



Knight Digest



Union Council 4504

Vol. 13, No. 3

UNION, N. J.

March, 1972

UNION COUNCIL SALUTES ITS YOUTH



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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Calendar of Events

Mar. 12 County Spelling Bee
Kenilworth Council
Mar. 13 Regular Meeting
8:15 p.m. Council Hall
Speaker Russell Cohn
Mar. 25 Easter Egg Hunt
Mar. 27 Regular Meeting
8:15 p.m. Council Hall
Speaker Ray Sullivan
Mar. 26 Wheelchair Brigade
Runnells Hospital 8 a.m. to noon
Mar. 29 Program Directors
Meeting 8:15 p.m.
Council Hall
April 10 Regular Meeting
8:15 p.m. Council Hall

UNION COUNCIL TO PRESENT AN OLD TIME MINSTREL

Rehearsals are now in progress on Friday nights after dance class for the first Minstrel Show to be presented by the Union Council. A cast of over fifty will make up the show under the direction of Joe Ruddy. The rehearsals are progressing nicely and it is anticipated that by the next issue of The Digest, the dates and tickets will be made available.

Joe Ruddy's success in putting on these type of shows is well known throughout northern New Jersey. The last several years have seen his productions at Seton Hall and at St. Peters with overwhelming crowds on the nights of the performances.

Anyone interested please come down on Friday nights to the Council Home for rehearsals. Many more adults are needed. Children with singing and or dancing abilities are also invited to attend with their parents.

"The Drug Scene"

MARIJUANA

Marijuana which is known as pot, tea, grass, weed, or mary jane, is a drug found in the flowering tips and leaves of the female Indian Hemp plant "Cannabis Satiua". It was first introduced in the United States in 1920. As an intoxicating drug; and is the least understood of all natural drugs.

The marijuana plant grows in mild climates all over the world, especially in Mexico, Africa, India, and the Middle East. Most of the marijuana used in the United States is smuggled from Mexico. Some is grown in this country — in vacant lots, back yards, and even window boxes. The form of marijuana grown in this country is the weakest and least potent of them all.

The flowering tips of the female marijuana plant, when carefully cultivated, yields a very potent, intoxicating resin. The plant releases this black, sticky substance before pollination. The male secretes no resin and is the source of raw materials used in linseed oil substitutes and of fibers for textiles and rope. The flowers and leaves are then dried and crushed into small pieces which are used for smoking. These pieces then appear to look like green tobacco containing seeds and stems. Because of its coarseness, a heavy grade of tobacco paper is usually used to make cigarettes known as "Reefers," "Joints," or "Sticks." Marijuana cigarettes generally burn hotter and brighter than store bought cigarettes. A chief characteristic of a marijuana cigarette is a burning cherry red tip.

Marijuana is primarily used by young people, who are usually introduced to it by their friends. Estimates have shown that as high as 80% of our young people have tried this drug at one time or other. Some of the reasons for the extensive use of this drug are: kicks, pressures from friends, act of defiance, and attempts to probe the inner self. It also has a tendency to give people with psychological problems an easy way out.

When marijuana enters the body it enters the blood stream and acts upon the brain and nervous system. It affects the mood and thinking of the user. It causes rapid heart beat and lowers the body temperature. It changes the blood sugar levels, stimulates the appetite, dehydrates the body and sometimes causes a reddening of the eyes. A user may become loud and talkative, unsteady or drowsy and find it hard to coordinate his movements. The facts show that a user finds it harder to make decisions which require clear thinking. He can be easily influenced by other people. Any task he attempts which requires good reflexes and thinking is affected. An example of this would be, trying to drive a car. Research has found that chronic, heavy users display a noticeable deterioration of intelligence.

Marijuana, in itself, does not lead to the use of stronger drugs — but prolonged use can cause a person to become more inclined to use them. This would depend upon the personality of the user and his association with other drug users. Marijuana does not lead to physical dependency in the sense that

heroin does. Therefore it is not considered addicting. A chronic user would psychologically depend upon the effects of marijuana. Therefore it is considered habit forming.

