



THE KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

June 2007
Newsletter

Grand Knight:

Jim Kosinski

Chaplain:

Deacon Harry Hall

Deputy Grand Knight:

Gary Hinch

Chancellor:

John Flanagan

Recorder:

Ron Davis

Financial Secretary:

Earl Luckenbach

Treasurer:

Don Ward

Lecturer:

Jack Nutterville

Advocate:

George Rosen

Warden:

Dave Hall

Guards:

Nelson Harris
Willet Moretz

Trustees:

3-Year Chuck Weisenburger

2-Year Gene Rossetti

1-Year Joe Crosby

Council Communications:

Jim Kosinski

Numbers to Remember:

Grand Knight

Jim Kosinski:

(276) 608-5584

District Deputy John Kelly:

(276) 466-2481

Insurance Agent Andrew Noland:

(865) 924-9260

(865) 681-6993

Bristol Columbian Center:

(423) 968-1822

or call Bill Davidson

(423) 274-0742

Msgr. Hickie Center (Bingo Hall):

(276) 466-8446

St. Anne Church Office:

(276) 669-8200

Knights of Columbus Msgr. Hickie Council 6695 125 18th Street Bristol, TN 37620

From the Grand Knight

Brother Knights,

Just a quick message from me this month.

The Council conducted a First Degree on May 7th. Seminarian David Cupps, and Cliff Carmack, Mike McGlaughlin, and Bill Pierce became the three newest Brother Knights of Council 6695; and Aldo Zazzi Council 6992 of Kingsport gained one new member.

Council elections are rapidly approaching. All officer posts for Council 6695 (with the exception of FS), plus three (3) seats on the BCC Board will be voted on at our June 4th business meeting.

Nominations for Council Office announced at our May 21st social meeting are listed below.

No candidates were brought forth for the three openings on the Columbian center Board.

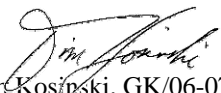
However, nominations ARE NOT CLOSED until the actual election, so nominees will be accepted from the floor prior to conducting the elections

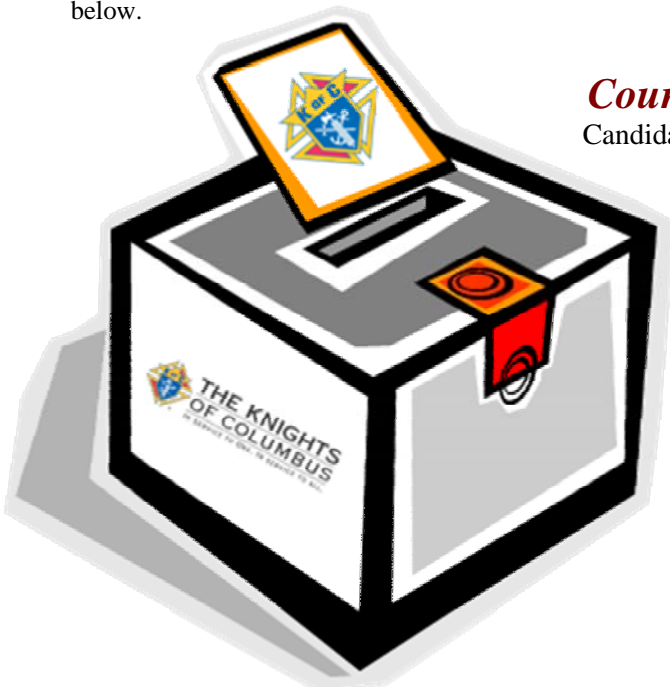
The presentation at our May 21st social meeting by Crystal Hutton ended with the Council presenting Ms. Hutton with a \$500 donation to Abuse Alternatives' Domestic Violence Interventions and Services Program. A number of Knights also signed on for a workday at Abuse Alternatives' safe house.

We do have our Chaplain's Corner from Deacon Harry Hall this month, and an article from council medical Director, Dr. Jeff Ginther.

I did say "quick message," so...

