



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 Bobby Clark 796-1776	Three-Year Trustee Bernie Schwitzgebel 781-9652	Newsletter Editor Scott Lewis 846-3020
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Deputy Grand Knight Gabe Cabral 846-4845	Financial Secretary Jim Signorello 782-8462	Advocate Allen Freeland 781-9885	Outside Guard Ken Baushke 842-2237	One-Year Trustee John Knepler 842-8431	Bingo Chairman Allen Freeland 781-9885

E-mail Newsletter Editor: newsletter@bgkofc.org



Tim Risher

Message From Our Grand Knight

Indecisive? Lost your way? Perhaps attending a membership meeting can set a new course for you this year. Research has confirmed the longer a person stays away from an activity the harder it is to rejoin and get back in the groove.

This is the month when we are busy setting New Years goals to become a better golfer, lose weight, eat better, become a better catholic, etc. One in four New Year's resolutions is broken within a week, and half are broken within a month, researchers have found. How is that for discipline?

Back where we used to live I belonged to a tennis/workout center and it was always crowded beginning in January then gradually back to normal beginning by February. We regretted the crowded conditions but knew all along that things would return to normal soon. Try beating the researchers this year!

We are now half way through our council fiscal year. We are also 65% of attaining our goal for new members. Thanks to Pete Buser, our membership chairman, for an outstanding job and thanks to all the members so far who have recommended a new member. But it is more than just numbers that make a successful and fun council. As with any organization we need new leadership to step forward to fill the many council positions that will become available this year. Think about it. Perhaps this would be another great New Year's resolution to become more active.

Please don't forget about our upcoming first Friday social this month. John Becker is again planning something special.

The Christmas party on December 17th was a huge success again thanks to Chuck Lawless and his kitchen crew and clean up crew and to Dennis Chen for coordinating the children's activities. We had approximately 225 in attendance but down from last year. A great time for the children and their parents and everyone who attended. Remember, all members can attend not just those members with children. There is something for everyone.

Stay involved and continue to grow Council 1315!

Tim Risher, Grand Knight



January Anniversaries

01	Earl & Martha Winn
09	John & Charlotte Phelps
15	Fred & Mary Louise Sensing
20	Tom & Rita Parrott
22	Ray & Helen Grudzielanek
27	Joseph & Helen Kirzeder
27	Mark & Janice Higden
28	Mike & Mickeye Murphy
29	Jerry & Joanne Wallace
29	Daniel & Kay Wiatr

January Birthdays

01	Steve Wilson
01	Tim Risher
02	Donald Hosek
03	Terry Hatler
03	David Finch
05	William Siebold
05	Charles Lauth
06	William Kummer
06	Joseph Tinnius
07	Roger Dales
07	Reverend John T. Little
07	Patrick McGrath
08	Herman Poston
09	Thomas Parrott
11	Henry "Todd" Conway
12	Allen Freeland
14	Robert Jameson
15	Greg Kunkel
15	John Yeric
16	Norbert Breiwa
17	Robert Rudzinski
20	Paul Coulombe
20	Donald Siebert

Bingo Update

We are ahead of budget by roughly 23% despite a dismal December turnout.

Hopefully the New Year will entice our players to come back.

We are still looking for someone to be an emergency backup to me. Please consider this while making New Year's resolutions.

Allen Freeland

Important Dates

JANUARY 2007

02	Officers Meeting
02	Charity Committee Meeting
06	Non-Denominational Prayer Service
09	Council Meeting
09	First Degree Exemplification
18	Fourth Degree
20 - 22	March for Life 2007
21	February Newsletter articles due
23	Columbus Club

FEBRUARY 2007

06	Officers Meeting
06	Charity Committee Meeting
13	Council Meeting
15	Fourth Degree
19	March Newsletter articles due
27	Columbus Club

MARCH 2007

06	Officers Meeting
06	Charity Committee Meeting
13	Council Meeting
15	Fourth Degree
19	April Newsletter articles due
27	Columbus Club

Memorial Gift

I am sure many of us have family and friends who are now deceased but are buried in another city or state. It is often difficult to find the time to go back to visit their grave. I know this is true in our family.

A few months back while running in Phil Moore Park I struck up a conversation with "the tree lady." This wonderful lady has taken it upon herself to plant trees at her expense to make the park beautiful.

To help defray her expense a person can buy and sponsor their own tree anywhere in the park. She will do the planting. Thus you have ownership of your own tree. No you cannot cut it down for firewood when it gets larger!

You may then purchase a gray granite memorial marker that the park service will permanently secure in the ground around your tree with any words or dates you may elect.

This is a way to memorialize someone as well as planting a tree for the future.

Tim Risher

Lincoln Give Away

Imagine winning a new Lincoln! Perhaps take a trip somewhere or just keep it in a safe place at home.

Well, we are going to give away free Lincoln's at the January membership meeting. Easy to win! All you have to do is share a ride with a member who perhaps no longer drives or needs assistance getting to the meeting. There are many Brother Knights who would love to attend our meetings to renew old friendships and just see and hear what is going on. We have a few active members who are currently picking up other members and bringing them to the meetings. This is another great way to start off the New Year.

(Did I mention the Lincoln give away is a five-dollar bill?)