Medically marijuana is a mild depressant and is classified as a hallucinogenic, because it acts primarily upon the mind. At the present time too little is known about marijuana to make a judgment on whether or not there are safe or beneficial uses for the drug. Over 100 research studies are now under way to determine the short and long term effects of this drug upon the body.

Both federal and state laws deal severely with people who use, possess, give or sell marijuana. Breaking these laws can have serious effects on the future lives of young people. They may find it hard to obtain a drivers license, enter a profession such as medicine, law, or teaching. They may also find it hard to obtain a passport or get a responsible job in business or industry.

Henry Toby

Roman Holiday

8 days

Mar. 3 to Mar. 11, 1973

Make your reservation early for 8 wonderful days in sunny Italy. We have a complete package plan which consists of:

- Savoia Hotel in the heart of Rome.
- Jet T.W.A. 707 Round trip with food and beverages.
- Double occupancy with private bath
- Lunch & Dinner.
- Two full days of sightseeing.
- Gratuities at airport and hotel.

The complete package can be yours to enjoy for only \$279 per person. A \$60 deposit is good enough to hold a single reservation. For more information see your pilots.

- Andy Tobia
- William Zurich
- Edward Stonack

FIRST COME — FIRST SERVE.

GRAND BALL

April 22, 1972

Cocktail Hour — 7:30-8:30

Food by Biondo

Music by

Don Hess and The Executives

9 p.m. — 1 a.m.

Set-up — Beer

Dress — Semi-formal

\$12.00 PER PERSON

Call **Herbie Kay** for reservations

688-6292

Lecturer's Program

What do you know about the U. S. Postal Service? What has happened, or will happen in the course of its transition from a governmental agency to a private corporation? If these questions arouse your interest, we will supply the answer to these and many more at the Lecturer's portion of the March 13th meeting. Union Councils talent production mill continues to grind and has produced another speaker of local and national prominence for your enjoyment and edification. Our speaker on this occasion will be Past Grand Knight J. Russell Coen, Postmaster of Millburn, N. J. Russ is eminently qualified as an expert on the postal system of these United States, having been appointed to the postal service in 1936, promoted to supervisor in 1952 then to Officer in Charge in 1969 and finally to Postmaster in June 1972. He has also been Regional Representative, National Association of Postal Supervisors for the States of New Jersey, Pennsylvania and Delaware.

Russ has been elected to various offices in the Council beginning in 1962-63 as Inside Guard, followed by Recorder, Warden, Chancellor, Deputy Grand Knight and finally in 1967-68 as Grand Knight of this great Council of ours, a fitting honor for such a highly respected Catholic gentleman.

Russ resides at 1271 Glenn Ave., Union with his vivacious wife Eleanor, daughter Marilyn and son Russell. His number one daughter is now Janice De Angelis. We welcome all the detractors of the postal service to attend and throw a few curves at Russ. We know he can field them and we are sure you will go away enlightened. Make Monday, March 13th a Knight out.

On March 27th the Lecturer's portion of the meeting will feature a program on cryogenics — the world of the ultra cold. Still clinging to our desire to present our own talent, that is, members of Union Council, we have been most fortunate once again. The program will be presented by Raymond Sullivan and the talk will be supplemented by slides and live demonstrations on the effects of liquid nitrogen. We believe the audience will be amazed by the demonstrations and the renditions concerning this little known aspect of our every day life.

Ray was born in Jersey City and attended local schools and was graduated from St. Peter's College. He is manager of Technical Sales for the Welding Products Dept., Linde Division of Union Carbide. He has been employed by Union Carbide for the past nineteen years and is currently employed at their Tarrytown Technical Center. He served in the Submarine service during W.W. II and after his discharge joined the Amvets and subsequently attained the office of State Commander.

