



# Knighly News

Fr. Ben Powers Council #1315  
Knights of Columbus

Bowling Green, KY  
(270) 782-6488

|   |  |   |   |  |   |
|---|--|---|---|--|---|
| <b>Chaplain</b><br>Fr. Jerry Riney<br>842-7777        | <b>Chancellor</b><br>Chuck Lawless<br>781-8955           | <b>Treasurer</b><br>John Haynes<br>843-4286   | <b>Warden</b><br>Bobby Clark<br>796-1776        | <b>Three-Year Trustee</b><br>Bernie Schwitzgebel<br>781-9652 | <b>Newsletter Editor</b><br>Scott Lewis<br>846-3020 |
| <b>Grand Knight</b><br>Tim Risher<br>746-0798         | <b>Program Director</b><br>Gabe Cabral<br>846-4845       | <b>Recorder</b><br>Don Mott<br>796-8523       | <b>Inside Guard</b><br>Jack Matukas<br>781-7784 | <b>Two-Year Trustee</b><br>Tom Smolen<br>783-9417            | <b>Lecturer</b><br>Bob Williams<br>799-2399         |
| <b>Deputy Grand Knight</b><br>Gabe Cabral<br>846-4845 | <b>Financial Secretary</b><br>Jim Signorello<br>782-8462 | <b>Advocate</b><br>Allen Freeland<br>781-9885 | <b>Outside Guard</b><br>Ken Baushke<br>842-2231 | <b>One-Year Trustee</b><br>John Knepler<br>842-8431          | <b>Bingo Chairman</b><br>Allen Freeland<br>781-9885 |

**E-mail Newsletter Editor: [newsletter@bgkofc.org](mailto:newsletter@bgkofc.org)**



*Tim Risher*

## Message From Our Grand Knight

Spring has sprung at least here in Bowling Green and not a bit to soon. February was a colder than usual month so the warm days are a welcome relief.

What better way to prepare for spring than to participate in a religious spring tune up our council is hosting in April at Mount St. Joseph Retreat Center. Further details are provided within the newsletter. This year we also made the retreat available for couples as well as singles. I remember the last time we were there in the spring it was so gorgeous to walk the grounds and see the dogwoods in bloom and just contemplate life. Slow down and smell the daffodils while renewing your soul. I trust you will enjoy it or your money back.

A hearty and fulfilling late thank you goes out to John and Barbara Becker and their crew for putting on a delicious and fun filled Mardi Gras evening. Attendance was super, beads were passed around, hot sauce flowed along with the beer and the next day Lent began and it was time to repent for our extravagances. But it was all worth it!

Another thank you goes out to St. Joe's school, Jan Lange, for making available the gymnasium in order for the K of C State Free Throw Final competition to be held. The event took place on March 17<sup>th</sup> with many participants from around the state. Perhaps next year our council could also get involved in this fine youth activity.

At our March meeting we had two excellent speakers. Jan Lange from the school provided us with an up to date on school enrollment and other upcoming plans for the school. We also had our State Insurance Director, Dan Turnwald speak to us on long term care insurance. A number of members asked questions about this benefit so I know there is probably enough interest on behalf of the membership to perhaps schedule Dan for a meeting on this subject. If you have an interest in attending a separate meeting please let me know and I will coordinate a date and time with Dan.

Upcoming events not to miss are the annual Easter egg hunt for the children and the soapbox derby race to be held in May. Further details will be forthcoming.

Stay involved and continue to grow Council 1315!

Tim Risher, Grand Knight

## Upcoming Membership Meeting

Do not miss the April membership meeting! I have lined up AIR EVAC the helicopter rescue squad just down the street from the hall, to be our speaker. AND they are bringing their chopper to our parking lot. What a hoot! I have seen this program presented and it is very informative. Let's fill the hall!

