



The Christopher Columbus Navigator



VIVAT JESUS

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- EDITION THEME -

"IN THIS NEW YEAR - LET US GROW AND SERVE"

**Georgia State Council
Knights of Columbus Newsletter
January - February, 2011**

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Page One News...!



Making a difference in the lives of our men and women serving America who are away from loved ones and friends during the holiday season is what **Snellville Knights of Columbus Council 13440's** Operation Christmas Cheer and Operation Winter Warmth are about.

Operation Christmas Cheer was the idea of former U.S. Army Viet Nam veteran, **Doug Geganto** (see photo on left). For the past 4 years Doug has seen his idea continue to grow. Although Operation Christmas Cheer is just in its 4th year; it has experienced remarkable growth and support. In the project's first year a total of 15 packages were sent to service men and women - the

second year saw 35 packages sent - the 3rd year the number was 155 and this year's Operation Christmas Cheer sent 246 Christmas Cheer packages to soldiers, Marines, and Sailors serving in Afghanistan and around the world.

In a talk to the Saint Oliver's parish a couple of years ago, Doug related from personal experience as a young soldier serving in Viet Nam, how much a simple package of cookies and a Christmas card from friends back home meant. The packages his group sends contain a lot more than just cookies. Many of the essential things the fighting men need are included in the boxes. Each box sent contained baby wipes, snacks, candies, gum, toiletries, batteries, a handmade card from the young people of the parish, and a letter from the Knights of Columbus. Doug has a heartfelt commitment to this program and has marveled at the support this project has received from the parishioners of St Oliver's Catholic Church and also the Snellville and Grayson communities.

On Saturday, November 13th, approximately 30 people consisting of members of parish and from the community met to pack all of the boxes and get them ready for shipment in time for Christmas.

This year the Christmas Cheer Package program was coupled with another Knights of Columbus military service project, Operation Winter Warmth, which sent over 650 60x90 inch blankets to Marines and Soldiers serving in Afghanistan. The Afghan winters are especially cold and an extra blanket for a soldier or marine can help ward off the winter chill. Operation Winter Warmth is just 2 years old. In 2009 all blankets collected were sent directly to field hospitals. This year blankets were shipped directly to service men and women in Afghanistan.

Former Marine, Ken Carson, heads up Operation Winter Warmth and he too is committed to letting those who serve America know that their service and sacrifices are truly appreciated. Operation Winter Warmth, began after Ken heard from a soldier who returned from Afghanistan how cold it was and that he and many of his friends didn't have enough warm blankets to ward off the harsh Afghan winter.

Both of these projects are a commitment by the members of Council 13440 to support our service men and women throughout the world.

This is the good Chaplain's reply: "I hope all is going well with you. We received your care packages and can honestly say that you send some of the best packages we've seen so far. Your Knights of Columbus Council really knows the soldiers' heart with gifts of snacks, hygiene items, and DVD movies!"

Thanks so much for these care packages, they bring a real smile to our soldiers. God bless."

Signed: Chaplain Son 3-89 CAV TF Slugger

From The State Deputy

By Jim St. John - State Deputy



As I write this, I am preparing to celebrate the great feast of Christmas. I am so grateful to all of you who are working so hard to “Keep Christ in Christmas.” What better birthday present to our Lord, than making him a gift of ourselves. As lay Catholics, we must evangelize through our actions in our daily lives, this is our gift to Jesus Christ. Programs, such as providing wheelchairs to those who can’t afford them, coats for children who need them and ultrasound machines for crisis pregnancy centers, are examples of such gifts.

We are half way through our Fraternal Year, and we are off to a wonderful start. We are ahead of last year in membership growth and in the growth of our fraternal benefit programs. The 4th Degree continues to grow in the state and the Honor Guards impress all who see them. We have added two new councils so far, in Atlanta and Jefferson.



Our programs continue to impress of the rest of our Order. The 3rd ultrasound machine will be placed in Albany on Dec 21. The paperwork on the 4th and 5th machines has been submitted to Supreme and we are working the packages for machines 6 and 7. This program is truly wonderful and we are working with the centers to find out how many women have been examined by the machines. It is possible that each machine will save hundreds of lives each year.

This is only one of the great programs we have in Georgia. We know it is hard to keep track of them, so this year at the State Convention in Savannah, we will have our first “**Programs Fair.**” We will shorten the Saturday Session and then recess for the Programs Fair. Each State level program will have a table with information on how to participate and in some cases a sign up list. After 90 minutes we will reconvene to end the Saturday session.

