 prior to his priestly ordination. The bishop's life has been touched closely by three saints and a beatified priest. At age 11 he met Mother Cabrini. Later, as a young seminarian, Greco was inspired to begin a life long commitment to the retarded during a stay in Italy with Father Luigi Guanella, who was beatified during the Second Vatican Council. Bishop Greco was also involved in the authentication of a miracle attributed to Blessed Elizabeth Seton, later canonized by Pope Paul VI. On June 17, 1977, Bishop Greco was in attendance at the canonization of St. John Neuman. His episcopacy has brought to the Alexandria-Shreveport Diocese 124 churches and chapels, 48 schools, 64 rectories, 45 convents, 29 parish halls, 7 hospitals and nursing homes and nearly 100 other buildings. He also established 33 new parishes. Bishop Greco can personally lay claim to having assisted at least 17 young men to ordination in the priesthood. The bishop established two institutions where retarded children and adults can live together in love and joy. For 33 years Bishop Greco has had a successful radio program. He has never missed a week of teaching brotherhood and good will to Catholic and non-Catholic alike. He has also prepared a monthly religious outline sent to council chaplains for 18 years. Without guaranteed funding, the bishop erected two multi-million dollar facilities to care for some 300 retarded children and older individuals. In his retirement he not only has the responsibility for making sure that the money is available to pay the bills at these places, but he visits them frequently and mingles with the children there. (Final article on Bishop Greco next month.)

HAVE YOU SPONSORED A NEW MEMBER YET?

a life that ends before the cheering and shouting die.

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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Wheel Chair	Bruce Bentz
Mailing	Tony Malinowski
Veterans	Mike LaMotta
Human Values	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

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Random Thoughts

If there is righteousness in the heart there will be beauty in the character. If there be beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. When there is order in the nation, there will be peace in the world.

A big game hunter in our modern times is a guy who switches channels all Sunday afternoon . . . From a magazine ad "If your purse is snatched push down on this pocket size whistle and a piercing blast sounds your S.O.S. call. Carry it in your purse for instant use" . . . People in the real estate business who own or manage various types of buildings always consider roof maintenance as overhead (Is that right Mr. Cap?) . . . Thank God for single people. America would never have been discovered if Columbus had been married: "Your going where? With whom? To find what? And I suppose she's going to give you those ships for nothing?" . . . There is a big cultural exchange between Egypt and the United States. They send us King Tut, we send them Burger King . . . There is nothing noble in being superior to some other man. True nobility is being superior to your former self . . . The following statement was once made at a heated bargaining session between labor and management: "We upped our offer! Up yours!" . . . Tell someone there are 300 billion stars in the universe and he'll believe you. But tell him a bench has just been painted and he has to touch it to be sure . . . You don't really need advanced technology to excel — Shakespeare had no typewriter; Darwin no computer, and David decked Goliath without the help of Howard Cosell . . . It is said the American Indians were the first inhabitants of this country because they had reservations . . . Marriage is like twirling a baton, turning handsprings or eating with chopsticks. It looks easy until you try it . . . Not having any children makes a difference. Like, when my neighbors come to visit, I give them a glass of wine. I serve it in a wine glass. When I visit neighbors who have children and they serve me a glass of wine its in a plastic mug . . . Today people call outstanding athletes and performers "super-stars". The way the economy is going, to me the true super-star is a man making \$200 a week and raising six kids.

Jim Moran P.G.K.

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Living May Be Hazardous to Your Health Part II

"Warning: The Surgeon General Has Determined that Cigarette Smoking is Dangerous to Your Health." As everyone knows this is on all cigarette packs and ads. How this statement came about and the government involvement in this issue is more interesting than the statement (and almost amusing). In all my research I can not find a single agency or any individual that made the determination that's referred to above. It was not the Surgeon General as you'll soon see. As United States laws are presently constituted there is no government agency with clear jurisdiction over the health aspects of cigarettes. The Federal Trade Commission can act only in matters of package information. The Food and Drug Administration (F.D.A.) concerns itself only with food, drugs solid or liquids that are eaten or drunk. Tobacco is neither food nor a drug under current definition. A few years ago when this issue began there was a press conference given by the Surgeon General's Advisory Committee that was held to make the announcement of the warning on cigarette packs. The Surgeon General told newsmen, the precise role of smoking in causing chronic diseases was **not established by the studies**. But the committee had come to the conclusion that it was better from a public health viewpoint to accept the causative effect than to wait until exact relationship had been established. The public (via the news media) naturally reacted to the statement rather than look at the background behind its being issued. The United States government spends 80 million dollars per year in subsidies to the tobacco farmer. Ninety per cent of all tobacco grown in this country is produced on farms in North Carolina, Virginia, Georgia and Florida. It does not make common sense for the government to subsidize the growing of a product if they felt it is a direct cause of the death of Americans. No group of anti-smokers has sued the United States Government on this issue. It has not been done because they need proof not indirect probabilities to win the case (among other reasons).