Vivat Jesus


Jim Kosinski, GK/06-07



Council Elections are June 4th

Candidates for Office Are Listed Alphabetically:

Grand Knight: Mark Hall
Jim Kosinski
Deputy Grand Knight: Vin Margiewicz
George Rosen
Chancellor: John Flanagan
Recorder: Ron Davis
Treasurer: Jim Ritter
Advocate: **OPEN**
Warden: Willet Moretz
Inside Guard: Nelson Harris
Outside Guard: Mike Robison
Trustee 3Yr: Herb Jensen
George Rosen



The Chaplain's Corner

By Reverend Mr. Harry L. Hall

In a recent commencement address the keynote speaker enumerated several thoughts on what it means to live a balanced life. He compared it to juggling five balls in the air. They were named; Work, Family, Health, Friends, and Spirit. Work was a rubber ball, but the other four were made of glass. Work as a rubber ball, if dropped, would always bounce back but the other four if dropped would be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same.

One's commitment to all of them helps one to lead a balanced life. In trying to juggle what's important in life we must understand that balance is the key. How? Perhaps these thoughts might help us to focus in on that balance.

- Don't undermine your worth by comparing yourself with others. It is because we are different that we are SPECIAL .
- Don't set your goals by what other people deem important. Only you know what is BEST for you.
- Don't take for granted the things closest to your heart. Cling to them as you would life, for without them life is MEANINGLESS.
- Don't be afraid to admit that you are less than perfect. It is this fragile thread that BINDS us to each other.
- Don't forget, a person's greatest emotional need is to FEEL appreciated.
- Don't use time or words carelessly. Neither can be RETRIEVED.
- Life is not a race, but a journey to be savored each step of the way. Yesterday is history, Tomorrow is a mystery, and Today is a gift. That is why they call it THE PRESENT.

These thoughts are not earth shattering but they do make sense. As Knights of Columbus, let us be a sign of the BALANCE that we are called to live as a fraternal organization dedicated to the call of service and charity to each other and to the communities in which we LIVE.

God Bless You All,
Deacon Harry (5-25-07)

SIGNS ALONG THE ROAD

"Frogs Betray Themselves by Their Own Croaking"
"Still Water and Still Religion Freeze the Quickest"
"The Christian Experience Begins With Forgiveness"



Smiles To Live By – The Lighter Side of The Corner

Reverend Mr. Harry L. Hall

A panel of theologians is discussing the burning question of when life begins.

“Life begins.” says a Catholic priest, “at the moment of conception.”

“No no,” says the Presbyterian, “Life begins at the moment of birth.”

Both of them turned to the aging Jewish rabbi. “Life begins.” says the rabbi, slowly stroking his beard, “when the kids leave home and the dog dies.”

A minister was completing his sermon on temperance with very strong words; “If I had all the BEER, and all the WINE, and all the WHISKEY, in the world, I would POUR them all in the RIVER.” Sermon completed, he sat down. The choir director stood up very cautiously and announced with a smile, “For our closing song, let us sing Hymn #365, Shall We Gather at the River.”

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On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree out of sight and began dividing the nuts.

“One for you, one for me. One for you, one for me,” said one boy. Several dropped and rolled down toward the fence.

Another boy was riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough he heard, “One for you, one for me. One for you, one for me.” He just knew what it was. “Oh my,” he shuttered, “it’s Satan and the Lord dividing the souls at the cemetery.”

He jumped back on his bike and rode off.

Just around the bend he met an old man with a cane hobbling along. “Come here quick,” said the boy, “you won’t believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls.”

The man said, “Beat it kid, can’t you see it’s hard for me to walk.”

When the boy insisted though, the man hobbled to the cemetery. Standing by the fence they heard, “One for you, one for me. One for you, one for me.”

The old man whispered, “Boy, you’ve been telling the truth. Let’s see if we can see the Lord himself.” Shaking with fear, they peered through the fence, yet were still unable to see anything.

The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord. At last they heard, “One for you, one for me. That’s all. Now let’s get those nuts by the fence, and we’ll be done.”

They say the old man made it back to town a full 5 minutes ahead of the boy on the bike.

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A Sunday School teacher asked her young class how Noah spent his time on the Ark. As there was no response, she asked, “Do you suppose that he did a lot of fishing?” “What,” said a 6 year old boy, “with only two worms?”



Medical Tidbits

S.K Jeffrey Ginther, M.D.