I am looking forward to seeing you at all of the Grand Knights’ meetings, the two Exemplifications of the 4th Degree, the 3rd Degree Exemplifications, the Gala for Camp Inspire in January, and at the State Convention.

Have a happy and blessed New Year.

Respect Life News

By David Canale - State Pro-Life Chairman



It is my pleasure to bring you great news for our state council’s ProLife efforts! Through the generosity of several councils around the state that have continued to bring in substantial funds, we are about to place another 2-3 ultrasound machines in crisis pregnancy centers in Georgia. By the time you read this, we will have placed another machine at Alpha Pregnancy Resources in Albany, GA, and we will have submitted additional requests for machines in Hapeville, GA and Kingston, Jamaica. Please continue to pray for these efforts, and please continue raising money for this cause. We have no money but what you raise, and we have no success without your prayers. Please be generous in your hearts with this cause.

Also, we will need Knights to attend the annual March for Life in Atlanta again this year. Although the Roe v. Wade anniversary falls on Saturday this year (January 22nd), the Mass, March and other events will be the day before, Friday, January 21st. We need you there! Please see the additional information below for this event.

The Atlanta Archdiocese will soon have a flyer available to download and distribute. Please check the following link regularly between now and January 21st for information.

<http://www.archatl.com/ministries/respectlife/jan22.html>.

Another important note: Boxed lunches will be available this year,

but **MUST** be pre-ordered. Check the above link for information on ordering.

ATLANTA MASS FOR THE UNBORN 2011

- Friday, January 21, 2011
- Shrine of the Immaculate Conception
- 48 Martin Luther King, Jr. Dr., SW, Atlanta, Georgia
- MARTA – Five Points Station
- Parking – Underground Atlanta
- Archbishop Wilton D. Gregory, Principal Celebrant and Homilist
- Concelebrated by Auxiliary Bishop Luis Rafael Zarama and Priests of the Archdiocese

In Memory of the 1973 U.S. Supreme Court Roe v. Wade and Doe v. Bolton rulings that legalized abortion in America.

See Pro-Life Scheduled Events on Page 3

PRO-LIFE ARCHDIOCESAN EVENTS – FRIDAY, JANUARY 21, 2011	
9:30 AM	Rosary for Life Shrine of the Immaculate Conception Sponsored by Archdiocesan Respect Life Ministry http://www.archatl.com/ministries/respectlife/jan22.html
10:00 AM	Mass for the Unborn Shrine of the Immaculate Conception Sponsored by Archdiocesan Respect Life Ministry
11:15 AM	Boxed lunches available Shrine, lower level NOTE: Lunches must be pre-ordered; or you may bring your own.
PRO-LIFE GROUP-SPONSORED EVENTS – FRIDAY, JANUARY 21, 2011	
12:00 Noon	Together for Life Memorial State Capitol Steps Sponsored by Georgia Right to Life, (770) 339-6880
1:00 PM	Silent Memorial Walk Begins and ends at Capitol Steps Sponsored by Georgia Right to Life
6:00 PM	Evening Mass and Celebration of Life Banquet Cathedral of Christ the King Sponsored by Advice and Aid Pregnancy Problem Center, http://www.friendsofadvicelandaid.org/ NOTE: Mass is open to all; reservations suggested for banquet.
PRO-LIFE RELATED EVENTS	
A Day of Prayer and Penance for Life – Nationwide - Saturday, January 22, 2011 http://www.usccb.org/prolife/fastprav.shtml	
National Prayer Vigil for Life – Washington, D.C. – Sunday, January 23, 2011 http://www.usccb.org/prolife/pravervigil/index.shtml	
March For Life – Washington, D.C. – Monday, January 24, 2011 http://www.marchforlife.org/	

What About “Through Work” Insurance - Only?

By John Jedlicka - Insurance Department - General Agent



Do you know anyone whose life has been drastically changed by the recent recession and economic downturn? With unemployment numbers rising, (the jobless rate hovers around 8.1 percent - the highest since 1983), it is very likely that someone in your immediate or extended family or group of friends is facing financial uncertainty now. With this uncertainty, there is a real possibility that you (or your spouse) could lose your job or change employers.

Too many people have often relied on group term life insurance as their only safety net. Often, this insurance is an employee benefit provided at low or no cost. The existence of this coverage might convince someone that a personally owned life insurance policy is not necessary.