## April Anniversaries

|    |                             |
|----|-----------------------------|
| 01 | Merile & Carol O'Bryan      |
| 08 | Malcom & Janet Turley       |
| 10 | James & Helen Bailey        |
| 11 | Shelby & Joan Douglas       |
| 13 | Donald & Patsy Grudzielanek |
| 13 | John & Kathy Villarreal     |
| 18 | Calvin & Lois Oshefsky      |
| 18 | Michael & Darlene Fuqua     |
| 23 | Calvin & Carlene Witucki    |
| 25 | Galen Sr. & Pat Smith       |
| 27 | Joe & Melissa Meyer         |
| 30 | Robert & Dolores Rudzinski  |

## April Birthdays

|    |                       |
|----|-----------------------|
| 01 | Richard Wanta         |
| 01 | Gerald Kapp           |
| 01 | Mark Absher           |
| 02 | Shelby Douglas        |
| 02 | Bob Hill              |
| 03 | Anthony Meffert       |
| 03 | Joseph Kirzeder       |
| 04 | Donald Mott           |
| 04 | John Barnett          |
| 06 | Francis Roos          |
| 07 | Jeffrey Poston        |
| 08 | Jim Mullen            |
| 09 | Rev. Ken Mikulcik     |
| 15 | Robert Panchyshyn     |
| 18 | Rev. Philip Waters    |
| 18 | James Schaeffer       |
| 20 | Charles "Matt" Keyser |
| 21 | Ray Blankenship       |
| 21 | Paul Schnoes          |
| 25 | John Beeckler         |
| 25 | Galen Smith Sr.       |
| 27 | Daniel Klein          |
| 27 | David Powers          |
| 29 | Scott Lewis           |

Knights will be hosting their annual Easter Egg Hunt for the Catholic community again this Easter Sunday, April 8 from 1:30 - 3:00 p.m. The event is for children under the age of 12.

Please bring a basket for your child's goodies.

## Important Dates

### APRIL 2007

|       |                                     |
|-------|-------------------------------------|
| 01    | Palm Sunday                         |
| 03    | Officers Meeting                    |
| 03    | Charity Committee Meeting           |
| 08    | Easter Sunday                       |
| 08    | Easter Egg Hunt – 1:30 to 3:00 p.m. |
| 10    | Council Meeting                     |
| 11    | Mentally Disabled "FUN NITE"        |
| 14-15 | Fourth Degree Exemplification       |
| 19    | Fourth Degree                       |
| 20    | May Newsletter articles due         |
| 21    | Spiritual Retreat                   |
| 24    | Columbus Club                       |
| 29    | Corporate Communion                 |

### MAY 2007

|    |  |
|----|--|
| 01 | Officers Meeting   |
| 01 | Charity Committee Meeting  |
| 08 | Council Meeting  |
| 17 | Fourth Degree  |
| 21 | June Newsletter articles due   |
| 22 | Columbus Club  |
| 27 | 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Degree Exemplification |

### JUNE 2007

|    |                              |
|----|------------------------------|
| 04 | Officers Meeting             |
| 04 | Charity Committee Meeting    |
| 11 | Council Meeting              |
| 18 | July Newsletter articles due |
| 21 | Fourth Degree                |
| 25 | Columbus Club                |

## Bingo Update

We had a "good" month in February. Help is always welcome. We continue to look for ways to increase our crowd. If you can help, check with captains to see who needs help the most. They are Tommy Herman first week, Chuck Lauth (in training) second week, Tim Risher third week and Steve Keene fourth week.

### Bingo Report - February 2007

|            | Attendance | Pull Tab Sales | Swiftly Sales |
|------------|------------|----------------|---------------|
| 02/05/2007 | 144        | 7              | 26            |
| 02/12/2007 | 141        | 7              | 26            |
| 02/19/2007 | 148        | 6              | 25            |
| 02/26/2007 | 141        | 7              | 24            |

Allen Freeland

## Blood Drive

Thanks to all those who donated blood at the March 14th Bloodmobile.

- 46 Presenting, 7 Deferred, 1 ONS
- 38 Productive plus 3 Double = 44 Units collected
- 19 hours of Knights' time donated by Don Meyer, Ed Hurt and Tom Gaietto.

## Membership Report

Our Council 1315 will host a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Degree Exemplification on Sunday May 27<sup>th</sup>. This is an excellent opportunity to obtain your 2<sup>nd</sup> & 3<sup>rd</sup> Degree without the burden of traveling to a distant city. Please mark your calendars for May 27<sup>th</sup> and plan to attend this Exemplification.

Council 1315 is very much alive and growing at a healthy pace. We currently have twelve Form 100 Candidates approved for 1<sup>st</sup> Degree Exemplification. We should have at least 6 more prior to May 27<sup>th</sup>.

