

SCHEDULE OF EVENTS

- May 20—K. of C. Meeting CHAPLAIN'S NIGHT 8:00 P.M.
May 22—Officers and Trustees 8:00 P.M.
June 8—K. of C. Meeting Joint Meeting 8:00 P.M.
June 15—Kay Cee Meeting (No meetings July-August) 8:30 P.M.
June 14—Annual Picnic (Melody Grove) 12:00 to 7:00 P.M.
May 23—Deadline for news items.

NOMINATING COMMITTEE

GK Bonner advises that the current council year is rapidly drawing to a close and that it is again time to consider candidates for the various officer posts and one trustee.

Along these lines our GK has appointed a nominating committee to come up with a slate of candidates for consideration by the membership. This committee is charmaned by Hugh Patton and consists of Ace Spakowski, Jack Shandor, Ben Lyons, and Wayne MacPherson.

The recommendations made by this committee will be presented to the Council membership at our regular meeting on May 20th. At the regular Council meeting on June 3rd, 1964, election of officers and one trustee will be held.

As you know—nominations for each of the offices can be made from the floor by any member and candidates need not be limited to the recommendations of the Nominating Committee. GK Bonner says: "The next year for our Council will be crucial one. We solicit your sincere cooperation and help, if you wish for our Council to prosper and move ahead. Make your desires known to Hugh Patton."

BASEBALL TEAM

Our Youth Activity Chairman, Paul Leary, is happy to announce that for the first time our Council is going to sponsor a Knights of Columbus baseball team in conjunction with the Exchange Club.

Team is open to boys in the 15-16-17-year age group and details are being worked out with Ed Kolick of the Exchange Club. Clare Tyler has agreed to coach the team, which it is hoped will be a championship team.

A SAD FAREWELL

The last Six Point Chairman meeting was held at the home of General Program Chairman Henry Kleinhenz on April 27, 1964.

In attendance were the following Chairman—Council Activity Ted Mack, Catholic Activity James McShane, Fraternal Activity Edw. Kim-mick, Membership-Insurance Joseph Kucharik and Public Relations Milan Penyin. Our guest was your ever present and active Grand Knight Bill Bonner, and Youth Activity Chairman Paul Leary.

After an active meeting, which included a resume of each committees activities during the year, GPC Henry Kleinhenz asked each Chairman to bring his activity book up to date so that same could be turned over to the newly appointed Chairman, after this council year expired.

GK Bill Bonner complimented each of the Chairmen for a job well done and thanked each one for their activity in behalf of the Council. The group as a whole extended their thanks and appreciation to GPC Henry Kleinhenz for his leadership and devotion to duty.

OHIO 65th ANNUAL CONVENTION

The 65th Annual Convention of the Ohio State Council, Knights of Columbus, will be held on May 30th and 31st at Cincinnati.

The rules of the Order provide that the Grand Knight shall be a delegate and the second delegate must be elected by the membership from the Past Grand Knights of the Council. It also states that two Alternates must be elected by the membership, one for each delegate, and they need only be a third-degree member in good standing to qualify as a candidate.

At the regular meeting on April 15th, PGK Ben Lyons was elected as a Delegate. Ace Spakowski was elected as an Alternate for the Grand Knight and Gabe Zisgo was elected as an Alternate to the second Delegate PGK Ben Lyons.

CANDIDATES

If any member of our Council has a desire and ambition to be an officer and wants to declare himself a candidate for a particular office — your Editor would appreciate this advice so that same can be published in the next issue of the paper.

SHAPE UP FOR SUMMER

If you are beset by flabby muscles and a spreading midsection, and feel you don't have time to exercise, "Shape Up" is for you. That's how you can double your strength in 20 weeks without leaving your desk—and all this in one minute a day. The secret: isometrics, the principle of using one set of muscles to exercise against another. Nine daily exercises as listed below, each to be done in six seconds is the entire program covering the one minute per day plan for increasing your strength and endurance.

A copy of the pamphlet "Shape Up" can be obtained by sending 10 cents to the United States Government Printing office, Washington, D.C. 20402.

1. THE PULL-UP (For arms and shoulders). Sit straight, grasp the sides of the chair tightly with both hands and pull up as hard as possible for 6 seconds.

