WASHINGTON STATE KNIGHTS OF COLUMBUS

THE SECOND EDITION

NOVEMBER 2014



Steve Snell - Editor - 509-386-3462 - stevesnell@charter.net





DD MID-YEAR LEADERSHIP MEETING BELLEVUE DECEMBER 6 & 7

(If you are a State Officer, District Deputy Mentor, District Deputy, Director, General Agent, PSD -- THIS IS FOR YOU!!)

SATURDAY, DECEMBER 6, 2014

7:00 AM Registration
8:30 AM Start Time
Administration
General Program Overview
Ceremonials
Noon Luncheon (Insurance Program)

Membership Overview
Regional Meeting Planning
4:00 PM Adjourn
5:00 PM Mass
7:00 PM Reception and Banquet

SUNDAY, DECEMBER 7, 2014

8:00 AM Start Time
Regional Planning (Continued)
DDM Membership Q & A Panel
Star District Performance Expectations
Noon --- Adjourn

Make your room reservation with the Red Lion by calling 425-455-5240. The cut-off date for both Meal Registration & Room Reservations is November 24, 2014. If you have any questions concerning the meeting, please contact SW Kim Washburn or Executive Director John Walker. SW Kim Washburn will provide meal receipts for District Deputies at the meeting.

On behalf of the State Officers and their wives, we look forward to seeing everyone at the meeting in Belleview.

George H. Czerwonka, Jr. State Deputy

"FAMILY OF THE MONTH"

PARTICIPANT'S LISTINGS FOR SEPTEMBER

766, 1620, 1629, 2763, 3611, 6806, 4322, 7528*, 7863, 8179, 8476, 9941*,10652,11357, 11762, 12591*, 13560, 13794, 14046

(*DENOTES SUPREME'S SELECTED WINNERS FOR THE MONTH)

David & Anna Toby Council 7528 - Federal Way Patrick & Barbara Greiner Council 9941 - Burlington Kevin & Karen Fraley Council 12591-Everett

YESTERDAY, TODAY & TOMMORROW



OUR FAMILIES!

Brothers, I've learned that often people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Make them feel appreciated!
GRAND KNIGHTS THANK THEM, PLEASE!!!
"NOMINATE A FAMILY OF THE MONTH!"

"STRONG VISABLE PROGRAM"





Catholic Thanksgiving Prayer

Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks. Thank you for all the graces and blessings. You have bestowed upon us, spiritual and temporal: our faith and religious heritage. Our food and shelter, our health, the loves we have for one another, our family and friends.

Dear Father, in Your infinite generosity, please grant us continued graces and blessing throughout the coming year. This we ask in the Name of Jesus, Your Son and our Brother. Amen



GOD BLESS YOUR FAMILIES!







HOLY BOWL V



I'm sitting huddled on a set of bleachers waiting for the football game to start (Holy Bowl V.) It's almost the end of October, the winds off the mountains will be getting colder. Houses are being readied for rain, wind and snow. Most of the leaves are gone, those that remain are colorful. I'm worried it's going to get colder, maybe some rain, the wind is slowly beginning. Maybe I should have brought more clothes, right now it's not that bad. It could get tough out here tonight, every bit of this October night could become tough, after all its "football weather".......... Are we there yet, almost, 10 more minutes and the game will start.

By STEVE SNELL

TRICK OR TREAT..... Tri-Cities Prep 41 DeSales 10

OCTOBER 30, 2014: PASCO -- Edgar Brown Stadium tonight was as scary as a Halloween haunted house for the DeSales football team and a long awaited, much deserved heavenly experience for the Tri-Cities Prep football team. Tri-Cities Prep used a big second half to pull away from DeSales 41-10 tonight to clinch a Class 2B football regional berth. The Jaguars used a powerful running game and forced four second-half turnovers to break open a 20-7 halftime lead. Jaguar Quarterback Dane Pedersen led the way with 22 carries for 212 yards and three touchdowns. Tri-Cities Prep running back Rama Rudolph added two scoring runs of his own.

"There were a lot of things about our effort that were not good," **DeSales coach**Mike Spiess said. "It was about our mentality. We didn't get better in the second half. "Tri-Cities Prep is a deserving team," he said. "They played with a lot of desire."

Tri-Cities Prep coach Dan Whitsett: "This team is so talented," Whitsett said. "We are just so inconsistent sometimes. Tonight, I thought we came and played well. We believed in what we were doing and that we could win the game."