If you did not attend the March 13<sup>th</sup> Council Meeting you missed a fantastic meal, a good program and tremendous fellowship. The 50/50 which we now distribute in full was \$146. If you have not been to a meeting in a while, our next meeting is Tuesday April 10<sup>th</sup>. Drop by and see what you're missing.

Fraternally,

Pete Buser, Membership

## Silent Knights

- **Mike Fuqua** for donating a booth to the Knights at this year's Bridal Fair.
- **Tommy Herman** and other council members who helped to set up the show and also donated their time on Saturday staffing the booth.
- **John Yeric** for going the extra mile. A bingo player was stranded in the parking lot after bingo and practically forgotten. Her car would not start and the person she called hung up on her. She was going to stay in the parking lot all night. John gave her a ride home.

Will your name appear next month as a council member who performs Knightly deeds, behind the scenes, and receives little or no recognition? Please say a thank you to these Knights when you see them.

Tim Risher

## Mentally Disabled "FUN NITE"

The Knights of Columbus Fr. Ben Powers Council No. 1315 Bowling Green has scheduled an activity for the Mentally Disabled Citizens on Wednesday, April 11, 2007. The activity for the "FUN NITE" is an evening of dancing. Refreshments will be served throughout the evening.

All special people along with parents and escorts are invited to this "FUN NITE". The "FUN NITE" will be held from 6:15 p.m. to 9:15 p.m. at the Knights of Columbus Hall.

There is no cost of any kind for this activity. All refreshments and entertainment will be provided by the Knights of Columbus a Fraternal Order of Catholic Men. Members are requested to volunteer for this Worthy Council Activity.

Call Ray Grudzielanek, 842/3628. Thanks!

# Corporate Communion

Corporate Communion is Sunday April 29th at the 8:00 a.m. Mass. Breakfast will be served following the Mass at the Knights of Columbus Hall.

For a new twist we are also going to serve breakfast at 8:15 a.m. for those going to the 9:30 a.m. Mass. All Knights, their immediate families and new prospects are invited and there is no cost unless you want to help with cleanup.

# Spiritual Retreat

Why not take a day away from the normal hustle of your busy life for some Spiritual maintenance?

**When:** April 21

**Where:** Mount Saint Joseph Retreat Center, Maple Mount Ky. (near Owensboro).

**Who:** Knights and a Spouse or friend are invited.

**Speaker:** Msgr. Bernard Powers

**How:** Carpool and / or borrow Holy Spirit Church bus.

**Time:** The Retreat is 9:00 a.m. to 3:30 p.m. Add 2 hours to each end for travel time.

**Includes:** Coffee, donuts and lunch.

**Cost:** \$20.00 each plus gas for the bus or car.

Call Steve Keene to sign up or for more information, 270-745-7217.

# Kentucky State Convention Delegates

At our March meeting members voted to have the Grand Knight and Deputy Grand Knight represent our council at the upcoming State Convention in May. The council also approved the Grand Knight to appoint Ray Grudzielanek as an alternate delegate to represent our council in the event one of the primary delegates is unable to attend.

# Nativity Set Project

Two years ago a group of our Council members headed by Don Meyer embarked upon a Christmas project in which they crafted 30 Nativity sets for outside display. The project was very popular and since then Don has had many requests from persons interested in having one of the sets. So this year Don Meyer and Del Hayden will co-chair another project. Don says that he already has orders for 16 of the sets.

The project group which produces these sets includes cutters, sanders, painters, assemblers, etc. Most of the cutters from the previous project have already signed on again for this new project. Don and Del would like to hear from any member who would like to participate in the construction project in any way. They would also like to hear from persons who would like to purchase a set this year. The tentative cost to purchase will likely be \$100, though no firm price has yet been set. The group which makes these sets is only able to make a limited

# April Mass Readings

## Sunday, April 1 (Palm Sunday)

First Reading ..... Isaiah 50:4-7  
Second Reading ..... Philippians 2:6-11  
Gospel ..... Luke 22:14--23:56

## Sunday, April 8 (Easter Sunday)

First Reading ..... Acts 10:34, 37-43  
Second Reading ..... Colossians 3:1-4 or  
..... First Corinthians 5:6-8  
Gospel ..... John 20:1-9

