



# The Christopher Columbus Navigator



VIVAT JESUS

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3rd Quarter, 2007

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Georgia State  
Knights of Columbus Newsletter  
3rd Quarter, 2007

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## From The State Deputy



On behalf of the new executive committee, I thank you for the trust and confidence you have shown by electing us to lead the Georgia State council in the coming year.

As your State Deputy, I pledge to continue to earn that trust and confidence by supporting the good works of our local councils as we contribute to our parishes, families, communities, and the Order.

We will realize our vision through our service to others as we continue the momentum of the Georgia State Council. As you may be aware, I grew up in the Army, had a career in the Army, and now work for the Army. The men and women in the service of our country, and other first responders, hold a special place in my heart.

In keeping with the tradition of selecting a saint to represent my term in office, I have chosen St Michael the Archangel, patron of soldiers and Knights. He symbolizes for us service to God, country, and our fellow man which we should emulate.

So I ask that we invoke St Michael's assistance with the benediction, "St Michael the Archangel, Pray for those who serve."

I and the other elected officers look forward to working with you and serving you in the coming year.

St Michael the Archangel, Pray for those who serve.

### Daniel Baker - State Deputy

## New State Directory - We Need Your Input - Now!



One of my first duties as the State Secretary will be to prepare and disseminate the State Directories for the new Fraternal Year. My predecessors have told me that the biggest problem in getting the directories out, is that many councils, assemblies, and circles do not provide the information in a timely manner. In order to resolve this problem we have made the process easier. You can now submit the information for your council on line at:

<http://www.gakofc.org/>. At the bottom of the left hand panel there are links for on-line

forms. You can fill the appropriate form with the information, put your return e-mail address at the bottom (to ensure that you get a copy back to review), and then **CLICK the SUBMIT** button to send the information.

I know that not every Grand Knight has a computer or internet access. But surely someone in your council does have a computer or internet access and can send this in for you. If you are still a 20<sup>th</sup> Century kind of guy, you can "snail-mail" the information to 838 Valley Dr, Canton GA 30114-7722 or fax it to 770-345-2051, but the on line form is the preferred way to submit the data.

The deadline for getting the names of your new officers in is: **August 15**. If you do not have the information into the State Secretary by that date, your council, assembly, or circle entry in the State Directory, will be blank. If you have any questions call State Secretary, Jim St. John at 770-704-0217 or email at: [jim.stjohn@gakofc.org](mailto:jim.stjohn@gakofc.org).

### Jim St. John - State Secretary



St Michael the Archangel,  
Pray for those who serve.

**THE STATE DIRECTORY  
DEADLINE IS AUGUST  
15TH !**

# Arriving Late and Leaving Early for Mass?



When I was growing up in the 1950s, the pastor would rail against parishioners who would arrive late or linger in the vestibule. When parishioners left Mass after Communion, he threatened to send altar servers to accompany them with lighted candles to the parking lot — because they had so recently received the Eucharist.

In this month when the Church celebrates the feast of Corpus Christi - the solemnity of the Body and Blood of Christ - you and I should take another look at what is lost by arriving late for Mass and leaving early. I'd also like to suggest a remedy for this problem.

When we arrive late for Mass, we forfeit almost any opportunity to put ourselves into a good frame of mind and heart for the Eucharist. We miss the chance to speak to the Lord in private prayer before Mass begins. We pass up the chance to recollect ourselves and to ask forgiveness for our sins that hinder us from opening our hearts to the redeeming love Jesus wants to share with us in and through the Eucharist.

Even more seriously, we may deprive ourselves from listening to the Word of God. If we were invited to a talk given by our favorite athlete or author, we'd make sure we didn't miss a word. Yet when the Lord comes to us in the power of the Holy Spirit to speak to us the words of eternal life, we find ourselves a few blocks away from church, perhaps with music or news bombarding our senses.

Thankfully most of the congregation remains for the presentation of the gifts and the Eucharistic prayer. At the same time, participation in the Eucharistic prayer requires attentive listening to the Word of God. The Mass, after all, is not like a football game with two parts interrupted by a half-time show (the homily). Rather, the Mass is a single act of worship. By listening to the revealed Word of God in Scripture and by reflecting on its meaning for our lives, we are prepared to enter, heart and soul, into Christ's ultimate act of love for us — his saving death and glorious resurrection. We are prepared to experience, all over again, the depth of his love for us and for the whole Church to whom his love unites us.

