



# The Carpenter

Fr. Edward Fitzgerald Council No. 12772  
670 West Main Street  
Plain City, Ohio 43064  
[www.kofccouncil12772.org](http://www.kofccouncil12772.org)



January 2010

# Happy New Year!

## Grand Knight Notes ....



No, I have not staged a coup. GK Rob Loula is currently ill and has asked me to pass on his comments for this month.

Looking back on the last half of 2009, our Council has done a great job, fulfilling existing programs and branching out into new ones such as the Soccer Challenge, the Ladies Appreciation Dinner, and the New Member Committee. We have also begun an aggressive program of documenting our activities with the State K of C so that our Council can gain deserved recognition for our efforts.

The New Year brings new opportunities for us to continue expanding our reach into St. Joseph Parish and the local community. In addition to holding our annual Fish Fry fund raiser, new activities will include a free-throw shooting contest, sponsoring an Estate Planning Seminar, a Council Open House, and assisting with the parish Volunteer Dinner.

In response to Fr. Pat's earlier request, our Council will begin offering a Parish Rosary Prayer on the last Saturday of each month at 4:00pm; this will be discussed at the forthcoming business meeting.

Our growth with expanded activities cannot be accomplished only by the small cadre of regulars who work for our events. We will need the help of many of you who are not now participating to join in with us active members. We ask that when you are called, please step willingly into whatever opportunity we ask you to help with.

Yours in Christ, with best wishes for a Happy New year,

Bob Hess  
Recorder and Program Director

## Free Throw Shooting Contest

This event, sponsored by our Council, will take place in the Jonathan Alder High School gym on Saturday, January 9 from Noon to 2:00pm.

**We need volunteers to man various parts of this contest. Call Mark Mandel at 308-2294, or simply show up at 11:00am that morning.**

## Estate Planning Seminar

Our Council 12772 will sponsor an Estate Planning Seminar from 5:00pm to 8:00pm at the PAC on Sunday, January 24. The speaker will be Robert S. Hendrix, Esq. We will provide cookies and coffee for all attendees.

## Protect your family with a K of C top-rated insurance program

Buying life insurance is something that's easy to put off until tomorrow. And with the busy lives we all lead, tomorrow can easily become next week, next month, or even next year.

For the sake of those you love, don't let that happen. I consider it my fraternal obligation to make sure that every Knights of Columbus member has the opportunity to protect his family with the Order's top-rated insurance products. I'll work with you to put a plan in place that will help your family when that help is most needed.

We all know someone whose health, instantly and seemingly out-of-the-blue, changes. You may think this can't happen to you. Think again. And keep in mind that no one will ring a bell warning you that your health is about to change. Medical technology has turned many diseases previously termed "death sentences" into very treatable conditions.

**See Top-Rated, Page 2**

### The Carpenter

St. Joseph Parish  
Fr. Edward Fitzgerald Council No. 12772  
670 West Main Street  
Plain City, Ohio 43064

Written and edited by Bob Hess,  
member of Council No. 12772. Please  
send inputs or comments to me at  
[hess7762@sbcglobal.net](mailto:hess7762@sbcglobal.net)

## December Business Meeting notes

### GK report

- Asked about Fish Fry Banner – it is being finalized and will be ordered.
- Asked about baptism committee – a call list is in place, and am awaiting next baptism to get photos.
- Passed out certificates thanking J. Butler and Deacon Tony for their support of the Council.
- Asked about State Program progress; Hess summarized status – hope to have 850 points by end of 2009.
- Said that Agnes Wessinger approached him about our Council helping with Volunteer dinner.
- Announced that no Officer's Meeting will be held this month.

### Chaplain Report

- Advised that St. Gabriel Radio is having a radiothon fund raiser.

### Financial Sec'y Report

- Dues notices handed out.
- Announced new member, Jim Fritter; also transfers and reactivations: Bob Sievers, Gerald Hare, Mike Gorman.

### Trustees report

- Ed Stransky reported progress on funding two families for the Holidays – will deliver goods for both families on 12/16 at 7pm – total value \$240.

### Committees and New Business

- Jim Butler introduced Dave Mullenax who heads up employment committee at St. Brigid; Mullenax gave presentation on the work of his committee. Also discussed was a joint multi-Parish effort along similar lines, which St. Joe is already a part of.
- Youth Committee: Mark Mandel gave details of Free Throw Shooting contest to be staged on 1/9/10 at JAHS, Noon-2pm; volunteers

were solicited.

- Mandel also told details of Estate Planning Seminar scheduled for 1/24/10 at the PAC, 5pm to 8pm.
- New Member Committee: Andy Schimmoeller outlined plans for this new committee and listed members.