We were much honored to have many KC dignitaries & Knights in attendance:

• Bishop of Spokane, Most Rev Blase J. Cupich (14922) soon to be Arch Bishop of the Diocese of Chicago, provided an opening game blessing and assisted in presenting the sportsmanship awards to the Tri-Cities Prep and DeSales recipients and the Holy Bowl Trophy to Tri-Cities Prep. In attendance with the Archbishop were members of the media from the Chicago press. (This represents the broadest Holy Bowl coverage to date.)

- Dignitaries in attendance included Vice Supreme Master for the States of Washington, Oregon, and Idaho Past State Deputy Karl Hadley and Past State Deputy John Walker from Kennewick Council 8179; District Master of Eastern Washington Tom Sokol; District Deputy Mentor and State Family Chairman Steve Snell of Michael Flohr Council 766 of Walla Walla; District Deputy Jeff Kadinger of Host District 7, and Kennewick Council 8179; State Pro-Life Chairman Andy Kopriva of Kennewick Council 8179; and State Membership Director Marcel Bergeron of Holy Spirit Council 10653. Also in attendance were Worthy Grand Knights David Hall (Michael Flohr Council 766), Pete McEnderfer (Pasco Council 1620), Jerry Rhoades (Richland Council 3307), and Sonny Trenti (Holy Spirit Council 10653).
- Led by VSM Karl Hadley, members of the local Color Corps representing Assemblies in Kennewick, Pasco and Walla Walla assisted with the presentation of the colors during the game opening ceremonies.

By the way there was a great tailgate party before the game, \$5.00 Menu = 1/4 lb. hot dog with chili, a beverage and chips, this was hosted by Council #1620 and Council 3307, well done gentlemen.

There was a 50/50 raffle drive with the proceeds going to the host school. The evening was a great collaborative effort between the Knights, the Schools, the Booster Clubs, the District's Assemblies & Councils. A big thanks goes out to the co-chairmen for this year's event: Pete McEnderfer of Pasco Council 1620 and JP Kent of Michael Flohr Council 766, who did a great job officiating with the pre-game ceremonies and post-game awards.

In the closing ceremonies the traveling Holy Bowl Trophy was presented to the Tri-Cities Prep football team by Bishop Blase J. Cupich. Two Sportsmanship Awards were given to one player from each team, chosen by officials from the opposing schools.

The Holy Bowl Trophy will call Tri-Cities Prep home for the coming year.

Holy Bowl VI will take place in Walla Walla next year!



"STRONG VISABLE PROGRAM"

"SOMEDAY"



Someday I'll get around to it.
Someday I'll take that dream vacation or buy my big dream house.
Someday I'll follow through on all the promises I've made to myself.
Someday you can turn your promises and dreams into realities no matter what they may be or how



impossible they may seem to be. Remember that the Lord is your number one resource to achieving these goals and as his helping hands your

Join the Fourth Degree because today is Someday.

(The Fourth Degree can fill a space in you that you never knew was empty!)





Yesterday, all my troubles seemed so far away Now it looks as though they're here to stay oh, I believe in yesterday

Suddenly I'm not half the man I used to be There's a shadow hanging over me Oh, yesterday came suddenly.

Why she had to go?
I don't know, she wouldn't say
I said something wrong
Now I long for yesterday.

Yesterday love was such an easy game to play

Now I need a place to hide away Oh, I believe in yesterday.

Why she had to go?
I don't know, she wouldn't say
I said something wrong
Now I long for yesterday.

Yesterday love was such an easy game to play
Now I need a place to hide away
Oh, I believe in yesterday...

Songwriters LENNON, JOHN / MCCARTNEY, PAUL





SERVANT of GOD VINCENT ROBERT CAPODANNO was a United States Navy Roman Catholic chaplain and a posthumous recipient of America's highest military decoration.



By GEORGE CZERWONKA SD

I report to you that we have been challenged by the Vice Supreme Master, Karl Hadley, to do our part in completing the burse for the "Military Chaplain's Fund" before the end of the end of this year, 2014.

For the record, I've heard some members say this is a 4th Degree program. On the contrary, the 4th Degree has taken the leadership role in this effort, and they offer a challenge to us. Vocations to the priesthood are the responsibility of every Knight of Columbus.

Supreme Master Stoddard has asked every jurisdiction to submit a minimum of \$4,000 to complete the \$1 million burse for the Order. I don't have to tell you the dire need for this effort...we very seriously need priests (hero's) to serve our military.