For those of you who are very worried over cancer and cigarette smoking, I'm sorry to mention some very bad news that will publicly be released next year. They may determine that germs passed between male and female human beings during sexual contact (like kissing) may be a contributing cause of cancer. That would really be tragic for the health nuts, because after stopping smoking, drinking, abstaining from a lot of foods, and sex, many of the pleasures and enjoyment out of living will be gone.

Jim Moran P.G.K.

Health Corner: Gout

By Phoebe Krey

Although not curable, gout is a form of arthritis that is usually easy to diagnose and easy to treat.

The beauty of it is, if one must have arthritis at all, that in gout the primary defect can often be successfully controlled with fairly safe drugs so that complications such as joint destruction, unsightly skin lumps and even kidney disease can be prevented. Doctor's visits need be only twice to three times yearly.

While women do get gout, the more typical patient is a man in his 40's or 50's who experiences a sudden attack of acute pain in a single joint — often the big toe — and frequently in the middle of the night. The toe will become very red, hot, swollen and painful.

Untreated, the pain and inflammation will gradually subside in a week or two but the basic cause — too much uric acid — remains unchanged. A year or so later, another joint, possibly the ankle, heel, knee or wrist, may flare up with acute arthritis.

Gout occurs because its victims either manufacture too much uric acid or else cannot excrete that substance properly. If begun immediately, the drug colchicine is used to treat. If delayed, frequently used drugs are Indocin, Butzolidin or sometimes Steroids.

Golf Tournament

The Third Annual Mayflower Golf Open will be held on Sunday, May 20th at Cranbury Country Club, Cranbury, New Jersey. Tee off times will begin at 10:30 a.m. with openings for 48 golfers. The cost will be \$11 total, \$9 for greens fees and \$2 to cover the prizes. Prizes will be for low net, closest to the pin, and longest drive. A keg of Michelob will be stationed on the 10th tee for a refreshment. Food can be obtained in the club house before or after your round. Golf carts are available. Anyone interested please either call Walter Guthreau at 686-2418 or fill in the form below and send to:

WALTER GUTHREAU
Knights of Columbus
Jeanette Avenue
Union, New Jersey 07083

The deadline is May 5th. Please send a check for the full amount per golfer along with the letter.

Name _____

Address _____

Phone _____

Number of Golfers _____

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If you know your way around a kitchen and have a sense of adventure, *A Treasury of Free Cookbooks* by Patricia Lee Murphy may be just the book you have been waiting for. This veritable gold mine of information will serve as your guide on the road to receiving free recipes, booklets and a variety of other free materials. According to the author, all you must do is send a postcard request to the companies listed in the book. Then sit back and wait for your free goodies. There are no handling charges, box tops or self-addressed stamped envelopes involved in the process. In most cases you will get what you requested in a short time but occasionally there will be a long delay. You will almost always get what you wanted and sometimes a bonus item will be sent along as a promotion.





Heublein, Inc. offers 161 good old fashioned recipes in its 135-page cookbook. The book, which boasts "cooking in the great tradition", contains an excellent salad section and may be obtained by writing to Heublein Consumer Products Division, 430 New Park Ave., Hartford, Conn. 06101.

For meals with a flair, try French's Worcestershire Sauce and other seasonings. The compilation of recipes range from appetizers and soups, sauces, salads and dressings, to main dishes, vegetables, sandwiches and breads all using sauces from barbecue to mustard. Many economical dishes are included in the 36-page booklet. Send your request to R. T. French, 1 Mustard Street, Rochester, New York 14609.

About 30 recipes for microwave cook-

ing are contained in a 23-page Campbell Soup Co. booklet. Fast cooking recipes for main dishes, vegetables and starches, hors d'oeuvres, soups, and desserts are included. Additionally, a "Bully Sour" recipe in which beef broth, V-8, lemon juice and basil are cooked in a microwave oven before adding vodka is included. Send your postcard to Campbell Soup Co., Home Economics Department, Camden, N.J. 08101.

Budget recipes for the economy-minded are included in "Stretching One Incredible Shrinking Food Dollar", a 19-page General Mills booklet. The 28 featured recipes will be of special interest to cooks who plan their meals around a budget. To receive a copy, send your postcard to General Mills, Betty Crocker, 400 Second Ave. South, N. Minneapolis, Minn. 55440.

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