### Good of the Order:

Christina Jones, Mary Ann Peiffer, Josh Porschart, Dave Constantinovich, Erin Lisching, Mrs. Cordle, Joyce Mandel, Bradley Brown, Pat LaParte, Helen Madry, Mary Ann Gallup, Unemployed of the Parish, Deacon Joe Checca, Deacon Joe Farry, Jodi Santini, Chuck and Alta Woodruff, Frank Loula, Monica Slota.

### Top-Rated, from Page 1

What medical advances haven't changed, however, is that being diagnosed with one of these diseases will dramatically affect your ability to purchase life insurance coverage. Don't wait until it's too late.

**Your Knights of Columbus insurance program is second to none.** Knights of Columbus life insurance represents a safety net for Catholic families that's unsurpassed, and I'm proud of that.

**I'm also concerned. Why? Because so many of our brother Knights have no life insurance with the Order.** I suspect that, for many of them, tomorrow has become next week, next month or next year. Don't be one of them. Don't wait for the bell to ring. It isn't going to.

**Please call Mark Mandel at 614-308-2294 or email [markmandel@wowway.com](mailto:markmandel@wowway.com). Let's talk.**

### January Dates to Remember

Jan 2 7:00pm Volunteer Dinner Planning—PAC	Jan 24 5:00pm Estate Planning Seminar—PAC
Jan 3 6:30pm Parent/Catechist Workshop—PAC	Jan 27 8:00pm K of C Officers Meeting—PAC
Jan 9 Noon-2:00pm Free-Throw Contest—JAHS	Jan 30 4:00pm K of C/Parish Rosary—Church
Jan 13 6:30pm PSR resumes 8:00pm K of C Business Meeting—Church	

### January Birthdays/Anniversaries

#### Knights

Kevin Thelen 1/8  
Todd Thobe 1/17  
John Steadman 1/21  
Gregory Adams 1/24  
Mark Walden 1/25

#### Spouses

Sarah Reinhard 1/10  
Susan Ehlen 1/13  
Jill Will 1/18  
Jennifer Peck 1/27  
Denise Brickner 1/31

#### Children

Elizabeth Reinhard 1/1  
Morgan Thobe 1/6  
Marilyn Wright 1/7  
Elizabeth Ernst 1/8  
Bridget Schurman 1/18  
Melissa Stransky 1/19  
Josh Stransky 1/19  
Mary Melliore 1/29

#### Wedding Anniversaries

None on Record

# Notes from the Pastor and his staff ...

## Dishin' From the Desktop



Hello Gentlemen,

Today is the first day back to work after almost two weeks and, as you can imagine, my desk is piled high with to-dos. So this month's column will be short and sweet.

I am generally not a New Year's resolution gal, but last night before I went to bed, I promised myself I would get up and go to the fitness center BEFORE work in order to start my new year and new day off right. Guess what, I hit the alarm button on my clock this morning and went right back into a deep slumber. So much for my fresh start.

Two thoughts come to mind based on this. First, I have to remember to forgive myself for my short-comings and try to start over again tomorrow. After all, God loves me despite my laziness. (I have to remind myself of that continuously.)

Secondly, my heart is in the right place for wanting to make positive change. It's just that my body doesn't always cooperate.

I think the changes I have seen in the Knights this last year definitely shows that your hearts are in the right place. I am seeing lots of activity and, especially, lots of communication with the parish office. I am looking forward to the work that you will be doing at the activity center at the end of the month. Nothing but positive feelings about that!!

Peace to you all this New Year and may you keep your fingers off of your snooze buttons.

Your humble secretary,  
Ann Walter

## Fr. Pat chimes in ...



Everyone makes New Year's resolutions and promptly forgets about them. That is the same problem with Confession. That is why nothing changes and we confess the same sins over and over again. Sins are addictive and become habits that we

repeat without thinking about them until it is too late. We all have developed habitual behaviors. The idea of a fresh start appeals to us but without a plan nothing changes.

The spiritual plan begins with the Morning Offering. We offer God our efforts for that day. Like the 12 steps of AA, one day at a time with God's help. The sinner seeking to change and grow in holiness will focus on that one sin and daily strive to change the habit. It is never easy. You have to renew the plan daily and even several times a day.

I hope your resolution for 2010 is to grow in holiness by changing one habitual sin in your life. God will bless your effort when you come to him in prayer each morning and offer him your efforts as a thanksgiving offering for all his love.

***May you be in Heaven a long time  
before the Devil knows you're dead!***

## Brothers — include Fitness in your New Years' Resolutions

The new year is a time many men rethink their lives and make plans to get their health back on track. Are you one of them?

At least 40% of adults make one or more resolutions each year, and at least two-thirds of them vow to change something unhealthy about themselves, including weight gain, fitness, and smoking.