Ray transferred from Greenville Council #3988, which he joined in 1955, to Union Council in 1967 shortly after moving to Union. It did not take long for Ray's talents to shine through for he has already served three terms as a

director of the Columbian Club, has been elected to the Council Officers of Outside Guard, Inside Guard, Treasurer and presently Recorder. That is a pretty good track record for a member of only six years in our Council.

Ray and his charming wife Ann, also a native of Jersey City, and their four children, Raymond, Lorraine, Marilyn and Paul reside at 752 Layton Drive, Union and are Communicants of St. James Parish in Springfield.

Come out and spend an enjoyable evening with us.

J.F.K. Assy. 4th Degree Exemplifies 18

The John F. Kennedy General Assembly 4th Degree exemplified 18 candidates into the Fourth Degree on Sunday the 20th of February at the Robert Treat Hotel in Newark. A total of 135 candidates were exemplified. After the Degree, the candidates, their ladies and 4th Degree Dignitaries and guests attended a Banquet in honor of the new candidates.

Supreme Treasurer SK Daniel Mc Cormick spoke in behalf of the Supreme Council and wished the new candidates the best in their future endeavors. The class was named in honor of Post Master SK James C. Rochford who gave the main address. After the dinner, there was dancing to the Budy Ames Orchestra.

The officers and 4th Degree SK of the J.F.K. Assy. congratulated the new members and welcomed them to our Assembly.

The Color Corps is meeting every 2nd Wed. at the Union Council Home at 8 p.m. and any SK desiring to join the Color Corps are asked to come out with their swords on practice Wednesdays and see SK Sam Rucki.

Plans are being finalized for the annual J.F.K. Fourth Degree Dinner and Dance. This year the dance will be held at the Chanticleer on Oct. 13th. Chairman for the Dinner and Dance are SK Leo E. Lupia and Vice Chairman SK Al Pe Tracca. More news next month.

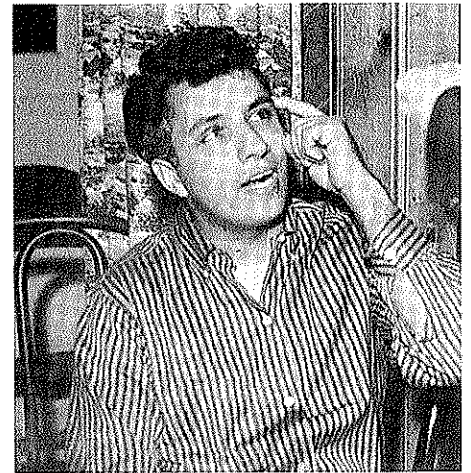
SK Leo E. Lupia

Easter Egg Hunt

The Annual Easter Egg Hunt will be held in the Picnic Area of the Council Home at 1:30-2:00 p.m. on March 25, 1972. All children of Brother Knights up to and including age 7 are invited to attend. Bring the kids for fun and prizes.

Charles Kraemer

Knight of the Month March 1972



We at Union Council are extremely proud to add to our Knight of the Month Roster the name of Leonard Migliara.

You may always find Lenny working about the Council especially in the kitchen . . . He has also contributed many unselfish hours about the Council, with our new Addressograph operation. Lenny resides in Union at 1537 Ridgeway Street with his charming wife Clementine and their three lovely daughters Susan, Joan and Donna. The Migliara's are communicants of Saint Joseph's Parish, Maplewood. Lenny is a member of the Essex County Electrical League and is employed by Electrician Local #52.

Now we know why Lenny is such a live wire at our Council. Keep the sparks flying Lenny . . . We're proud of you . . .

State Convention

Brothers, this year the annual Knights of Columbus State Convention will be held on Friday and Saturday May 26 & 27, 1972. Your committee has again reserved three floors at the FOUR SEASONS MOTEL located on Beach Block and Missouri Avenue which is a few blocks south of the State Convention Headquarters, The Shelbourne-Dennis Hotel, where all the business will be conducted. The Four Seasons Motel features spacious bedrooms, All-Weather Pool, Sauna, Sun Deck, Sheltered Parking and last but not least, an exceptionally large hospitality room.

