



Knighly News

Fr. Ben Powers Council #1315
Knights of Columbus

Bowling Green, KY
(270) 782-6488

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Bernie Schwitzgebel

MESSAGE FROM OUR GRAND KNIGHT

February was a busy month in our council and there is lots of excitement yet to come. The Sweetheart dance on February 12th was well attended and a great success. Thanks to Terri and Pam Hatler for chairing this popular event.

Fish Fry's are in full swing and will continue on Friday nights throughout Lent. The last Fish Fry will be on March 18th. Special thanks goes to Chuck Glaser and Tim Risher for chairing this year's Fish Fry's. Chuck is looking after kitchen and food operations while Tim is organizing the sales and servers. There are also many hard-working helpers who make these events a success. But without the organization skills and attention to details by our chairmen we could not run such an event. If you are not part of the action there is still room for more workers. Come to the hall, put on an apron, and join the fun.

Be sure to mark you calendars for our annual Easter Egg Hunt, which will be held at our KC hall at 2:00 PM on Easter Sunday afternoon. Bring the kids and enjoy the fun of the hunt.

Also be aware that the men of our council will travel to Mount Saint Joseph Retreat Center on April 16th for a men's retreat. The speaker will be Fr. Joe Mills and he will speak on the topic "What Is Spirituality." Look for other details in this newsletter and contact Steve Keene at 745-7217 to make your reservation to attend. Or call the KC hall at 782-6488 to put your name on the list.

Did I mention that I am not the newsletter editor anymore?!

Peace be with you all.
Bernie Schwitzgebel, GK

FEBRUARY FAMILY OF THE MONTH

Congratulations to Chuck and Gloria Glaser on being named Family Of The Month for February 2005. Chuck and Gloria were both born in Indiana, Chuck in Muncie and Gloria in Poseyville. They lived in Southern California for 34 years, in and around the Pasadena area.

Chuck was an engineer for the California Department of Transportation in Los Angeles. They moved to Bowling Green from Arcadia, California in 1991 and presently live on a 230-acre cattle farm 6 miles south of Smiths Grove, KY.

Chuck originally joined the Knights of Columbus in 1961 in Pasadena and was reinstated in Council 1315 in 1993 at Don Korte's urging.

Chuck and Gloria enjoy and have worked together on many Council activities. If you see one of them the other is generally close by. Chuck's activities in the council include: Deputy Grand Knight, Grand Knight, Bingo Kitchen Captain-1 year, Bingo Captain-8 years, Bingo Chairman-5 years, Chairman Charity Committee-2 years, KY KC State Program Director-2 years, Sanctity of Life Dinner Chairman-4 years, Council Activities Chairman-2 years, Council Program Director-6 years, Lenten Fish Fry Chairman-5 years, Columbus Club Director-8 years, Columbus Club President-2 years, Faithful Navigator of the 4th Degree.

Chuck and Gloria are members of Holy Spirit Parish and are also active at St. Joseph Church. They were chairpersons for Holy Spirits 25th Anniversary. Gloria was Treasurer and Board Member of the Bowling Green Pregnancy Support Center for 5 years. They have 3 children: Steve 45, Karen 43, Cathy 41, and 6 grandchildren and 1 great grandchild.

MARCH BIRTHDAYS

01	Terrell Miller
03	Jeffrey Jones
08	David Chandler
08	Hanley Hartz
10	Victor Billhartz
12	David Kaminski
13	Michael May
13	Virgil Rakers
15	Gerald Frey
16	Michael Hepp
19	Joseph Quintanna
19	Billy Stout
20	William Helm
20	Lewis Garst
20	David Voges Jr.
21	Rev. Manual Rivas
22	Stephen Miller
23	Donald Canary
24	Charles Peters
25	Francis Tully
26	V. Liles
27	William Mills
27	William Sims
28	Earl Winn
30	Barry Bray
30	Thomas Gaietto
30	Anthony Ramano
31	Daniel Lipp

MARCH ANNIVERSARIES

24	Lynn & Pamela Davenport
28	Brain & Carol Genet
16	Bob & Susan Hayter
01	Mario & Martha Hernandez
14	John & Miranda Holms
29	James & Nancy Kirby
06	Joseph Jr. & Audrey Milton
08	John & Ceferina Peel
28	Charles III & Pam Peters

KNIGHTS OF COLUMBUS HALL NEWS

Welcome, John Peel! John comes to us with extensive mechanical, electrical, HVAC and refrigeration experience.