## Sunday, April 15

First Reading ..... Acts 5:12-16  
Second Reading ..... Revelation 1:9-11,  
..... 12-13, 17-19  
Gospel ..... John 20:19-31

## Sunday, April 22

First Reading ..... Acts 5:27-32, 40-41  
Second Reading ..... Revelation 5:11-14  
Gospel ..... John 21:1-19

## Sunday, April 29

First Reading ..... Acts 13:14, 43-52  
Second Reading ..... Revelation 7:9, 14-17  
Gospel ..... John 10:27-30

Continued on next page

## Nativity Set Project (Continued)

number. So it will be helpful to them to hear from all persons who are interested in having one. Of course it will be "first come first served."

So if you are either interested in helping with the project or in ordering a set please call either Del Hayden at 842-8873 or Don Meyer at 782-3667.

## April - Foot Health Awareness Month

According to a new survey, almost 50% of Americans say foot pain has stopped them from doing something routine, such as shopping for groceries or going to the gym. This year's campaign addresses the most common ailments that men and women suffer from, as well as forms of treatment from podiatrists, particularly prescription orthotics.

### Foot Health and Aging

Medicine and health awareness have progressed so rapidly since 1900 that life expectancy of the average American has increased by about 30 years. Older persons have become an increasingly significant proportion of our total population -- and their numbers are growing rapidly. In 1900, for example, there were three million Americans aged 65 or older. By 2000, older people outnumbered children for the first time in history.

If older people are to live useful, satisfying lives, they must be able to move about. Mobility is a vital ingredient in the independence that is cherished by our aging population, and foot ailments make it difficult or impossible for them to work or to participate in social activities. According to the US National Center for Health Statistics, impairment of the lower extremities is a leading cause of activity limitation in older people. As if foot problems weren't enough of a nuisance, they can also lead to knee, hip, and lower back pain that undermine mobility just as effectively. The NCHS says one-fourth of all nursing home patients cannot walk at all and another one-sixth can walk only with assistance.

### Mirror of Health

The human foot has been called the mirror of health. Foot doctors, or doctors of podiatric medicine (DPMs), are often the first doctors to see signs of such systemic conditions as diabetes, arthritis, and circulatory disease in the foot. Among these signs are dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness, and discoloration. Always seek professional care when these signs appear.

### Foot Problems Can Be Prevented

For reasons that are difficult to fathom, many people, including a lot of older people, believe that it is normal for the feet to hurt and simply resign themselves to enduring foot problems that could be treated.

Whether due to neglect or abuse, the normal wear and tear of the years causes changes in feet. As persons age, their feet tend to spread, and lose the fatty pads that cushion the bottom of the feet. Additional weight can affect the bone and ligament structure. Older people, consequently, should have their feet measured for shoe sizes more frequently, rather than presuming that their shoe sizes remain constant. Dry skin and brittle nails are other conditions older people commonly face. Finally, it's a fact that women, young and old, have four times as many foot problems as men and high heels are often the culprits.

### Foot Health Tips

- Properly fitted shoes are essential; an astonishing number of people wear shoes that don't fit right, and cause serious foot problems.
- A shoe with a firm sole and soft upper is best for daily activities.
- Shop for shoes in the afternoon; feet tend to swell during the day.
- Walking is the best exercise for your feet.
- Pantyhose or stockings should be of the correct size and preferably free of seams.
- Do not wear constricting garters or tie your stockings in knots.
- Never cut corns and calluses with a razor, pocket knife, or other such instrument; use over-the-counter foot products only with the advice of a podiatrist.
- Bathe your feet daily in lukewarm (not hot) water, using a mild soap, preferably one containing moisturizers, or use a moisturizer separately. Test the water temperature with your hand.
- Trim or file your toenails straight across.
- Inspect your feet every day or have someone do this for you. If you notice any redness, swelling, cracks in the skin, or sores, consult your podiatrist.
- Have your feet examined by a DPM at least twice a year.

*More information is available from the source of this article at the American Podiatric Medical Association's (APMA) website at [www.apma.org](http://www.apma.org).*

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# **Knightly News**

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FR. BEN POWERS COUNCIL NO. 1315

April 2007

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