I can vividly recall Fr. Jamie telling us in his homily at our annual meeting "Memorial Mass" the past year, how he dodged enemy fire, running in a zig-zag pattern from the back of an armored personnel carrier, in his efforts to get to a bunker to hear confessions, hold Mass and offer communion to the faithful at an Army outpost in the mountains of Afghanistan.

May I suggest that all council's make their contribution in the name of Fr. Jamie to further promote this challenge with all councils in our jurisdiction; and, I ask too that all of us in a leadership position make a special effort to offer encouragement at events, gatherings and meetings....a personal check can help too. If a council has offered a donation in the past, do it again according to their means...even 25 cents per member will get us to our goal, and I know we will all do more. And lastly, I ask that you send Fr. Jamie a card...I believe he serves in the "Mountain Division" right now in Alaska. His address is...

Rev. James Peak 1316 Peger Road Fairbanks, AK 99707

In an effort to track all contributions during the challenge...please send all council checks to State Secretary Eddie Parazoo with "Military Chaplain's Fund" in the message line. The State Council will then cut one check representing the contribution of all councils.

I ask all District Deputies to make a special effort to promote this challenge in the name of Rev. James Peak, Major - USA,



This was broadcast 49 years ago.... April 3, 1965.

If I Were the Devil: Paul Harvey

I would gain control of the most powerful nation in the world; *I would* delude their minds into thinking that they had come from man's effort, instead of God's blessings; *I would* promote an attitude of loving things and using people, instead of the other way around; *I would* dupe entire states into relying on gambling for their state revenue;

I would convince people that character is not an issue when it comes to leadership; I would make it legal to take the life of unborn babies; I would make it socially acceptable to take one's own life, and invent machines to make it convenient; I would cheapen human life as much as possible so that lives of animals are valued more than human beings; I would take God out of the schools, where even the mention of His name was grounds for a lawsuit;

I would come up with drugs that sedate the mind and target the young, and I would get sports heroes to advertise them; I would get control of the media, so that every night I could pollute the minds of every family member for my agenda;

I would attack the family, the backbone of any nation. I would make divorce acceptable and easy, even fashionable. If the family crumbles, so does the nation; I would compel people to express their most depraved fantasies on canvas and movies screens, and I would call it art;

I would convince the world that people are born homosexuals, and that their lifestyles should be accepted and marveled; *I would* convince the people that right and wrong are determined by a few who call themselves authorities and refer to their agendas as politically correct;

I would persuade people that the church is irrelevant and out of date, the Bible is for the naive: I would dull the minds of Christians, and make them believe that prayer is not important and that faithfulness and obedience are optional;

I GUESS I WOULD LEAVE THINGS PRETTY MUCH THE WAY THEY ARE!



Ceremonial Degree Books



At the Summer Leadership Meeting on 18 and 19 July, 2014, you were given my letter subject Washington Ceremonial Degree Books Security and Physical Inventory, dated July 1, 2014.

In the letter I wrote, "It is recommended you conduct their physical inventory in conjunction with your monthly or quarterly meetings with the grand knights and their councils or when you observe and evaluate their first degree exemplification. The completed inventories are requested to be submitted to me prior to the end of October 2014."

As of today I still have received only a few inventories.

Recently a district deputy gave me an envelope with copied first degree books from one of his councils. The council copied a degree book for each team members and printed their position in the book. In my attached letter I wrote, "The copying of the ceremonial books is strictly prohibited. This includes scanning the ceremonial book and saving it as a computer file. If copies of the ceremonial books are discovered during the physical inventory, the district deputy is to remove them and forward them to the State Ceremonials Director for disposition."

Hopefully you have completed your inventory in the past three months since there is less than a half a month remaining until the completion and submission of your inventory.

If you have any questions, please let me know.

Yours in Christ,

Wayne C. Hogan, PSD, FVSM, FMFD State Ceremonial Director





See if you can figure out what these seven words all have in common!

1. Banana 5. Revive

2. Dresser 6. Uneven

3. Grammar 7. Assess

4. Potato

Look at each word carefully. You'll kick yourself when you discover the answer...

(In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.)



SOLITUDE

I have a place where I go
When there's too many people,
I have a place where I go
Where no one else can be;
I have a place where I go,
Where nobody ever says "No";
Where no one says anything -- so
There is no one but me.

