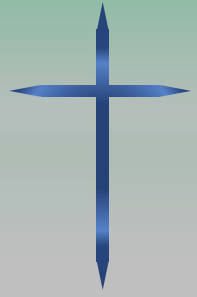




# Knights of Columbus

## Father Dick Allen Council #10926

[www.newlenoxknights.org](http://www.newlenoxknights.org)



Father Dick Allen Council # 10926 Monthly News

MAY 2015



### A NOTE FROM THE GRAND KNIGHT

Fellow Brother Knights,

Spring has sprung which brings the annual New Lenox Loyalty Day Parade on the first Sunday in May. We participated this year with 8 guys and Brian Karneboge's truck. Thanks to the guys who participated and gave up a few hours on May 3. Don't forget our next General meeting on 5/11, Fourth Degree Assembly meeting on 6/1 and our next Officer's meeting on 5/28. We had our Officer's Meeting on April 30 at the Lincoln Way Special Recreation building in New Lenox. LWSRA Director Keith Wallace was kind to let us borrow a meeting room for the meeting. The Officer's in attendance got a tour of their beautiful new facility. If you get a chance, please take a tour of the facility and see the wonderful things being done for their members. Don't forget to visit your new Council #10926 website at [www.newlenoxknights.org](http://www.newlenoxknights.org) for the latest on what's happening with the Council. Make sure you have your correct email address on the site to be included in our monthly communications. Have you given any thought to moving to the next Degree in our Order? Let me or one of the Officer's know if you're interested. As always, let me know if you have any questions, thoughts or comments and please consider asking one of your Catholic friends to join our Council.

Vivat Jesus.

Craig Lyons  
Grand Knight Council #10926  
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815-735-6914

### SERVICE OPPORTUNITIES & EVENTS

- June 28 – Cancer Survivor Dinner
- July 10 – ACS Relay for Life
- July 18 – NL Concert Work
- July 24 – Proud American Days
- Aug 22 – Running with Faith
- Sept 11 – KofC Golf Outing
- Sept 18 – ID Drive
- Sept 19 – ID Drive
- Sept 25 – Special Rec Dinner

### DEGREE CEREMONIALS

Our newest 4th Degree Brother, Sir Knight Mark Sagen

### SPECIAL OCCASIONS



#### May Birthdays

Marty Cosgrove, Mark Gaier, Eric Oneill, Tom Weigel, Paul Berkshire, Jeff Janecek, Matthew Domke, Jim Byrnes, Joseph Foster, Terrence Peterman, David Pruitt, William Clark Jr., John O Connor, James Brown, Paul Hammerton, Tom Cousins, Roger Sullivan, Raymond Akers Jr., Marc Papa, Eugene Schubert, Nicholas Akai, Anthony Pergi, Donald Weiss, Mark Galvan, James Michals, Fr. Homero Sanchez, Martin Johan, John Kocourek, James Bochenczak, Tim Pastern, Dennis Michals, Nicholas Okrzysik

### What's Coming Up in 2015

#### MAY

- 10 Mother's Day
- 11 Council 10926 Meeting
- 16 Armed Forces Day
- 17 Squires Mtg 10am Rm 4
- 25 Memorial Day
- 28 Officers Meeting - 7pm

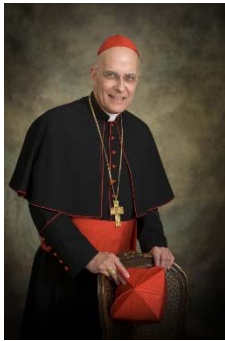
#### JUNE

- 4<sup>th</sup> Degree Assembly Mtg
- 1 Steak Fry (Council 10926 Hosting)
- 8 Council 10926 Meeting
- Flag Day
- 14 Fr. Friedel Reception in the gym following 11am Mass
- 21 Father's Day
- 25 Officers Meeting - 7pm
- 28 Cancer Survivors Dinner

#### JULY

- 4 Independence Day
- 6 4<sup>th</sup> Degree Assembly Mtg
- 10 ACS Relay for Life Concessions
- 11 500 Club Bar
- 13 Council 10926 Meeting
- 18 NL Concert Work
- 23 Officers Meeting - 7pm
- 24 PAD Bar Work





### CARDINAL FRANCIS GEORGE

The Knights of Columbus mourns the death of a great friend, Cardinal Francis E. George, archbishop emeritus of Chicago, who passed away April 17 after a prolonged and heroic bout with cancer. He was 78 years old.