John was in the U.S. Navy for 20 years, and then Abbott Laboratories for over 13 years. He and his wife, Ceferina, moved from Waukeegan, IL to Bowling Green, where John is a member of the Knights of Columbus.

In other news, the Columbus Club promoted our facility rental at the 2005 Wedding Celebration at the Carroll Knicely Center on February 19. The response to this promotion was excellent and should provide additional rentals.

Thanks to Tom and Yvonne Herman, Sue and Jason Snell and Bob Jamison for their help during the event. Also, thanks to Mike Fuqua and Celebrations Party One Super Store.

Bob Hill. House Chairman

IMPORTANT DATES

MARCH

01	Program Report Due To State
01	Officers Meeting
08	Council Meeting
17	Fourth Degree
22	Columbus Club
24	Charity Committee
27	Easter Egg Hunt
27	Easter

APRIL

03	Daylight Savings Time
05	Officers Meeting
12	Council Meeting
21	Fourth Degree
26	Columbus Club
28	Charity Committee

MAY

03	Officers Meeting
10	Council Meeting
19	Fourth Degree
20	State Convention
21	State Convention
22	State Convention
24	Columbus Club
26	Charity Committee
28/29	Corporate Communion

JUNE

07	Officers Meeting
14	Council Meeting & Elections
16	Fourth Degree
23	Charity Committee
24	Charity Awards Banquet
28	Columbus Club

MEMBERSHIP DRIVE/ PANCAKE BREAKFAST

Following up on our February meeting discussion on new members, I want to encourage each of us to bring a prospective member to the Knights Pancake Breakfasts. The breakfasts will be held on March 13 at Holy Spirit Catholic Church following all masses.

All prospects that sign an application will go through 1st, 2nd and 3rd degree initiations on April 3rd.

Mike Hepp / Matthew Keyser
Membership Committee

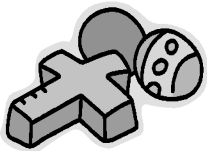
If your name is missing or listed incorrectly in the birthday or anniversary listings please let us know so that we can correct the error. Call Scott Lewis at 846-3020, or send an email message to scottlewis@insightbb.com.

SPECIAL ELECTION

Our Council Warden David Finney has notified our Grand Knight that he is unable to complete his current term of office. Therefore, according to Section 131 of the Knights of Columbus Constitution Laws he will be replaced at a special election to be held at our regular Council meeting on March 8th, 2005.

Brother Bill Siebold has agreed to fill this position for the unexpired term and Grand Knight Bernie Schwitzgebel will place his name in nomination.

Other members may be nominated from the floor as long as they are Third Degree members of the Order and they agree in advance to have their name placed in nomination. The winner of the special election will become our new Warden effective immediately upon verification of the ballots and will serve in that capacity until the next Council election in June of this year.



2005 KNIGHTS OF COLUMBUS EASTER EGG HUNT

The annual Easter Egg Hunt will be held at the Pavilion at the KOC Hall. The event is scheduled for March 27th and will begin at 2:00 p.m. The event will be open to all children. Children will be placed into age groups before the start. For more information, please contact Stephen Strange at 270-782-8905.

BLOOD DRIVE

Where: Knights of Columbus Hall

What Day: Wednesday, March 9th

What Time: Noon – 6:00 p.m.

GENERAL GUIDELINES

To give blood for transfusion to another person, you must be healthy, be at least 17 years old, weigh at least 110 pounds, and not have donated blood in the last 56 days.

For more information on eligibility, call 781-7377, email the local Bowling Green chapter at americanredcross@insightbb.com, or visit the national website at www.redcross.org.

MEN'S SPIRITUAL RETREAT

The Men's Spiritual retreat will be held on Saturday, 04/16/2005 at Mount Saint Joseph Retreat Center. We will carpool from the KC Hall at 7:00 a.m. Following is the schedule of events:

Registration w/ coffee & donuts	09:00 a.m.
Conference	09:45 a.m.
Lunch (approx.)	12:00 p.m.
Conference	01:00 p.m.
Mass	02:45 p.m.
Closing	03:30 p.m.

Father Joe Mills will be speaking on the topic "What Is Spirituality?" For more info call Steve Keene at 270-745-7217.

PRAYER FOR THE CANONIZATION OF FATHER MICHAEL J. MCGIVNEY



God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor.

Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body, which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast.

We humbly ask that you glorify your servant Father Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (here make your request).

Through Christ our Lord. Amen.

