



Knighly News

Fr. Ben Powers Council #1315
Knights of Columbus

Bowling Green, KY
(270) 782-6488

Chaplain
Fr. Jerry Riney
842-7777

Chancellor
Chuck Lawless
781-8955

Treasurer
John Haynes
843-4286

Warden
Bill Siebold
796-2607

Three-Year Trustee
Tom Smolen
783-9417

Newsletter Editor
Scott Lewis
846-3020

Grand Knight
Bernie Schwitzgebel
781-9652

Program Director
Tim Risher
746-0798

Recorder
Don Mott
796-8523

Inside Guard
Jim Bailey
783-8577

Two-Year Trustee
John Knepler
842-8431

Lecturer
Don McCormick
781-4185

Deputy Grand Knight
Tim Risher
746-0798

Financial Secretary
Jim Signorello
782-8462

Advocate
Allen Freeland
781-9885

Outside Guard
John Yeric
782-8714

One-Year Trustee
Bob Graham
782-5820

Bingo Co-Chairman
Allen Freeland

E-mail Newsletter Editor: newsletter@bgkofc.org



Bernie Schwitzgebel
tending.

MESSAGE FROM OUR GRAND KNIGHT

Well, has this summer been hot enough for you? I'm looking forward to some cooler weather and I'm guessing it should be just about right for our Family Picnic on September 16th. Look for details elsewhere in this newsletter. We anticipate a large attendance and it is important that you call the hall (270-782-6488) to tell us how many persons from your family will be attending.

Our Supreme Knight, Carl A. Anderson, has recently advised that a modernized First Degree ceremonial has been completed and new books are in the process of being printed. The first exemplification of the new degree occurred at the recent State Deputy Meeting in New Haven, with an overwhelmingly positive reaction. Our Supreme Knight is confident that the 2005 revision of the ceremonial will be greeted with as much enthusiasm throughout the Order as the original was when presented for the first time in New Haven, Connecticut.

And speaking of First Degrees, when is the last time you personally signed up a new member for our Council? Our Membership Director, Mike Hepp, is working hard to organize a member recruitment program for the month of October. I hope that all our members will support his efforts by signing up at least one new member. Make sure you have a copy of the Form 100 in your pocket, and then invite someone to join. If you have a good prospect for a new member feel free to invite him and his family to attend the Family Picnic on September 16th as your guest. Be sure you tell us you are bringing them so we can include them in the planned number who will be attending.

Fraternally,
Bernie Schwitzgebel, GK

NFL SWEEPSTAKES

The Knights of Columbus State Council is once again sponsoring the NFL Sweepstakes and tickets are now on sale. This popular game of chance is fun to play and profits from the raffle benefit Knights of Columbus Kentucky charities. All tickets sold by our Council earns us a share of the profit from those tickets.

The raffle is based on ten weeks of NFL Pro Football beginning with the October 30th games. When you purchase a \$10 ticket there are 32 NFL football teams named on the front of the ticket. You have 3 of these teams weekly in each of 10 vertical rows. Your 3 teams change each week. No other ticket has the same 3 teams on any given date. Winners are determined by the "Highest" and "Lowest" 3-team totals each week. Scores of all 3-team combinations are added together and compared to determine prizes each week. It makes no difference if your teams win or lose. \$700 in prizes will be awarded weekly for 10 weeks. If your teams score the most points (Highest 3-team total) to the 7th highest) or the least number of points (Lowest 3-team total and the 2nd lowest) in any given week you will win a CASH PRIZE. Winners will be notified and paid automatically. In case of ties, prizes are combined and split.