Alas, as mentioned earlier, some begin leaving church as soon as they have received holy Communion. If we think of the Eucharist as the banquet of Christ's sacrifice, people who leave early choose not to linger with their "host" and fellow guests. Instead, they rush back into the rough and tumble of daily life with little or no opportunity to adore the one whom they have received, the one whose Spirit unites us to the Father and to one another.

So, what to do? Unlike the intrepid pastor of my childhood, I do not propose teams of altar servers with lighted candles to escort offending parishioners to their cars. Rather, I propose increased opportunities for Eucharistic adoration. Far from detracting from the celebration of the Eucharist and far from privatizing the Eucharist, Eucharistic adoration increases our capacity to believe in the Eucharistic mystery, to participate in its celebration with devotion and joy, and to go forth in charity to serve the needs of others.

Indeed, in his recent reflection on the Eucharist, Pope Benedict XVI expressed the sentiments of bishops all over the world when he spoke of "the intrinsic relationship between Eucharistic celebration and Eucharistic adoration." The pope mentions the objection we sometimes hear about adoration of the Blessed Sacrament, namely, "that the Eucharistic bread was given to us not to be looked at, but to be eaten."

But this objection shouldn't deter us. After all, in the Eucharist the Son of God comes to us under the appearances of bread and wine to share with us his saving love. He becomes for us "the bread of life." Eucharistic adoration prolongs the joy and gratitude we should feel at every Mass and gives us the opportunity to deepen our friendship with the Savior who loves us so profoundly.

If more Catholics spent more time in Eucharistic adoration, I think two things would happen: Many who have abandoned the regular practice of the faith might well rediscover it. And those who have acquired the bad habit of arriving late for Mass and leaving early might want to linger instead — to spend time with the Lord who thirsts for our love.

**Excerpted from the *Columbia Magazine* - By Bishop William E Lori - Supreme Chaplain**

## A Quorum



**WHAT IS A QUORUM?** With this being the start of a new Fraternal Year and a lot of new officers have taken their position within a council. Now would be a good time to discuss voting and especially what constitutes a **QUORUM**.

A **QUORUM** is made up of how many members?? Good question. Your council's by laws should specify the **QUORUM**. If they do not, Robert's Rules of Order states that a **QUORUM** is a majority (more than half) of all the members on a board or committee. A board or a committee does not have the power to establish its own **QUORUM** unless the bylaws give that power. Examples are: The quorum of five member committee is three. The quorum of nine member committee is five.

Please note that an ex officio member has all the rights of membership: the right to make motions, debate, and vote and are counted in the **QUORUM**.

As your new State Advocate, I look forward to serving the Georgia State Knights of Columbus and look forward to a exciting new Fraternal Year for all our councils.

**Rick Sisko - State Advocate**

# July 2007



## SCHEDULE OF EVENTS

- **1st** - Form 186, Report of New Assembly Officers, is due to Supreme with Copy to District Master
- **4th** - Independence Day with Celebrations throughout the State
- **14th** - State Installation of Officers at St Theresa in Douglasville
- **14th** - State Organizational Meeting with District Deputies
- **21st** - Grand Knights' Meeting at Albany Council 3607 at 10:00A
- **22nd** - 2/3 Degree at Albany Council 3607
- **28th** - Grand Knights' Meeting at St Bridgid's Church in Alpharetta.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Ass'y Officers Form #186 Due	<b>2</b>	<b>3</b>	<b>4</b> Independence Day	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> State Installation & Org Mtg
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> GK Mtg in Albany
<b>22</b> 2/3 Degree in Albany	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> GK Mtg in Alpharetta
<b>29</b>	<b>30</b>	<b>31</b>				



## The Full Spectrum. . .



Our goal this year for us is to expand our programs into the full spectrum of the Pro-Life agenda. As part of this effort, within the next few weeks, I hope to send every GK in the state a short survey about their Council's Pro-Life activities. I will also be asking each council to contact their parish's Pro-Life ministry to investigate possible projects and opportunities for service in their local area.