FAMILY MOMENTS

"THE OLD MAN"



By STEVE SNELL

The old man knew pretty much everything; well darn near everything, everything that was important. He remembered the depression and lived through it without any bitterness clinging to him. He was just a young boy then but he never lost his positive attitude and that was pretty amazing when you consider that he left home early and joined the Civilian Conservation Corps so his folks wouldn't have to support him. He sent half of his pay check home every month and as far as I can tell he received very little thanks for that, probably because he never needed to be thanked for helping out. Thing I liked best about the old man was that he was always there - he never backed down from his responsibilities and I never remember him talking down to any of the kids questions - kids always have lots of questions. When you are as old as the old man you know a lot of things that you forgot you ever knew, because they've been with you for so long. It would be easy to forget that other folks and kids might be curious about what you knew and forgot. I just watched him and tried to follow his example, you could learn a lot from just the most ordinary everyday things he did. I wanted to be like him when I grew up.....I'm still working on it!

I remember the first time I said a cuss word in front of the old man; "Dammit" was the shocking expletive to come from my young mouth. "You ain't old enough to cuss yet," the old man said. "Cussing is a choice only for adults. You've got to earn the right to cuss, like you earn the right to do most things. Cussing is for emphasis. When every other word is a swear word it just gets dull and don't mean anything anymore. Mean what you say and speak intelligently and if you know your subject you'll never be dull."

It was late afternoon, the time of day when a walk seems necessary; the Old Man and I just sort of fell into step and started out for the milk cow pasture without a plan, we just walked out of a habit born from a purpose, cows needed to be milked. It's nice just to walk if you aren't going any place in particular or in a hurry, and

we weren't particular or in a hurry. We weren't looking for anything special; just some old cows to follow back home.

When without warning the Old Man has an attack of philosophy coming on, all you can do is hold on and listen. This was one of those philosophical afternoons. We sat down quietly and watched some squirrels at play. Squirrels, he said, were always a puzzle to him. "I've tried to figure out what God had in mind," he said, "when He made all the different kinds of things, and I can't for the life of me decide why He made so many different kinds of squirrels. But then he made a lot of little people and big people and people of all sorts of colors and languages; so I guess He just had to balance things off with squirrels."

The old man knew pretty much everything, well darn near everything, everything that was important. We thought about things for a few more minutes and then he stood up and said, "Let's go find the cows."



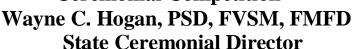
Is the happiness of home and family worth the effort? Ever heard that,

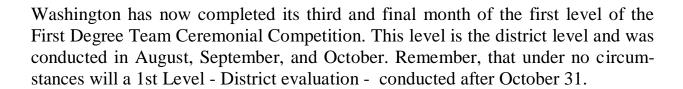
"a picture is worth a thousand words."





CEREMONIALS First Degree Team Ceremonial Competition





We are now entering into the second level which is conducted in November and December. The Washington State jurisdiction, for the purpose of the first degree team ceremonial competition, is divided into six regions. The regional subdivisions and the district assignments normally will be the same as the annual Regional Meetings conducted in January.

The normal assignments are:

| a. Eastern region (Spokane), districts are: 5, 8, 18, 20, 28 and 33 | Total districts 6 |
|--|-------------------|
| b. Central region (Yakima), districts are: 6, 7, 10, 17 and 30 | Total districts 5 |
| c. West region Olympia), districts are: 4, 14, 15, 27, 31, 34 and 35 | Total districts 7 |
| d. Southwest region (Vancouver), districts are: 11, 25 and 36 | Total districts 3 |
| e. Far west region (Bremerton), districts are: 2, 3, 12, 22, 24 and 29 | Total districts 6 |
| f. Northwest region (Everett), districts are: 1, 9, 13, 16, 19, 21, 26, 27, 32 | and 37Total |
| districts 10 | |

All degree teams selected to represent their district will participate in the second level if there are two or more districts in the same region submitted a degree team. For example, in the Eastern region, if district deputies 8, 18 and 28 submitted degree teams, then each will be evaluated and the council team receiving the highest grade will advance to the third level. To schedule the evaluation of these teams, will require the district deputy to provide me the team's council and district by November 10 of the team representing his district. To secure facilities and provide ample planning for the participating councils require the team participating by November 10. Based on that information will assign degree evaluators (judges), announce the date, time and location for the team evaluation.

If there is <u>only one team</u> gion, <u>that team will not</u> second level but advance



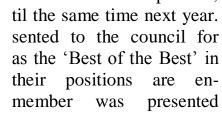
<u>submitted</u> for the rehave to compete in the to the third level. Refer

to the Washington State Directory back cover for the location and date for your district.

'The Best of the Best' First Degree Team Ceremonial Competition travel award will look great hanging in your council's hall. Where it is located next year depends on you!