Vic Billhartz is chairing this sweepstakes event for our Council. If you do not yet have your ticket, or wish to help sell tickets, please call Vic at 782-7058

SEPTEMBER BIRTHDAYS

02 Steve Swigonski	20 Maurice Oelker
03 Tom Thompson	23 Fred Sensing
04 Larry Halida	23 Jack Thomas
05 William Baribeau	24 Hank Bormann
06 Calvin Colburn III	24 Donald Dobernic
08 Barry Howard	24 Deacon Robert Imel
08 Bernie Schwitzgebel	29 Lynn Davenport
10 Larry Willoughby	29 David Finney
15 John Knepler	29 Robert McGrath
16 Michael Littlefield	30 David Knappenberg
16 John Schnell Jr.	30 Calvin Oshefsky
17 Michael Buser	30 John Phelps
17 Brian Collins	30 Roland Roth

SEPTEMBER ANNIVERSARIES

01 V.W. & Sally Liles	24 David & Debby Cherry
05 David Jr. & Connie Voges	24 Walter & Sarah Pudlo
06 Richard & Lois Heile	28 Stephen & Sharon Maloney
07 Robert Sr. & Francis Fiore	29 Dr. John & Cynthia Korba
09 Steven & Imelda Korte	30 Robert & Jean Zeller
09 James & Veronica Diemer	28 Mike & Sandy Osboe
14 Anthony & Rhona Feckter	29 Delbert & Ellen Hayden
19 Bob & Mary Graham	29 William & Alice Kummer
17 Virgil & Beverly Rakers	30 William & Doris Andrew
20 Jeffrey & Karen Lipnichan	30 John & Lyn Knepler
22 Gerald & Marie Knapp	31 Walter & Berna

IMPORTANT DATES

SEPTEMBER

06 Officers Meeting
06 Charity Committee Meeting
07 Blood Drive
13 Council Meeting
15 Fourth Degree
16 Family Picnic
23 St. Joseph School Spaghetti Dinner
27 Columbus Club

OCTOBER

04 Officers Meeting
04 Charity Committee Meeting
11 Council Meeting
20 Fourth Degree
21-23 Tootsie Roll Drive
25 Columbus Club
26 Mentally Disabled Fun Night
30 Corporate Communion, St. Joseph, 8:00 a.m.

NOVEMBER

04 Officers Meeting
04 Charity Committee Meeting
11 Council Meeting
20 Fourth Degree
25 Columbus Club

DECEMBER

04 Officers Meeting
04 Charity Committee Meeting
07 Mentally Disabled Fun Night
11 Council Meeting
18 Family Christmas Party
20 Fourth Degree
25 Columbus Club
30 Corporate Communion, St. Joseph, 8:00 a.m.

MEMBER UPDATE

Many of our members have asked about our Brothers R.E. Hayden and Bill Krueger as they have both left the Bowling Green area. You can reach them both at their following new addresses.

R.E. Hayden • 3039 Sandy Plains Road - Apt 107 • Marietta, GA 30066

Bill Krueger • Williston Health Care Center • 300 N.W. 1st Avenue • Williston, FL 32696

FAMILY PICNIC

FAMILY PICNIC

Date September 16th
Social Gathering..... 5:00 PM
Eating Time..... 6:00 PM
Fun & Games After Dinner
Where KC Pavilion (adjacent to the hall)
Who..... KC Members, Widows, Invited Prospective Members
Special Guest Star Big Red

All Knights of Columbus Council 1315 members (whose dues are paid and who are in possession of a current membership card) are invited to attend this annual family picnic, as are our beloved widows. Prospective new members and their families are welcome to attend this popular family event when a member of our Council in good standing invites them. The member who invites them is responsible for telling us how many guests are coming. Prospective new members and their families will be given special guest nametags so that we can identify them and make them feel welcome. Please note that it is not intended for this Council event should to be open to your friends and neighbors and we ask for your cooperation in this matter.

If you plan to attend and/or are bringing an invited prospective new member **PLEASE CALL THE HALL AT 742-6488 AND TELL US HOW MANY ARE COMING. THE DEADLINE FOR MAKING RESERVATIONS IS SEPTEMBER 12TH**

Mentally Disabled Fund Drive (Tootsie Roll)

The mentally Disabled Fund Drive is scheduled for Friday & Saturday October 21 & 22.