2. THE HAND PRESS (for arms, chests, etc.) Sit straight with chest out and arms held across chest and place one fist inside the other. Press together for six seconds, using the strength of the arms and shoulders.

3. THE BACK PULL (for the back). Keep back straight and lean forward until you can grasp your legs or the braces of the chair. Pull straight up, using back muscles only.

4. THE NECK PRESSER (for the neck). Sitting straight, clasp the hands behind the neck, holding elbows forward. Pull forward with the hands and at the same time press the head backward.

5. THE TUMMY TIGHTENER (for waist and abdomen). Sitting with legs together straight out, bend forward and grasp the legs just below the knees. Press down with the hands, and at the same time press against the hands with both legs.

6. THE CROSS-CROSS (for chest and legs). Placing the feet about four inches apart, bend forward and place the hands against the inside of the opposite knees. Attempt to press the knees together, while at the same time holding them apart with the hands.

7. THE BODY LIFE (for shoulders, arms, abdomen). Keeping the back straight, lean forward and place the hands, palms down, against the side of the chair. Hold the legs straight out and attempt to raise the body about 1 inch off the chair.

8. THE LEG SQUEEZER (for legs). While sitting forward on the edge of a chair, lean back, hold legs straight out. Hook one foot over the other and hold tightly. Rest feet on the floor, keep legs straight, then try to pull the feet apart.

9. THE ARM CURL (for the upper arms). Sit straight, grasp the underside of a heavy desks or table with palms up, forearms parallel to desk. Push up as hard as possible.

KAY CEE CLUB SOCIAL CALENDAR

The following commitments have been made by the Kay Cee Club covering social affairs for the term 1964-1965:
Sept. 12—Clam Bake
Nov. 21—Hard Times Dance
Jan. 16, 1965—Post New Year's Dance
May, 1965—Bowling

KAY CEE CLUB MEETINGS

All Officers and Trustees PLEASE NOTE: The next meeting will be held at the President's home at 8:30 P.M. Sharp on MONDAY, June 15th, 1964.

At the regular Trustees Meeting on May 4, 1964 it was unanimously voted in the affirmative that NO MEETINGS will be held or scheduled during the vacation months of JULY and AUGUST.

FIFTH ANNUAL PICNIC

Will be held at Melody Grove, 38495 Sugar Ridge Road, North Ridgeville, Ohio, on SUNDAY, JUNE 14th, 1964, from 12 noon to 7:00 P.M. Bring your own picnic lunch.

Refreshments will be available. Donation will be \$1 per family and picnic is open to all members, their family and friends. Melody Grove has a covered pavilion, outdoor grills, picnic tables, baseball diamonds and children's play-ground. FREE pony rides will be available for all children, in addition to planned games and prizes for both children and adults.

COME ONE, Come all, bring your family and friends and have a good time.

CHAPLAIN'S NIGHT

This most important affair to honor our most esteemed Chaplain Rev. Joseph F. Wagner, will be held in our Council Chambers on Wednesday, May 20th.

The Chairman for this affair is none other than PGK Ben Lyons and quite a program, worthy of our Chaplain, has been prepared.

In deference to our Spiritual Leader and Chaplain, each member is asked to make plans to attend this affair. In addition it is strongly recommended that those of you whom we know will attend, contact your neighbor, a Brother Knight of course, and ask him to accompany you to this meeting.

IMPORTED AND DOMESTIC WINES AND BEERS
MILLER'S
NORTH OLMSTED BEVERAGE, INC.
 Dick Millie
 Cocktails - Mixes - Pop - Party Supplies
 27088 LORAIN ROAD SP. 7-2144
 FREE DELIVERY

UNION SAVINGS
 4 1/4% ASSETS OVER \$130 MILLION 4 1/4%
 Great Northern Shopping Center
 Adolf A. Perles, Vice Pres. and Manager

Save 20% on VITAMINS, FILM and FLASHBULBS
 We Deliver

DOVER LEADER
REXALL DRUG
 27077 Lorain Road North Olmsted SP. 7-3455
 Bro. Stanley F. Zychowski, Proprietor

CORRIGAN FUNERAL HOMES
 — AIR CONDITIONED —
 — CADILLAC AMBULANCE SERVICE —
 Lorain at West 208th St. - Lorain at West 148th St.
 Phone: Clearwater 1-7000