As Catholics, we absolutely believe that human life must be protected from conception until natural death. As Knights, we are provided with a broad range of activities and projects that fall under the umbrella of "Pro-Life."

Now, when most of us think about Pro-Life activities, the first things that come to mind are writing letters to state and federal legislators, supporting homes for unwed mothers, or erecting memorials to the unborn. These are all important efforts, but we need to branch out and come up with new ideas and projects where we can serve in our parishes and communities.

One place to look is with the "Surge with Service" booklet. Starting on page 13 is a list of various activities that local councils can organize for Pro-Life activities. Remember that this list is not exhaustive, but rather a starting point. I encourage all of you to look at it. There are many good ideas there. I am also hoping that councils will come up with ideas of their own for new and original Pro-Life projects. And I especially want to encourage you to think outside the box.

Keep in mind that our efforts in this area can be service-oriented, as well as education-centered. Traditionally, the Knights have provided material support to local homes for unwed mothers. The flip-side of that could be to run a program in your parish to teach Catholic morality to young people, so that they don't end up in situations where they will be tempted to destroy an innocent, unborn life. Both of these projects are Pro-Life.

At the other end of the spectrum are those near the end of their lives, the elderly and the terminally ill. Projects directed at them, to assist them and to let them know that they are not forgotten, such as visits to a nursing home, a hospice or to the homebound in your parish, are valid Pro-Life programs.

We must keep in mind that as Catholics we are Pro-Life because we believe in the dignity of all human life, especially the innocent, the unborn, the defenseless, the disabled and the elderly. All of these persons are deserving of protection, and any programs that serve these groups are Pro-Life.

As Catholics, we will maintain our visible opposition to abortion, euthanasia, embryonic stem-cell research, and other obvious attacks on life, but as Knights we need new ways to spread the Pro-Life message. During the next year, I hope to work with all of you to assist you in building up your Pro-Life programs and building the "Culture of Life" in Georgia.

**David Canale - State Pro-Life Chairman**

# August 2007



## SCHEDULE OF EVENTS

- **4th** - Columbian Squires State Circle Convention
- **6th** - 125th Supreme Convention in Nashville, Tennessee
- **9th** - Archbishop-Emeritus Donoghue's Birthday
- **12th** - Knights of Columbus Day in Georgia as Proclaimed by the Governor and the Birthday of Father Michael J. McGivney
- **14th** - Anniversary of the Death of Father Michael J. McGivney
- **15th** - Feast of the Assumption of Mary
- **18th** - 2/3 Degree at Macon Council 925

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> State Circle Convention
<b>5</b>	<b>6</b> Supreme Convention in Nashville, Tn	<b>7</b>	<b>8</b>	<b>9</b> Archbishop Donohue's Birthday	<b>10</b>	<b>11</b>
<b>12</b> The B'Day of Fr McGivney	<b>13</b>	<b>14</b> Death of Father McGivney	<b>15</b> Feast of the Assumption	<b>16</b>	<b>17</b>	<b>18</b> 2/3 Degree in Macon
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	



## A Knight's First Responsibility

Without a lot of thought, wouldn't we all agree that it's "Support of The Church?" And where should we begin with our "Support of the Church?" How about at the beginning? In this context, the beginning is our Seminarians. The Knights of Columbus has a program specifically for this purpose. THE RSVP PROGRAM (Refund Support Seminarians Program). No matter how large or small our council or assembly may be, we all have an obligation in this regard. We have an obligation to support our seminarians who will someday be our priests, who will someday be the leaders of The Church.

Define support? For us as Knights it encompasses emotional, spiritual, mental, physical, and yes - financial support. Without ever knowing it, we might just be that small element that makes the difference, whether a seminarian fulfills his mission to the priesthood or drops by the wayside. What a tremendous responsibility we share. Every Knight, every council and every assembly shares this responsibility. Are you, your council, your assembly doing your share?

Those of you who are currently participating in the program, I thank you. Your sponsored seminarian/seminarians thank you, and we urge you to continue your support. We had a very good year in 2006-2007, but we still have much to do. If your council or assembly did not participate (for whatever reason) during this period please give it your prayerful consideration. Please feel free to contact me at any time to discuss anything you wish with regard to the program. If your problem is lack of finances, perhaps I can offer some suggestions to help solve the problem. The program needs you - everyone of you.

