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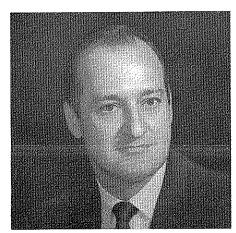
UNION, N.J.

SUMMER 1975

P.G.K. ROBERT ARMSTRONG KNIGHT OF THE YEAR

Many Grand Knights serve their terms and then fade into the background for a much deserved rest. Union Council has been fortunate because several of our Past Grand Knights have continued to enrich the Council with their experience. Prominent among those is P.G.K. Bob Armstrong.

Bob's loyalty and devotion to Union Council has remained enthusiastic since his term ended in 1971. Any Grand Knight or officer knew he could rely on Bob for assistance or to head a project. His talents were applied in the area of catholic, fraternal, council, membership and cultural activities. The list of accomplishments over the past



years is so long we lack the space to note them here. Recently Bob assisted P.G.K. John Winters in various endeavors. Bob had the very important job of being the main supervisor of this year's building expansion. Almost daily he was at the club observing the work. His recommendations and advice earned him the respect of the workmen, and the gratitude of the Columbian Club.

Quite a few brothers recognize Bob as a wonderful, humorous story teller. Those who are lucky to know him more closely are well aware of his hand work that produces positive results for the Knights. Through thick and thin, good times and bad, Bob's personality and intelligent attitude has tremendously helped in a variety of situations. The title Catholic Gentleman has a full and deeper meaning when applied to our man of the year. To have spent so much time working for the Knights as Bob has done requires the love and understanding of his family. His wife, Marie and their children Kathy, Terry and Bob, are proud of the contributions he has made to our brotherhood. This wonderful family works as a unit and offers "Armstrong" support for each other.

Union Council 4504 is happy to welcome our 13th Grand Knight (a lucky number

Union Council 4504 is happy to welcome our 13th Grand Knight (a lucky number for us) into the special group of honored brothers who have been a Knight of the Year. The Officers and Members congratulate our KNIGHT OF THE YEAR 1975, Robert Armstrong.

Youth Bowling League

Registration and commencement of the K of C bowling season will take place at 9:00 a.m. Saturday morning, September 6th at the Four Seasons Play and Recreation Center, West Chestnut Street, Union, N. J.

Age limit of participants — 9 years of age up to and including 17 years of age. Grand Knight Andy Popp will start the bowling season by throwing out the first strike?

Fill out and mail the following permission slip before September 1st. No child will be accepted without the signed slip. Mail to:

Bruce H. Bentz 2070 Pleasant Parkway Union, New Jersey 07083

A Retreat? Who Needs It

Maybe the very thought of giving up a whole weekend to go on a retreat turns you off. You're not that pious. You don't want to listen for a whole weekend to some priest hammering on your failings — and your obligations to God. Besides, maybe you think retreats are old hat, outdated in this new liberal era of the Church.

The refreshing thing about a retreat is your release from your daily grind. You're away from business problems, home and family worries. You're free to think, with nobody butting in. Free to get a fresh slant on your career, on your relations with your family and friends . . . and your God.

When you make a retreat you will find it very much in the spirit of Vatican II. You are not locked into days of regimented prayer (all the exercises are optional). No one tries to ram religion down your throat. You'll hear some thought-provoking talks from the retreat master. But how involved you get is entirely up to you. You set your own pace in meditating on the Divine truths — talking to and **listening** to Christ.

The problems you've retreated from may have left you too numb to feel much fervor. Even so, the very fact that you have taken the week to spend with God, the **feeling** of His presence, is soulsatisfying in itself.

Christ doesn't ask you to become a saint overnight. What He does ask, is some recognition from you . . . some small expression in return for the overwhelming love He has shown for you. Whether or not you experience any emotional surge — just making the retreat shown Him your regard. And the more often you go the deeper your faith will grow.

That's why you come away from your retreat with such a feeling of exhilaration... and inner joy and peace. You've become newly aware that Christ is with you... and in you!

Jim Moran

SWIM CLUB REPRESENTATIVE JAMES FORD

I would like to thank the Nominating Committee for their selections. Also I would like to thank the membership for their approval of this fine slate of officers. We will do our utmost to serve our Council and Members in maintaining Council 4504 the finest in the State.

During this coming term, the officers elected would appreciate your patience, support and co-operation.