With the advent of summer next month and the advent of summer weather for the past several weeks, I thought it a good idea to discuss some skin care issues. Of course we are all reminded of the necessity of using sunscreen when out, and the label should assure us that it protects from UVA and UVB. Everyone should seek a once yearly survey of their skin from their physician, PA or NP. UVA and UVB are the major causes of non-melanoma skin cancers. UVB causes damage to the outer layers of the skin, including erythema (sunburn), edema (swelling) and hyperpigmentation (dark coloration). Long term UVB causes accelerated aging of the skin, suppresses the immune system within the skin and enhances malignant transformation within the skin cells. UVA penetrates more deeply into the skin and also causes photoaging, immunosuppression, and can stimulate the formation of cancer. Photoaging includes dryness, irregular pigment changes, wrinkles, damage to the elastic tissue in the skin and a variety of damage to the small blood vessels under the skin called purpura and telangiectasia.

Skin cancers come in different forms; the repeated severe sunburns that some of us get lead more quickly to basal cell cancers, usually the least severe, and to melanomas, the most deadly. Long term exposure to the sun even without the burn more commonly leads to squamous cell cancers, which can be very serious and deforming. If ignored, they can also be deadly. Self-examination and avoidance of damaging sun are the keys to a healthy, attractive, young-looking skin and to treating lesions at an early, curable stage.

Features of common lesions that require attention are the following:

Basal cell carcinomas often have a pearly appearance, a rather rolled, waxy border and some tiny ruptured or prominent blood vessels called telangiectasia on the surface. They are slow growing, low in potential for spreading to distant parts of the body but can cause significant disfigurement both of their own nature and as the result of treatment. Occasionally they become more pigmented, such as a shiny, blue-black papule or nodule, often speckled. Less easy to identify are the sclerosing type, which resembles a whitish plaque-like scar. These are more serious because the growth is often not visible, and often “under-the-skin.” Microsurgery is needed to fully treat this. The most common sites of BCC are the head and neck.

Squamous cell cancers are more serious and do have more of a tendency to metastasize, especially within the head and neck area (watch for lymph-nodes!) They are often pink and scaly, a small papule or larger plaque. They are commonly heralded by “actinic keratoses” also known as solar or senile keratoses. They can also appear as a tender, inflamed nodule within a scar. Often the lesions are rough and scaly and more easily diagnosed by touch than by sight. The most common areas of involvement are the head (tips of the ears, tip of the nose, temple and sideburn areas, scalp in the tonsurally challenged), neck, backs of the hands, forearms, upper trunk and lower legs).

Finally melanomas are the most serious, and require specialty care and surgery; they are also the least common. They can be about any shade of red, white, blue, brown or black, and are more common on the back and lower leg, although they have been reported on every part of the skin and even outside of the skin, such as the genitals (all visible parts), anus, under toenails, inside the lip, inside the ear canal and even within the eye. There have been melanomas reported in metastatic lesions where the primary was never found. The ABCDE's of checking for melanomas are A for asymmetry, B for borders irregular (notched or scalloped), C for color heterogeneous and not uniform, D for diameter greater than 0.5 cm., and E for evolving or new/changing lesion.

Above all, care for your skin, use sunscreen and tell your health-care provider your risk factors and ask him to spend some time every year examining your skin.



Ballot – Council Officers	
<u>OFFICE</u>	<u>CANDIDATE VOTED FOR</u>
GRAND KNIGHT	_____
DEPUTY GRAND KNIGHT	_____
CHANCELLOR	_____
RECORDER	_____
TREASURER	_____
ADVOCATE	_____
WARDEN	_____
INSIDE GUARD	_____
OUTSIDE GUARD	_____
TRUSTEE 3-YR	_____

SAMPLE OFFICER BALLOT



BIRTHDAYS IN RED



Council 6695 Calendar June 2007



= 7:30 Council Meeting

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Years a Knight of Columbus: 25- Thomas E. Connolly, Jr / 14- Jerome Choresevic, Jr, Frank Hanson / 9- Jaime Kuzio / 2- Ron Davis, Paul Davis, Gary Hinch					1	2
3	4 COUNCIL & BCC ELECTIONS 	5	6 Donald Moore	7	8	9
10	11	12	13	14 Keith Lavin William Baker FLAG DAY 	15 SACRED HEART OF JESUS Mike Arnold Daniel Tester	16 IMMACULATE HEART OF MARY
17 FATHER'S DAY Michael Kaul 	18 Gerald Austin 	19	20	21 FIRST DAY OF SUMMER	22 Don McElheny Norman Haderer David A. Tester, Sr	23
24	25 Jerome Choresevic	26	27	28	29 John Grayson	30 Donald Hunt Dan Emmel

NAME
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