**Frank Morgan - RSVP Chairman - 770-584-0329 - Email: bunchabull@netscape.com**

**WHAT *IS* A KNIGHT'S FIRST RESPONSIBILITY?**

### NOTE

**The Governor of Georgia has designated August 12th as "Knights of Columbus Day in Georgia" by Proclamation - "Celebrating 125 Years of Faith in Action" and over 100 years of service to the people of Georgia.**

**WOW !**

# September 2007



## SCHEDULE OF EVENTS

- **3rd** - Labor Day
- **8th** - 2/3 Degree at Dunwoody Council 11402
- **8th** - Art Auction with 10% Proceeds Directed to the Special Olympics
- **9th** - Grandparents Day
- **17th** - Articles are Due for the 4th Quarter Newsletter.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> Labor Day	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 2/3 Degree in Dunwoody
<b>9</b> Grandparents Day	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Articles Due for 4thQ Newsletter	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						

## KEY EVENTS NEXT QUARTER

- **9/13** - 4th Degree Exemplification at the Atlanta Airport Marriott - Held on Columbus Day



## Guess What Will Happen in Griffin Georgia !



Our Soccer Challenge last Fraternal Year was a huge success. We want to add to that success by having another great event. This event will happen in Griffin on November 11, 2007. Our winner last year, Nolan Kappinen, scored 319 points, and this included 13 - 20 point shots!

I can't emphasize enough that this competition will lead to new Squires and Knights. It builds character and strengthens families. There will be more information concerning this event in the next quarterly newsletter.

**David Oatman - State Soccer Challenge Director**

## You Can Have Exclusive Membership in the 365 Club. . .



For the 2007-2008 Fraternal Year, State Deputy Dan Baker has made funding the Wheelchair Foundation program a priority. For this, our goal for Georgia this fraternal year is \$45,000.00. This will buy 612 chairs, being delivered to a developing nation and restoring dignity one person at a time.

We have created a great program for the year. I invite all Brother Knights in Georgia to join the **365 Club**?! I am asking that each Brother Knight to donate a penny a day to the Wheelchair Foundation. In exchange, you get a sticker for your membership card that proudly shows that you are a member of the 365 Club. There are several levels of membership. For those Brothers who donate \$7.30, you get a silver sticker for your membership card and are a Silver Member of the 365 Club. Gold Membership in the 365 Club can be purchased for \$10.95 and for those Brothers who donate \$20.00, you earn a Platinum Membership in the 365 Club. Platinum Membership includes a lapel pin

and a certificate signed by the State Deputy to be presented at a council meeting.

What's the importance of giving a penny a day? It is money you find as you walk down the street. It is change that you take from your pocket each day and drop into a change jar. It is money that you pull out from the cushions in your couch or your dryer. It is money that is not earmarked for anything else because it is loose change, so nothing else suffers. Everyone walks past a penny laying on the ground and

*(See "Wheelchair" - Continued on page 7)*

# Do You Need Help With Members With Disabilities?

Do you wear glasses? Do you use a cane? Do you have a medical condition? Then you have a handicap! Does your handicap stop your life? Probably not. Individuals with impairments such as vision, hearing or mobility don't stop their lives either. Would you be afraid to ask someone who wears glasses to join your work in the Knights? People with handicaps are waiting to be asked. I will be happy to answer any questions you may have or to come to talk with your group about ways you can help members with disabilities. Please feel free to contact me at 404-294-1579 or [bobandmareid@hotmail.com](mailto:bobandmareid@hotmail.com).

**Bob Diebold State Handicap Chairman for Persons with Special Needs.**

## Our Common Bond

Recently, I had the privilege of participating in the Rosary Bowl, an event sponsored by the Archdiocese of Los Angeles and Holy Cross Family Ministries, which was founded by Father Patrick Peyton, the brother Knight who made famous the phrase: "The family that prays together stays together." I was one of several speakers who addressed the more than 50,000 persons gathered in Pasadena's Rose Bowl to pray the rosary. I would like to share with you some of my remarks.

