



Knights Digest



Union Council 4504

Vol. 13 No. 21

UNION, N.J.

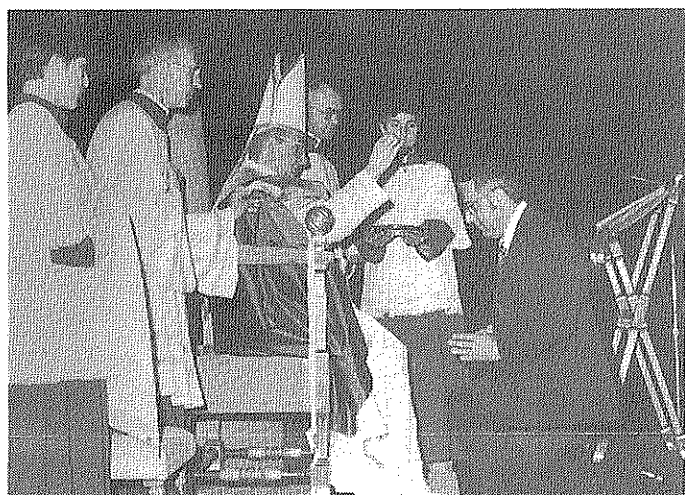
APRIL 1973

OUR KNIGHTS IN ROME

ROME



FLORENCE



VENICE



NAPLES

MARCH 7, 1973

Knight Digest

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Calendar of Events

Apr. 8, Sun. 4th Degree Com.
Brks.
Apr. 9, Mon. Regular Meeting
Apr. 14, Sat. Easter Egg Hunt
1 p.m. Sharp
Apr. 23, Mon. Regular Meeting
Apr. 28, Sat. Grand Ball
Apr. 29, Sun. Children Bowling
Dinner & Awards

Grand Ball

On Saturday, April 28, our Council will hold one of the most gala affairs of the social year. The affair of course is the Grand Ball. The theme this year will be Polynesian, a Polynesian smorgasbord will be served. The price for the dance and dinner has been set at \$25 per couple.

Make your reservations by contacting Vincent Mirizio 687-0344. Although we would like everyone to attend, we are restricted by space to a limited number on a first come-first serve basis.

Refreshments will be served immediately at 7:30 p.m. and dancing will be from 9:00 p.m. to 1:00 a.m.

Remember — Grand Ball — Saturday, April 28. Make your reservations now; cutoff date is April 23.

Notice

Getting chubby and stale? Is the extent of your exercise turning the channel selector on your TV? Try getting in shape for real. How about softball. (Even girls play softball!)

If interested please call Brother Ed Olas 376-2939.

Easter Egg Hunt

This fun fair for the children of our brother knights will be held on the picnic grounds of the Council. The date is Saturday, April 14, 1973 at 1 p.m.

Please make note this affair is for the children seven years old and under.

If there is inclement weather on Saturday, April 14th we will have a rain date of Saturday, April 21st at 1 p.m.

If you have any doubts regarding the weather on Saturday, April 14, please contact Brother Ray Sullivan either at the Council Home or at 687-9079.

It Was A Good Year

I would like to thank all those brothers who have helped me with all my affairs this year. You have worked hard and well. The affairs could never have been successful without your help. Thank you.

Also thank you to all the members who attended one or more of the affairs because without your attendance they would not have happened. For this reason I enjoyed having run and participated in each one.

Thank you
and God Bless All
Muzzy

New Brothers

The following are those new brothers who took their Admission Degree on March 26, 1973.

George N. Davies, Jr.
Robert S. Dziadzio
Joseph E. Glenn
Joseph N. Grecco
John J. Ignatowicz
Michael G. Jordan, Jr.
Paul E. Lanza
John H. Schmidt, Jr.
Robert S. Schur

Knight of the Month April 1973



William L. Giordano of 551 Schuyler Rd., Union, although a relatively new member of 4504, has shown much dedication and interest in most of our council activities.

Bill was born and raised here in Union; graduating from Union High. He is married to a lovely lady by the name of Bridget and they have one son, Billy, Jr. Bill is self-employed at his own garage here in town.