Only having “through work” insurance doesn’t work. This way of thinking should be a thing of the past for many reasons. Most forms of group life insurance are limited in amount, which may be tied to salary or some other benchmark. These numbers are often capped, and this cap may be dangerously low for your family’s actual needs. In fact, without a detailed needs analysis, any employer-provided coverage may be completely unrelated to needs at death.

In addition, the amount of group insurance offered is almost always reduced - sometimes dramatically, when you retire. With the possibility of these changes on the horizon, you could one day find yourself without coverage, and if your health has changed (which it has and will as you age), you might also find yourself unable to secure individual protection. While group life insurance can help, it does not replace the need for individually owned life insurance. Think about our motto - **“Protecting Families for Generations”** - not just if you’re working.

David Rhodes and **Andrew Parzygnat** are the latest additions to your insurance program in Georgia. David covers Marietta and West Georgia. Andy is responsible for Newnan south to Columbus. The agency continues to grow and is still looking for Brother Knights who want to match their ethics with their careers.

Service Programs - 10 Award Winning Tips to Keep in Mind!

By Anthony Riviere - General Program Chairman

1. **Show Involvement** - the number of members involved in a project and number of volunteer-hours expended are statistics that make comparison of one project with another an easier task.
2. **Be Clear and Concise** - The judges must be able to easily identify what each program intended to accomplish and how this was achieved. Did you recruit any new Knights because of this program?
3. **Toot Your Own Horn**- Your council has spent many hours and resources working on this program so show how proud you are of the efforts.
4. **Be Visual** - While not everyone has access to the same levels of graphics, say it with pictures, color content, brochures, flyers etc. If you had a special announcement made, include a copy but remember brevity is also important.
5. **Show Outreach** - If your program was recognized by other organizations, parishioners, ministries or a press agency, include a copy of the card, letter or newspaper/bulletin clipping. Show who and how you made a difference.
6. **Include the Clergy** - We support our Priest so if your program included a priest or was attended by a priest or was recognized by the Archbishop or priest, include it.
7. **Say Thank You** - Use this service program submittal to show appreciation to all those who helped to make this program a success including Brother Knights, community advocates, benefactors etc. A service award is an excellent recruiting and marketing tool for your council's future. Knights enrich lives with programs.
8. **Build Your Team** - Gathering the information, pictures and details needed to put the program write up together is a great way to get your members to communicate and interact and recognize that their efforts make a difference.
9. **Recognize Value** - Your programs will inspire other councils to follow your lead and create and mimic your successful programs thus expanding the services we are called to be a part of as Knights and men of Christ.
10. **Win the Lottery** - *You have to be in it to win it!* All of our council's hard work, dedication and hours of service are appreciated. Giving of our time, talents and treasures is an obligation so take this opportunity to show others just how they can contribute while saying thank you to all those who do.

We look forward to seeing you receiving your award at the State convention in Savannah in May. **Note:** All submissions are due to the State Programs Director, Anthony Riviere by midnight on April 13, 2010.

Thank you for Keeping me Warm This Winter!

A special thanks to all of the Councils and Assemblies that have chosen to participate in the *Coats for Kids* program. With the frigid temperatures we have been experiencing both the kids and their parents are grateful for your efforts and generosity.

The Department of Fraternal Services still has many **new** winter coats for \$15.00 ea plus shipping available and it is not too late for you to conduct this program if you choose.



There are three ways you can help....

1. **Conduct** a fundraiser to raise funds and then buy the coats from Fraternal Services.
2. **Collect** new and gently used coats within your parish and redistribute to needy children within the parish, surrounding area or partner with a charity like St. Vincent de Paul.
3. **Identify** kids that need coats and work with other councils within your district to fill the need.

If every Council could raise \$150 we can provide more than 1000 *Coats for Kids* this winter here in Georgia.

For information on ordering coats, identifying recipients or structuring a program, Please visit the state website at www.gakofc.org or contact Anthony Riviere, State programs director at ariviere@aol.com or 770-895-0873.

Remember to post your pictures of the coats on the KIDS so all can share in the joy!

The Sacraments of “Initiation”

By The Most Reverend William E. Lori, Bishop of Bridgeport, Supreme Chaplain



When asked how we become members of the Church, most of us rightly answer, “baptism.” Yet, our answer would not be complete if we omitted the other two sacraments of initiation. We are “born anew in baptism, strengthened in confirmation, and nourished by the Eucharist.”