I have changed the hours for each day starting at 10:00 a.m. - 12:00 p.m. - 2:00 p.m. - 4:00 p.m. & 6:00p.m. This will allow more Brother Knights and their family members to take an active part in this great council community activity. Hopefully some members can volunteer for two shifts. One each day or any other way. The two-hour shifts will make it less tiresome and allow for more volunteers. I plan to have this year's locations at the two Wal-Marts and the three Kroger Stores.

Call Ray Grudzielanek for the two-hour shifts and location you want to volunteer your time for this great council charitable work program at 270-842-3628.

NEW COUNCIL 1315 WEBSITE

How to Use the "Members Who are Sick or Distressed" Link

Many of our members have questioned how to use the link for inquiring about or adding information about members who are sick or distressed on our new website. I will attempt to make this as painless of a process as possible.

When first going to our website at www.bgkofc.org, you will see a template that makes up the site. On the left hand column of the template, there are several links for viewing the different areas of the site. At this point, you should select rotating link "Council News." At the top of the page which follows your click, you will see "**Click Here To View Members Who Are Sick Or In Distress.**" Click this link and you will be taken to our new bulletin board.

Once at the bulletin board, if you have not previously registered, you must do so by clicking the link at the top "**Register.**" Click "**I Agree**" after reading the registration agreement. Registration is necessary so that we can keep those who are not there for the right reasons off of the board. Fill out all of the boxes asking for information, including "**Where do you live?**" and change the time zone setting to GMT -5:00 hours. Then look for the small box at the bottom and copy the same to the image verification box. It is important to make sure you use the same letter case. This verification is done so that automated registration programs cannot access our site, because they are not equipped to handle the verification. Now, all you have to do is click "**Submit Registration**" and you are in. Just a little side note, don't get frustrated at the verification box...sometimes it is hard to decipher between some of the letters, such as "O" & "0." If it doesn't work the first time, try again.

Well, I hope this has helped everyone to understand how to use this important feature of our new website. I hope to see all of you online and using this great resource.

FOURTH DEGREE PATRIOTIC EXEMPLIFICATION DATE CHANGE

A Fourth Degree Patriotic Exemplification is scheduled in Paducah, Kentucky on Saturday and Sunday, November 12 and 13, 2005. If you have an interest in becoming a Sir Knight of the Patriotic Fourth Degree of the Knights of Columbus, and joining at this date, please contact Sir Knights Charlie Peters, Tony Meffert, John Knepler or any of the other Sir Knights for more information on admission requirements and on processing a Membership Application. Candidates should complete fourth Degree Membership Document, Form 4, for this Exemplification date by September 15, inasmuch as it takes approximately two months to process. We would certainly like to talk with interested prospects about this important Fourth Degree and the opportunity to become the Complete Knight.

Charlie Peters, Faithful Navigator

TAKE ACTION



Submitted by Tom Parrott

URGE SENATOR McCONNELL TO RESTORE FUNDS FOR DEBT RELIEF

In the spirit of the book of Leviticus, Christians will have to raise their voice on behalf of all the poor of the world, proposing the Jubilee as an appropriate time to give thought, among other things, to reducing substantially, if not canceling outright, the international debt which seriously threatens the future of many nations.

---Pope John Paul II, Tertio Millennio Adveniente, 1994

ACTION REQUESTED: Please contact Senator Mitch McConnell and urge full funding of the US contribution to the International Development Association at \$950 million in the FY '06 Foreign Operations Appropriations Bill.

Senator McConnell holds a very powerful position as Chair, Foreign Operations Sub-committee. Here are phone numbers by which you can contact him as soon as possible:

Senator McConnell Field Office Phone Numbers

202-224-2541 -- Washington Office	270-781-1673 -- Bowling Green
859-578-0188 -- Fort Wright	859-224-8286 -- Lexington
606-864-2035 -- London	502-582-6304 -- Louisville
270-442-4554 -- Paducah	

You can also contact him through his website: <http://mcconnell.senate.gov/contact.cfm>

If you email him then **urge full funding of the US contribution to the International Development Association at \$950 million in the FY '06 Foreign Operations Appropriations Bill.**

Why this issue is important: In their 1999 Jubilee Call for Debt Forgiveness, the bishops of the United States joined our beloved Pope John Paul II in calling for debt relief, explaining that the "external debt of the poorest countries is crushing the lives and dignity of vulnerable children, women, and men." As part of the Catholic Campaign Against Global Poverty, USCCB and Catholics throughout the country have been advocating for adequate funding in the 2006 Foreign Operations Appropriations to meet the U.S. commitment to the recently signed G8 Agreement on Debt Cancellation.