Here's a few you might consider:

### Resolution No. 1: Get Fit

There's no such thing as spot reducing -- targeting certain areas of the body like the biceps, chest, and abdominals for fat and weight loss. When people lose weight, it usually comes off all over the body.

To get rid of the flab and pounds, choose an enjoyable physical activity, even if it is not a traditional workout. The idea is to move the body, doing anything from running, hiking, walking, or martial arts. Start slowly and gradually raise the intensity.

### Resolution No. 2: Watch What You Eat

Meat and potatoes have somehow been associated with manly men. Diets that promote large amounts of protein and fat, like low-carb diets, are not the way to go.

To lose weight, eat a well-balanced diet, with emphasis on whole grains, fruits and vegetables. Three daily servings of low-fat dairy can also be beneficial. Instead of a beefsteak, try tuna or salmon steaks. A turkey burger could replace a beef burger. If this does not sound appetizing, try mixing healthy items into the meals you normally eat.

### Resolution No. 3: Go to the Doctor

Do you have a twisted ankle, back pain, blood in the urine, an enlarged mole, or unexplained sadness lasting more than a couple of weeks? These are all good reasons to see a physician.

Besides treating ailments, a medical practitioner can screen for potential problems, and keep a record of normal fitness levels. Health exams can give doctors a baseline for things like blood pressure, and cholesterol.

The U.S. Preventive Services Task Force recommends the following screening tests for men:

- **Cholesterol Checks.** Have your cholesterol screened at least every five years, starting at age 35. Have it done at age 20 if you smoke, have diabetes, or have a family history of heart disease.
- **Blood Pressure.** Have it checked at least every two years.
- **Colorectal Cancer Tests.** Begin testing at age 50.
- **Diabetes.** Have a test done if you have high cholesterol or high blood pressure.

- **Depression.** Talk to your doctor if you've felt sad for two weeks straight, and have had little interest in normally pleasurable activities.
- **Sexually Transmitted Diseases.** Ask your doctor whether you should be screened.
- **Prostate Cancer Screening.** Talk to your doctor about the risk and benefits of performing the prostate-specific antigen test, or the digital rectal exam.

### Resolution No. 4: Quit Smoking

Giving the nicotine habit the boot is one of the most popular resolutions for both men and women. It is a difficult task, and for some people, success does not come until after multiple tries.

Get help! There are a number of resources for support. Visit your primary care doctor and/or join a stop-smoking program in person, online, or by phone.

Consider medication, or nicotine replacements such as patches, gums, sprays, inhalers, and lozenges. Contact groups such as the American Cancer Society, the American Lung Association, and the CDC's Office on Smoking and Health for help.

Face-to-face support groups are the best, because personal interaction raises accountability, provides vital social connections. If one stop-smoking method doesn't work, try another one.

Enlist the support of family and friends. Many former smokers have found loved ones as a vital source of encouragement.

### Resolution No. 5: Ease Stress

Got stress? Who doesn't? Men have their lion's share partly because society hasn't given them the freedom to process pressures that well.

The pent-up negative feelings can cause feelings of anger and hopelessness, promote destructive behavior, or manifest themselves in physical ailments. Research shows stress can have adverse effects on the cardiovascular, nervous, immune, and digestive systems.

One "masculine" way of relieving tension: Work out and burn off stress hormones. This can also help reduce weight and increase fitness.

Try to identify what is causing the stress so that you can deal with the issue. It often helps to talk to your girlfriend, wife, or priest.

If none of these methods work, talk with your doctor, or a psychologist.

## Brother Jim Dvorsky leads a Boy Scout Rosary Walk

On November 14, a chilly and beautiful late autumn day, Council Brother Jim Dvorsky led a group of nine Boy Scouts and eight Cub Scouts and their Dads on a Rosary Walk. The event took place on the farm of Brother Jim and Gloria Butler, and provided a perfect setting for combining the Words of Our Lord and nature.

The group followed a trail across meadows and through woods, stopping at certain points to pray and recite portions of the Rosary.

The photos below, by Tim Cuff, show parts of the event.



All the scouts, Dads and leaders gathered together for this group photo before assembling for their instructions.



Brother Dvorsky instructs the scout group before starting on their walk. Brother Rich Jones of Council 11208 (behind Dvorsky) also assisted.



The group stopped by a large rock on the farm and recited an entire decade of the Rosary at this spot.



Here the group has paused for a bible reading before following the trail into the woods.

## Council 12772 gathers for a combined Business/Christmas Social meeting



Council 12772 Brothers ended their business year with a combination Business and Social meeting to celebrate the advent of Christmas.



Each year, that same familiar (old?) gentleman shows up for the December meeting. Who could it be??