Price for accommodations, are \$24.00 per night for a double. Hospitality room will be \$15.00 per couple. So make your plans to attend the convention. Reservations are now being accepted. The committee would be grateful for any additional help towards making this convention a success.

John Winters
Barney Capriglione

WHAT IT MEANS TO BE A CITIZEN OF THE UNITED STATES AS A STUDENT

In early days, the proudest thing an ancient Roman could say was, "I am a Roman citizen." This is the way I feel towards the United States. I am proud to be a United State citizen.

For most of us citizenship is taken for granted because we are born into it, but, for me there is a special meaning to being a citizen of the United States. I was not born in this country, but at age five I became a naturalized citizen. You may think at my age I do not appreciate this land of the free, however, day by day I am learning to realize all the good things this country stands for. I feel that I have received a precious gift.

Citizenship in this country means that I can think as I want to think, not as the government tells me. It means that I can live where I want to live, do the job I want to work at. My citizenship allows me to worship, to be educated, and to vote the way I want. I have equal rights whether my position is rich or poor. In the politics of my government, I have as good a chance as anyone else to let my voice be heard. Americans have always spoken up with a voice from the people.

Our country has survived and prospered because we have worked together to save and protect the government, and I think this is part of my job, to keep that idea in mind. Even though I may not aim for a high office in politics, I will do my part as an ordinary citizen to show what my adopted country means to me.

James Martin
Grade 7
St. Michael School

WHAT IT MEANS TO BE AN AMERICAN

Being a citizen of America is much greater than just living in the country. It is agreeing and fighting for our country! In time of need, we should be ready to help fight, even in a little way, for the betterment of our country.

As being the next generation in line it will soon be my turn to help my country. No matter what we are nurse, doctor, painter or janitor, as long as we develop ourselves and help in its fight for perfection, we are in some way contributing to its further improvement.

In around six years it will be my turn to vote. Voting is very important. As hard as our country worked for independence we should not waste our

ESSAY CONTEST WINNERS

Below are the winners of this year's Essay Contest. Pictures of the winners are on the front page with Deputy Grand Knight Barney Caprigilone. Standing in front of Barney is Edward Polkowski, James Martin, Dorothy Zrebiec and Roger Boetsch.

vote. We should vote for whom we feel is the best man for the job.

As being American citizens we should know the proper respect due to our flag, the way it is removed, folded or discarded. The colors of our flag are important, the red, white and blue.

In 1960 there were one-hundred eighty million citizens in the United States. Now there are even more! Even if we feel at times, that we are just a little part in a huge nation, we are really quite a big part.

Dorothy Zrebiec
Grade 7
St. Michael School

WHAT IT MEANS TO BE AN AMERICAN CITIZEN

Our forefathers explored and settled this country for the sake of preserving freedom. When these brave people began to inhabit the wilderness, they had to endure many problems and hardships. Freedom wasn't handed to them on a silver platter, they had to work for it, sometimes they even had to fight for it. If it weren't for these courageous colonists of early America, our country wouldn't be as great as it is today.

As American citizens, it is our responsibility for maintaining the rights and freedoms constituted by the founders of our nation. Our forefathers wanted everyone to have the same privileges. For this reason they drew up the Constitution of the United States. Every man should practice his rights but not abuse them.

One of the best known patriots of all time is probably Benjamin Franklin. This man helped write the Constitution in 1776. He also was able to persuade the French to help us during the Revolutionary War. He was an expert in many things and a wise and humorous man.

When Americans had settled this land from sea to sea, they marveled at the wealth, prosperity, and the vast proportions of their country. Today, we as citizens should be proud to live in a country like ours. We should protect and also profit from it.

Most of the good citizens of America understand the meaning of freedom, but some don't. These people say that

freedom is the right to do as you please. Others say it means to be free of all responsibility. But we know that freedom is a privilege which is balanced with a certain amount of responsibility. This responsibility is the price of freedom.