After explaining the importance of the rosary to Knights of Columbus families, I went on to say this:

"As we pray the rosary today, we recall that we live on a continent that has been uniquely blessed by the Mother of God. Four hundred and seventy-five years ago, Mary appeared to San Juan Diego in Mexico.

"There, Our Lady began the greatest conversion to Catholicism in history. At a time when the Church was losing millions in Europe, Mary and her image left on San Juan Diego's tilma called millions to conversion in the Americas.

"Of Our Lady of Guadalupe, Pope Benedict XIV wrote in the 18th century: 'To no other nation has such a wonder been done.' At the time he wrote those words, that nation stretched from Seattle to Central America. And thus Pope Pius XII proclaimed Our Lady of Guadalupe 'Empress of the Americas.' Therefore, the wonder that had been done was for all the people of our hemisphere. We are all citizens of the Catholic hemisphere.

"While many continents have never been Christian, and while many of Europe's churches are nearly empty, ours are still full. It is here that the Church faces a bright future.

"No other place on earth has as many practicing Catholics as the Americas. It is up to us — in our lives, in our homes, and in our families — to put our faith into practice.

"The rosary and Our Lady, especially under her title of Our Lady of Guadalupe, must be seen as the common bond of our Catholic hemisphere. In the United States, one in four Americans is Catholic. Our Lady of Guadalupe points us to her Son, but she also points us to unity in her Son, and for Catholics this unity must transcend borders.

"Pope Benedict XVI said in his first encyclical, *Deus Caritas Est*: 'to say that we love God becomes a lie if we are closed to our neighbor or hate him.'

"If this is the Catholic hemisphere, then it is also Mary's hemisphere — under the protection of Our Lady of Guadalupe.

"In Spanish, to give birth is referred to as *dar a luz* — to bring to the light. Truly this is the history of our hemisphere. Our Lady of Guadalupe brought to the light Catholicism in our hemisphere, and brought the people of this land to the light of her Son. May she bring to the light a new unity among all her people."

Pope Benedict recently completed his historic pastoral visit to Aparecida, Brazil. During that visit he challenged us in a most dramatic way. He told us: "You believe in the God who is love: this is your strength.... This is the faith that has made America the 'Continent of Hope.' Not a political ideology, not a social movement, not an economic system: faith in the God who is Love." Then he challenged all of us to transform the "Continent of Hope" into a "Continent of Love."

This is especially the responsibility of the lay faithful and of Knights of Columbus — to work to conform society and its institutions to the reality of the Gospel. In the days to come all of us must recommit ourselves to this responsibility.

**Excerpted from *Columbia Magazine* - By Supreme Knight, Carl A. Anderson**



**THE 3RD QUARTER NEWSLETTER ALWAYS HAS A MAILING LIST THAT IS NOT UPDATED. SO I AM ASKING RECIPIENTS OF THIS NEWSLETTER TO PASS IT ON TO THE NEW GRAND KNIGHT OR NEW FAITHFUL NAVIGATOR OR NEW CHAPLAIN. WE SHOULD HAVE THE NEW MAILING LIST BY SEPTEMBER 15TH. PLEASE HELP US OUT IN THIS REGARD.**

# The Inspiring Message of ‘Bella’

Once in a great while, a movie comes along that has the ability to touch hearts in a profound way with its positive message. During the pontificate of Pope John Paul II, the Vatican released a list of such movies as the Vatican Top 45 movies ever made.

A few months ago, I had the chance to see another movie that I believe is similar in both its quality, and in its powerful moral message. That movie is *Bella* – a film that will be released this year, and has already won the Toronto Film Festival – the largest film festival in the world.

*Bella* tells the story of a young unwed mother, and how the pure love of a friend helps her choose life. It is a heart warming film, and it presents a message that I believe will appeal to people who have never given much thought to the culture of life.

It is not a film about what people shouldn't do, it is a film that time and again shows us what we should do, and inspires us to do it. As a result, I believe this film is one the Knights of Columbus should support.

Our support can take many forms. First, and most important, I would like to ask that you see this film. Second, I would ask that you tell your friends about it. Finally, I hope that you will consider working with your council and local parish to purchase and sell tickets to the film in the week before it is released.

As an added benefit, councils that buy out a showing and resell the tickets will receive credit for all four Church activities. Such events can also be a great opportunity for the Order to recruit new members, and I would ask you to have membership materials and information available for those who might be interested.