In 2013-2014, we had six outstanding first degree teams compete in the First Degree Team Ceremonial Competition, Spokane Council 8137, Kennewick Council 8179, Olympia Council 1643, Vancouver Council 4782, Bremerton Council 1379 and Seattle Council 676. At the 2014 State Convention the traveling award which has all the previous first placed teams listed was presented to Bremerton Council 1379, the first place council in the First Degree Team Ceremonial Competition,

who will retain the award un-The second award was prethem to retain and cites them 2014. The team members and graved. Also, each team with an individual certificate.



The state also recognized the top individual ceremonialists who were selected by their highest scores with individual certificate. All the score sheets are tallied and highest score for each of the team positions were identified. When computing the scores it became obvious that this year's competition was extremely tight. Four of the position scores were only fractions apart. Then looked at the ratings by the state officers and discovered that the highest grades were shared by the top two ceremonialists. The Grand Knight's award was shared by Mike Donohue, Seattle Council 676 and Thomas Collier, Bremerton Council 1379. The Deputy Grand Knight's award was shared by John Devine, Bremerton Council 1379 and Jeff Jewell, Kennewick Council 8179. The Chancellor's award was shared by Robert Casey, Bremerton Council 1379 and George Nuxell, Kennewick Council 8179. The Financial Secretary's award was awarded to Ed Hebert, Bremerton Council 1379. Encourage all certified first degree teams to compete this year.

Refer to the First Degree Team Ceremonial Competition handbook, dated 7/1/2014 for additional information. If you have any questions, send me an email at kofchoan@comcast.net or telephone me at 253-581-55952.

FAMILY FUN

K OF C

Knights in Action

"Strong Visible Event"

Wine Experience

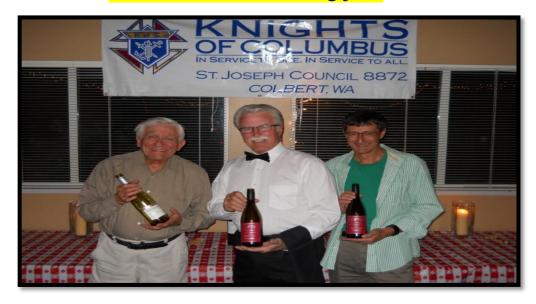
On Saturday evening October 18th the Colbert Council 8872 held its Fifth Wine Experience open to all members of the Parish. The evening began with 19 different appetizers prepared by the wives of the Knights along with a choice of red or white wine. Once the appetizers were finished our own wine Connoisseur Rick Gumke

began a presentation of seven ing a couple of Ports. Rick wine, discussing the the type of food best and answered any quesforth coming from the dessert was served and a band began playing music

dancing pleasure.

different Wines includtalked about each
origin of each,
served with,
tions that were
group. Next
three piece live
for everyone's

A great time was had by all and a big thanks to Rick for another outstanding job!



EDITOR'S NOTES



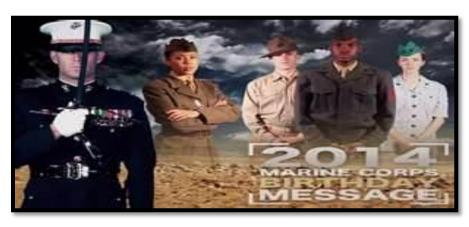
By Steve Snell

• New members and their families bring new skills and experience that can be used to benefit the Council. The more members you bring into your council the more resources are available to you, new creative ideas and opinions are expressed and discussed, this will lead to better decisions being made, decisions and ideas that will strengthen your Council.

Recruiting members should only be **the beginning** - if you do not manage your members well, communicate with them and motivate them to work for the council, you will soon have to recruit more members. You must have a clear plan and process for **keeping members involved......**

Retention of members is part of a GK's function: Grand Knights are stewards of their council's resources. The greatest resource we have is the membership and their families. Show them that they are valued by the council and making a contribution, help them feel they are part of a team. Welcome and introduce all new members at the beginning of each meeting. Give people responsibilities and tasks and team them up with experienced members - they will feel useful and valued! Oh, by the way, don't forget thank them, recognize them and their family's efforts publically, new and old members alike.