Pete Kozloski - President

Knight Digest

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EDITOR — ROCCO CORBO STAFF

Pat D'Vicenzio Robert Armstrong Jr. COUNCIL OFFICERS

000110: 01110
District Deputy John Masterson, P.G.K.
Grand Knight Andrew Popp
Chaplain Rev. Edward Swierzbinski
Deputy Grand KnightJim Moran
Chancellor Kenneth Pinney
RecorderWilliam Patania
Financial Secy Frank Dickerson, P.G.K.
(687-4353)
TreasurerJulius Kiss
LecturerRobert Armstrong, P.G.K.
Advocate James Conlon
WardenRocco Trupiano
Inside Guard Daniel Neroda
Outside Guard Bruce Bentz
Program DirectorAndrew Tobia
Membership Director Thomas Kachelriess
Trustee Barney Capriglione, P.G.K.
Trustee Michael Tomko, P.G.K.
TrusteeJohn Winters, P.G.K.

Calendar of Events

COMING EVENTS

Aug. 9	Races — Patio
	Starlite Dance
Aug. 21	Family Day - Pool
Aug. 23	Candid Camera — Patio
Aug. 30	Games — Patio
Sept. 5	First Friday
-	(Chaplain's Night)
Sept. 27	P.G.K. Dance
Oct. 3	First Friday
	(Chaplain's Night)
Oct. 17-18-1	9 Retreat Week-end
Oct. 25	Halloween Dance

MONTHLY MEETINGS

1st Mon	Council Officers
2nd & 4th Moi	n Regular Council
	Swim Club
	4th Degree Officers
	th Degree Color Corps
	4th Degree Regular
4th Wed	Council Committees
1st Thurs	Expansion Committee
4th Thurs	Columbian Club

Editor's Corner

It's not the things that can be bought That are life's richest treasure. It's just the little heart gifts That money cannot measure. A cheerful smile, a friendly word, a sympathetic nod

Are priceless little treasures from the storehouse of our God.

They are the things that can't be bought with silver or with gold.

For thoughtfulness and kindness —
And love are never sold . . .
They are the priceless things in life
From which no one can pay,
and the giver finds rich recompense
In GIVING THEM AWAY.

Columbian Club Union 4504

DIRECTOR FOR 3 YEARS

Director	John Gill
Director	Robert Yavorski
Director	Robert Basmadjian
	Anthony Capra

DIRECTOR FOR 2 YEARS

Director	Joseph Bizzaro
	Philip Sammarco
	Anthony Sibilia
Director	Richard Evers

DIRECTOR FOR 1 YEAR

Director	William Taylor
Director	Dominick Clementoni
Director	Edwin Vogel
Director	Jack Bruno

K of C insurance

Our insurance program covers life, retirement, family income, mortgage, hospitalization and disability. It is available only to Knights and their families, ages 0 to 65.

For you new Brothers, who are not familiar with our insurance program, it would be well worth your while to sit down and have the programs explained to you by our full-time general agent, Michael Mazzeo of Nutley. Mike is a Brother Knight and his full time job is explaining the K of C insurance structure. For an appointment, he can be reached at 667-8217.

Remember Brothers, the program is for Knights and their families only; and is supervised completely by the K of C Supreme Council.

Mike has been an agent for the past five years.

Call Mike for information on the Individual Retirement Account regarding retirements for Self Employed persons without a pension plan.

Installation of Officers 1975-76

The newly elected officers of our Council headed by Grand Knight Andy Popp were installed last month, at a special mass held in St. Michael's Church. This was the 2nd time an installation of this nature was executed by Council 4504. Judging from the response of attendance this promises to be a continual ceremony.

Among the approximate 300 who attended the ceremony, in addition to the Council members and their wives, were officers from the State Council of Knights of Columbus. Following the installation a reception was held in the Council Hall on Jeanette Ave.

M. Hrifko

Grand Knight's Message



Andrew Popp

MY BROTHERS IN CHRIST

The Council year 1975-1976, is now before us. Union Council has come a long way over the past years. The building and expanding of our facilities is a credit to the entire membership. We have not lost sight of the future. I feel that the growth of the council is insured by the undaunted spirit and tremendous ambition of our brother Knights. This year as in past years will not be an exception.

As we look forward our calendar of events have already been formulated. We hope that you as an individual will seek to participate in these activities. We must broaden our horizons and become better Knights than we were or ever thought we could be. Fraternity is a must in today's troubled world. Uniting in a common cause to help our brothers who are sick or in distress is the exemplification of a true Knight. Coming to the aid of the widows and the children of our departed brothers is a tribute to every member. It is the duty of the officers and chairmen to establish fraternal programs in every manner possible.

We ask the membership to participate when called upon to attend the wakes of our brothers and their families.

Catholic action has shown a noticeable improvement under the direction of our Chaplain and outstanding chairmen. This year is to be no exception. Father Ed has initiated a very interesting First Friday Program. He has acquired outstanding speakers on various adult catholic topics. We can all benefit from these programs. Keep the first Friday of each month open, 8:00 p.m. to 10:00 p.m.