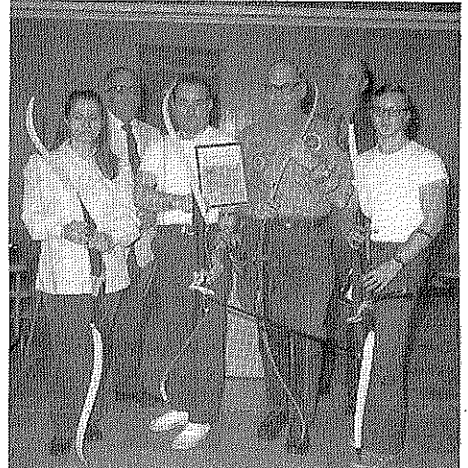
You all probably saw Bill working diligently at the bar in the picnic area last summer or helping dress the hall for our affairs this year. Most recently he has been working like crazy on the show "A Knight on Broadway."

Thank you Bill for all your work from all of your brothers here at 4504.

Roman Holiday 1974

Another trip to Italy is being planned for early 1974. For further information please call Brother Bill Zurich 688-9474 or Brother Ed Stonack 688-3523.

Knights Host Watchung Bowmen

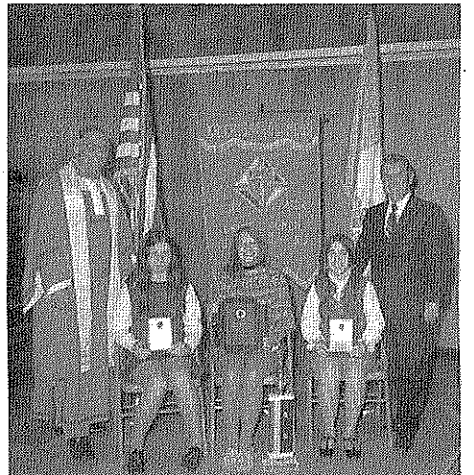


Front row Mary Sinolen, Charles Roskoski, Jim Kelly and David Roskoski of the Watchung Bowmen. Rear Barney Capriglione, G.K. and Andy Tobia, Lecturer.

At a recent meeting, the Knights of Columbus Council Hall on Jeanette Avenue was the scene of Robin Hood's merry band. Charles "Chuck" Roskoski played the part of Robin Hood, Jim Kelly represented Little John, and David Roskoski played the part of one of the band. They also had their own Princess played by Mary Sinolen.

In reality, they were part of the Watchung Bowmen of N.J. A demonstration was given on the what and how of the bow and arrow and the safety rules to be followed during their use. They showed their skill by shooting at abloons and at a 2" square from a distance of 35 to 40 feet.

The Bowmen meet on the 3rd Monday of the month at Wood and Linden Aves. in Linden, N. J.



Spelling Bee Results

Marian Hannig from St. Michael's took first place and later went on to win the Union County competition entitling her to compete in the State Finals on April 1, 1973.

Margarita Serrano from Union H.S. took second place, Mary Elizabeth Vogel from Union H.S. to third place.

Grand Knight's Message

Barney Capriglione



Dear Brothers:

On our recent trip to Rome I had the distinct honor of meeting with our Holy Father Pope Paul on Ash Wednesday.

This memorable occasion was highlighted when Pope Paul gave ashes to Brother Edward Stonack and I.

In his conversation to me the Holy Father extended his love and blessings to all members of our Council and particularly the Knights of Columbus for their outstanding work of Christian Love and Charity. He blessed all in attendance for a safe return home.

Words cannot express my emotional state at that particular time. I would like to express my sincere thanks to Edward Stonack who arranged the tours audience with our Holy Father.

Please check Council bulletins for our Annual Convention which will be held on May 18, 19 and 20 in Atlantic City. Our Deputy G.K. Mike Tomko and Chancellor Jack Winters are formulating plans.

The Council Activities Chairman Vincent Mirizio has arranged a buffet dinner dance for our Grand Ball which will be held at Union Council April 28, 1973. Tickets are available.

On behalf of my family and officers I would like to extend to you and yours a most blessed and glorious Easter.

Fraternally yours,
Barney Capriglione

Food for Thought

Ralph Nader, the consumer crusader, on being a patriot in today's America: "We need a new kind of patriotism. It must be once again rooted in the individual's conscience and beliefs. Patriotism begins at home. Love of country in fact is inseparable from citizen action to make the country more lovable. If it is unpatriotic to tear down the flag, why isn't it more unpatriotic to desecrate the country itself — to pollute, despoil and ravage the air, land and water? Patriotism does not have to be heavily associated with the military." Everything Nader says is based on the responsibility of the citizen. Especially politics. He said "Politics is in such a low state of response its necessary to go to the citizen to see if he'll wake up. Politics will improve when the citizen improves. "If" he says "this form of government of ours is to be more responsive, its got to be preceded by a new form of citizen and community action, such as environmental groups and consumer groups." Politics today is a mirror image. What you see on one side is a set of powerful lobbyists and on the other side a set of abdicating citizens. That's what equals politics today." Ralph Nader has managed to focus public attention on problems that went unheeded for too long. He has awakened

the American people. The rest is up to you. How much do you really care about your own well-being, the country you love? Let's take an example. The degree to which you care is reflected in how well informed you are on the activities of your Congress. You put the men and women from your state in their offices, watch how they use the authority YOU DELEGATED TO THEM. As a branch of government that allocates some 250 billion dollars of taxpayers funds every year, dollars and cents, plus common sense, points to the fact you must be informed about your government to truly say you practice patriotism.