239 YEARS, THANK YOU & "HAPPY BIRTHDAY!"



WIFE'S CORNER

Jewel Smalley wife of Art Smalley, General Program Director

"TIME WELL SPENT"

By JEWEL SMALLEY



How many times have we thought, "I would like to help out, but I just don't have the time."? So many things to do, too busy, so little time. As a two time cancer survivor, I've come to realize how precious time really is: time to spend with family, time to spend with friends, but most of all, time to spend doing what God has called me to do. He seems to provide me, not only with expanded time and energy, but also the desire, enjoyment and privilege in sharing the talents He has given me with others. For instance, I am privileged to have the opportunity to play piano for all three masses at my church, as well as coordinate and lead the Music Ministry. Working full time, and playing at church on the weekends does take up most of my time, so when my husband says "It's time for the Knights to put on another musical fundraiser", I have to admit, my first reaction is, "Seriously???? You've got to be kidding!" Where am I going to find the time to rehearse, let alone learn the music? But, you know what? Somehow, in His infinite wisdom and power, God does provide that time, and thankfully, the energy, to get one more thing accomplished!

But, it seems the Lord wasn't done with me yet. After seeing how active the Knights are in our parish, I began thinking how their wives and other women in the parish could become more actively involved, besides just providing food for events. Maybe using some skill or talent like crocheting or knitting or quilting. A friend once mentioned to me she was making a prayer shawl for a friend of hers. I had no idea what that was, so I did some research. Someone told me a neighboring parish had a Prayer Shawl Ministry, so I called and inquired about it. After discussing this with our pastor, who was familiar with prayer shawls, I was encouraged to pursue yet another endeavor, to begin a Prayer Shawl Ministry at our church. And, yes, God gave me even more time and energy to pull together a dedicated group of women who meet twice monthly to share their talents to benefit parishioners who are in need of emotional support, our local hospice house, and a nursing home with their beautiful creations.

My next endeavor? Seems I am being called to introduce a Catholic women's faith study to our parish beginning next year. Here we go again. The Lord has not only blessed me with the desire to pursue this, but has led others to encourage me, as well. I am sure with prayer and dedication this will prove to be inspirational to all who attend.

A lesson to be learned. God's timing is not our timing. He has a vision for us, a time for us, even when we think it's impossible. Even when we complain and grumble. When God calls us to do His work, He gives us the time and the energy to complete it. All we have to do is say, "Here I am, Lord, I've come to do your will."



OOD FOR FAMILIES PROGRAM – Imagine going hungry, right here, in the wealthiest country in the world. It hardly seems possible but it's true. The reasons are many job losses, stagnant or declining wages, escalating costs and high medical expenses. The fact is 49 million Americans are at risk of hunger. That's one in six Americans, and many of them are children and the elderly. And that's where Food for Families Program comes in.

Hunger is an issue year-round and can be especially critical in the spring as postholiday volunteer efforts and supplies typically diminish. While many believe that those affected by hunger are confined to small pockets of society, in reality, one in six Americans are struggling with hunger.

A child going hungry in this country is indefensible!

The challenge we face today is to activate people on issues of hunger in our communities- specifically childhood hunger. By joining together in the Food for Families Program, we will raise awareness and strengthen our communities, our potential and our capacity to make a difference.

You must remember that.....

Those living in poverty often have little or no chance to escape from the economic situation into which they find themselves.



I think it would be true to say that most of them have some hidden scars, they are like turtles without shells; Food for families is their best chance for a new beginning! Their looking at you with those eyes, please don't turn away!



"LET'S MULTIPLY THE LOAVES!"

STEVE SNELL, DDM, FDD, PFN, PGK, STATE FAMILY CHAIRMAN

THE OPTIMIST

The optimist fell ten stories. At each window on the way down He shouted to his friends: "All right so far.

THREE THINGS DEFINE YOU

- 1. Your patience when you have nothing.
- 2. Your Attitude when you have everything.
- 3. And who you help whenever you're able.

Difference between complete & finished

No English dictionary has been able to adequately explain the difference between these two words. In a recently held linguistic competition held in London, England, and attended by the best in the world, Samsundar Balgobin, a Guyanese man from Bachelors Adventure, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was: How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand. Some people say there is no difference between COMPLETE and FINISHED.

Here is his astute answer

When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED.

And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!

(His answer was received with a standing ovation lasting more than five minutes and it entitled him to receive an invitation to dine with Queen, she called him after the contest. He won a trip to travel around the world in style and a case of 25-year-old El Dorado rum for his answer.)



Pope Francis' 10 steps for a happy, healthy life.



Catholic News Service

1) "Live and let live" The first step to peace and happiness,

said Francis, is following the ancient advice of the Romans: *Campa e fascia campà*, or, "live and let live." This advice is an echo of his now famous "Who am I to judge?" line, which was spoken in the context of his view that the Church should not "interfere spiritually" in the life of any person, gay or straight.