TO MARK A SPECIAL OCCASION OR TO SHOW HER
 YOU REALLY CARE
CHRISTMAN FLOWERS
 We Telegraph Flowers
 23539 LORAIN ROAD SP 7-0770

AC 6-9224 If No Answer Call ED 1-4279
RIVERSIDE AUTO BODY
 1387 LAKEWOOD AVENUE
 BODY AND FENDER WORK
 Insurance Work Welcomed - Tune-Ups
 General Repairs - Radiator Repairing
 Bro. WM. BAKUN, Prop., Queen of Peace Council
 All Work Guaranteed Fully Insured

ED STINN CHEVROLET, INC.
 NEW AND USED CARS AND TRUCKS
 Bro. Bud Weller
 21201 CENTER RIDGE ROAD Bus.: ED 1-3900
 Fairview Park 16, Ohio

JENKINS FUNERAL CHAPEL
 AIR CONDITIONED AMBULANCE
 Equipped with Oxygen
 2914 DOVER CENTER ROAD WESTLAKE, OHIO
 Phone: Trinity 1-40711-2

DIAMONDS - WATCHES - JEWELRY - TROPHIES
FAIRVIEW JEWELERS
 Bro. Joe Kolick
 Great Northern Shopping Center - North Olmsted
 Spring 7-4111

Ask for Bob Wells,
 Member Cleveland Typographical Union No. 53
WELLS PRINTING
 WEDDING INVITATIONS - NAPKINS
 CHRISTMAS CARDS
 27746 LORAIN ROAD Spring 7-5644

We Specialize in Trophies
ABC TROPHY HOUSE
 ENGRAVING - METAL - PLASTIC
 NAMEPLATES
 BRO. FRANK KOSISKY
 21446 Lorain Road 333-3142

Bro. Bernard Becke
KELLER'S JEWELRY
 Res. Phone: Spring 7-0725
 9202 LORAIN AVENUE Melrose 1-5354

RAY ROALORS
RAY'S SUNOCO SERVICE
 Tires - Batteries - A to Z Lubrication
 27045 Lorain Road 777-9829

SUBURBAN AUTO BODY
 Specialists in
 BODY AND FENDER REPAIRS
 Free Estimates
 Pick-Up and Delivery Service
 4960 Dover Center Road 777-1717

COUNCIL OFFICERS

Chaplain	Rev. Joseph F. Wagner
Grand Knight	William J. Bonner
Deputy Grand Knight	Hubert T. Patton
Chancellor	John J. Shandor
Recorder	Henry E. Ciancarella
Financial Secretary	Wayne D. MacPherson
Treasurer	Raymond J. Lieb
Warden	Edward J. Zarn, Jr.
Assistant Warden	Edward J. Zarn, Sr.
Advocate	Jay B. Ellis
Inside Guard	Thomas J. Kovach
Outside Guard	Robert J. Gornola
Trustee	William A. Beyer
Trustee	Adolph E. Spakowski
Trustee	Bernard M. Lyons

COMMITTEE CHAIRMEN

General Program	Henry F. Kleinhenz
Chairman	James J. McShane
Catholic Activity	Ray T. Mack
Council Activity	A. Spakowski
Co-Chairman	Edward J. Kimmick
Paternal Activity	Adam Hessert
Co-Chairman	Joseph J. Kucharik
Membership-Insurance	Milan Penyin
Public Relations	Paul E. Leary
Youth Activity	Ray M. Hepner
Lecturer	Joseph P. Arnold
State Youth	John J. Shandor
Co-Chairman	Hubert T. Patton
Conservation	Gabe Zisgo
Historian	Jay B. Ellis
Community Council	

NICK'S BARBER SHOP

Bro. Nick Calviti Air Conditioned and TV
 Specializing in
 MEN'S HAIRSTYLING AND LADIES CONTOUR HAIRCUT
 Special Attention to Children
 23844 Lorain Road Phone: 777-1106
 North Olmsted, Ohio

YEOMAN CONSTRUCTION CO.