We, the citizens of the United States of America, should be proud to have such a wonderful country with all these freedoms and rights. We should try to protect it and preserve it for as long as we can. It is our duty to keep what our forefathers have constituted in this country. "Ask not what your country can do for you, ask what you can do for your country."

Edward Polkowski
Grade 7
Saint Michael School

WHAT IT MEANS TO BE AN AMERICAN

To me being an American is enjoying all the rights and freedoms every American has, contained in our Constitution and Bill of Rights. Every person in the United States should be proud to be an American and to have these rights and freedoms. I shiver when I think of what my life would be like if I lived in seventeenth century England, scarcely any freedoms.

I am proud to be an American, also for when I grow up a self-government is one of the many things I have to look forward to. I may elect to the office an individual I think will do the best job for the betterment of my country. In my opinion the words of Abraham Lincoln best describe our national government; "This government of the people, by the people, for the people shall not perish from this earth."

The pioneers were brave, courageous, intelligent men and women who explored and settled our beautiful country. But while I think of what the pioneers did a question arises in my mind, "Why." In my words this is the answer: Pioneers were seeking a land for people to be free in, a place where generations to come could live and enjoy freedom! Mostly they wanted a nation united under God. A land where all could be free race, creed, or color, a nation of people who will guard their rights and protect their country.

So most of all to me being an American is being proud of the country in which I live, a nation of brave intelligent, courageous, people in a "land of the free and home of the brave." It is with meaning I say my closing words; There is no better country in the world to live in than the land of the "red, white and blue, the United States of America."

Roger Boetsch
Grade 7
Saint Michael School



Chaplain's Corner

Rev. Raymond T. McKeon

The most frequently used word in today's newspapers is the word "revolution". The revolutions we read about are directed against something outside man — his government, his parliaments, and his religion. The revolution in which we are interested this Easter morning is a revolution against something inside man — his selfishness, his egotism, his pride, and his avarice.

Easter Day is a proclamation of a revolution. He who rose from the dead on Easter Sunday never said anything against Roman imperialism, nor capitalism, nor even against armaments. But He said everything against the man who draws his sword in hate and who lays up treasures which rust consumes, moths eat, and thieves break through and steal. His revolution was not against institutions but against selfishness. That is why he left Pilate on his judgment seat, Herod with his court, Roman soldiers on their streets, Caesar's money on the counting tables, and chose 12 men whom He remade in His spirit and sent them out to conquer the world. Easter Day became then what it must become now: the revolution of man rather than that of institutions. In order to reform the world we must reform man.

On this Easter Day we must decide whether we shall have the spirit of revolution or the revolution of the spirit; whether we shall use violence against our neighbor, or violence against hatred of our neighbor.

The revolutions of which we read daily in our papers are easy. It is easy to topple thrones, upset palaces and dethrone rulers; but to bomb our selfishness, to upset our pride, and to dethrone our egotism — that takes the courage of a man modeled upon Him who rose from the dead by the power of God.

GIRLS ARE STILL THE BEST SPELLERS

Judges Sister Geraldine, Mick Vesenko, Ray Sullivan and Grand Knight Dominick Clementoni found the old axiom true that girls are better spellers when they awarded Maureen Bischoff, Terry Schneitkert and Veronica Foster trophies for being the best spellers at our annual spelling bee. The girls pictures can be seen on the first page holding their trophies. They move on to the county finals on March 12th and then hopefully to the state finals on April 16th. Good Luck.