Jim Moran

Retirement IV

Being retired and leisure time activities: To make a success of your mature years, contentment is the key word. To achieve this you must be active in some worthwhile satisfying interest. The majority who are unhappy in retirement have no satisfying leisure hobbies. These people do not need a hobby as an escape mechanism or to keep from boredom, so much as they need something to enrich their lives, to stimulate their thinking and accomplish an end result. Doctors and psychiatrists agree that a person with stimulating activities can find retirement one of the happiest times of life. Several hobbies will help you avoid falling into the traps of riding one too long so that it narrows your interests. With several you can switch from one to another whenever you find your attention in one of them drying up. What you wish to call what you do during this period of life, spare time activities, leisure time or outside-of-work interests, makes little difference. The important thing is to have them. It's hard to have too many. Grandma Moses, who lived to the age of 101, made primitive-style paintings her hobby and made some money from it too. In her "My Life's History", her autobiography, she expressed her philosophy as, "I look back on my life like a good day's work. It was done and I feel satisfied with it. I was happy and contented. And life is what we make it, always has been, always will be." There is an endless list of hobbies you could take up. The library will give you plenty of ideas. Some could give you a source of added income as well as pleasure. Have a program to guide you, but don't become a slave to it. Live one day at a time, but live a full active day. You should not work, play or loaf too much, but do a little of each in moderation. The hours between 9:00 a.m. and 5:00 p.m. are usually the most troublesome because this is the time formerly filled by your former job. Join groups of other retired people. Sharing companionship with people of similar desires and outlooks is one of the best ways of enjoying retirement. It's an excellent time to become active in Knights of Columbus committee work.

This is the last article on retirement. I've tried to keep them short and to the point. If they have helped alert you to the importance of your being prepared for retirement and of how to do the right things in regards to it, then my efforts have been worthwhile.

Random Thoughts

Man reading a message found in bottle washed ashore "I'm marooned on a tropical island with no taxes, pollution or traffic. East your heart out!" . . . When I was in high school the "hard stuff" meant Algebra . . . The trouble with the family budget is that at the end of the money there's too much month left . . . Happiness isn't found in searching for it. It comes quietly while we are helping others . . . Spring is when the furnace repairmen leave for the French Riviera and the air-conditioning repairmen return . . . Just a glance at the younger generation makes one realize we're living in hair raising times . . . Time was when the Pentagon defended the U.S. instead of its budget . . . The man next door found rust spots on his new car's bumpers, which was a great relief. He was afraid they were made of cardboard . . . If schools had more drop-in parents, there would be fewer drop-out kids . . . Did you hear about the guy who was such a bad driver he had to buy my-fault insurance? . . . Written to an advice column in a newspaper "Maybe you or one of your readers can help me with this problem. My wife and I believe in women's lib. We are equal. But who gets up when there's a strange noise downstairs?" . . . Be yourself. Who else is better qualified? . . . If Washington is the seat of government, then the taxpayer is the pants pocket . . . The trouble with having no debts these days is people suspect you're not to be trusted . . . How come nobody has hijacked Hugh Hefner's plane load of bunnies? Now there would be some hostages worth holding! . . . Don't smoke, don't drink, go to bed early, eat simple foods, and even if you don't live a long time, it will seem like a long, long life . . . At times President Nixon feels like passing the buck, trouble is, its worth so little these days nobody will accept it . . . An eclipse of the sun is like a see-through blouse. You know its there, and you know its interesting, but you're not supposed to stare at it.

Jim Moran

Relaxation is the Secret

Be true to the best you know. This is your high ideal. If you do your best, you cannot do more. Do your best everyday and your life will gradually expand into satisfying fullness. Cultivate the habit of doing one thing at a time with quiet deliberateness. Allow yourself a sufficient margin of time in which to do your working methods to discover and eliminate unnecessary tension. Aim at poise, repose and self-control. The relaxed worked accomplishes most.