The word “baptize” means to immerse in water. Whether baptism is carried out through immersion or, more commonly, through the pouring of water, the effect is the same: The newly baptized person is immersed in the death and resurrection of Christ. In baptism, we receive an initial sharing of the Holy Spirit and the theological virtues of faith, hope and charity.

In God’s plan of salvation, events such as Noah’s building of the ark and the miraculous passage of the chosen people through the Red Sea were like a “forecast” or a “prefiguring” of baptism. The story of Noah shows how water is both a source of death and of life, just as in baptism sin and death are “drowned” even as a new life of grace is engendered. In passing through the Red Sea, Israel was freed from slavery to Egypt. So, too, when we pass through the waters of baptism we are freed from the slavery of sin. In crossing the Jordan, Israel inherited the Promised Land, an image of the eternal life that takes root in us. All of this was fulfilled in Christ.

To echo the thought of St. Leo the Great, Christ’s passage from death to life passed over into baptism. Accordingly, the risen Christ sent the Apostles out to preach the Gospel and to baptize them in the name of the Trinity from the day of Pentecost onward.

Who, then, can be baptized? The short answer is, “anyone not yet baptized.” This includes infants, who are born with original sin. Through baptism they are freed from the power of Satan and become children of God. When infants are baptized, their parents make a profession of faith for them. After attaining the use of reason, the baptized child makes his or her own profession of faith. The godparents and the whole Church, however, share in the responsibility of attracting people to the faith, helping them to prepare for baptism (in the catechumenate) and to grow in the new life of faith and grace.

Normally, in the Latin Church, the bishop, priest or deacon administers the sacrament of baptism. In case of necessity, anyone can do so, provided that he or she has the intention of “doing what the Church does” and employs the correct form of the sacrament. Such latitude regarding the minister of baptism is due to its importance. The words of the *Compendium* are instructive: “Baptism is necessary for salvation for all those to whom the Gospel has been proclaimed and who have had the possibility of asking for the sacrament.” In the strength of Christ’s salvific will, however, others are saved without ordinary baptism, including those who die for the faith (baptism of blood); those who wish for the sacrament but cannot receive it; or those who, moved by grace, sincerely seek God (baptism of desire). Children who die without baptism are also entrusted to the mercy of God.

We should be grateful for the gift of our baptism, particularly when we reflect on its effects. It not only removes original sin, but also takes away any sins committed prior to baptism. Through the sacrament, we share in the life of the Trinity. This is called “sanctifying grace,” and it joins us to Christ and makes us a member of his Body, the Church. Baptism also gives us a share in Christ’s priesthood. United to his self-offering and freed from sin, we are enabled to offer up every aspect of our lives to God.

The second sacrament of initiation, given to those already baptized, “is called *confirmation* because it confirms and strengthens baptismal grace.” In the Eastern Churches it is called *chrismation* to describe the heart of the rite itself — anointing with holy oil or chrism, blessed by the bishop on Holy Thursday. Like baptism, confirmation can be received only once. In the West, the bishop normally administers the sacrament, although he can delegate a priest to do so. In the East, priests ordinarily confer chrismation immediately after baptism.

This sacrament has deep roots in Scripture and tradition. The Old Testament prophets were anointed by the Holy Spirit. Not only was Jesus conceived by the power of the Holy Spirit, but he also lived his entire life and conducted his whole ministry in complete oneness with the Holy Spirit. At Pentecost, the Holy Spirit came upon the Apostles and enabled them to proclaim the teaching and saving deeds of Christ with courage and power. The Apostles imparted the gift of the Holy Spirit to the newly baptized by the laying on of hands. Bishops, who are successors to the Apostles, continue to do so in the sacrament of confirmation.

In a sense, confirmation enables the recipient to share in the mystery of Pentecost. It brings about a special outpouring of the Holy Spirit in whom we are “sealed.” We are permanently marked both as followers of Christ and as full members of the Church. Through this sacrament, the gifts of the Holy Spirit (wisdom, understanding, right judgment, courage, knowledge, reverence, and wonder and awe) are deepened in us. Thus, we are now more able to bear witness to Christ.

Frontline Faith - What Would You Do For the Soul of Just 1 Soldier?

By SK Thomas Gissy - District Master



During the December District Deputies Meeting a new program was presented for consideration. This program is called “Frontline Faith” and it provides MP3 players to American Soldiers. This MP3 player contains the Celebration of the 2009 Memorial Day Mass from the Basilica of the National Shrine of the Immaculate Conception as celebrated by The Most Reverend Timothy P. Brogilo, Military Ordinary of the Archdiocese for the Military; meditations including one by Bishop Fulton J. Sheen; an Examination of Conscience; The Warrior’s Rosary, and other spiritual reflections.

