



# KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

Monsignor John F. Callahan Council 3600 of West Hartford

## SERVICE DRIVEN BY FAITH

Greetings again on this snowy day,

Valentines Care-Packages for our Military Men and Women Serving us in Afghanistan will be assembled ~~today~~ **Tomorrow, SUNDAY from 2 to 4**. Stop in and help out if you can. Attached is a great opportunity to help the Women's Club and do something special for our Troops. A similar effort took place several years ago and it was very gratifying. Please give this some thought.

The STA Women's Club is holding a **Valentine care-package and card-making event for our soldiers in Afghanistan** at **St. Thomas on Sunday, January 22, from 2-4 pm in the parish center** and you are invited to participate.

The Glastonbury VFW is bringing shipping boxes as well as **Girl Scout cookies**. They delivered 50 cases of Girl Scout Cookies yesterday! The Women's Club is purchasing Valentine card-making materials and have invited Girl Scout troops, the STA CCD children and STA school children to come and make a card or two to include in the care packages. The Knights of Columbus will be supplying man power and funding for package delivery to Afghanistan.

We are also **collecting unscented toiletries for our soldiers as well as cookies, cookies, cookies!** They can be store bought or home-made.

If you have any questions, please don't hesitate to email. ([mcmilitello@comcast.net](mailto:mcmilitello@comcast.net))

Thanks!

*Maria Militello*

*Co-President STAWC*

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## Red Cross **Blood Drive is this Tuesday!**

On **Tuesday, January 24** in the Parish Center from 1:15 pm to 6:15 pm, the Knights of Columbus will be sponsoring our annual Red Cross **Blood Drive**. **This year's Blood Drive will be held in the Memory of Sir Knight Robert Randall** who recently passed away.



Robert was instrumental in getting our Council involved in the Blood Drive about 7 years ago. He has volunteered for, and made a blood donation at each Drive. Please join us on January 24, if you can. Volunteers are welcome to assist the Knights and donations of baked goods are always gratefully accepted.

A coupon for a pound of Dunkin Donuts Coffee will be provided to each Donor. Bob's family will be providing baked goods for all attendees and will have some pictures of Bob throughout the years.

Contact Michael DeConti (232-1319) for questions or an appointment for Drive # 4926. The Red Cross now provides electronic sign up via their internet address. Please use the link below to make an appointment:

<https://www.givelife.org/index.cfm?group=op&step=2&opid=939468>

## Tips for a Successful Donation

By following a few recommendations before, during and after your blood donation can help you make your donation experience as safe, successful and pleasant as possible.

### Before Your Donation

- Maintain a healthy iron level in your diet by eating iron rich foods, such as spinach, red meat, fish, poultry, beans, iron-fortified cereals and raisins.
- Get a good night's sleep.
- Drink an extra 16 oz. of water and fluids before the donation.
- Eat a healthy meal before your donation. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. Tests for infections done on all donated blood can be affected by fats that appear in your blood for several hours after eating fatty foods.
- If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.
- Remember to bring your donor card, driver's license or two other forms of ID.



## Shroud of Turin

The Knights of Columbus are bringing one of the few Church sanctioned, authentic, full body replicas of the “Holy Shroud”, the Shroud of Turin, to Saint Mark’s Church on Friday, February 3, from 7:00 pm to 11:00 pm.

Mr. Donald H. Nohs is the Presenter and one of the world’s leading authorities on the Shroud of Turin and Passion of Jesus. The exposition is open to the public. For more info call: 860-233-1269.

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**The Knights of Columbus, Council 3600 is partnering with Viridian to offer discounted electricity.**

**It’s a win-win for all of the supporters of the Knights of Columbus. They can earn a savings on their monthly electric bill, the Knights earn a little more money to put back into the community, and the energy produced is greener.**

**Residents and businesses here in West Hartford can get discounted electricity rates through Viridian Energy.**

**By opting for Viridian, customers keep their energy provider — CL&P — but direct the energy provider (CL&P) to purchase the energy for their home or business from Viridian.**

**I was asked if this program was limited to just members of the Knights of Columbus or whether other family members or friends could take advantage of the savings by signing up. The program is not limited in any way. Your family members or friends could receive the same savings on their bills as you do when they sign up. In fact the Council benefits from each person who signs up.**

**The Council will receive \$2 per month per person enrolled.**

**You can save yourself some money each month (the savings ranged from 9.7% to 18.6% over the last 6 months ending October 2010) as you contribute to Council 3600. You can do this by signing up with Viridian through our attached Enrollment Website below.**

**Some facts to note:**

- **This enrollment will not cost you anything,**
- **You will begin to save on your first month's bill (usually occurs one or two months after enrollment, to switch service to Viridian),**
- **Your bill will look identical to the bill you receive today, except Viridian will be identified as your Generation Company,**
- **Your Standard Power Delivery company (CL+P) will still cover all utility service calls as they do today,**
- **The savings from the CL&P rate changes from month to month. It has been below CL&P 9 of 12 months ending November 2011.**
- **You can switch back to CL&P or any other company at any time, for any reason without a charge from Viridian, when you select the 20% renewal variable option,**

- **Council 3600 will receive \$2 per month for each month you remain a customer of Viridian,**
- **If someone does not have access to the website, call me (2321319) and I can assist you.**
- **The dollars you save depends on how much energy you use. The more you use; the more you save.**

**To Enroll with Viridian for your electrical generation savings and to support The Knights of Columbus Council 3600, please click (or CNTL + Click) on our Enrollment Website below and follow the instructions.**

**You will need a recent CL&P (or UI) electrical bill to complete your enrollment.**

Remember by signing up with Viridian as your electricity supplier you keep CL&P as your Service Provider. CL&P continues to handle all of your billing and any service calls you might have.

Here is the line to our Sign-Up website:

<https://www.viridian.com/KnightsofColumbusCouncil3600/Custom/Genealogy/EnrollCust.asp>

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See Council 3600's Facebook Page for pictures and news on recent Events:

<http://www.facebook.com/pages/Knights-of-Columbus-Msgr-John-F-Callahan-Council-3600/202163193168167>

Take care, Michael