Bro. Robert J. Gornola
 MASON WORK—Brick and Stone
 25648 Yeoman Drive Spring 7-4316
 Westlake, Ohio

Knights of Columbus
 NORTH OLMSTED COUNCIL No. 4731
 NORTH OLMSTED, OHIO



Non-Profit Organization

Bulk Rate
 U.S. Postage
PAID
 Permit No. 13
 North Olmsted, Ohio

Adolph E. Spakowski
 26590 Butternut Ridge Road
 North Olmsted, Ohio

IS YOUR MOTHER IN?

Door-to-door itinerants that return, like crabgrass, every spring have a language all their own, and none of it is in the dictionary: select few. Anybody with a down payment gift certificate. This will enable you to buy a \$300 appliance for \$350 if you're lucky. You could pay more.

research program. The door opener of the encyclopedia salesman who wouldn't think of mentioning money. All he wants, he keeps saying, is a half hour of your time.

fire inspector. Let him inspect your furnace, and all the king's men won't put it together again.

journal. Magazine(s) sold by small boys who need only your signature to win a trip to Europe. (Older boys are usually working their way through medical school.)

pennies a week. This pays for insurance that gives you complete coverage for a certain type of accident, such as might result from stepping up on a down escalator, for example.

dance analyst. Its all yours. . . . A lifetime of happiness for \$12,000.

BASEBALL

Ted Mack would like to issue a reminder to all members that baseball practice will start in the very near future and a conditioning program, such as appears in this issue of the NARRATOR under Shape-Up, may be in order.

The Booster Club of St. Richard's has issued a challenge to our Council for a ball game. The challenge has been accepted and a date for this contest will be announced later. So loosen up your flippers and toughen up your flabby muscles and "Play Ball — You Hear."

MEMBERSHIP ROSTER

Additions:

William T. Vasey to the Roster of Deceased Brothers.

Richard A. Bohland, 4676 Fleharty Road.

Norman O. Collart, 24836 Gessner Road.

B. F. Chmielewski, 24216 Palm Drive.

Clifford W. Grady, 4560 Canterbury Rd.

George A. Gross, 16104 Westpark Rd., Cleveland, Ohio.

Francis E. Gue, 23715 Lucille Dr.

Ambrose G. Haggerty, 5106 Lucydale Ave.

Ronald J. Kreeic, 29369 Lorain Rd.

Francis M. Murray, 5495 Burns Rd.

Carl J. Pecovaro, 2219 Brown Rd., Lakewood 7, Ohio.

George J. Schmitz, 1348 Thoreau, Lakewood 7, Ohio.

Lester R. Sellers, 7595 Inland Dr., Olmsted Falls 38, Ohio.

Patrick L. Sutton, 5985 Burns Rd.

Leonard A. Viegiani, 3423 Hunter Dr.

Norman J. Volk, 4672 Grace Rd.

Deletions:

A. J. Cahil, G. J. Dolan, J. F. Dunn, R. I. Gareau, W. T. Vasey, E. J. Viad, J. P. Kubik, C. F. Jychowski, J. F. Skorzewski, R. C. Kubiacki, J. J. McFadden, E. T. Mesker, R. J. Metsch, V. R. Moorman, L. J. Palker, R. C. Reese, E. N. Ricket, J. M. Rumanick.

Change of Address:

Abdalla, C. L., 3445 West 131st St., Cleveland, Ohio.

Gersey, Robt. S., 1246 Cook Ave., Lakewood 7, Ohio.

Jacob, Wm. J., Youngstown, Ohio.

Kidney, Edw. J., 13418 Clifton Blvd., Lakewood 7, Ohio.

Ohliger, James A., 19542 Coffinberry, Cleveland 26, Ohio.

Semanik, Andrew J., 5171 West 139th St., Cleveland, Ohio.

Skiski, Henry S., 5236 East 104th St., Garfield Hits, 25.

Solomon, Tom S., 11512 Cherokee Lane, Brecksville, Ohio.

Murphy, John R., 752 West End Ave., New York City, N.Y.

NOTE: Where no city is shown in the address — it is North Olmsted, Ohio.

MOTHER'S HANDS

"Twas her hands pressed together

That taught us how to pray

And if teardrops fell upon them

They were quickly wiped away.

Her hands were never idle

With their many deeds so kind

Little acts my memory treasures

As the years are left behind.