(“Frontline Faith” Continued on page 7)

District Happenings - "Didjano That. . ."

DISTRICT 10 - (DD John Ordway)

. . . The Christmas giving for our troops (as sponsored by **St Oliver Plunkett Council #13440**) in Afghanistan was extremely well received. See the article on the very first page. "Page One News."

DISTRICT 11 - (DD Frank Moran)

. . . That we have a new council in our midst with the origination date of October 27, 2010. **Mark Noel is the acting Grand Knight**, and **Fr John Sullivan is the Chaplain**. They consist of 66 members thus far, 45 of whom are brand new.

They have named their council the **Mike J O'Brien Council 15161** - after Deacon Mike O'Brien, who was a very well known, and well liked Deacon in the parish for many years.

Thus far, they have repainted the entire parking lot as their first project. Up next on the priority list is painting all of the doors in the church, as well as many other projects. They have business meetings on the 3rd Wednesday of each month at 7:30pm.

DISTRICT 13 - (DD Greg Crnkovich)

. . . The **Charles J. Watters Assembly** participated in a mass for the Buffalo, New York parishioners recently at **Mary Our Queen Church. Council #14944** had hosted a reception for 20 Buffalo parishioners of St. Gerard's church with a private reception and a welcoming mass following the reception. Mary Our Queen Church is moving St. Gerard's in Buffalo to Norcross Georgia to become its permanent home.

. . . **Mary Our Queen Council #14944** had a "Light up for Christmas" contest in which the council judged the best indoor and nativity display among its parishioners. The prize was a \$50 gift certificate awarded to the winner

. . . On Saturday, December 6th, the **All Saints Council #11402** held its 17th annual "Desserts with Santa" event for the kids of All Saints Church and the Dunwoody community. The event was scheduled to run from 9:30 AM until 12:00 Noon. For only a \$5.00 per family donation the kids get plenty of baked goodies and drinks, as well as having their face painted, getting a balloon figure, participating in many crafts projects and, for an additional \$2.00 donation, a photo with Santa.

This year was a huge success with over 165 families attending and close to 500 total people - and all looked to be having a great time. Over 125 photos were taken with Santa - who stayed at his post for 3 straight hours until the last child was seen at 12:45.

Much of the credit for our success goes to the All Saints Preschool staff (Hope Long, Director) who sponsors 4 different areas for crafts and really keeping the kids active and happy. Each child comes away with at least a couple of items to add to their Christmas decorations. They



also owe a debt of gratitude to Publix for the Baked Goods and McDonalds for the Orange Drink.

They used nearly 50 brother Knight volunteers (and spouses) to ensure the success of this event, as well as volunteers from the Youth Group to man the various functions. Many of these men have volunteered year after year because they enjoy seeing the kids have such a great time.

In addition, they had a recruiting table in the front entrance area and as a result of **Don Myers'** efforts, they got 2 Form 100's returned and 40 more taken by the attendees. They hope they will see more new members from this effort soon.

Thanks were accorded to all who helped make this event run so smoothly, especially the management team of **John Buchholz, Bruce Malinoff** and **Joe Cavallaro**.

DISTRICT 16 - (DD Vin O'Reilly)

. . . **St Benedict Council** has moved into their new dedicated meeting space and celebrated with a First Degree Exemplification that added 20 new members to our Order. They also conducted their famous turkey rave cooking school fund raiser while selling raffle tickets and Merry Christmas pins.

. . . **St Monica Council** operated several service programs and raised significant funds by staffing the concession stand at all Georgia home football games.

. . . **St Brendan Council** highlighted this quarter with their first annual Polish Dinner which was a sellout - and their baby bottle fundraiser

(See "Didjano" Continued on page 7)

("Didjano" Continued from page 6)

to support a pregnancy center.

... **Good Shepherd Council** has been removing litter from local roads, selling raffle tickets and conducted their always popular Breakfast with Santa.

... Early this year, District 16 will host a Third Degree Exemplification, certify our Second Degree Team, and launch a new Council.