Our Father, Hail Mary, Glory be.

SANCTITY OF LIFE CHICKEN DINNER

The Knights of Columbus sponsored Chicken Dinner was held at the KOC Hall on Sunday, January 16th. 331 dinners were served in a three-hour period, which included 68 pre-sold dinners, 180 adults at the door, 53 children's dinners and 30 workers. The crowd was down again this year and I attribute that to the weather -- it was cold and snowing.

Special "thanks" to Chuck Glaser for being co-chairman of this event. I also want to thank Gerry Frey and Chuck Lawless and their teams of cooks and kitchen workers, many of who started at 9:00 a.m. and didn't leave until the kitchen was cleaned. Many thanks also to the forty plus workers plus the kitchen crew, most of who were Knights and their family members. Finally, I want to thank all who donated home baked desserts and those of you who were patrons at the Dinner. A lot of hard work went into making another successful fundraiser for the Pregnancy Support dinner and Barren River right to Life.

The net proceeds for the event appear to be about \$500 for each organization. On behalf of both BRRL and the Pregnancy Support Center I want to thank KOC Council 1315 for your generous sponsorship of this event.

Tom Parrott

March for Life 2005

The March for Life departed the KOC Hall on Saturday, January 22 and returned at approximately 3:30 a.m. on Wednesday, January 26.

This year, there were 22 people attending from the Bowling Green area. Seven adults and 15 youth were on the bus as we left for Owensboro. After meeting a second bus, we stopped at several locations for passengers and wound up with ninety-seven total pilgrims. This was the first trip to Washington D.C., as well as the March for Life, for many of our youth and they were excited and inspired by what they saw. We arrived two hours behind schedule, tired but thankful for a safe journey.

The Mass at the Basilica of the National Shrine of the Immaculate Conception on Sunday night was beautiful and very inspirational. The Vigil Mass for Life is one of the largest annual Catholic Masses in the United States annually, drawing approximately 8,000 participants, hundreds of priests and seminarians, and dozens of bishops who stand in solidarity with the almost 47 million unborn children killed and the countless women who have suffered since Roe v. Wade.

The principal celebrant and homilist was Cardinal William Keeler, Archbishop of Baltimore. "We gather to protest against the tragic miscarriage of justice that was the Supreme Court decision in "Roe vs. Wade" and to recommit ourselves to the dismantling of Roe," said Cardinal Keeler. He stressed that there were many reasons for hope. "Increasingly," he said, Americans are aware of "the vast network of lies" that

FOURTH ANNUAL SPAGHETTI DINNER

Our Fourth Annual Spaghetti Dinner was a great success by some measures but not by others. For those who braved the terrible weather on January 22, they enjoyed a delicious meal and great atmosphere and music. John Becker did a fantastic job on the spaghetti sauce again. There were many helpers before, during and after the dinner and I appreciate the joyful contribution by one and all.

The bad news is that only 183 people attended, and we made \$97.44 profit. You may remember we had committed to donate the profit to St. Vincent de Paul Society. At the Council meeting on Feb. 8, it was decided to give St. Vincent \$200 plus the \$97.44, which was a generous decision by the Council. There were a few other beneficiaries, those who got the leftover desserts and spaghetti sauce at other functions.

There were requests for the recipe for the Italian Tortoni dessert so here it is:

(Serves 6 - call Kneplers for proportions to serve 400!)

- 1 egg white 6 Tbsp. Sugar
- Pinch salt 1 cup whipping cream
- 1 Tbsp. instant coffee 1/2 tsp. Vanilla
- 1/2 cup toasted slivered almonds (run under broiler in aluminum pan - watch carefully so they do not burn!)
- Additional whipped cream and shaved chocolate or chocolate sprinkles (optional topping)

Beat egg white until very stiff. Add salt and 4 Tbsp. sugar. Whip cream until stiff peaks hold. Fold in remaining 2 Tbsp. sugar and coffee. Gently fold in egg white, vanilla, and almonds.

Spoon into individual ramekins, parfait glasses or paper-lined muffin cups. Top with more whipped cream and chocolate shavings. Cover and place in freezer. (If stored for a long time, cover tightly.)

supports abortion. Thirty-two years ago, seven members of the Supreme Court invented a constitutional concept that had never been envisioned; in doing so, they contravened two of the nation's most precious values: the recognition of a God-given, inalienable right to life, and the promise of equal protection under the law." He also said, "increasing numbers of Americans are coming to understand. The evil must end! It must end soon! And we are here to affirm that with God's grace, we must be instruments of its ending!"