The Senate version of the FY 2006 Foreign Operations Appropriations CUTS \$50 million from what the President requested and the House passed for the International Development Association (IDA), reducing it from \$950 to \$900 million. We urge Senators to restore the \$50 million and to provide the full \$950 million.

For more information, go to <http://www.usccb.org/sdwp/international/bkgdrdebtreief605.htm>

THANKS TO OUR HELPERS

Please thank Bob Hill, Jerry Kieffer, and Dale Jakel for the work they have recently contributed to the continuation of the pavilion project. Water is now available at the pavilion, and so is the electronic device designed to keep birds from nesting in the pavilion. Jerry and Dale also repaired the electrical line, which was damaged at the KC sign at the street during hookup of the water at the meter. Thanks guys. We appreciate your help.

AUGUST – NATIONAL CHOLESTEROL EDUCATION MONTH

High Blood Cholesterol: What you need to know

Why Is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. High blood cholesterol itself does not cause symptoms; so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone.

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

- **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.
- **Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.
- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

- **Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.
- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Treating High Cholesterol

The main goal of cholesterol-lowering treatment is to lower your LDL level enough to reduce your risk of developing heart disease or having a heart attack. The higher your risk, the lower your LDL goal will be. To find your LDL goal, see the box for your risk category below. There are two main ways to lower your cholesterol:

- **Therapeutic Lifestyle Changes (TLC)**—includes a cholesterol-lowering diet (called the TLC diet), physical activity, and weight management. TLC is for anyone whose LDL is above goal.
- **Drug Treatment**—if cholesterol-lowering drugs are needed, they are used together with TLC treatment to help lower your LDL.

For more information, including ways to lower your cholesterol, please visit the source of this information at <http://hin.nhlbi.nih.gov/cholmonth>. The site includes recipes, charts to track progress, simple steps to help lower cholesterol, and more.



LET'S GO CRUISING... ITALIAN STYLE

On May 21-23, our council presented the cruise promotion at the State Convention. The booth attracted a lot of attention and those we talked to expressed much interest. Reservations are beginning to be received and our expectations are high for a complete success.

If you are contemplating joining this cruise (If you aren't, Why not?), I recommend you send your application early. The earlier you reserve, the better cabin selection for you.

Plans are being made for "special discounted shore activities" and on-board events.

Although we are promoting the cruise to all Kentucky Councils, first and foremost we would like to see our members coming together in fraternal friendship.

It's going to be great fun and it's really a good deal. So what are you waiting for?
LET'S GO CRUISING, ITALIAN STYLE!

Bob Williams

SEPTEMBER MASS READINGS

Sunday, September 4

First Reading..... Ezekiel 33:7-9
Second ReadingRomans 13:8-10
Gospel..... Matthew 18:15-20

Sunday, September 11

First Reading.....Sirach 27:30--28:7
Second ReadingRomans 14:7-9
Gospel..... Matthew 18:21-35

Sunday, September 18

First Reading..... Isaiah 55:6-9
Second Reading Philippians 1:20-24, 27
Gospel..... Matthew 20:1-16

Sunday, September 25

First Reading..... Ezekiel 18:25-28
Second ReadingPhilippians 2:1-11
Gospel..... Matthew 21:28-32



KNIGHTS OF COLUMBUS
FATHER BEN POWERS COUNCIL 1315
911 SEARCY WAY
BOWLING GREEN, KY 42103

NON-PROFIT ORG.
U.S. POSTAGE

PAID

PERMIT NO. 137
BOWLING GREEN

Return Service Requested

Knightly News

A KNIGHTS OF COLUMBUS MONTHLY NEWSLETTER

FR. BEN POWERS COUNCIL NO. 1315

September 2005