DISTRICT 20 - (DD Walter Marchant)

... **Holy Trinity Council 7601 in McDonough** sponsored the St. James the Apostle "Light Up For Christ" on December 11, 2010. Approximately 100 Knights, family members and parishioners enjoyed an evening of fun, food, and fraternity. After a pot luck feast organized by **PGK Joe Alfano**, the Henry Singers entertained everyone with Christmas Carols. On the right, Squire Alexander Cheverino of the Apostles' Creed Circle is shown lighting the parish Christmas tree. Grand Knight, Jim Clifford, congratulated all involved.



DISTRICT 23 - (DD Jerry Farnell)

... Joe Kurelic was awarded the Shining Armor Award. Grand Knight Jerry Farnell presents the Shining Armor Award to Brother Joe Kurelic. Brother Joe Kurelic has been awarded the Shining Armor Award for service to the Order with distinction

during the first year of membership. The "Shining Armor Award" is given to those men that exemplify what a true Knight of Columbus is.

To qualify for the "Shining Armor Award" new Knights must - during their first year of membership:

- Be involved in at least 3 council service programs.



- Attend at least 3 council business meetings.
- Receive their Second and Third degrees.
- Meet with their council's insurance representative.
- Recruit at least one new member.

... Art Hargrove is Awarded the VIP Club "fifteen" Award. Grand Knight Jerry Farnell presents the VIP Club "fifteen" Award to PGK Art Hargrove. He has been recognized for the outstanding achievement of recruiting 15 new members into the Knights of Columbus. Art is a founding member of the Pope John Paul II Council and served as Grand Knight from 2007 to 2009. Congratulations to Art and "keep up the good work"

("Frontline Faith" Continued from page 5)

Through direct contact with Frontline Faith, each MP3 player cost \$24.00. Through the Georgia State Council, the same MP3 player will cost only \$15.00. If every council and every assembly each participated at the minimum rate of \$250 over 2,200 players could be distributed to our troops. Won't your council or assembly participate? Those who have served know that a soldier can go weeks and even months without seeing a Catholic Chaplain. There are over 300,000 catholic service men and women and less than 400 Catholic Chaplains. Our participation in this service can provide an essential link between our Catholic Service Men and Women and their faith.

Checks should be made payable to Columbian Charities of Georgia with a notation that they are for Frontline Faith. **The checks should be mailed to Thom Mead, 1102 Craddock Way, Macon, GA 31210.**

Fourth Degree News

The next exemplification of the Fourth Degree will take place on February 26, 2011, at the Marriott Atlanta Northwest. If you have been a member of the order prior to August 26, 2010, and you have received the honors of the Second and Third degrees you are eligible to attend this Exemplification honoring Past State Deputy and Former Master of the Fourth Degree, **Herb Broughton**. Anyone in your council who is a member of the Fourth Degree should be more than happy to assist you with completing the required application form 4.

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

RETURN SERVICE REQUESTED

**Georgia State Council
Knights of Columbus Newsletter
January - February, 2011**



**“Georgia - Living the Vision
of the Venerable Father
Michael J. McGivney”**

A Rare Medical Topic - Hormones

Dr Joseph Lazzarini - State Director of Health Services



Hormones are a group of chemical substances produced by various endocrine glands which are released into the blood stream. Many body functions fall under endocrine control.

For example, the regulation of glucagon and insulin to regulate the concentration of sugar (glucose) in blood is accomplished by the pancreas. If the glucose level is too low, the body senses this and the pancreas releases glucagon to raise it. When the glucose is too high the pancreas releases insulin to lower it. If the release of insulin is inadequate, the glucose rises and the patient is diagnosed with diabetes.

Ovaries and testicles produce several hormones that affect sexual function and sexuality. Hormones also control much about pregnancy and childbirth. The traditional pregnancy test measures human chorionic gonadotropin - a hormone made by the embryo and placenta that is measure in a mother's blood and urine.

The parathyroid, located on either side of the thyroid gland, secretes parathyroid hormone when needed to increase calcium levels. One of the mechanisms is the regulation of calcium levels. The parathyroid converts vitamin D to an active form which stimulates the absorption of calcium, from the diet. Calcium has to do with bone health, muscle contraction and nerve conduction which in terms affects heart function as well as blood coagulation.

The adrenal glands are the ones that have to do with the body fluid and electrolyte balance. Their secretion of epinephrine control heart rate, increased breathing, and several metabolic changes.

Some hormonal systems are very complex with multiple feedback loops - for example the hypothalamic-pituitary axis in the brain. This axis takes care of the secretion of thyroid-stimulating hormone (TSH) in turn this hormone stimulates the thyroid to produce its hormone.

The hormone system is very complex, however, it affects all functions of our body.