Yes, Mother's hands were busy

With her chores from day to day

Keeping everyone contented

In their work and at their play.

Now we are no longer children

And have gone our separate ways

But her hands are still kept busy

As for each of us she prays.

FIRST DEGREE EXEMPLIFICATION

Our Membership-Insurance Chairman Joe Kucharik, advises that arrangements have been made to hold all future First Degree Exemplifications at K. of C. BEREA Council Hall at 612 North Rocky River Drive, Berea, Ohio. Please make a note of this for future reference.

THREE MORE ISSUES

As the current council year draws to a close and elections are scheduled for June 3rd, it is well to remind the membership that the term of office of the Editor of The Narrator is also drawing to a close.

Three more issues of THE NARRATOR and your Editor will have completed his term of office and will quietly fade away.

Many thanks to all of you who have been gracious enough to submit news items to help keep this paper as interesting as possible. Too bad some members did not contribute items of interest. Better luck to your new Editor.

KNIGHT OF THE MONTH—MAY

The selection for the month of May by Eternal Chairman Ed. Kimnick was none other than that most affable and outspoken Brother Knight JOSEPH F. ARNOLD who is the outstanding ticket salesman of our Council.

Bro. Joseph was initiated into Fairview Council in February, 1956, and transferred to our Council in January 1961, where he became one of our most valuable assets. He has worked hard and diligently on all fund raising projects and has served as both Chairman and Co-Chairman of the State Youth Program. Joe is a member of St. Richards Parish, a member of the Parents Club and belongs to company organizations.

Joe has been employed by the Ford Motor Co. for the past seven years as a mold finisher, at the Brook Park Plant and works the afternoon shift. As a result he is unable to attend any Council meetings, however he is ever present at any and all social events and functions.

Bro. Arnold lives at Elm Road, North Olmsted, with his wife Mary and four children, Joe, Frank, Mary and Theresa. He enjoys bowling, swimming and baseball, and doth partake of a drop or two of liquid nourishment from time to time.

Our Council is indeed fortunate to have men of such caliber as members and wishes to take this opportunity to thank Joe Arnold and the other Knights of the Month for their devotion to duty and untiring efforts in behalf of the Council and the membership. **GOOD LUCK TO YOU JOE.**

THIS IS YOUR KNIGHTS OF COLUMBUS

Our National Service Department has prepared a visual presentation to assist in explaining to prospective members the ideals and purposes of our Order. It is a short pictorial history of the Knights of Columbus and is an excellent reference for Membership-Insurance, Admission and various committees.

Cost is \$2.00 each and it can be ordered direct from Knights of Columbus, Service Department, P. O. Drawer 1670, New Haven, Conn., 06507. Money Order or check is to be made payable to Knights of Columbus.

IT'S UP TO YOU

Your job is what you make it. Of course it provides support, food and shelter, clothes, transportation, pays for recreation, vacation, shows and entertainment.

BUT YOU WANT MORE THAN THIS — You want to lay the foundation for the future every man desires some day:

- A Growing Happy Family
- Comfortable Middle Years
- Relaxed and Enjoyable Old Age

Financial independence is not made from daydreams. Independence is paid for with money. You can save a little each month over a long period of time . . . and have plenty . . . or you can start late and try to save a lot fast and fail.

YOUR FUTURE REQUIRES A SAVINGS PROGRAM. A planned method of accumulation, which can be geared to your salary with periodic reminders. Start right now to build your financial plan through life insurance. It will never cost you less than it does today. Consult your Council Insurance Advisor now or WRITE to the Supreme Council, Knights of Columbus, New Haven, Conn.

COUNCIL OFFICERS AND TRUSTEES

The next joint meeting will be held on Friday, May 22nd, 8:00 P.M., Sharp, at Grand Knight Bill Bonner's home. In view of the important business pending, it is urged that each officer and trustee make plans to attend —without fail, please.

QUARTERLY COMMUNION

Our next quarterly communion for the Knights of our council will be held in June, 1964, at St. Raphael's Catholic Church, 525 Dover Center Road, Bay Village, Ohio.

This will be the last affair of this type for the current council year by your Catholic Activity Chairman Jim McShane, and it is urged that as many Brother Knights as possible turn out. Date will be forthcoming later.