We Marched on Monday, and although snow was still on the ground and wind chill factors were around zero, crowd estimates were over 200,000. Many inspirational speeches were made at both the Congressional Breakfast and at the Mall before the March, and at the Rose Dinner that evening.

It was not an easy trip and the long ride on the bus was very sacrificial and humbling, yet we all felt it was a minor inconvenience and well worth our efforts. In my humble opinion, there is no greater cause that standing up for the innocent victims of abortion and the many women who have suffered because of their abortion(s). Please prayerfully consider joining us on this pilgrimage next year. I guarantee it will be an experience you will never forget, and a blessing for you and your family.

Faternally, Tom Parrot

NATIONAL MS EDUCATION AND AWARENESS MONTH

National Multiple Sclerosis Education and Awareness Month is an event of the Multiple Sclerosis Foundation. Information provided is from the Multiple Sclerosis Association of America (MSAA) website at www.msaa.com.

Multiple sclerosis (MS) is the most common neurological disorder diagnosed in young adults. Its causes are not yet fully understood and researchers continue to search for answers. Although the disease may not be cured or prevented at this time, treatments are available to reduce severity and delay progression.

MS is not contagious and does not shorten the life expectancy of those who are diagnosed with the disease. The most dangerous complication relating to MS is usually infection, which may occur when someone has had MS for a long time and is not as strong or physically active as an individual without the disease. Infection may often be cured if recognized and treated early.

MS is a disease of the central nervous system (CNS). The CNS consists of the brain and spinal cord. This disorder damages or destroys the protective insulation (known as “**myelin**”) surrounding the nerves (known as “**axons**”), as well as the nerves themselves, within the CNS. As a result, messages from the brain and spinal cord may short circuit, causing reduced or lost bodily function.

The effects of MS differ with each individual. Some people experience symptoms for a short period of time and afterward may remain symptom-free for years, while others may experience a more steady progression of the disease.

Most researchers believe MS is an “autoimmune disease” -- one in which white blood cells, meant to fight infection or disease, are misguided to target and attack the body’s own cells. This attack causes inflammation in the CNS, which may damage the myelin and ultimately injure the axons as well.

Researchers have studied a variety of possible causes for MS. The most popular theory at this time involves a commonly known slow-acting virus (one that could remain dormant for many years) such as measles, herpes, human T-cell lymphoma, and Epstein-Barr. After being exposed to one of these viruses, some researchers theorize that MS may develop in genetically susceptible people. Extensive genetic research into finding an MS gene is ongoing, and some gene markers for MS have been identified.

Approximately 350,000 individuals have been diagnosed with MS in the United States and one million worldwide, with an estimated 10,000 new cases diagnosed in the United States annually. Most people with MS experience their first symptoms and are diagnosed between the ages of 15 and 50.

The distribution of this disease is not totally random. On average, women are three times as likely than men to develop MS. People living beyond the 40-degree mark north or south of the equator are far more likely to develop MS than those living in the warmer climates near the equator. This is especially true for people in North America, Europe, and southern Australia, while Asia continues to have a low incidence of MS. More prevalent among those of northern European or Scandinavian ancestry, Caucasians are far more likely than those of African heritage to develop this disease.

While MS is not contagious or hereditary, MS susceptibility is increased if a family member has MS. The average risk of developing MS in the United States is one in 1,000. For first-degree relatives, the risk increases to three or four percent. In instances where one identical twin has been diagnosed with MS, the other twin has a 31 percent risk of developing the disease. The risk for twins who are not identical is five percent – similar to that of other siblings.

Commonly seen symptoms include:

Fatigue • Visual Disorders • Numbness • Dizziness/Vertigo • Bladder And Bowel Dysfunction • Weakness • Tremor
Impaired Mobility • Sexual Dysfunction • Slurred Speech • Spasticity (Leg Stiffness) • Swallowing Disorders
Chronic Aching Pain • Depression • Mild Cognitive And Memory Difficulties

For more information on symptom management and handling the challenges of MS, MSAA offers several helpful publications, as well as an extensive collection of MS-related books from MSAA’s Lending Library. Additionally, MSAA’s staff of qualified consultants is available to discuss a caller’s needs and questions personally. MSAA’s Helpline may be reached by calling: **(800) 532-7667**, Monday through Thursday, 10:00 am to 9:00 pm, CST, and Friday, 10:00 am to 6:00 pm, CST.

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March 2005