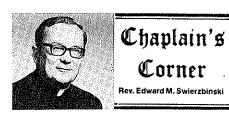
The importance of presenting the Knights of Columbus at its best, cannot be overlooked. We must be alert to bring attention to the order. Wear the emblem of the order with pride, display it whenever possible, inform our non-catholic friends of our good work and let all know you are proud to be a member of the order.

You, the members, are the foundation stones upon which Union Council is built. With your continued cooperation the club will continue to build and at the conclusion of the council year we will be a larger and stronger organization of Catholic men.

If any member has a suggestion or idea which will result in the betterment of our order, do not hesitate to call me.

Andrew F. Popp, Grand Knight

WHAT YOU ARE
IS GOD'S GIFT TO YOU,
WHAT YOU MAKE OF
YOURSELF
IS YOUR GIFT TO GOD.



The new year is beginning. We congratulate John Winters and his Officers for a job well done. We are confident that Andy Popp and his Officers will continue to build a catholic fraternity of men.

The above words express a sincere idea but how often we are flooded with words and don't have time to think out their meaning or impact. When our history is written, it will say that we were a noisy generation. Words just pour out and surround us. Look at the hours spent before our TV set, the hours of listening to the radio, the newspapers, magazines, hard and soft cover books. Words coming at us from every direction and in great quantities. We are truly the most literate and informed people; then why do we have such great troubles?

Could it be because we don't seek and hear the words that count?

Jesus once said, "Let those who have ears hear." Our Lord was telling his disciples that there will be many who will not pay attention to His Gospel. He warned that the Word of God is like seed sowed in a field. Some fell among stones, weeds, and shallow ground. The Word of God yielded little fruit. But our Lord also said that the Word of God will be heeded by some and there will be great spiritual fruit.

Take time to hear the Word of God—communally on Sunday at Mass; privately in prayer and reading of the New Testament. If you do, then you will put all other words in proper perspective. If you do, you will experience God's presence in your daily life.

We hope that you will join us on the First Friday of each month, beginning in September. From 8 p.m. until 10 p.m. we will pray, hear, share and care.

Remember it's for Knights and their Ladies and older children.

Father Ed

First Friday Evening Celebration

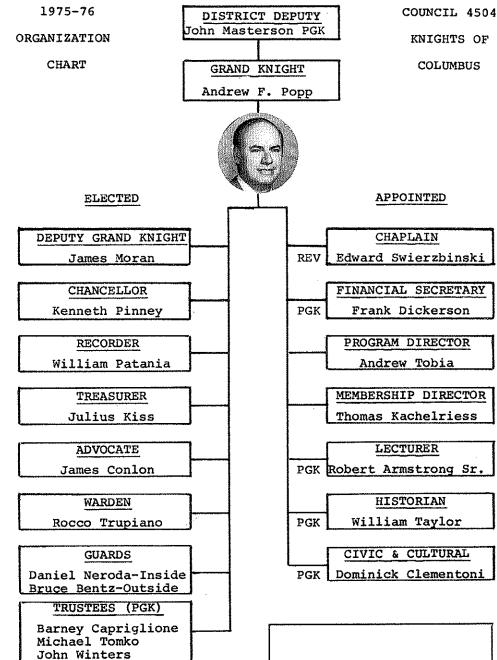
DATE: September 5, 1975 TIME: 8 p.m. to 10 p.m. PLACE: Council Hall

Please mark this date on your calendar to attend First Friday Mass with your family. An interesting program will be offered following the mass.

The evening will conclude at 10 p.m. with refreshments served.

HELP! Come out brothers and get involved in Church Activities. Your help will be greatly appreciated. Please see me at a regular meeting or call me at home. Phone 687-1249.

Henry Mey Church Activities



Retreat Week-End

Union Council's Annual Retreat at San Alfonso, on the ocean at West End, New Jersey will be the week-end of October 17-18-19. Contact Catholic Activities Chairman Henry Mey or Retreat Captain Jim Moran for more information.

Now Hear This!

Captain William Patania hereby informs all passengers, sailing on the Columbian "Starlite" Cruise, August 16th, that it is of utmost importance that they pick up their passes, at the Jeanette dock #4504 prior to boarding ship for the bon voyage cocktail hour which is promptly scheduled between 8 and 8:45 p.m.

Purser: Vincent lannuzzi

May God Give You:

Enough happiness to keep you sweet; Enough trials to keep you strong; **Enough sorrow** to keep you human; Enough hope to keep you happy; Enough failure to keep you humble; **Enough success** to keep you eager; Enough friends to give you comfort; Enough wealth to meet your needs; Enough faith and courage to banish depression; Enough determination to make each day a better day than yesterday.

PAST GRAND KNIGHT'S DINNER-DANCE SEPT. 27th