A Knight of Columbus since 1991, he served as the Order's state chaplain for the state of Washington, in addition to serving as host ordinary for the Supreme Convention in Chicago in 2005. The cardinal also presided over the Knights' Eucharistic Congress following that convention, and was a keynote speaker at Supreme Conventions in 2002 and 2009.

On Jan. 30, 2015, Cardinal George received the Knights of Columbus' highest honor, the Gaudium et Spes Award. His brilliant speeches, homilies, letters, and books, and in the brave witness to the faith that he has shown to the world — in sickness and in health — Cardinal George has proven over and over again one of the leading voices in the Catholic Church in the United States.



### Relay for Life – July 10th

We are in need of volunteers to help with the concession stand. If you are interested in helping out this year and can spend a few hours, or all night, please sign up using one of the sign-up sheets located by the guards. Thank you!

**CELEBRATE - REMEMBER - FIGHT BACK**

### Relay for Life Raffles

#### New Lenox Relay for Life TRIPLE PLAY CONCERT RAFFLE

- 1<sup>st</sup> PLACE PRIZE – 2 Tickets to the Triple Play Concert
- 2<sup>nd</sup> & 3<sup>rd</sup> PLACE PRIZE – 4 Tickets for the CD & Me Summer Concert
- 4<sup>th</sup> PLACE PRIZE – 2 Tickets for the CD & Me Summer Concert

**DONATION - \$ 8.00 per ticket or 3 for \$ 20.00**  
**Drawing Will Be Held On May 21<sup>ST</sup> at the Village Hall**



### FR. JIM FRIEDEL O.S.A. CELEBRATES 50<sup>TH</sup> ANNIVERSARY OF ORDINATION

Plan on joining the St. Jude Community as we celebrate the dedicated, compassionate, challenging and faith-filled 50-year journey of Fr. Jim's vocation to the priesthood. Fr. Jim was ordained a priest in the Order of St. Augustine on February 6, 1965. To mark this special occasion, Fr. Jim and fellow Augustinians will celebrate Mass on Sunday, June 14<sup>th</sup> at the 11am Mass. Reception to follow in the gym. All are invited!

### Loyalty Day PARADE

It was great day for the annual Loyalty Day Parade on Sunday May 3<sup>rd</sup>. The weather was nice, the route was packed with spectators, and we had a great turnout for the event.



Special thanks to Brian Karneboge for the use of his truck and letting us decorate it. Thanks to GK Craig Lyons, SK Brian Karneboge, SK Paul Hammerton, Vito Caponigro, Chuck Garland, SK Jerry Przybyla, SK Joseph Krause, and SK Tim Pastern for dedicating your Sunday afternoon and coming out to help the Knights.

### Council Monthly MEETINGS

**General Business:** Every 2<sup>nd</sup> Monday 7:30PM

**Officers:** Every 4<sup>th</sup> Thursday 7:00 PM

<http://www.newlenoxknights.org/>

### FOR THE GOOD OF THE ORDER

Please keep our Brother Knights, Priests, Deacons, the sick, homeless, family, and friends in your thoughts and prayers.



### MARCH 2015

### SK Roy Gesell



Roy is the March "Knight of the Month" for his tireless work keeping the 4th Degree activities known to the Council. Roy also helps at our Fish Fry events at the front desk collecting money as well as running our Blood Drive events twice a year. He has served as Faithful Navigator in the Joliet Assembly as well as Past Grand Knight along with other Officer roles in our Council. Thanks for your service Roy!





## Did You Know...

### May is National Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—died from stroke, making it the fourth leading cause of death in the United States.

A stroke occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

Each year, almost 800,000 strokes occur in the United States. Strokes often lead to serious, life-changing complications that include

- Paralysis or weakness on one side of the body.
- Problems with thinking, awareness, attention, learning, judgment, and memory.
- Problems understanding or forming speech.
- Difficulty controlling or expressing emotions.
- Numbness or strange sensations.
- Pain in the hands and feet.
- Depression.