Tim Risher, Grand Knight

Honorary Awards

Congratulations to the following members who have attained these service awards for 2007:

Shelby Douglas	Honorary Membership
Bill Siebold.....	Honorary Membership
Jack Beeckler	Honorary Life Membership
Walter Geier	Honorary Life Membership
Bob Panchyshyn.....	Honorary Life Membership

Honorary Membership is awarded to members with 25 years of continuous service who have attained the age of 65. Yearly dues are reduced to \$10.

Honorary Life Membership is awarded to members with 25 years of continuous service who have attained the age of 70. There no dues for membership.

Jim Signorello, Financial Secretary

Membership Report

We are most pleased to welcome three new members to Council 1315. We welcome back Dave Powers and two transfer members: Raymond DeWeese & Doug Barley. Please make an effort to introduce yourself to these outstanding gentlemen at the January 9th Meeting.

We will have a 1st Degree Exemplification on January 9, 2007. Now is the time to shake the bushes for prospective new members. If you need a Form 100 please let me know. I ask that you make a special effort to attend the January 9th meeting and show your support for our newest members. Thank you.

Pete Buser, Membership

January – National Blood Donor Month

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

AABB, in conjunction with America's Blood Centers and American Red Cross, is celebrating National Blood Donor Month (NBDM) 2007 to encourage donors to give or pledge to give blood.

Every day in our country, approximately 39,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims. Our goal is to help ensure that blood is available to patients whenever and wherever it is needed because it is the blood on the shelves that helps saves lives.

If you are at least 17 years of age (some states permit younger people to donate with parental consent), weigh at least 110 pounds and meet other donor requirements, you may be eligible to donate blood. Celebrate NBDM with AABB by donating blood and encouraging others to do so as well.

January – National Blood Donor Month (continued)

How badly is blood needed?

Blood supplies can vary depending on the region and time of year. As donor qualifications continue to become stricter and as the donor population ages, our nation is at risk of a low blood supply. If you are eligible, your blood donations are needed.

Why are there often blood shortages?

Most blood centers strive to maintain an optimum inventory level of a three-day supply. Due to unpredictable demands from trauma incidents the inventory fluctuates hourly. When the blood supply drops below a three-day level, blood centers begin alerting local donors to increase the inventory to a safe operating level.

Can I get AIDS from donating blood?

No. There is no risk of contracting AIDS or any other disease through the donation process. Each collection kit is sterile, pre-packaged and used only once.

How much blood is taken?

For a whole blood donation, approximately one pint (which weighs about one pound) is collected. For a platelet donation, the amount collected depends on your height, weight and platelet count.

How much time does it take for my body to replace the blood that I donated?

Not long at all. The volume of fluids will adjust within a few hours of your donation. The red blood cells will be replaced within a few weeks.

How often may I donate?

You may donate whole blood once every 56 days, which allows plenty of time for your red cells to be replenished. Platelet (apheresis) donors may donate more frequently -- as often as once every seven days and up to 24 times per year. This is because the body replenishes platelets and plasma more quickly than red cells. Platelets will return to normal levels within about 72 hours of donating. Plasma (the liquid portion of your blood) will return to normal levels within a couple of days. Red blood cells (the oxygen-carrying cells) will take approximately two weeks to reach their normal levels.

How long until my blood is used?

Most blood donations are processed and available for use within 48 hours.

Are the health history questions necessary every time I donate?

To ensure the safest possible blood supply, all donors must be asked all the screening questions at each donation. The FDA requires that all blood centers conform to this practice.

What is the most common blood type?

The approximate distribution of blood types in the US population is as follows. Distribution may be different for specific racial and ethnic groups:

O Rh-positive --- 38 percent	B Rh-positive --- 9 percent
O Rh-negative --- 7 percent	B Rh-negative --- 2 percent
A Rh-positive --- 34 percent	AB Rh-positive --- 3 percent
A Rh-negative --- 6 percent	AB Rh-negative --- 1 percent

In an emergency, anyone can receive type O red blood cells, and type AB individuals can receive red blood cells of any ABO type. Therefore, people with type O blood are known as "universal donors," and those with type AB blood are known as "universal recipients." In addition, AB plasma donors can give to all blood types.

Is there anything I should do before I donate?

Be sure to eat well at your regular mealtimes and drink plenty of fluids.

For local information on giving blood, please call:
American Red Cross Blood Services
430 Center Street
Bowling Green, KY 42101
(800)-448-3543
<http://www.givelife.org>

For information about National Blood Donor Month, visit the source of this article at <http://www.aabb.org/>.

January Mass Readings

Monday, January 1 (New Year's)

First Reading Numbers 6:22-27
Second Reading Galatians 4:4-7
Gospel Luke 2:16-21

Sunday, January 7

First Reading Isaiah 42:1-4, 6-7
Second Reading Acts 10:34-38
Gospel Luke 3:15-16, 21-22

Sunday, January 14

First Reading Isaiah 62:1-5
Second Reading First Corinthians 12:4-11
Gospel John 2:1-12

Sunday, January 21

First Reading Nehemiah 8:2-4, 5-6, 8-10
Second Reading First Corinthians 12:12-30
Gospel Luke 1:1-4, 4:14-21

Sunday, January 28

First Reading Jeremiah 1:4-5, 17-19
Second Reading .. First Corinthians 12:31--13:13
Gospel Luke 4:21-30

Remember in Your Prayers

Please remember the soul of our Brother Knight Walter Geier who passed away on December 19th in Bowling Green. Walter was 90 years old and a 40 year member of the Knights of Columbus and our Council.

Annual Christmas Party





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