Random Thoughts

Some serious thoughts and interesting facts: It matters not what you are thought to be but what you are . . . Swedes are the most eager newspaper readers, Egyptians are the most avid moviegoers and the Irish are the heartiest eaters. In Sweden, every 1,000 persons read 528 newspapers; this compares with 305 in the U. S. The average Egyptian goes to the movies 19 times a year, the average American seven times. The average Irishman eats 3,450 calories a day the American 3,240 . . . The rhythm of living in action and reaction, ebb and flow, trial and error, change. Out of our overconfidence, fear: out of our fear, clearer vision fresh hope. And out of hope — progress . . . To see if the 1040 tax form is as confusing as taxpayers claim it is, The Wall Street Journal submitted a hypothetical case to six tax experts and to the Internal Revenue Service. Back came seven different "bottomline" figures. No two of the professionals agreed on how much the taxpayer owed the government . . . Mankind has become so much on family that we cannot insure our own prosperity except by insuring that of everyone else. If you wish to be happy yourself, you must resign yourself to seeing others happy . . . In a survey among students in technical and vocational schools, the students put a high value on structured work, they hope their future bosses will let them know what is expected of them. They don't want the uncertainty of making their own decisions when such decisions could result in embarrassing mistakes. Greater permissiveness on the job is low on their list of desirable supervisory traits . . . All great changes are irksome to the human mind, especially those which are attended with great danger and uncertain effects . . . Latest census figures show that the nations female population in the 65 plus bracket has been increased by almost 29% in the past decade while men in the same category rose by only 12% . . . I believe that order is better than chaos, creation better than destruction and I prefer gentleness to violence. On the whole I think that knowledge is preferable to ignorance and I am sure that human sympathy is more valuable than ideology. In spite of the recent triumphs of science, men haven't changed much in the last 2,000 years and in consequence we must still try to learn from history. History is ourselves.

Jim Moran

NOTICE

Four Dominican Sisters at Holy Spirit Convent are very anxious to have a cook assist them on the following basis:

Main meal: 4 days a week Mon. - Thurs. — Dinner 5:30.

Sisters eat very plainly.

Salary is minimal.

If interested please contact Sister Anne Marie Lennon at the connt. 687-8768.

My Brother Knights:

On March 29, we, as members of the Knights of Columbus will celebrate Our Order's 90th Birthday. It was on this day in 1882, the General Assembly of the State of Connecticut granted the charter to the Knights of Columbus, "for the purpose of rendering mutual aid and assistance to its members and their families." In keeping with this policy, Supreme, has made available to its members of the order in good standing and to their wives, sons and daughters; also to the widows, sons and daughters of members in good standing at the time of death, a student loan program.

This project is funded by the Knights of Columbus and guaranteed by the U.S. Department of Health, Education and Welfare. Under the program a student may apply for a maximum annual loan of \$1500.00 for a full academic year for a period of five years, with a total loan of \$7500.00 available to him in the program. The current annual interest rate is 7%. Students whose adjusted gross family income exceeds \$15,000.00 will be required to pay the 7% interest as currently billed. If the applicant has an adjusted gross family income of no more than \$15,000, all interest will be paid by the U.S. Office of Ed. on behalf of the student during the in school period, also a grace period. The school chosen must be on an "approved" list which is maintained and updated constantly by the U. S. Office of Education. Further information, applications and certification forms for the Knights of Columbus student loans can be had by writing to Knights of Columbus, Student Loan Committee, P. O. Drawer 1670, New Haven, Connecticut 06507.

Every so often it can be heard after meeting, at the bar, in the pool and picnic area. "What does Union Council do for the Community?" In the past years we have endeavored to promote a cultural program. The chairmen of this committee ask for suggestions on what type of program you would like to see us sponsor. But no response. Still it can be heard "What does Union Council do?" This year, for a change of pace we sponsored a wheelchair basketball game, proceeds going to the Callmen of Union. All of you are familiar with the Callman's work . . .

With a Council the size of ours, the gym at Burnett Jr. H. S. SHOULD HAVE been overflowing. There SHOULD HAVE been no need to sell tickets at the door, and the check presented to the Callman SHOULD HAVE been many times the size. Notice all SHOULD HAVE.

Union Council is interested in doing charitable work in the community, but we can not operate on SHOULD HAVES. The Officers and the Chairmen of the various committees operate in a positive context, that we WILL HAVE. Lets back these men at our next fund raising affair, and we WILL HAVE a capacity crowd, WILL HAVE a larger sum to further charitable work and WILL HAVE a good feeling that we have done a good deed to our fellow man.

Fraternally yours,
DOM CLEMENTONI