It is my belief that the Knights of Columbus can help make this film a success, thereby sending a message to Hollywood that wholesome movies will be well received at the box office. In this way, we can begin the process of moving the film industry in a direction that can help rather than hurt our children. **Excerpted from *Columbia Magazine***

## My Brothers All:

**CONGRATULATIONS** to all of you for another GREAT year in Georgia. Several new records have been set due to your efforts. At this time, thirty five (35) councils have achieved **Star Council** this year. That represents over 39% of our councils. A simply GREAT accomplishment! Eighteen (18) of these council have earned the Double Star Award for being a Star Council with over 200% of their membership goal! This is another record in Georgia and another GREAT accomplishment by you! Because of your hard work and support, 8 District Deputies have earned the Star District Award. Another record in Georgia this fantastic year!

To earn these awards, you contributed a tremendous amount of service work for your communities and our Holy Church. You have truly demonstrated what CHARITY means. Words cannot express how proud I am of you, our District Deputies, Grand Knights, Council Officers, and fellow members, for the job you have done.

During the past two years, I have met many of you as Stella and I traveled our great state. Your warmth and hospitality has been overwhelming. Please know that we shall be eternally grateful. It has truly been an honor and a privilege to serve you this past two years. I pray for your continued success in the years ahead and may God Bless you always!

**John Brenner - Immediate Past State Deputy**

## Charity Art Auction for Special Olympics Georgia

On September 8th and 9<sup>th</sup> Park West Galleries will hold an art auction in Atlanta. All participants who pre-register as being there for the Knights of Columbus will have 10% of their purchase credited for Special Olympics Georgia. To have your name placed on the Knights of Columbus list contact Tom Gissy, Special Olympics Coordinator at 678-643-8664 or email to [giss-syt@bellsouth.net](mailto:giss-syt@bellsouth.net).



Watch the Georgia State Council Webpage for time and location. Grand Knights of record will be sent a printed invitation from Park West Galleries.

**Tom Gissy - Past State Deputy & Special Events Coordinator**

*("Wheelchair - Continued from page 5)*

does not pick it up, but now, you can pick it up and put it to good use.

Each council was given a DVD at the Grand Knight's meetings. It is important that each member see these DVD's. They show heartbreaking video of people using their hands and two stones to get from point "A" to point "B". By donating to the Wheelchair Foundation, we can help give people their dignity back. If all 12,600 Knights in Georgia join the 365 Club, we can restore dignity to over 600 people in developing nations in the name of **Charity**, the first principle of the Order.

**Greg Howe - State Wheelchair Foundation Chairman**

The Knights of Columbus  
 Georgia State Council  
 c/o Holy Family Church  
 3401 Lower Roswell Rd  
 Marietta, GA 30068

Place  
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**RETURN SERVICE REQUESTED**

**Georgia State  
 Knights of Columbus  
 Newsletter  
 3rd Quarter, 2007**



## Preventive Medicine



The article is based on recommendations of the U.S. Preventive Service Task Force (USPSTF). These recommendations are independent of the U.S. Government. They should not be construed as an official position of the Agency for Healthcare Research and Quality.

**Notes:**

- 1- One time screening by ultrasound in men aged 65 to 75 who have ever smoked.
- 2- Mammography every 1-2 years for women 40 and older.
- 3- Men and women 50 years and older.
- 4- Adults with hypertension and hyperlipidemia
- 5- Women 60 and older are at increased risk for osteoporosis fractures.

Recommendation	Men	Women	Pregnant Women
Aortic Aneurysm Screening <sup>1</sup>	X		
Alcohol Misuse	X	X	X
Breast Cancer Screening <sup>2</sup>		X	
Colorectal Cancer-Screening <sup>3</sup>	X	X	
Diabetes Mellitus	X	X	
High Blood Pressure Screening <sup>4</sup>	X	X	
Osteoporosis in Post Menopausal Women <sup>5</sup>		X	

Although there are many other recommendations, I have selected those which are considered more frequently encountered. If you need more information related to preventive medicine, please send me your questions and I will be happy to answer them for you.

**Dr. Joseph A. Lazzarini, PGK, PDD and Health Services Consultant**