To help protect yourself and your loved ones, learn what steps you can take to prevent a stroke and how to spot a stroke if one occurs.

### Lowering Your Risk for Stroke

Demographic factors such as family history, age, sex, and race/ethnicity can all play a role in an individual's stroke risk. Regardless of your background, however, there are several things you can do to lower your chances of having a stroke.

In 2011, the Department of Health and Human Services launched the [Million Hearts™](#) initiative to prevent a million heart attacks and strokes by 2017. A primary focus is on the ABCS to prevent cardiovascular disease, including stroke, and contribute to overall health:

- Know your **ABCS** of health:
  - **A**ppropriate **A**spirin therapy: Ask your doctor if taking aspirin is right for you.
  - **B**lood pressure control: Keeping your blood pressure under control reduces your risk of heart attack and stroke. More than half of the world's stroke deaths are caused by elevated blood pressure levels.
  - **C**holesterol management: Get your cholesterol checked regularly and manage it with diet and physical activity or with medication, if needed.
  - **S**moking cessation: Get help at 1-800-QUIT-NOW.
- Exercise regularly.
- Eat a healthy diet that's low in sodium.
- Maintain a healthy weight.
- Prevent or control diabetes.
- Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

### Recognizing the Signs of Stroke

**When responding to a stroke, every minute counts.** The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately.





- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

Remember, getting immediate medical attention for stroke is crucial to preventing disability and death, so **don't delay—dial 9-1-1.**

## Act FAST

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

### Use FAST to Remember the Warning Signs of a Stroke

<b>F</b>	FACE: Ask the person to smile. Does one side of the face droop?	
<b>A</b>	ARMS: Ask the person to raise both arms. Does one arm drift downward?	
<b>S</b>	SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?	
<b>T</b>	TIME: If you observe any of these signs, call 9-1-1 immediately.	

## Publications

- [2008 Atlas of Stroke Hospitalizations Among Medicare Beneficiaries](http://www.cdc.gov/dhdsp/atlas/2008_stroke_atlas/index.htm)([http://www.cdc.gov/dhdsp/atlas/2008\\_stroke\\_atlas/index.htm](http://www.cdc.gov/dhdsp/atlas/2008_stroke_atlas/index.htm))
- [Atlas of Heart Disease and Stroke Among American Indians and Alaska Natives](http://www.cdc.gov/dhdsp/atlas/aian_atlas/index.htm)([http://www.cdc.gov/dhdsp/atlas/aian\\_atlas/index.htm](http://www.cdc.gov/dhdsp/atlas/aian_atlas/index.htm))
- [Awareness of Stroke Warning Symptoms—13 States and the District of Columbia, 2005](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5718a2.htm)(<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5718a2.htm>)  
*Morbidity and Mortality Weekly Report (MMWR) 2008;57:481–485.*
- [QuickStats: Age-Adjusted Death Rates from Stroke for Persons Aged >18 Years—United States, 2007–2009](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6113a5.htm?s_cid=mm6113a5_w)([http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6113a5.htm?s\\_cid=mm6113a5\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6113a5.htm?s_cid=mm6113a5_w))  
*Morbidity and Mortality Weekly Report (MMWR) 2011*
- [QuickStats: Age-Adjusted Death Rate from Stroke, by All Races, White or Black Race, and Sex—United States, 1999–2008](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6010a8.htm?s_cid=mm6010a8_w)([http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6010a8.htm?s\\_cid=mm6010a8\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6010a8.htm?s_cid=mm6010a8_w))  
*Morbidity and Mortality Weekly Report (MMWR) 2011*
- [Successful Business Strategies to Prevent Heart Disease and Stroke Toolkit](http://www.cdc.gov/dhdsp/pubs/employers_toolkit.htm)([http://www.cdc.gov/dhdsp/pubs/employers\\_toolkit.htm](http://www.cdc.gov/dhdsp/pubs/employers_toolkit.htm))
- [Use of a Registry to Improve Acute Stroke Care—Seven States, 2005–2009](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6007a2.htm?s_cid=mm6007a2_w)([http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6007a2.htm?s\\_cid=mm6007a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6007a2.htm?s_cid=mm6007a2_w))  
*Morbidity and Mortality Weekly Report (MMWR) 2011*