2) "Be giving of yourself to others"

This advice isn't surprising coming from Francis, who has often admonished Catholic ministers and laypersons alike to live charitably toward all. Some of Francis' most well-known comments have to do with his philosophy of economics, which places a special emphasis or "preference" on the poor. Francis also thinks charity extends beyond money, and includes giving one's time to someone who needs it. No matter how it's done, Francis advises against withdrawing into one-self, since that runs the risk of stagnation. And as he put is, "stagnant water is the first to be corrupted."

3) "Move quietly"

For his third bit of advice, Francis cited the novel *Don Segundo Sombra*, which was written by the Argentine novelist Ricardo Güiraldes. The book, according to the National Catholic Register, follows the journey of its protagonist, who, in his youth "was a rocky stream that ran over everything, but as he became older, he was a running river and in old age was quietly peaceful." Francis' advice is to be more like the older protagonist, moving calmly and slowly through life. The theme of stillness is an aspect of Ignatian spirituality, which Francis, as a Jesuit, has been trained in.

4) Have a healthy sense of leisure

"Consumerism has brought us many anxieties," said Francis, who has often spoken out against what he sees as the negative effects of capitalism. Francis said that in Argentina, he'd often take mothers off guard by asking them how often they played with their children. It's hard to make time to play, and to enjoy art and literature, but "it must be done," he said.

5) "Sunday is for family"

Following up on #4, Francis said that once a week, people should take a break from their work lives to spend time with their families. Francis has often spoke highly of the family unit. For example, in a radio interview, he said the concept of family is "necessary for the survival of

humanity." Although Francis has gone on record saying that marriage in a religious sense is limited to heterosexuals, he has also suggested that he is open to considering non-traditional forms of marriage.

6) Find ways to make jobs for young people

Francis noted that the rate of drug use and suicide is high among unemployed people under 25. That crisis, he said, requires us to be creative with helping them find work. For Francis, jobs don't only give a person money — they give her dignity. In a homily last May, the Pope said, "Power, money, culture do not give us dignity. Work, honest work, gives us dignity."

7) Respect nature

This one isn't surprising, either. Francis has discussed environmental concerns before in homilies. And according to the National Catholic Register, he is currently working on various writings about ecology that will "draw attention to the connection between environmental problems and poverty."

8) "Letting go of negative things quickly is healthy"

Joy is one of the hallmarks of Francis' theology. No surprise, then, that one of his secrets to happiness evolves shunning negativity. Francis made headlines earlier this year for including a curious word choice in his first apostolic exhortation, *The Joy of the Gospel*. In paragraph 85 he wrote, "One of the more serious temptations which stifles boldness and zeal is a defeatism which turns us into querulous and disillusioned pessimists, *sourpusses*." Instead of talking about others who frustrate us, Francis advises that it's healthy to let negative things pass quickly and quietly.

9) Stop proselytizing

Yes, you read that right. Francis' recipe for happiness includes cooling it with the aggressive conversion tactics. "The worst thing of all is religious proselytism, which paralyzes," he said. To Francis, we shouldn't talk with others with the sole goal of persuading them that we're right. Each person, he said, sees the world in his or her own way, and that should be respected. Besides, he thinks that ultimately people will join the Catholic Church if they are attracted to it, not if they are argued into it.

10) Work for peace

Francis hasn't shied away from commenting on international crises. Earlier this week, while addressing the conflict in the Middle East, Francis put out an impassioned plea for the violence to stop: "I ask you with all my heart, it's time to stop. Stop, please!" In the past, he's also advocated for those displaced by conflict, and praised those countries, like Sweden, who have taken steps to make things easier for refugees. Francis said that working for peace must be proactive, and never quiet: "Peace is the language we must speak."

KNOM REMOTE CATHOLIC RADIO STATION IN NOME, AK. Just look at a map to note its isolation from ANYWHERE. It serves about 1/3 of Alaska by radio, bringing the Mass and other news to remote villages from their broadcast studios. Because of high heating and energy costs and maintenance, operations, they're always seeking private funding. Patricia and I have contributed monthly for several years now, and Ric Schmidt, GM, send out emails periodically to those of us on his list of contributors. Only snowmobile transportation is available during the 8 months of winter; some maritime traffic in the summer....few, if any roads outside the general area of Nome. And windy....oh my. I urge you to add this worthy endeavor if you have s few extra bucks....Wondering, my friend, if we might be able to place an article in the 2nd Edition next month about this subject? Blessings, Ron Reierson (13238)





We're in the thick of our eCard campaign to spread the word about our rural radio mission in sub-Arctic Alaska. Thanks to supporters like you, the "Become a KNOM Transmitter" campaign is already a great success.

If you haven't done so, I'd encourage you to send an eCard today.

By telling friends and family about KNOM, you're helping to keep alive a crucial source of communication, information, and companionship. 24 hours a day, throughout 100,000 square miles of the Alaskan Bush, KNOM brings to its listeners local news, weather forecasts, and entertainment, with a community-centered focus on healthy lifestyles and the music, heritage, and culture of Alaska Natives.

Our mission wouldn't be possible without each member of our KNOM support family. And this fall, by spreading the word about our station, we're hoping to ensure that KNOM can stay on the air for decades to come.

You can help sustain our mission by sending an eCard.

Thanks so much for all you do, every day, to keep KNOM on the air. Through your support, we remain "Yours for Western Alaska."

In Christ, Ric Schmidt General Manager KNOM Radio Mission



DON'T BE "THE FORGOTTEN MAN"

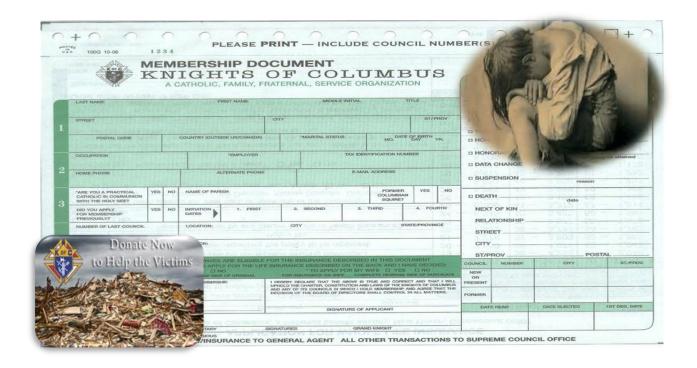
(Find a form 100....get it signed!)

So many people have passed down life's road alone; these men breath, move, live, then pass from this world and are heard of no more. Why? They did not do one once of good or charity in the world; no one was blessed by them, no one could point to them as the source of their inspiration or their salvation; not a line did they write, not a word did they speak that was inspirational or could be recalled, and then the day came when their heart stopped beating -- their lamp went out in darkness, and they were not remembered any more than last month's hiccups. Will this be you, me or anyone, let's choose to give people the choice we made as Knights, as finite beings, to gather with other good men and **make a difference.**

We must live for something. We must battle for life, for family values, to leave behind a blaze of love and compassion in the memories of our fellowmen, memories that time will not destroy. Please consider being an example of kindness & charity, caring love & mercy on the hearts of everyone you come into contact with, you and your values will not be forgotten.

And yes Brothers, the Lord is watching.....

THIS IS OUR CHANCE TO SAVE LIVES AND CHANGE LIVES, LETS SIGN UP MORE GOOD MEN TO HELP!!



FROM THE EDITOR'S DESK

I have been getting letters the last few months asking me the same question, where does all this "stuff" you write about come from? Well I never really spent time thinking about it, so I ignored the question, that didn't work they keep askingso too those of you who are pestering/asking me:



MY SOURCES REVEALED

By STEVE SNELL

Essentially, I'm a person who has not committed himself to a quite solitude. Sometimes an article seems like a cry in the desert, a pigeon released with a message tied to its leg, a bottle cast into the sea. I've read somewhere that men only stop what they are doing, and ponder what it is they are doing, if they are not entirely satisfied, maybe, could be me.

Almost all my "stuff" is born out of curiosity & questions. I was once certain that I knew exactly from which of my ribs God pulled my Eve, from what kneading of mud came my Adam. This arrogance has faded, now each one of my articles represents a state of mind; the best, the worst, those from the top, and those from the bottom. From this internal ever changing menagerie, I create the script and send my traveling actors back into the newsletter for yet another performance, trying to make thought filled memories............. sometimes like a cheap perfume or a face in the crowd my "stuff" lingers and disappears, other times they are little more than a howdy and a handshake as they pass.

WE ARE GRATEFULL TO YOU FOR READING THE "SECOND EDITION!"



HEY, DON'T REGRET GROWING OLDER.
IT IS A PRIVILEDGE DENIED TO MANY.

THE MOST ROMANTIC LOVE STORY ISN'T ROMEO AND JULIET WHO DIED TOGETHER...

